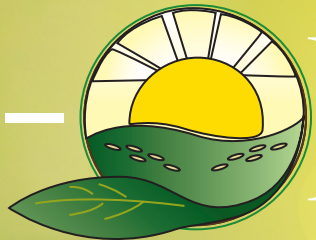


C-OPTIONS



April/May/June/ 2020

SEVANANDA



Vol. XX Issue 2

Taking Care of "OUR EARTH" and "OURSELVES"



IN HOPE I AM FEARLESS.



Ahzjah Simons
General Manager
Cooperative Director

As I sat down to write this article I came across these words. "In Hope I am Fearless". They belong to Bob Phipps, one of many retail resources I rely on as a resource. As I/we continue to compile more data for these uncharted waters we find ourselves in, the way ahead gets clearer each day and there are no shortages of challenges and steps into the unknown. After a bit of denial, reality check, fear of infections, infecting my

family, and a good cry, I put on my big girl pants and began to chart the next trajectory forward. Where to? After the crisis. So while our amazing leadership team is solidifying each day and refining next steps in the now, we are simultaneously plotting a course for what we think might be needed next. Our business will transform right before our eyes and it will happen quickly. It may be temporary, it may be permanent, but we will adapt as things evolve. We already are. Online shopping is on the way! You can learn more at our new website at sev.coop for details and in this edition of co-options.

Without warning we have been somewhat "mandated" and dubbed "an essential business" during the CV pandemic. Our focus right now is to work to ensure we are "equipped" to be that if we are to do it the best of our ability. Besides ensuring 75 staff souls and customers are safe in the day to day with the new norm of social distancing and six feet of separation, the next priority or challenge has become supply and demand, the lack of product availability, fully stocked shelves and keeping up with receiving. All of this the triple bottom line becomes more relevant. Monitoring our assets for stability in an unstable environment, while maintaining staff is quite the balancing act. Projecting our best guess with the factual data is simply the reality at this time. Our HR department is steadily keeping watch and interpreting the fast changes in legislation coming our way that will impact our decisions with respect to staff compensation during this time. Some are afraid, some have loved ones they must take care of, grandparents, parents, and children and staff is working really hard and doing an amazing job. We want to protect and take good care of them with whatever resources we have.

For the day to day real time responses we're relying on our fellow co-ops sharing resources and information to support each step along the way from purchasing strategies to communication. We are all experiencing a range of challenges, but we are rising to the challenges together.

THE INSIDE SCOOP

It's been amazing to know co-ops can be there for each other in this way, even miles and miles apart. It brings new meaning to the words "stronger together" which co-ops promote year after year. Now we truly are. Our Board is also getting in on the action meeting with me weekly to stay abreast, offer guidance, and jump in where they can. Folks like NCG, fellow co-op GMs across the nation, great leadership and staff have helped to pave the way. Ideas and innovation keep coming from each person who serves time here and it's all literally shaping our future we plan to have.

Our staff has always been amazing humans of strength and courage and our community has always been supportive. We've received lots of appreciation from you and general community members regarding our being here on the front lines to feed people and empower our community to improve its health and well-being. That is definitely music to our ears. We have also experienced some very negative situations with customers who do not understand why we must create new hours, adjust wellness service hours, or close the wellness department in an effort to do catchup on all the things necessary to continue to run the business of this co-op. In Hope I am Fearless represents what I see in our Sevananda staff, our Board, our shoppers and member-owners, and my fellow-co-op GM's across the nation. The resilience, the innovation, the creativity, the courage, and awesome potential of people power which is unleashed when crisis comes is always inspiring and even more now. Humans never cease to amaze me and that truly goes for our staff and community at this time.

This thing called the CV19 gives us the opportunity

for pause. Pause to see and hear things clearer, pause to heal or help another human, pause to examine ourselves deeper. Pause to understand one another better and pause to better prepare and to optimally run the largest retail food co-op in Georgia. My favorite is a pause to simply be still. It has put us to the ultimate test. This microscopic monster that has brought the world to its knees has arrived and stopped at our front door. When it passes and I trust it too shall pass, what will be on the other side? How will we treat each other when this passes? Who will we decide to become as individuals and as a race of humans? But the potential gift waiting in the wings is that we just might have the opportunity to create the meaningful change in our lives and the lives of others we have been seeking all along.

