

AWAKENING THE FIRE WITHIN • BREAKING BIG • THE GIFT OF LIFE: IT'S IN YOUR BLOOD

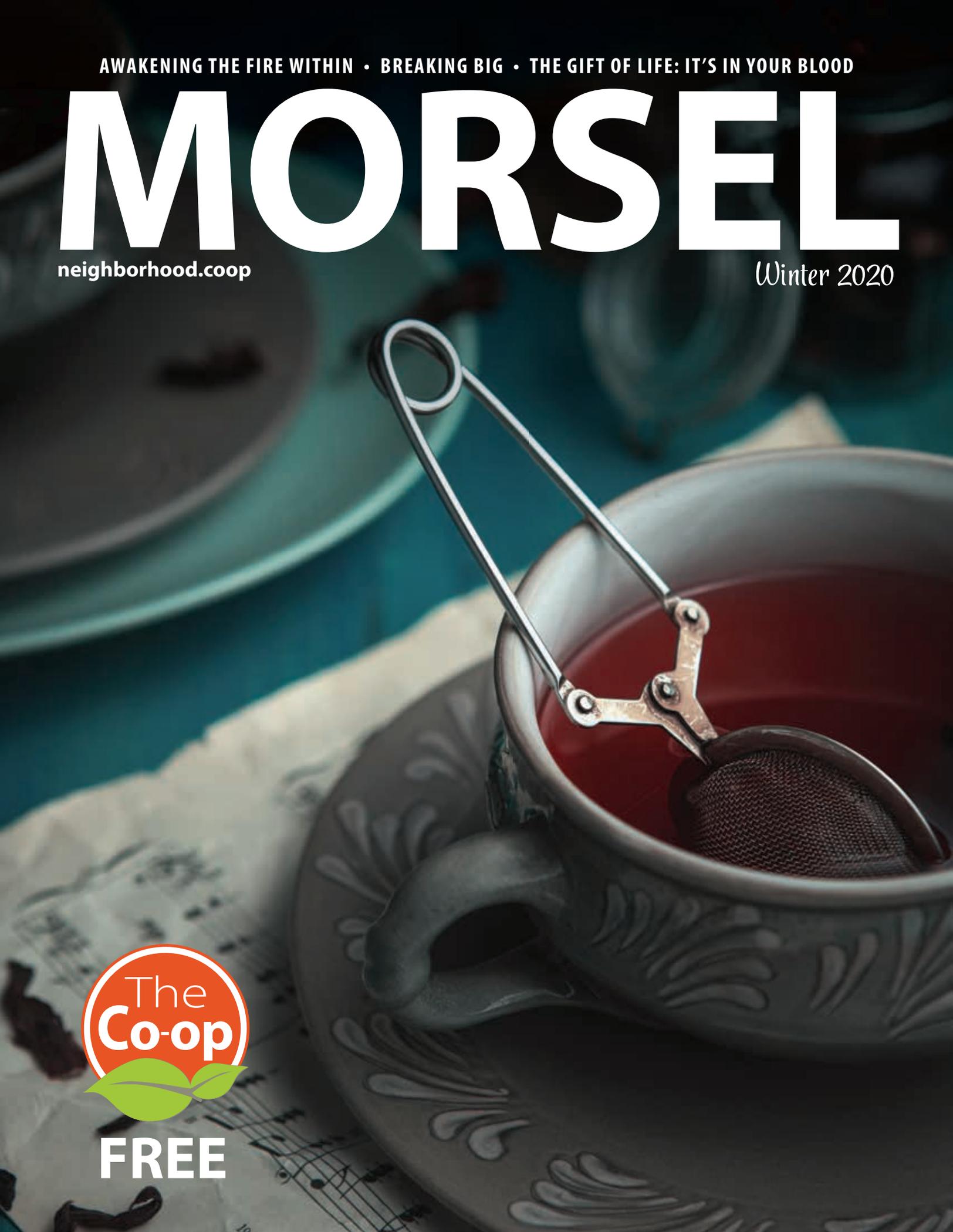
MORSEL

neighborhood.coop

Winter 2020



FREE



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Winter 2020

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YOUR BLOOD



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{CO-OP THROW BACK}

“Walk in like you own the place” was the motto of an owner equity drive to “support the move to Murdale”. This photo was taken of the Co-op’s second store at 104 E. Jackson Street in 2005. Inside the store was an “Owner Meter” that tracked the growth of owners in the last year at that location. With a strong owner commitment, we were able to relocate the store in 2006 with almost \$100,000 in owner equity as a critical part of the financing of the \$1.5 million relocation project.

MORSEL

A QUARTERLY PUBLICATION OF
NEIGHBORHOOD CO-OP GROCERY

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EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

OUR STORE

1815 W Main Street, Carbondale, IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6p.m.

Contact the Board at:
boardlink@neighborhood.coop

Margaret Anderson
Mary Avery
Kristy Bender
Leslie Duram
Lauren Bonner

Jak Tichenor
Richard Thomas
Barbara James
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ECO PRINTING

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Sales & Events

at the Co-op

JANUARY

23

Red Cross Blood Drive

Red Cross will have their blood mobile in the Co-op parking lot from 2pm-6pm. Please help save a life!

FEBRUARY

01

Super Bowl of Caring

SIU athletes collect money for Good Samaritan House of Carbondale.



05

Wellness Wednesday

10% off all wellness items!

MARCH

04

Wellness Wednesday

10% off all wellness items!

07

Owner Appreciation

Owners get 10% off their total purchase this weekend.

08

**OWNER APPRECIATION
WEEKEND**

APRIL

01

Wellness Wednesday

10% off all wellness items!

