



Stevens Point Area Co-op  
633 Second Street  
Stevens Point, WI 54481

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## SUMMER 2015 EDITION

### SPAC DATES TO REMEMBER

Open Weekdays 9am-8pm  
Saturday & Sunday 10am-5pm  
Closed Independence Day – Saturday July 4  
Closed Labor Day – Monday September 7

### BOARD OF DIRECTORS

Erica Esser – Chairperson  
Denise Brennecke – Vice Chairperson  
Jennifer White – Secretary  
Mark Klein – Officer

Look for newly-elected BOD members following our Spring General Membership Meeting.

### CELEBRATING STAFF

#### ANNIVERSARIES

Bridget Lohr – 13 years  
Julie Tackett – 8 years  
Anna Lutz – 4 years  
Jessica Lawson – 4 years  
Kami Albright-Loomis – 2 years  
Pearl Wienandt – 1 year  
Elliot LeBrun – 1 year

#### NEWSLETTER TEAM

Managing Editor – Cate Spaulding  
Layout – Dolce Imaging and Printing  
Co-op Savings Layout – Elliot LeBrun  
Advertising Coordinator – Jenny Bellmer  
Contributors – Kami Albright-Loomis, Jenny Bellmer, Hava Blair, Lindsay Buesgens, Kristina Femal, Jessica Harm, Susan Kerbel, Jessica Lawson, Melissa Rice, Jeanne Shamrowicz, Cate Spaulding, Heidi Sprecher, Brittany Waite, Pearl Wienandt

#### SHOP WITH PURPOSE

Upcoming 1% Fridays  
June – Midwest Renewable Energy Association  
July – Sexual Assault Victim Services  
August – The Fox on Main  
September – Backpacks for Hope  
October – Empty Bowls  
November – Holiday Basket  
December – The Greenhouse Project  
If you would like your organization considered for 1% Fridays in 2015, email us your request.

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# The COOPERATIVE Spirit

## Growing a Co-op

It's easy to take things for granted. Shopping, working, and participating at the Co-op is such a positive, excellent experience that we often forget that cooperatives have had to evolve over time. We stand on the shoulders of others who have set a course for us. As summer looms, I find myself reflecting on where we come from. Then, naturally, my thoughts turn to where we are going and how we are going to get there.

For 43 years, our members have had an active voice in shaping the cooperative success we are today. For some, that means simple yet meaningful conversation in the aisles or at potlucks. For others, that has meant a more active role. Members, staff, management, and the Board of Directors have shared the rights and responsibility of deciding what our cooperative future holds.

We are a successful anomaly, a pioneer, a brave little Co-op in a world of big box shopping, and we will continue to make the next 43 years as beautiful as those that have come before. By then, I'll be a wise octogenarian surfing the shelves, and already, my crystal ball foretells that the Co-op will still be everything we believe it to be.

- Heidi

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# New Faces at the Register



Hello! My name is Hava Blair, and I joined the Co-op team at the beginning of March. I moved to the Stevens Point area with my partner in January in order to start Field Notes Farm. There, we grow organic vegetables and herbs for our CSA program and farmers markets. I moved here from Appleton, where I worked for a non-profit urban farm and job training program. As the CSA and Markets Manager, I had the opportunity to introduce hundreds of community members to the Community Supported Agriculture concept and share the important social and environmental implications of purchasing local food. In addition to growing food, I am especially interested in pollinator conservation, fermented foods, and geology.

Working part-time at SPAC has been a great way to share my love of food with the Co-op's amazing members! I am also excited to be serving the Co-op as the new outreach coordinator. I look forward to hearing from members about how they would like to see the Co-op involved in the community.  
- Hava



Howdy do! My name is Jessica Harm, and I am a new cashier here at the Co-op. I started working at the beginning of March.

I'm a dietetics major at UWSP, and I enjoy healthy foods, making unhealthy recipes healthier, cooking, baking, organizing, sports (my favorite is soccer!), and going barefoot! My favorite food is definitely dark chocolate, and I just recently got engaged.

Looking forward to meeting you all!

- Jessica



Greetings and salutations! I'm Brittany, you can call me Britt if you'd like, and you may recognize me as a former barista of the fine establishment, Emy J's. Since then I've cooked at Christy's Child Care, gotten married, and worked from home doing contract jobs to spend time with my beautiful daughter.

I'm elated to be joining the SPA Co-op team as the coffee department manager! As a lover and educator of coffee with a knack for customer service, I believe it's the perfect fit! In the near future, I hope to add some more locally roasted beans to our wonderful selection.