Initial steps initiated a closing down of high risk areas of interaction at the Hot Bar, salad bar, soup bar, and select bulk sections. Due to the extreme demands on our wellness department personnel, we will continue to make adjustments to accommodate additional cleaning, receiving and stocking, and time for our staff to restore throughout the day. Please visit sevananda.coop for details, carefully read the notices in this publication, make sure we have your email address, check your email inbox, and our social media pages to follow the changes in real time. We greatly appreciate your patience, understanding, and cooperation as we figure it all out in the minimal time we have to do so. To evolve mistakes will be made. Please allow us the time and space to make them knowing the goal is to evolve and be better than before.

No matter what, we believe our staff and community are counting on Sevananda to survive and to stay vibrantly healthy and alive because they believe what we believe; that the world IS truly better because Sevananda exists. And as I listen and ponder all the perspectives from conspiracy theories to the "science" of things, and the full spectrum of opinions regarding CV19, I wonder, what next? When all is said and done, we have a store to run and there is only one way to go... Fearlessly Forward.

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We are truly dealing with unprecedented circumstances, and as you and your family navigate the current impact on our health and way of life, we are here to help you. The Sevananda Board of Directors is in constant communication with our General Manager (GM), Ahzjah Simons, to make sure Sevananda is making it through these difficult times by supplying the available products and services that you, our valued customers have become accustomed to. We have families, too, and understand how the family-friendly environment of Sevananda is always a comfort.

The Board can assure you that we are operating from the most up to date information provided by the most credible sources to ensure the health and safety of members/owners and the staff are our top priority.

Ahzjah is fielding the daily updates and recommendations from the Center for Disease Control (CDC) and the World Health Organization (WHO) in conjunction with our Cooperative community as a national cohesive guide to how we best serve you. Living in a "new normal" doesn't mean we have to be deprived of what makes us whole, so we are adjusting intending to improve our quality of life.

As humans, our interactive ability allows us to adjust to sudden changes in our social norms particularly in hardship times of recession and depression where our family values will prompt us to bond with those loved ones who are of important concern to us.

Taking advantage of these rapidly changing times can prove to shift how we learn to cooperate more with each other for comfort and protection. It also allows us to reassess our health status and what serves us best to attain and maintain the best consumption choices and hygienic practices that ensure optimal results which may positively impact immune systems.

Our GM is also closely monitoring the inventory stock so we can continue to get the quality of food for which you rely on Sevananda. Our herbal selection continues to be available so you can cleanse your insides as well as your outside - keeping your mind, body, and spirit inflow. She will be available for your questions and concerns and will use all mediums of communication to keep us all updated as the intra-industry shares valuable Intel among themselves.

Globally, some of your needs may be greater than what we can provide, so we have a list of other organizations that may be of help to you, just ask at the customer service desk. We are all concerned about the next immediate mandates, but the Board of Directors, the General Manager, and our dynamic staff commit to being here with you every step of the way.

Sevananda Ends Policies

**Sevananda exists such that the Commonwealth is sustained.
The Commonwealth is a community characterized by:**

- A culture of service**
- Knowledgeable members**
- A network of local, viable services**
- An environment that is sustainable and nourishing**
- Local, regional, global connectedness**
- Relationships which are fair, inclusive, interactive and empowering**
- An economy that is thriving, [(autonomous) or (self-reliant)],
and mutually beneficial for all involved**

MARKETING/OWNER-MEMBER SERVICES



Sharlise Lowe
(Editor)
*Marketing/Member Service
Manager*

Even when a crisis event like coronavirus seems to be consuming everyone's attention, I know I still have to get the message out to everyone to keep you informed of what we are planning to do at Sevananda in the months to come because Marketing never stops!

First I would like to express along with our GM how we appreciate you our Member/Owners and Customers. You'll have been very Co-operative with us in abiding by what we asked of you during the Corona Crisis.

Also as an employee of Sevananda I would like to share with you how special our employees have been in this crises as well. Our staff has been on the forefront of this situation by diligently working hard and effortless to make sure everyone who came in our doors was greeted pleasantly and given the attention that was needed in helping with your purchase. So with that said, when you come into our store, take a second or 2 and give a word or 2 of appreciation to our staff, I am sure hearing it from you or Members/Customers would mean a lot to them.

NOW ON TO SOME OTHER MARKETING UPDATES !!

Have you noticed all of the new signage we have throughout the store? We are working on giving you a better way to see what we have on special in our stores and what is new by showcasing our products with our new advertising stands. So when you come in look for those stands to see your savings!