03

Feed Your Neighbor 5K

Co-op annual 5K that raises money for Good Samaritan House.



04

Board Voting Opens

Spring Cup Sale

SIU Ceramic students will be selling handmade cups to raise money for their department.

MAY

02

Owner Fest

Co-op's annual meeting and party for owners!

BOARD MEETINGS

Co-op Community Room • 6pm

Monday, January 27

Monday, February 24

Monday, March 23



GENERAL MANAGER'S REPORT



FRANCIS MURPHY

Neighborhood Co-op is a consumer cooperative which is owned by over 3,000 people in our community. Each owner has purchased at least one share in the Co-op or is in the process of making payments. This ownership structure is part of what makes co-ops unique businesses that are highly responsive to the needs of the community they serve. Like other cooperative businesses like credit unions and rural electric co-ops, Neighborhood Co-op subscribes to the international co-op principles that emphasize voluntary and open membership, democratic member control, and member economic participation.

It wasn't always this way in our co-op. The Co-op began in 1980 as a buying club and became a storefront co-op in 1985. The Co-op was originally incorporated in February 1990 as an Illinois not-for-profit corporation. Members paid first \$3 and later \$5 in annual fees and nonmembers were hit with a 10% nonmember surcharge. In September 2003 the members of the Co-op elected to reorganize under the Illinois Cooperative statute. With the reorganization from a not for profit to a cooperative, the Co-op moved from using the terms "members" and "membership" to "owners" and "ownership" for both legal and practical reasons.

The conversion to a genuine co-op in 2003 meant that the Co-op no longer paid taxes on membership fees. Owner shares benefit the cooperative as a whole by providing needed capital. With a strong financial base and owner commitment, we were able to relocate the store in 2006 with almost \$100,000 in owner equity as a critical part of the financing of the \$1.5 million relocation project. Since relocation we have seen the number of owners increase from 900 to over 3,000, a 330% increase. As I write this in December 2019, owner equity in the Co-op is just shy of \$400,000 and continues to add approximately \$15,000 per year to cash flow.

So why should you buy a share and become an owner in the Co-op? Co-op shares are \$100, which you can purchase all at once or pay in \$10 monthly installments. Either way, you will receive a New Owner Goody Box chock full of products to sample and a sheet of valuable coupons. Buying a Co-op share saves you money on quarterly 10% off Owner Appreciation Weekends, monthly Owner Buys, and discounts on special orders (minimum case orders vary by item). You will also get this magazine, *Morsel*, mailed to your house four times a year and coupon books mailed to you twice annually. These books include manufacturer coupons on products we carry and add up to significant savings. Your Co-op share is fully refundable; if you decide that you want to resign your share you may either cash it in to the Co-op or transfer it to another person that you designate.

Of course, buying a share in the Co-op also means that you are investing in a truly local business that cares about the community. As an owner you are eligible to run for a seat on the board of directors and are encouraged to vote in board elections and referenda, such as changes to the Bylaws. Our Owner Fest is the annual meeting of the Co-op owners to review the Annual Report, elect directors, and conduct other business – while enjoying good food, beer and wine, and live music!

The Co-op will be holding an Owner Drive starting on January 13, the first day of SIU's spring semester, and running through February 15. During this time, new owners will receive 10% off their first purchase and will be entered into a drawing for a valuable gift basket. Applications can be found at the registers and any of the staff are happy to help with questions you may have.



Backyard Bounty

by *Margaret Anderson*

Anyone venturing into the woods of southern Illinois is aware that it is a diverse ecosystem with unique flora and fauna. You know wood and paper products are an important resource, but there are additional resources known as “non-timber forest products” (NTFP’s). These include products from forests, other than industrial timber, that have value for personal or commercial use. Examples of non-timber forest products include medicinal and dietary supplements, culinary, wood based, floral and decorative goods. This could include firewood, wild mushrooms, berries, ferns, cones, acorns, maple syrup, honey, pawpaws (*Asimina triloba*), persimmons (*Diospyros virginiana*) and ginseng (*Panax quinquefolius*). Bouquets, wreaths and other floral goods have been used for their aesthetic value for centuries. Many of these products have a very long history of use as resources vital to the livelihoods and welfare of southern Illinois residents, crossing age, class, ethnicity and socio-economic boundaries. Gathering NTFPs can provide a suite of benefits that contribute to health and well-being all while connecting people to our forests in intimate and direct ways.

One of the first things I collected from the woods were pawpaw fruit, which are the only tropical fruit found in a southern Illinois forest. Pawpaw trees are commonly found growing in the shade under the forest canopy and can rise to over 20 feet tall. This late season reward ripens in late summer and peaks in August to September. The fruit resembles a pear in size and shape, but has a banana-like taste and can be made into delicious muffins, bread and smoothies. One thing I’ve learned over the years is that other animals also enjoy the pawpaw fruit, so you have plenty of competition to find them when they ripen in the summer.

NTFPs can also be collected as ingredients to spice up other products. Wild garlic and wild onion plants (*Allium* spp) can be added for extra flavors in soups or dishes. Certain mushrooms may add umami for that extra dimension of flavor. Make your food flavorful and healthy by sautéing and incorporating certain mushrooms such as morels or chanterelles in a variety of dishes or use as a replacement if you are looking to cut



back on meat. Micro-breweries have also started using birch (*Betula* spp), elderberry (*Sambucus canadensis*) and juniper (*Juniperus* spp) berries to flavor their beers.