Other than drinking coffee, I love biking, practicing yoga, trying new foods, learning about aromatherapy, using products that aren't harmful to the environment or me, and spending time with my beautiful family. I'm excited for the journey and can't wait to meet all of our valued members!

- Brittany



Hi! My name is Kristina and I can't believe I managed to land a job at one of my favorite places. I'm studying hydrology at UWSP, don't own a car, and have been vegan since 2007 because I am very passionate about protecting the environment. I applied to work here not because I needed a job but because I wanted the Co-op to be a bigger part of my life. Now that I'll be on the other side of the counter, I can meet all of you awesome members!

This summer, I'll be taking classes so I can graduate next May while hopefully working both here and at the Schmeckle visitor center, and also doing a volunteer project on local lakes. Overall, I'm excited for this great opportunity!

- Kristina

**SAVINGS**

|   |   |  |
|---|---|--|
| <p><b>50¢ off</b></p> <p>Any One Packaged Non-Dairy Cheese</p> <p>Valid 8/1/15 - 8/31/15</p>                  | <p><b>50¢ off</b></p> <p>Any One Refrigerated Hummus</p> <p>Valid 7/1/15 - 7/31/15</p>    | <p><b>50¢ off</b></p> <p>Any One Kombucha</p> <p>Valid 6/1/15 - 6/30/15</p>  |
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| <p><b>50¢ off</b></p> <p>Any One Packaged ECO-PAC Cereal (24 oz. or larger)</p> <p>Valid 8/1/15 - 8/31/15</p> | <p><b>50¢ off</b></p> <p>Any One Any One</p> <p>Valid 7/1/15 - 7/31/15</p>                | <p><b>50¢ off</b></p> <p>Any One Canned</p> <p>Valid 6/1/15 - 6/30/15</p>  |
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## SUGGESTION BOX: HEIDI SAYS HIYA!

We want to hear from you! Drop a note in the suggestion box with your ideas and comments, and maybe you'll see them featured in our next newsletter.

-Heidi

"You guys are awesome! Nice vegan stuff for me. Best place I've ever shopped at!"

- Isis

Thanks for the props! This is a great compliment to all of our staff, and is exactly the experience we try to provide. You made us smile too.

"Always people waiting for the doors to open in the morning! We're losing business by not being open early."

- Jay

Thanks for your comment. We have been monitoring foot traffic and investigating morning sales trends over the past year. There are times when customers are waiting; however, at this point the sales have not warranted a change. We will continue to consider extending the store hours in the future.

"A lot of folks travel here on foot—even in the winter. So, a coat rack would be good in that it would provide members/shoppers with a more comfortable (not over-heated) shopping experience."

- Jake

Excellent point! We are thinking about this, and along with our handyman, brainstorming possible locations for such a coat rack. In the meantime, if any customer needs a place to set things while they shop, feel free to ask a cashier and they can keep your items behind the counter.

"I know that there's a second larger bike rack in the back of the loading dock but barely anyone knows about it. Would it be possible to put a second small rack directly west of the small one out front? It could be chained to the brick like the current one. Small pieces of wood could be placed on the solar panels to protect from the rack and bike handle bars."

- Trevor

A very wise follow up to Trevor's suggestion is also from Trevor: "How about installing a more permanent rack which could provide year-round bike parking. Perhaps carrot, tomato, and broccoli racks out front?"

Fantastic idea—thank you for taking the time to research this! We are currently looking for a local/regional metal artist to help us to create something wonderful, functional, and eye-catching.



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## Honoring the Life of a Co-op Co-founder

Jim Missey, one of the co-founders of the SPA Co-op, passed away April 30, 2015. He was 79. Missey, along with several others, started the Co-op in 1972 as a food buying program out of their homes in Stevens Point, before opening a storefront on Ellis Street. It was eventually moved to its current location on Second Street in 1976.

In addition to his work with SPAC, Missey was a professor emeritus of English, teaching at UWSP from 1966 until his retirement in 2000, and was a well-known peace activist. A public memorial and celebration of life was held at UWSP on May 26, to honor his impact on the Stevens Point community.

- The SPA Co-op

## Lindsay Says Buh-bye

I'm off on a new adventure! A bittersweet farewell indeed, but by the time you are reading this, I will be living in southwestern Massachusetts, working for the non-profit Project Native as a seasonal Environmental Education Intern. I will be spending the summer growing native plants, raising native caterpillars as butterflies, educating the public on the two, and exploring New England.