Exciting information is we have a "NEW WEBSITE" Coming soon!! The plan is to introduce to you our new website by April 1st, so please follow us on Social Media and keep in touch. We are excited about our new marketing tool to you because it is going to allow us to be a little more personal with you by blogging. We are also planning to have on-line ordering coming to our new website as well, so once again stay tuned!

As you may know, April is "Earth Day" month and it is the 50th year celebration. Yes we had plans for a nice celebration however unfortunately those plans have changed as far as us doing anything per our Co-op. Then again, who knows around April 22 things may have changed and we will try our best to put something together to celebrate this monumental day if we can! (Keep following our Social Media and website for updates as they happen)

On another note, if Earth day comes and we are still in and asked to keep our social distance here are a few things you can do to celebrate Earth Day on your own!

By: Eben Eugene Rexford

1. Plant Wildflowers
2. Bring nature into your garden
3. Invite native bees to your garden
4. Start an organic vegetable garden
5. Conserve water!
6. Avoid Over-Watering
7. If possible clean up your community by organizing a group to pickup litter
8. Talk to your local gov. about planting trees.
9. Cutback on plastic consumption
10. Recycle in the garden

We can't leave out important information to you on behalf of Sevananda's Marketing/Member Services Team. As we continue to grow, new ideas are conceived. We are keeping our owners and customer's up-to date with what's happening at Sevananda. In Marketing we realize that Social Media and our website is very important and the best way to reach people. Daily post pictures of products that we carry, as well as what delicious food we are serving at the Hot Bar. There's nothing like being able to see what is here, as opposed to just reading about it.

A little reminder don't forget that if anyone would like to purchase an ad in our Co-options, please contact our Marketing Dept. and we will gladly send you a Media Kit with ad rates. Also don't forget, if anyone would like to rent our Community Room downstairs, contact Cheranna Dottin at cheranna@sevananda.coop and she will send you the Room Rental Application.

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

ONE LOVE !!

NEW WEBSITE COMING IN APRIL !

www.sevananda.coop



Vegan Recipes

No Fuss Cashew Cream

By Dave

Ingredients

- 1 ¼ cup cashews (1 ¼ cup = 150g)
- 3 tbsp lemon juice
- ½ cup water (½ cup = 125ml)
- 1 tsp soy sauce
- 1 tsp mustard (like dijon, hotdog or English)
- ½ tsp pepper
- ¼ tsp ground aniseed



1. Put the cashew nuts, lemon juice, water, soy sauce, mustard, pepper and aniseed in a blender and blend until fairly smooth.
2. If it's too thick, add a little more water. That's it!
3. Store in a glass jar in the fridge – it will keep for 4 to 5 days
4. To use as a coleslaw dressing, add ¼ cup water and 1 tbsp more lemon juice and, after blending, add 1 tsp caraway seeds.

Avocado Spinach Fitness Smoothie

By Thug Kitchen

Ingredients

- 1 handful spinach
- 1 tbsp parsley, fresh
- ½ avocado
- 1 tsp cacao powder (not the Nesquik rubbish, haha)
- 1 tsp cinnamon powder
- 1/3 tsp sea salt
- 1 tsp olive oil
- 1 tbsp walnuts (almonds are fine too)
- 1 tsp dark chocolate nibs
- 2 tsp coconut flakes
- ½ cup water (maybe a bit more)
- ½ tsp maple syrup (honey, if you are fine with that)
- ½ cup soy milk (milk would work too – just keep it gluten-free if necessary)
- 1 serving protein powder



1. Throw everything into a blender and blend for 60 seconds



Pineapple Sorbet (5 Min, Vegan)

Ingredients

- 1 can pineapple chunks (1 can = 20oz in juice, or ½ real pineapple)
- 1 cup mint, fresh

By Dave



1. Drain the tin or chop up the real pineapple and put in bowl in freezer (it should take around 2 hours to freeze). Save a few chunks or a ring for garnish.
2. When it's frozen use a hand blender or food processor to blend, along with mint (also keep a few mint leaves aside).

3. If you're using fresh pineapple then I suggest blending first and freezing after, it seems to work better.
4. When nicely mixed, place in bowls and garnish each with the remaining chunks and leaves.
5. Serve immediately or put back in freezer until needed.

Cinnamon Baked Pears Vegetarian)

Ingredients

- 2 pear
- 2 tsp cinnamon
- 2 tsp maple syrup (or honey if that's fine with you)
- 3 tbsp walnuts

By Hauke Fox



1. Preheat your oven to 175°C (350°F).
2. Cut the pears in half.
3. Using a tablespoon scoop out the seeds of each half
4. Fill with walnuts and drizzle about half a tsp of maple syrup over each half.
5. Finish them off with a few dashes of cinnamon powder
6. Whack them onto a baking tray and off they go into the oven for about 25 minutes. Don't forget some gloves to take them out again
7. Serve with some yogurt.