Most recently you can head to the Shawnee National Forest for your very own Christmas tree. Bringing back the pastime of harvesting wild eastern red cedar trees (*Juniperus virginiana*) can be a fun event that gets the whole family out into the forest searching for that perfect tree and is a great way to spend the day exploring nature! For only \$5.00 a family, one permit can be purchased from a US Forest Service location (Harrisburg, Vienna or Jonesboro) and allows for one tree to be collected from areas listed on the permit.

As one might expect, there are both proper and improper gathering practices for each NTFP in our forests. Research has shown that most conservation areas require active management, and the cooperation of stakeholders (gatherers, landowners, buyers etc) is crucial to the success of NTFP management. As with any harvesting on any land, you’ll want to be sure to know the laws and regulations on collection and obtain the correct permit. Some species are culturally and ecologically sensitive, factors that can affect viability and sustainable harvesting. Public land managers are focused on sustainable forest management and non-timber forest product collection needs to be carefully regulated to maintain our diverse ecosystem in our beloved forests of southern Illinois. Everyone is encouraged to branch out and appreciate the forest’s non-timber products.

COMMUNITY CONNECTIONS

Our second quarter **Wooden Nickels** recipients are **Friends of the Shawnee National Forest** and **The Women's Center**.



Friends of the Shawnee National Forest is a nonprofit organization that supports the Shawnee National Forest by promoting land stewardship, environmental education, and responsible outdoor recreation.

Founded in 2010, the organization works closely with the U. S. Forest Service staff and volunteers to provide high quality recreation and conservation opportunities in Southern Illinois. They value our public lands and encourage all people to get out and experience the scenic beauty of the Shawnee National Forest. Through a combination of education, community outreach, and advocacy, together we can preserve and protect this extraordinary resource.

One of the first domestic violence centers in the country, **The Women's Center**, Inc. was created in 1972 by a group of visionaries who recognized the need for a safe, secure environment for Southern Illinois women and their children. They are pro-choice in all aspects of women's social, educational, financial, family, and legal rights. Their mission is to stop the violence, support each survivor and provide information about resources and options so they can take charge of their lives. Education is the key to ending violence. They offer many free public programs on preventing domestic violence and sexual assault.

Visit neighborhood.coop if you know of an organization that could benefit from our program.



Co-op Wins GreenChill Award!

Neighborhood Co-op Grocery continues to lead the way as the only supermarket in Southern Illinois to receive a Silver-Level GreenChill Store Certification award from the Environment Protection Agency (EPA). This is the second Silver-Level Certification awarded to the store since 2018. This certification recognizes the Co-op for using non-ozone depleting refrigerants, using less refrigerant in its store, and maintaining a low refrigerant emissions rate. Relative to a similarly-sized average supermarket, the Co-op avoided refrigerant emissions equivalent to an estimated 601 metric tons of carbon dioxide. That's equal to 105 homes' electricity use for one year.

"It's important for us to reduce our footprint and by reducing refrigerant emissions, this is a significant step to helping our environment," says Francis Murphy, Neighborhood Co-op's General Manager. He added, "We appreciate the work of Ron Ceto

of AC Systems Service for providing all of the technical data needed in our application for GreenChill certification as well as doing a great job maintaining and repairing our refrigeration systems."

GreenChill certified stores only use refrigerants that do not harm the earth's ozone layer. In addition, GreenChill certified stores have lower leak rates than average stores in the United States. An average store leaks between 20 and 25 percent of their refrigerant annually; GreenChill Silver-Level Certified stores reduce those emissions by 33 percent.

"Neighborhood Co-op Grocery can be very proud of this accomplishment," said Kirsten Cappel, Program Manager of EPA's GreenChill Partnership. "GreenChill certified stores like this one reduce impacts on the environment and save money at the same time. People want to do business with stores that share their environmental values."



Photo: Co-op's General Manager, Francis Murphy, interviews with a WSIL-TV 3 new reporter to highlight the Co-op's accomplishment in winning the GreenChill Award.

AWAKENING THE FIRE WITHIN

A Journey Towards Healing With Qi Gong

by *Monica Tichenor*



In the fall of 2018, just a few months into a well-earned retirement, Lori Merrill-Fink of Carbondale, Ill. learned frightening news about her health when she was diagnosed with inflammatory breast cancer. The former Director of the SIU Honors Program and Associate Professor in Theater had been looking forward to the freedom of a less-structured schedule and the opportunities it would give her to tackle long-neglected home projects and to plan new adventures with her husband, Tim Fink, retired Professor of Opera and Music Theater in SIU's School of Music. Instead she was confronted by a serious diagnosis, with all its requisite fear and uncertainty, and life as she had known it changed in an instant.

"The news was originally devastating," says Lori. "I went through a 'dark night of the soul' – full of fear for my future: would I be around to see my kids get married, hold my grandchildren?"

Following the initial shock of her diagnosis, Lori met with doctors and learned all she could about her cancer and the allopathic treatments she would soon undergo,

which included dose-dense chemotherapy, surgery, and radiation. She also recognized that her mind would play an equally powerful role in her recovery.

"A shift happened when I was downstairs in my meditation room," Lori recalls. "A book fell off my shelf, *Your Body Believes Every Word You Say*, which I had used as a resource for a movement class I taught years ago. I dove back into that book...and realized that my mind would be my greatest ally in the healing and recovery process."

As her focus shifted from fear to possibility, Lori began to explore a more integrative and holistic approach to her illness, which included revisiting her roots in studying and teaching movement.

"As a movement practitioner and educator, I have always been very connected to my body and whole-heartedly believe that movement is medicine. While there were cancer cells in my body (I reframed the statement 'I have cancer.'). we were on the same team and would work together on this journey. My body had not betrayed me."