My time at the Co-op has left such an impact on my life; I have learned so much and have had a ton of fun over these last three years. Here are some things I'll miss most about the Co-op:

- How the store smells when Earth Crust is baking chocolate decadence cookies.
- ...Also, stocking Earth Crust cookies and finding a broken one!
- Eating lunch outside in the summer.
- Working with new and inspiring local vendors.
- Free beer and wine samples from reps.
- Filling bulk coffee bins that are really low.
- Cate's guacamole and Jess's very abstract sampling choices.
- Members and customers who become your friends.

-Lindsay

## The Cultivation of Cooperation

1752: Benjamin Franklin founds the first recognized cooperative business in the soon-to-be United States.

1887: Wisconsin becomes one of the first states to enact laws legalizing cooperatives.

1916: The Cooperative League of the United States of America organizes.

1972: The Stevens Point Area Cooperative forms as a buying club.

2015: Over 1,600 current members continue to support the SPA Co-op in its mission of establishing a strong community and promoting sustainable practices.

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# Food

1. Buy it with thought
2. Cook it with care
3. Use less wheat & meat
4. Buy local foods
5. Serve just enough
6. Use what is left



## DON'T WASTE IT

*U.S. Food Administration - 1917*

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## In the Bulk Department

Due to state regulations, we will unfortunately no longer be able to sell our liquid bulk items at this time. This includes oils, bulk maple syrup, vanilla, and tamari. We will still carry honey in bulk. Sorry for the inconvenience!  
 - Kami

## In the Drinks Cooler

The weather's getting warmer, and our drinks cooler is picking up in popularity again. We are very excited to welcome Wisco Pop soda to our shelves, a Viroqua-based craft soda company that focuses on fresh, local, and natural ingredients to make some very special brews. With no processed corn, organic ingredients, and lots of Wisconsin flair, Wisco Pop currently offers three flavors: Root Beer, Cherry Bomb, and Ginger Brew.



Featuring ingredients like Wisconsin maple syrup (the Root Beer), Door County cherry juice (the Cherry Bomb), and Wisconsin honey (the Ginger Brew), Wisco Pop began bottling in January of this year, after previously only being available on tap at select locations in the Madison and Milwaukee areas. Wisco Pop is owned and operated by Austin and Hallie Ashley and Zac Mathes, and has been in business since 2012.

So stop in and try one—or all three. With whole food ingredients and the emphasis on organic and local, this is a soda you won't have to feel guilty about drinking.  
 - Jessica L.

## In the Produce Department

Earlier this spring, we said goodbye to Nathan as he moved on to other adventures. It's been fun to step into the land of produce manager here at the Co-op—here's the fresh in the produce department:

Some new items on our shelves include fresh organic turmeric root from Hawaii and yummy Oriental yams. We are also starting to see the beginning of the local season as I write this, and by the time this newsletter reaches you, we'll have even more! It's very exciting indeed to see local items like spinach, ramps, rhubarb, and asparagus on the shelves, and I look forward to what the season brings.  
 - Cate

## Earth Crust Bakery Corner

Welcome to May and, by the time you read this, the start of summer! The warm weather has been a long time coming, but we are really glad it is here. With it came a new addition to Earth Crust Bakery. Evelyn Ann Witt Leonard was born on April 12th. She is a tiny little girl, but so very sweet and beautiful. Welcome to the world, Evelyn!

Spring and summer also brings the long-awaited asparagus for one of our veggie pastries. It should be coming in very soon, so look for those wonderful spring-flavored pastries at our lunch counter.

Our gluten-free line continues to thrive. The cookies have become very popular with gluten-free customers as well as regular customers. I tweaked the recipe a bit on the Cocoa Molasses and the Chocolate Chip, and I think we have two winners now. The breads continue to be well received also. Thanks to all our gluten-free friends for trying our products.

On another note, we are looking to sell the bakery, as some of us are nearing retirement. We want to train said person(s) or at least bring them up to speed on our bakery operations and history, depending on their experience and need. This is in the very early stages, but if you or someone you know is interested in buying a thriving bakery, please let us know, or put the word out if you can.

Your continued support over the past 40+ years has allowed Earth Crust to grow and change. There have been many faces at Earth Crust over the years, each one making a contribution to its existence. I hope there will be many more over the next 40 years. It is a wonderful place to work. We love seeing all your faces each week. When your customers are your friends, how could you ask for anything better?

See you all at the Bakery!

- Susan, Mary, Margaret, Donna, and Joan

## Don't Let Tofu Intimidate You

I've been aware of tofu's existence for many years, but I never had the desire to get to know it better. In my opinion, it always looked like a white sponge and that just seemed like something I should stay away from. Who wants to digest sponges? It took me all the way up until now to discover what tofu's all about. It still sometimes has the appearance of a sponge, but it actually can taste delicious and offer some nutritional value.