NORDIC NATURALS®

Ideal for individuals needing the highest levels of omega-3s EPA and DHA, for heart, brain, and immune health, and for those whose doctors prescribe 2000+ mg of omega-3s daily.

If getting the most omega-3s in as few soft gels as possible is your goal, then you've found your ideal product. Ultimate Omega® 2X delivers a mega serving of 1000 mg omega-3s EPA and DHA per soft gel. This powerful concentrate offers one or two soft gel serving options to support a wide range of nutritional needs.

Supplement Facts

Serving Size: 2 Soft Gels

| | Per ½ Serving (1 Soft Gel) | | Per Serving (2 Soft Gels) | |
|--------------------------------|-------------------------------|-------|------------------------------|-------|
| | | % DV* | | % DV* |
| Calories | 12 | | 25 | |
| Calories from fat | 12 | | 25 | |
| Total Fat | 1.5 g | 2% | 2.5 g | 4% |
| Saturated Fat | 0 g | 0% | 0 g | 0% |
| Trans Fat | 0 g | † | 0 g | † |
| Total Omega-3s | 1075 mg | † | 2150 mg | † |
| EPA (Eicosapentaenoic Acid) | 562 mg | † | 1125 mg | † |
| DHA (Docosahexaenoic Acid) | 438 mg | † | 875 mg | † |
| Other Omega-3s | 75 mg | † | 150 mg | † |

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

NORDIC NATURALS®





From The Heart and Desk of Adama



**Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
 Heraldess of the Eternal and the "Voice" of Resurrection
 Mother Earth's Blessing Wholistic Life Center 1830 Cheshire Bridge Rd. N.E. Atlanta, GA 30324
 Inspirational Life Style Change & Wholistic Wellness Consultant
 Facilitator of the Step into More Power and Sistahood & Brothahood Empowerment Circles
 Producer & Host of the Meeting of the Inner Circle 89.3FM www.wrfg.org Thursdays Midnight-6am**



As a child watching the March on Washington on August 28, 1963, with what seemed to be millions of people, mostly Black people, I knew with every fiber of my being that I, my life, should be progression of us as a people; and with maturity, my life should be lived in progression of us as a global humanity. Now, when we look at the picture of persons gathered in this photo, most accounts are saying that the numbers represented were about 250,000 persons. The March was about Jobs and Freedom in response to the blatant discrimination, racism, segregation and systemic oppression of those who were the descendants of those who were foundation for the phenomenal material growth and expansion of this country through the marginalization and disenfranchisement of our indigenous families and natural ecology of this continent. In this now moment, 57 years after the March on Washington, I write this, in the midst of the media hype, school closings, disinfecting China, and much musing about the Coronavirus, and as of this date there have been 125,599 cases (worldwide) with 4,605 deaths and 67,051 recoveries from it.

In this country, however according to the American Heart Association, there have been 840,768 deaths from cardiovascular disease in 2016. Annually over 3 million people are dying from 10 major dis-eases,

- 1). Heart Disease
- 2). Cancer
- 3). Chronic Lower Respiratory disease
- 4). Unintentional Injury
- 5). Stroke

- 1). Heart Disease
- 2). Cancer
- 3). Chronic Lower Respiratory disease
- 4). Unintentional Injury
- 5). Stroke

Look at the sea of people in the photo of the March on Washington and multiply it times 12 to get a visual as to what 3 million people dying on an annual basis from the above 10 issues, looks like visually. All of these issues are created through what we have been taught and supported in eating. Those numbers include someone we all have known including our family members, loved ones, co-workers, classmates and well-known and loved celebrities, athletes, entertainers and social and political leaders.

40 years after the March on Washington, I was blessed to be in Dr. King's house serving Mrs. Coretta Scott King, who at that time was interested in my preparing live and raw foods for her; which I did; but am sorely disappointed that she, as well as my mother, and so many others did not and have not understood the necessity to facilitate the body's cleansing daily, after years and decades of eating meat, dairy, eggs, chicken, fish and other sea creatures, flour products, refined sugars, artificial sweeteners, microwaved, canned and processed non-foodstuffs. These are acidifying, toxifying, constipating, congesting and minerally depleting and the cause of all the aforementioned conditions, plus the myriad of other ones that are not mentioned.