To supplement her treatment, Lori immersed herself in healthy practices – eating whole foods, exercising, practicing meditation and gratitude, and letting emotions come and go without judgment. After a conversation with a friend, she added the ancient Chinese practice of Qi Gong (pronounced chee-gong) to her personal medicine chest.

“I thank (wellness practitioner) Leigh Wolf, who suggested I start practicing, which I did on my own with the help of some good YouTube videos. I was traveling to the Kripalu Center for Yoga & Health in August for recertification in another movement practice I facilitate when I saw they also offered training in ‘The Healer Within Qi Gong,’ and I registered and completed my certification under Dr. Roger Jahnke.”

For those unfamiliar with Qi Gong, the word “Qi” refers to the vital life force that exists around and within all living things, while “Gong” is understood as skill, practice, or cultivation. In Traditional Chinese Medicine, disease and symptoms are an indication of blockages in the body that impede the flow of energy, or Qi.

Qi Gong combines gentle, flowing movements, deep breathing, meditation, and self-massage to cultivate and promote a smooth, balanced flow of life force energy throughout the body and organs. There are over 3,000 “flavors” of Qi Gong, says Lori, and “The Healer Within” is simply one of them.

Studies indicate that the regular practice of Qi Gong is effective

in treating conditions such as Fibromyalgia, Depression, Arthritis, Hypertension, and Chronic Fatigue Syndrome. Additional benefits include lowered stress, deeper breathing, increased energy levels, and stimulation of the lymphatic and immune systems.

“If you’re skeptical about such claims,” says Lori, “just Google Harvard Medical School, PubMed, and the Qi Gong Institute to see some of the inquiry that is taking place.” [In May of 2019, Harvard Medical School officially endorsed Qi Gong and Tai Chi as beneficial to a person’s health and well-being].

Qi Gong has not only played a vital role in Lori’s recovery and healing, it’s become a daily act of love she practices to honor her body and its resiliency.

“Working with one’s vital life force is the ultimate act of self-care. To be able to calm the body, increase lymphatic flow, encourage flexibility and strength, and to stimulate and cultivate energy turns on an inner pharmacy.”

For those who may be concerned that Qi Gong is unaffordable or too different and challenging to learn, worry no more.

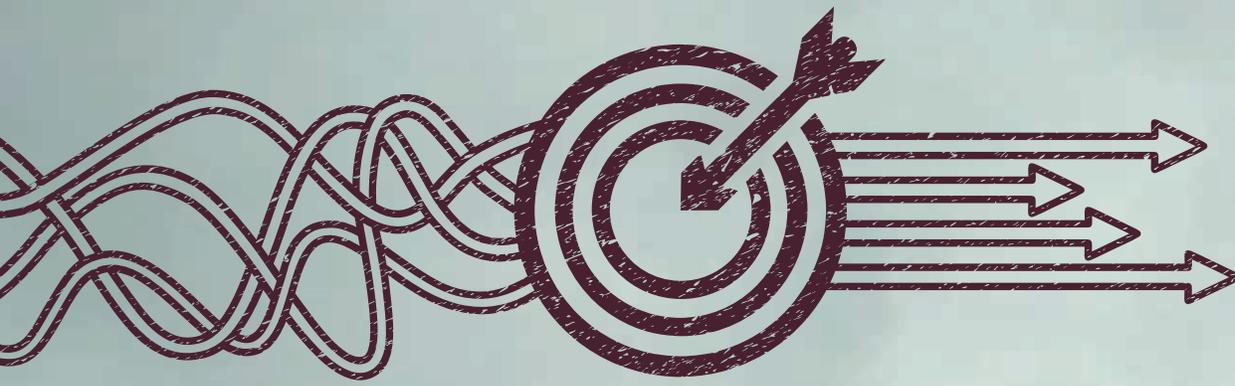
“Qi Gong is simple and can be practiced by anyone anywhere without equipment,” says Lori. “I think there is a bias that exists – that if something isn’t complicated, difficult, or expensive, it has less value. My personal practice makes me feel more grounded, expansive, pain-free, and at peace – and that’s something we all could use more of.”

When asked about broader lessons learned while pursuing a healthier, more authentic, and joyous life, even in the midst of a scary diagnosis, Lori offers the wise insights she invokes to remind her of how far she’s come in her healing journey: “My mind is my greatest ally. I choose where my energy goes. Words have power. Feeling like a victim does not serve me or my healing. The Universe has my back. Ask for what I need. Love, prayers, and support are a supreme form of medicine in their own right.”

To learn more about Qi Gong, a good place to start is the Qi Gong Institute founded by Dr. Roger Jahnke at instituteofintegralqigongandtaichi.org.

If you’d like to try Qi Gong locally, Lori will offer a morning class once per week at In Sync in Carbondale, as well as a weekly evening class at a location still to be determined, after January 20. Details on both classes will be finalized soon, so if you’re interested in participating, contact Lori at blureznite@gmail.com.

You’re also invited to tune in to **Rise**, a new radio show hosted by Lori, scheduled to air on WDBX 91.1 FM on Thursdays from 7-9 AM beginning on February 6. Learn more at wdbx.org.



Breaking Big

How Small Steps Can Lead to Massive Changes

by **Monica Tichenor**

Landmark events can trigger unrealistic expectations as we take stock of our lives, find fault with our choices, and attempt to fix a laundry list of flaws in a prescribed amount of time. If we don't see results quickly, we may revert to self-blame or give up altogether.

Why do we feel compelled to make lofty resolutions around the New Year, or other significant events, and why do we often fail, despite our good intentions?