It is in the daily cleansing that we are able to best facilitate healing. We are living spirits in these bodies, charged upon the blood, the substance and quality of our blood is predicated by the substance and quality of what we are consuming. Dietary changes that respect the reality that our bodies are perfectly and divinely designed must be made, far beyond what the popular thought of veganism and vegetarianism comprise. That which is essential for our lives is breath, oxygenation, water, hydration, mineralization which facilitates the alkalization increasing assimilation and opening all channels of elimination so that our cells are consistently regenerating and our blood is charged with the frequency of loving, forgiving, life exalting thoughts that allow the Spirits that we are to walk in the integrity of the All we are as Intelligences of Existence; the progenitors and perpetuators of lineages of people; to the glory and in honor of All life.



Celebrate Earth Day by appreciating and respecting the natural world. Here are some ideas to inspire you!

Earth Day 2020 will be celebrated on Wednesday, April 22! This year, we celebrate the 50th anniversary of this day. On Earth Day, enjoy the lovely scent of fresh air, clean up some litter, plant a tree, or simply enjoy companionship with nature! Walk through the woods in search of emerging wildflowers and green moss. Go outside, no matter the weather!

The 50th Anniversary of Earth Day

Earth Day 2020 will mark the 50th anniversary of this holiday. Typically, Earth Day is assigned a different theme or area of focus each year; this year's theme is Climate Action. Events ranging from river clean ups to environmental lectures to rallies will take place on this day (Wednesday, April 22). To find an event near you or to start your own event, visit earthday.org.

What Is Earth Day?

Ever wonder how Earth Day began? The first Earth Day was held on April 22, 1970, with the goal of raising awareness about mankind's role in protecting our natural world. On this date, 20 million Americans ventured outdoors and protested in favor of a more eco-conscious society.

It's hard to believe today, but at the time, many people were not aware of some serious environmental issues—from air pollution to toxic dumps to pesticides to loss of wilderness.

In 1970, Wisconsin Senator Gaylord Nelson and activist John McConnell separately asked Americans to join in the grass-roots demonstration. McConnell originally chose the spring equinox (March 21, 1970) and Nelson chose April 22, which ended up becoming the official celebration date. (Given that the date of the spring equinox changes over time, it could have made things more complicated to go with that date!)

Earth Day started out as more of a political movement, though today it has become a popular day for many communities to gather together and clean up litter, plant trees, or simply reflect on the beauty of nature.

When Is Earth Day?

Earth Day is always celebrated on April 22. It's followed closely by Arbor Day, which falls on the last Friday in April.

Earth Day Quotes and Poetry

The thirsty earth soaks up the rain,
And drinks, and gapes for drink again.
The plants suck in the earth and are
With constant drinking fresh and fair.

—Abraham Cowley

Summer, fall, winter, spring,
The seasons rotate as each brings
Its special beauty to this Earth of ours.
Winter's snow and summer's flowers;
Frozen rivers will flow come spring,
There is a renewal of everything.

—Edna Frohock

While the bright radiant sun in centre glows,
The earth in annual motion round it goes;
At the same time on its own axis reels,
And gives us change of seasons as it wheels.

—The 1793 Old Farmer's Almanac

THIS EARTH DAY, GO WILD!



by Stephen Wing

Nothing I learned in Sunday School made sense until the summer after 9th grade, when I signed up for a church-sponsored canoe trip in northern Minnesota. For the first time I was beyond the reach of the human world, surrounded by nature: the woods, the lakes, eagles and beavers, the rain, sun and stars, our little group of campers traveling through. This was the world that shaped our ancestors, I realized. Belief in a Creator was a natural response.

But no human religion can contain or explain the vast, wild natural world. Nor can the Theory of Evolution – equally true, but equally inadequate to describe it. Our planet mysteriously evolved the ideal conditions for life, or was created as a mythical Garden, or both. Millions of species rely on its life-support systems to survive, including ours. But only humans have developed carbon-burning trucks that haul food to market in exchange for money we may or may not have.

It's possible nowadays to live and die without ever venturing outside the human realm. The city, the mall, the media, the internet, the economy, work and school, culture and technology – this is the natural habitat of modern humans. It can be all-consuming, even overwhelming. But all its intricate complexity is nothing compared to nature's. Even in downtown Atlanta, the human world is a mere subset of nature. Nature still feeds us, GMOs or no GMOs. Water is still the basis of our metabolism. Life with-

out nature to stand on is not just a fantasy but a logical absurdity.