According to writer and life coach, Janice Staab, Ph.D., of Carbondale, Ill., many of us respond more readily to external triggers that motivate us to change.

"That's what landmark events give us," says Janice. "They focus our attention on changes we may want to make at other times, but avoid or dread because we lack the confidence to pursue them on our own."

While honest, respectful self-reflection at the New Year can be a healthy process, it's also dangerously easy to get caught up in the media push to make radical changes quickly.

"New Year's is billed to us as the time of second chances and clean slates," explains Janice. "It's the annual 'do over' for all the things we got wrong or failed to do in the previous year. We're bombarded with advertising telling us it's the perfect time to craft the life we've always wanted."

This kind of thinking can set us up for disappointment and greater resistance to change down the road.



"Life changes that are sourced from outside us usually have shallow roots," says Janice. "They don't penetrate the deeper layers of our habits and won't stand for long when challenged."

Viewing change as an "all-or-nothing" proposition is a form of absolutist thinking. Defining success so narrowly and in such demanding terms limits the ways in which we can move forward, explains Janice.

"We think, 'either I accomplish my resolution in precisely the way I intended or I have failed.' Let's say your resolution is to run 5 miles daily starting January 1. Now, if you're already running 4 miles a day, this may be reasonable. But if you're a novice runner, this goal is more than your body and mind will be able to handle. It's defined so strictly, leaving no flexibility to accommodate your humanness."

To reinforce the importance of setting realistic mini-goals, Janice shares a story from her personal experience as a runner.



Dr. Janice Staab, Ph.D., is a writer, teacher, philosophical counselor, life coach, and author. Visit her website at www.janicestaab.com.

"In 2010, I ran my first and only marathon to date. Shortly thereafter, a family obligation took me away from my running habit. Returning to running a few years ago, I didn't schedule a marathon right away. I started by lengthening my walks, then adding running back in 1/3-mile intervals. I continued to increase my distance and speed incrementally until I was running at my pre-marathon level. Because I let the running return gradually, I have been injury-free and am running stronger than in 2010."

Replacing self-destructive habits with healthier ones that will serve us well over the course of a lifetime – not just at New Year's – may feel like a daunting task, but it's possible if we are patient with ourselves and use the tools at our disposal.

First, consider how habits form, says Janice. Our brains are always looking for efficiency in thinking, so habit formation is simply the process of making action easy and eliminating self-doubt.

"Consistent, repeated action that accesses as many aspects of ourselves as possible (e.g., spirit, body, mind, emotion, social groups, education, experience) and supports the habits we want to forge is the key. There is no magic 21-day plan to change our habits, although that's a good start. We just need to decide who we want to be and then do the work it takes to become that person."

Second, break down larger goals into more attainable micro-goals. Small steps give us time to adjust to the impact of the changes we're making.

"Don't push yourself to do too much too soon," says Janice. "For example, don't run a 5K. Walk a half-mile or to the corner. Don't quit the job you hate. Think about how to ease tension in your work relationships. Don't go on a 1200-calorie per day diet or eliminate whole food groups. Change one meal each day in one small way for one week."

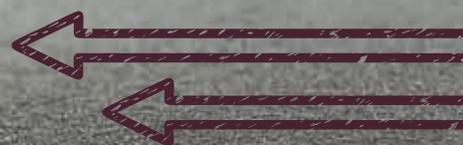
Third, celebrate your success.

"Keep track of your successes, so you can review your progress and see what techniques work best for you. Share your successes with your supporters. Celebrating daily will generate positive feedback and help you overcome the temptation to anticipate failure."

Fourth, let your passions guide your life changes – but be certain they have help.

"Use the strengths you've already developed to support your habit change. I call it 'buddy wrapping.' Like a doctor wraps a sprained finger to a healthy finger to support it while healing occurs, you can use a strength or positive habit you've already developed to support the growth of another strength or habit. Take full advantage of the abilities you already have and successes you've already experienced to make those changes flow!"

2020



Warming Teas

by **Monica Tichenor**

for Winter Wellness

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Can a cup of tea cure all ills? The characters in every Jane Austen novel – and probably every living person in Great Britain today – might agree. So might the 80% of Americans who also drink tea, which boasts over 3,000 varieties and is the second most consumed beverage in the world (water is first).

From strengthening your immune system to relieving the winter doldrums, tea offers multiple health benefits, many of which are now supported by research.

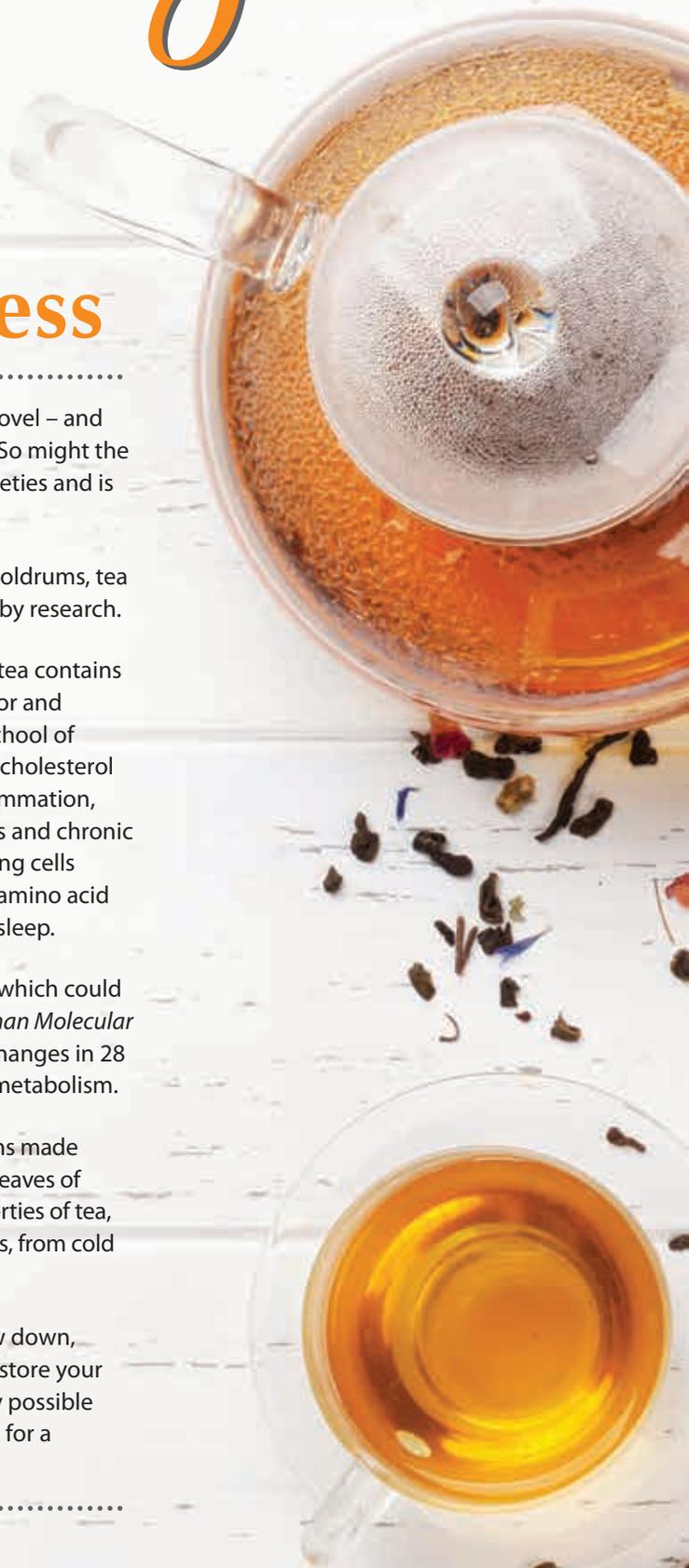
Derived from *Camellia Sinensis*, an evergreen shrub native to Asia, tea contains polyphenols, or flavonoids, which not only give tea its distinct flavor and aroma, but also promote good health, according to the Harvard School of Public Health. Polyphenols are linked to lower blood pressure and cholesterol levels, while their antioxidant properties may help to prevent inflammation, cardiovascular disease, diabetes, and cancer, among other illnesses and chronic conditions. Polyphenols also help to regulate blood sugar by making cells more sensitive to insulin's effects. Tea also contains L-theanine, an amino acid that boosts brain chemicals associated with relaxation, focus, and sleep.

Drinking tea might also change how DNA is expressed in women, which could play a role in disease prevention. In a 2017 study published in *Human Molecular Genetics*, research results associated tea drinking in women with changes in 28 different gene regions known to interact with cancer or estrogen metabolism.

Herbal teas are actually not teas at all, but tisanes, which are infusions made from herbs, leaves, bark, roots, berries, flowers, seeds, spices, or the leaves of other plants. Although they don't share all the same chemical properties of tea, tisanes also offer health benefits that can ease a variety of conditions, from cold symptoms and insomnia to anxiety and tummy troubles.

With the winter holidays behind us, now is the perfect time to slow down, brew a cup of tea, sip mindfully, and let the fragrance and flavor restore your mind, body, and spirit. As always, consult your physician about any possible interactions between tea or tisanes and medications you may take for a specific health condition.

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To your health!

Teas – Black, green (including matcha), oolong, and white

Benefits: Boost cardiovascular health; lower bad (LDL) cholesterol; improve gut health; regulate blood sugar; reduce risk for Type 2 diabetes, dementia, certain cancers, and infection; improve brain function; reduce anxiety; promote tooth and bone strength and relieve eczema (specifically, oolong tea)

Herbal Teas, or Tisanes

Herb and Benefits:

Astragalus

Boosts immune system; reduces inflammation; treats fatigue, allergies, the common cold, heart disease, and diabetes

Calendula

Reduces inflammation; supports the digestive system and relieves ulcers, Gastroesophageal reflux disease (GERD), and inflammatory bowel disease (IBD); fights infections

Chamomile

Helps treat anxiety, stress, and insomnia; may help control blood sugar

Cinnamon

Reduces inflammation; lowers blood sugar; improves cardiovascular health; fights infections; reduces PMS and menstrual cramps

Echinacea

Prevents inflammation; fights the flu; regulates blood sugar; reduces anxiety; lowers blood pressure; reduces breast cancer risk; aids in healthy cell growth

Ginger

Relieves nausea and morning sickness; reduces headaches and migraines; reduces inflammation; improves mental focus; relieves pain

Hibiscus

Lowers blood pressure; lowers bad (LDL) cholesterol; helps prevent heart disease and cancer; fights bacterial infections like *E. coli*

Peppermint

Boosts energy; contains menthol, a naturally-occurring muscle relaxant, to reduce stress and relieve pain; improves digestion; eases nausea

Rooibos

Regulates blood sugar; improves blood pressure and circulation; keeps hair and skin healthy

Tulsi (or, Holy Basil)

Boosts immunity; relieves coughs; helps bring down fevers; prevents respiratory illnesses like the common cold, bronchitis, and asthma

Tea began as a medicine
and grew into a beverage.