Yet our entire civilization is based on that fantasy. The Downstream Project estimates that it would require 5 planet Earths to supply the energy and raw materials for everyone on the planet to live a North American lifestyle. Since we only have one Earth, we are rapidly using up the resources our children will need to live decent lives. Mining, oil-drilling and logging leave behind huge holes, clearcuts, and heaps of rubble that can be seen from space. More and more wild, beautiful places are destroyed to supply our demand for high-tech devices and throwaway packaging.

If you've never experienced a wild, beautiful place, you might not realize what's being lost. What's being lost is the world that evolved or was created to support life, including ours. What's replacing it is a world designed for human wealth and convenience, a global economic machine that feeds on nature like a cancer – a literal cancer, too often, in these marvelous bodies of ours. Only our fearless awareness stands in its way, and our love for the kids, and hopefully a little faith, whether in God or evolution.

So this Earth Day, take your children someplace wild! Enjoy a picnic at Arabia Mountain. Visit Cloudland Canyon, Fort Mountain, or Tallulah Gorge. Go on a Sierra Club outing.

Hike the Appalachian Trail or canoe the Okefenokee. Or attend a community Earth Day celebration and meet like-minded neighbors. You'll come back seeing nature everywhere, freshly inspired to recycle, ride a bike, go vegetarian, join the movement to save Atlanta's trees or stop global warming. Even more importantly, your kids will, too.



THE SOUL OF AGRICULTURE

By Uriah Yisreal

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

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

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

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

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

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

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





SEVANANDA
Natural Foods Market

SEVANANDA DOING OUR PART COVID-19

Our temporary hours as of now are 11AM - 8PM daily

Senior Citizen ONLY !! 9AM - 10AM daily

Bulk Herbs 10AM - 2PM daily - hrs. subject to change

Please visit website for future Store and Department Hours (www.sevananda.coop)

These hour changes are to accommodate more time for stocking and cleaning as well as staff safety!



SEVANANDA
Natural Foods Market



Please practice social distancing while shopping.

MAINTAIN A DISTANCE OF 6 FEET FROM OTHERS AT ALL TIMES.



Please only touch products you intend to buy. *Thank you!*

We have Floor Decals that look like this to keep you 6ft from one another at the register



Valued Sevananda Family, Friends and Customers,

You have been amazing and it's been a pleasure serving you. Please be advised that social distancing protocols are now in process at this time. We are allowing 25 people in the store simultaneously. You must maintain six foot distancing protocols outside the store as well. We've got the logistics down and it's working pretty smoothly with minimum wait times.

HERE'S WHAT TO EXPECT UPON ARRIVAL AT THE STORE

- Friendly greeting from a Sevananda staffer or security officer at front door.
- Per our e-blast and social media postings, our water refill station is currently closed. Therefore empty bottles will not be allowed instore at this time.
- Basic info will be given upon entry and if you have empty bottles, you will be reminded of this.
- Six foot social distancing will also be implemented in the next couple days or weeks in the wellness department when customer volume exceeds recommended distancing levels. At that time, a line will need to be formed in order to serve each customer. Please be patient and kind while we work to serve you.

WATER POLICIES

- Deposit returns for Cha, Sevananda Water, or Elevate Water can be processed upon entry only at the customer service desk
- If you are not getting deposit return processed at the customer service desk, you will be asked to leave any empty bottles in your car.
- New water bottles in 5 gallon (2 limit), 3 gallon (3 limit), and 1 gallon (3 limit) may be purchased.

STORE POLICIES

We are allowing 25 people in store simultaneously. Six foot spacing tape has been placed on the floors at each register and in wellness bulk section. Please honor distancing protocols. Mgmt./security will enforce for overall safety of everyone. We ask that you come prepared with a shopping list and be expedient with your purchases to allow for the next shopper to also get their turn!

- You will be asked whether you are shopping for ten items or less or more.
- You will be given a sanitized hand basket, mid-size cart or large cart depending on your max number of items needed.
- If you have a hand basket when shopping is completed, return the basket with clothespin to cashier.
- If you have midsize or large size cart, return cart to foyer or cart corral and we'll retrieve and sanitize cart for the next customer.
- Lastly, please be sure to bring an umbrella in case it's drizzling or raining outside.