– Kakuzo Okakura, *The Book of Tea*

The Gift of Life: It's in Your Blood

by **Monica Tichenor**



Did you know that every two seconds, someone in the U.S. needs blood? Or that one pint of blood can save up to three lives? According to the American Red Cross, approximately 37% of America's population is eligible to donate blood, yet only 3% actually donate, largely due to common misunderstandings about the process and eligibility requirements.

"Sometimes people are afraid of needles, but there truly is minimal pain," says Joe Zydlo, External Communications Manager at the American Red Cross chapter in St. Louis, Mo. "Another common misperception is that people who just got a flu shot or who have tattoos cannot donate. This is false. The list of eligibility requirements available at redcrossblood.org should dispel any confusion about blood donation."

Many people also mistakenly assume that blood has a long shelf life or that they don't need to donate because others are filling the need, says Mindy Hendrix, Account Manager for Donor Recruitment at the American Red Cross chapter in Cape Girardeau, Mo. These assumptions can mean the difference between life and death.

"Most people don't realize that blood cannot be manufactured, that it does have an expiration date [21-35 days for whole blood, 5 days for platelets], and that enough people aren't donating," says Mindy. "People are grateful their loved ones have received blood, but they don't think about the source of that blood. They just know it was there when their loved ones needed it. The question then sets in – what if it's not?"

January is National Blood Donor Month, a critical time for blood donations to help counter the drop in blood supply that typically follows the holidays. Extreme weather and seasonal illnesses also contribute to the shortage.

To help meet local needs, Neighborhood Co-op and the American Red Cross are partnering to host three blood drives at the Co-op on January 23, June 18, and September 17 from 2-6 PM. All blood donations will stay within the Missouri-

Illinois Blood Services region and will be distributed to over 75 regional hospitals.

When local businesses and organizations join forces with the American Red Cross, they become community leaders who pave the way for others, says Mindy.

"Nearly 84% of all blood donations are collected at blood drives hosted by generous organizations that enable people to give near where they live and work. Plus, an onsite blood drive gives Neighborhood Co-op employees and customers a chance to meet the needs of seriously ill or injured patients."

So, what can a first-time donor expect?

"Hopefully, a good experience," says Joe Zydlo. "To prepare, make sure you drink plenty of water that day and eat a good meal or two depending on when the time of day you are donating. The process will take about an hour, but if you make an appointment, and complete a Rapid Pass (health history) on your phone prior to arrival, you could save yourself about 15 minutes."

Giving the gift of life is a rewarding experience not only for the giver, but also for those who have made a career in the Blood Services division of the American Red Cross.

"Every day I meet new people, hear new stories, and am inspired by the selflessness of our communities," says Mindy Hendrix. "When I go home at night, I know I'm making a difference in the world – and that is both liberating and encouraging."

Get all the facts about blood donations online at redcrossblood.org and be sure to mark your calendars for the Neighborhood Co-op's upcoming blood drives. Have questions? Contact Amy Dion at amy@neighborhood.coop, (618) 529-3533, or Mindy Hendrix at mindy.hendrix@redcross.org, (573) 270-8105.



2020

**Neighborhood Co-op
BLOOD DRIVES**

Thursday, January 23, 2-6 PM

Thursday, June 18, 2-6 PM

Thursday, September 17, 2-6 PM

Help Save a Life!

Helping Children Manage Angry Feelings

Fred Rogers often said that one of his most important messages was helping children find constructive ways to deal with their angry feelings. He wanted to help children and their parents understand that anger is natural and normal, but that there are healthy things we can do when we're angry – things that don't hurt others.

Children get angry often, usually because they feel helpless, left out, or frustrated, and they can take it out on the people who are closest to them, typically parents, caregivers, and friends. In fact, love and anger are often intertwined in our closest relationships. When young children get angry, they sometimes hit, bite, or kick because they don't yet have words to tell us how they feel.

Children aren't born with self-control. They learn it gradually as they grow – and they learn it best with the help of the people they love. Children want and need controls, and they need to know that adults will do all we can to keep them safe while they're developing their own inner controls.

WHAT YOU CAN DO

Talk about angry feelings:

- Children learn from your example. When you use words to talk about your angry feelings, your child sees there are healthy things people can do when they're mad that don't hurt.
- Talk about different constructive ways people can handle their anger at school, at home, or with friends.
- Help your child know that listening and compromising are powerful tools for working out conflicts

Encourage self-control:

- Give your child ways to practice self-control by playing games like "red light, green light" or stringing beads
- Praise your child for small moments of control – for trying something hard, taking turns, or waiting.
- Try to help your child calm down. You may have to try different things to find out what works for your child. And that will change as your child grows.
- Stay calm, but firm, which will help your child regain self-control.

Source: *The Fred Rogers Company* and www.pbskids.org/daniel

"Get Out the Mad" Cookies

Before you bake: Talk about this activity with your child when he/she is feeling calm. Ask your child to name some common feelings. When was the last time he/she remembers feeling happy? Sad? Angry? Explain that there are things a person can do when angry besides shouting or hitting – things that don't hurt anyone or anything – like pounding on clay or play dough. When you do this activity together, your child can pound on the cookie dough.

Ingredients

- 3 cups oatmeal
- 1 1/2 cups brown sugar
- 1 1/2 cups all-purpose flour
- 1 1/2 cups butter or margarine
- 1 1/2 teaspoons baking powder

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Ask your child to help measure out the ingredients. This is a great opportunity to talk about reading numbers and following directions carefully. Place all ingredients in a large bowl and mix well.
3. Give your child a manageable chunk of dough. It's okay for your child to mash it, knead it, and pound it. The longer and harder your child mixes the dough, the better the cookies taste!
4. When the mixing is done, show your child how to roll the dough into balls about the size of ping-pong balls, and place them on a lightly greased cookie sheet.
5. Bake at 350 degrees Fahrenheit for 10-12 minutes.