WE'RE KEEPIN' EVERYTHING CLEAN

Current sanitation procedures:

- Counter and pen pads wiped down regularly with bleach
- Workers will sanitize hands as often as possible
- Hand baskets and cart handles will be cleaned as often as possible
- Door handles frequently sanitized
- Reusable containers no longer allowed
- Bottle returns not accepted
- Please use our hand sanitizer dispensers in the store:
 - Near the registers above the hand baskets
 - Column beside grocery carts
 - Next to the bulk herb station

HOW YOU CAN HELP

- Be patient and kind
- Do not enter the store if you have been diagnosed with COVID-19 or exhibit any flu symptoms
- Only come in if you truly need to
- Wash your hands or use hand sanitizer after entering
- Bring your own bag and help bag your own groceries if you are able
- Pay with credit/debit if possible to limit cash handling
- Try to only touch the produce you are going to buy

DEPARTMENT UPDATES

PRODUCE

- We will not have produce specials for the time being.
- Salad mix and bulk spinach are now prepackaged and will remain so for the foreseeable future. At this time, no other produce items will be prepackaged.
- Our produce distributor is beginning to run out of produce, so while we've done an incredible job so far of maintaining our displays, there are going to be outages without advanced notice

DELI

- Extra grab n go meals and items are being prepared and now available, due to postponement of Hot Bar Service,
- For your convenience basic salads are being made available in the bakery case
- Bakery items continue to be available in the bakery case and in the wall case near hot bar

GROCERY

- No outside bottle containers will be accepted.
- Reusable bottles no longer allowed
- Bottle returns for refund only.

BULK

- Self-serve coffee will no longer be available.
- Containers from home have been suspended for all bulk and wellness items. Please use our provided plastic containers or bags.
- Nut butters, miso, etc have all been prepackaged.

WELLNESS

- We are out of hand sanitizer and it most likely will not be back soon.
- Bulk Herbs available from 10am – 1pm
- Immune support products are becoming out of stock all over the place with no imminent ETA.
- Many of our direct herb and supplement vendors are really backed up due to overwhelming volume, so expect out of stocks without an ETA.

The following Self-Services are on hold until further notice
Salad Bar (salads in cold case)
Soup Service (in grab n go case)
Coffee Service



Coronavirus (COVID-19)

The Georgia Department of Public Health is the state's official COVID-19 response team. Contact COVID-19 hotline: (844) 442-2681

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).

Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
 - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers) AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).



NUCLEAR WATCH SOUTH

Nuclear Watch South legally intervenes before the Public Service Commission (PSC), contributing expert witness testimony, and analyzing Georgia Power's own annual report data to prove that shrinking electricity demand and overbuilt capacity make the additional reactors unnecessary. Nuclear Watch South shows clearly that Georgia Power's profits have jumped to record highs during the protracted Vogtle construction period. Nuclear Watch South organizes public witnesses to oppose Vogtle on the record, and on the street, at the PSC in the twice-yearly Vogtle construction public hearing process.

Nuclear Watch South also challenges nuclear weapons — a global issue with local impacts. Nuclear Watch South plans several special projects to remind of the ever-present apocalyptic threat of nuclear weapons, closer to home than many people think, as the Atomic Age turns 75 in 2020.

Savannah River Site (SRS) is one of the nation's largest nuclear weapons manufacturing reservations, located in South Carolina on Georgia's border. At the end of the Cold War in 1990, SRS was stranded with massive amounts of poorly stored radioactive waste. Seeking new missions, a plutonium fuel (MOX) factory was proposed and construction began at SRS in 2004. Nuclear Watch South intervened legally to oppose the plutonium fuel factory and in 2018, MOX was officially terminated.

Now a Federal proposal to convert the unfinished factory to manufacturing plutonium cores for new nuclear weapons looms. "Plutonium pit production" has been proposed and defeated four times previously. Nuclear Watch South is educating and organizing public resistance to this out-of-step proposal, determined to bring an end to the deadly Atomic Age.

Located in St. Marys on the fragile Georgia coast, the Kings Bay Naval Submarine Base is home port for the East Coast



fleet of Trident nuclear submarines. Each five-story Trident is a global "doomsday machine" carrying the nuclear firepower equivalent of 1,825 Hiroshimas.

Seven Catholic peace activists occupied the base on the 50th anniversary of Dr. Martin Luther King's assassination to symbolically transform "swords into plowshares" and confront the evil triplets of racism, militarism and extreme materialism. The action has garnered national attention to the nuclear weapons arsenal based in Georgia. Nuclear Watch South has taken part in monthly vigils at the base and during the trial in October, representing Georgia's peace community in the ongoing resistance to nuclear "omnicide."

In the coming year, Nuclear Watch South will join the global community to ramp up resistance to nuclear annihilation by taking a stand right here in Georgia.

Near Augusta, Georgia Power is constructing two nuclear power reactors, Vogtle 3 and 4, the first nuclear reactors undertaken in the U.S. since the Three Mile Island meltdown in 1979. The Vogtle construction project is now 100% over budget and five years behind schedule.



Organization Name: NUCLEAR WATCH SOUTH

Mission: To phase out nuclear power, promote conservation and sustainable energy, halt the proliferation of nuclear materials, abolish nuclear weapons, and promote ethical nuclear waste policy. **Contact:** Frank Holzman, President

Address: P O Box 8574 Atlanta 31106

Website: www.nonukesyall.org

Aware Wildlife Center

Who will help raise a baby opossum separated from its mother? Who will rescue an egret trapped in discarded fishing line, remove a hook from its side, and nurse it back to health? Who will accept an orphaned river otter and teach it how to swim?

Since 2006, the AWARE Wildlife Center has been the answer to all these questions. We are the state's only wildlife rehabilitation center accepting all species of injured and orphaned native Georgia wildlife - more than 1,200 in the past year alone. We repair broken wings, sew up wounded scales, and free legs trapped in fencing, always with the primary goal of returning the animal to nature for a second chance at a wild life.

In that time, we have also steadily expanded our educational outreach, spreading a message of peaceful coexistence with wildlife to tens of thousands of Atlantans every year. We are home to two dozen permanent resident animals - rescued wildlife with permanent conditions that make a return to the wild impossible. These AWARE ambassadors - like Boogie the barn owl and Sydney the opossum - are the centerpiece of the 200+ educational programs we present each year. Attendees learn about the importance of wildlife to our environment and acquire knowledge about ways to live their lives while reducing the risks those lives present to wildlife.

In addition to animal programs, we also operate a help desk that answers more than 20,000 calls and emails concerning wildlife each year. Many answers concern help for injured or orphaned wildlife. Others involve nuisance questions such as how to deal with coyotes in the neighborhood or squirrels in the attic. Our team helps people handle these questions in ways that satisfy the human desires while reducing or eliminating any risk or harm to the animals.

We are located on the east side of metro Atlanta, in south DeKalb County, a community hungry for educational and enrichment outlets. Though we serve the entire Atlanta area, we provide a unique opportunity for residents on this side of town to see wildlife up close and learn how they can coexist with the animals in their neighborhoods. We also partner with several schools in South DeKalb whose students volunteer with us, gaining knowledge and skills that help them in school and beyond. We are proud to be part of this all-too-often underserved community.

AWARE does not charge money for its wildlife rehabilitation services or help desk inquiries. We do offer educational wildlife programs for purchase, but we present the majority free of charge as well. In order to provide these services without charge, we rely primarily

on the generosity of individual donors - almost 80% of our income comes from personal donations, and the remainder comes mostly from fundraiser events and sales of t-shirts and other AWARE merchandise.

We look forward to continuing to expand our rehabilitation and education programming in the years to come.

Scott Lange
Executive Director, AWARE Wildlife Center



AWARE
WILDLIFE CENTER

Organization Name: AWARE WILDLIFE CENTER

Mission: To rehabilitate injured and orphaned native Georgia wild animals and educate the public about peaceful coexistence with wildlife.

Contact: Scott Lange Executive Director

Address: 4158 Klondike Road Lithonia 30038

Website: www.awarewildlife.org

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SEVANANDA
 Natural Foods Market



**SUPPORT OUR STAFF
 Make A Donation**

As each day comes there are changes being told in reference to the Covid-19 Virus and we at Sevananda want to make sure we stay ahead of any changes that could eventually cause us to either shut down or downsize our staff.

We have an existing staff program called Sev-TNet... This is an in-house fund that staff contributes to through payroll deduction to support each other through hardship circumstance. It is an emergency fund of sorts for employees.

At this time we would like to extend this program to our members, and customers in order to accept donations directly for staff members. If you would like to donate funds to support staff at this time, please click on the Bar Code below to process a donation through our Pay-Pal account. Funds will be transferred directly our Sev-T-Net account for staff needs and distribution, should the need arise..

Also if you come into the store you can round-up your purchase and those funds too will be transferred directly to our Sev-T-Net account.

Thank you for supporting your local community co-op and our amazing, resilient, talented staff.



www.Twitter.com/Sevananda



[Instagram.com/Sevananda_ATL](https://www.instagram.com/Sevananda_ATL)

www.sevananda.coop
www.sev.coop



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

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