Next time your child is feeling overwhelmed or angry, suggest making these "get the mad out" cookies. Even if your child is reluctant to participate, get the dough started and see if he/she's interested in helping you pound the dough!

**Related to Episode 104 of PBS KIDS program 'Daniel Tiger's Neighborhood'*



Wild Rice Mushroom Soup



Total Time: 1 hour; 30 minutes total
Servings: 4

INGREDIENTS:

2 tablespoons vegetable oil
1 cup diced yellow onion
1/2 cup diced celery
1/2 cup diced carrots
1/2 cup diced red bell peppers
3 cloves garlic, minced
1 pound button mushrooms, sliced
2 teaspoons dried thyme leaf
1/2 cup white wine
1 cup wild rice (or wild rice blend)
6 cups vegetable broth
1 cup roughly-chopped spinach
1 cup whole milk (or cream, if preferred)
Salt
Ground black pepper

INSTRUCTIONS:

In a large Dutch oven or stockpot, heat the oil over medium-high heat. Sauté the onion, celery, carrots and bell peppers for 5 to 10 minutes before adding the garlic, mushrooms, thyme, white wine and a pinch of salt. Cook for a few minutes until the mushrooms start to soften. Add the rice and broth and stir well. Bring to a boil, reduce the heat, cover and simmer 30 minutes or until rice is tender. Add the spinach and cook for a few more minutes. Stir in the milk and season to taste with salt and ground black pepper. Serve warm.

SERVING SUGGESTION

The rustic, hearty flavors of this soup complement simple roasted meats or poultry. Feature the soup as an entrée accompanied by a crisp Waldorf salad or garlic bread. Toasted pine nuts make a nice garnish.

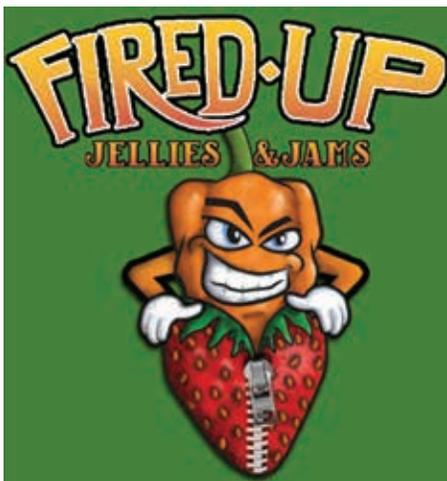
What's New at the Co-op



Zand Naturals Immune Fast

Zand Immune Fast offers on the spot immunity. Designed to accelerate immune system response, this combination of EpiCor fermented yeast and cornerstone nutrients C and Zinc, along with Echinacea, works quickly to beat the clock. Be at the ready with nature's wisdom to optimize the body's immune response just in time to make a difference.

Zand's ingredients are free of GMOs, gluten, soy, dairy or corn; sweetened with xylitol & organic stevia. Simple, nature-derived ingredients, lab verified for purity & potency.



Fired Up Jellies & Jams

This new Carbondale Company is making a name for themselves with their Strawberry Habañero Jelly. Their jelly is sweet with a bit of heat. This jelly not only goes perfect with a biscuit or toast, but can be used to spice up any recipe!

Date Lady Chocolate Spread

Date Lady, developed by a woman, was the first company to introduce date syrup nationwide 8 years ago!

Their organic chocolate spread is made in small batches with the highest quality organic ingredients. No processed sugar, undesirable oils or cheap fillers. In fact, the ingredients are simple and you'll soon discover date syrup and cocoa are a match made in heaven. It's rich, fudgy, thick, creamy and versatile.

100% Organic, Gluten Free, Vegan, Paleo, Kosher



At Neighborhood Co-op Grocery, we take the guesswork out of shopping for quality natural foods. We have purchasing guidelines to help our buyers select products that meet our high standards. These standards help us provide our community with delicious, wholesome foods that are natural, local, organic, fair trade, humane, minimally processed, minimally packaged and non-GMO/labeled GMO.



CO-OP OWNER FEST

SATURDAY, MAY 2 • 5–7 PM

THE WAREHOUSE AT 17TH STREET, MURPHYSBORO

5:00 pm - Be Happy Social Hour - with live music!

6:00 pm - Meeting (last call for voting; ballots close at 6:30 pm)

7:00 pm - CATERED Dinner from the Co-op and 17th Street

March 7-8

10%^{*}
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OWNER'S ENTIRE PURCHASE

OWNER APPRECIATION

WEEKEND

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NEIGHBORHOOD CO-OP

FEED YOUR NEIGHBOR

5K RUN/WALK

FRIDAY, APRIL 3RD, 2020

Registration - 4-5:30 • Start of Race - 6:00 p.m.

Proceeds donated to The Good Samaritan House of Carbondale. The Feed Your Neighbor 5K begins and ends at Turley Park located on the corner of Glenview and IL Rt. 13, Carbondale. The 5K race starts at 6:00 pm. This race is professionally timed. You can run or walk the 5K. If registered by March 20, all runners and walkers will receive a race t-shirt in their size, and a swag bag full of goodies.

All children under the age of 8 are welcome to participate in the race free of charge, but will not be eligible to receive a swag bag.

Since 1999, more than 2,000 race participants have been part of this great event supporting Good Samaritan House.

NEIGHBORHOOD.COOP