Tofu, aka bean curd, is made by pressing the resulting curds from coagulated soy milk into soft white blocks. This trendy food has been around a long time, first used in China over 2,000 years ago! As far as taste goes, it has the ability to pick up flavors easily, and generally speaking, is packed with protein.

Here at the Co-op, we offer a few different varieties of tofu. Silken tofu is found on the shelf since it doesn't need to be refrigerated. It has the highest water content and is creamy in texture.

Regular tofu ranges from super soft to extra firm, and has a very spongy texture. The firmer the tofu is, the less water it has in it. Less water means more protein but also a more difficult time infusing flavor. Sprouted tofu is made with sprouted soy beans and usually is higher in nutrients as a result. We also now carry baked tofu in the cooler which is already conveniently cooked and flavored for you, so meals can happen quickly.

Come check out the varieties of tofu here at the Co-op and if you're still not sure enough to give it a go, here's a recipe to get you started!

-Jenny

### TOFU VEGGIE CURRY

Cook: 25 min Serves: 4

#### INGREDIENTS

- 1 C. long-grain white rice, cooked
- 2 Tbs. oil
- 1 14-oz. package extra-firm tofu, drained and cut into 3/4-inch cubes
- 4 carrots, cut into chunks
- 1 onion, sliced thinly

- 1 Tbs. grated fresh ginger
- 2 Tbs. Thai red curry paste
- 2 C. low-sodium vegetable broth
- 1 C. coconut milk
- 2 C. fresh or frozen Brussels sprouts
- 2 C. fresh or frozen cauliflower
- 1/2 C. torn fresh basil leaves

#### DIRECTIONS

1. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, tossing occasionally, until golden, 4 to 5 minutes. Transfer to a plate.
2. Heat the remaining oil in the skillet. Add the carrots, onion, and ginger. Cook, stirring occasionally, until the vegetables begin to soften, about 3 to 5 minutes. Then mix in the curry paste.
3. Add in the broth and coconut milk to the skillet and bring to a simmer. Add the tofu, cauliflower, and Brussels sprouts and cook, stirring occasionally, until the vegetables are tender, about 6 to 8 minutes.
4. Sprinkle with basil and serve with the rice. Enjoy!

## What's New in Body Care & Wellness

It is with great excitement that we announce the addition of the Oshadhi line of essential oils to our body care department. Not their whole line, mind you, but a selection of best sellers and some of their synergy blends.

Our distributor, Lotus Light (located in Silver Lake, WI), is the exclusive North American distributor of Oshadhi Professional Aromatherapy products. This brand is a world leader in organic, Eco-Cert certified, wild-crafted, and rare essential oils. They avoid the use of high intensity equipment for handling, blending and bottling the oils, recognizing them as containing an innate life-energy that must be respected. Their facility, located in a low-intensity zone amidst the fields of a small village in South Germany, was designed using the Indian concepts of Vastu, which is akin to Feng Shui.

According to Oshadhi, there are four aspects to understanding the quality of an essential oil. The first is the subtle clarity, purity and energy of a particular oil. The second is the use of a trained olfactory sense. The third is the proper handling and respect for the plants and the oils derived from them. The fourth is ensuring that the oils are not contaminated or adulterated, nor subject to synthetic ad-mixtures, and to that end, Oshadhi employs a wide range of standard scientific testing techniques to ensure that oils are pure. They are ISO-certified for Good Manufacturing Procedure (GMP), being tested by independent third party auditors. ISO is an international standard used to measure the professionalism, organization, and controls of companies in various industries.

This brand is consistently known for the absolute top quality of its products and the extensive nature of the range, with over 700 different single oils and synergy blends available. Stop by, check them out, and pick up one of their brochures if you're interested in learning more about this top-notch company and their products. Many of their other essential oils as well as carrier oils, hydrosols, and perfumes are available through special order.

In my excitement over the Oshadhi line, I almost forgot to mention another recent addition. We now carry a selection of Suncoat water-based nail polishes along with their plant-based nail polish remover—just in time for barefoot season! The remover is made from corn stock fermentation and enriched with vitamin E and removes all nail polishes, water-based and conventional. It has an oil-like consistency, will not dry or discolor nails, and is biodegradable and vegan.

-Jeanne

## Sweet Stevia



There is a lot of interest in stevia sweetened products lately. Many of us are lowering our use of sugar and high fructose corn syrup, and stevia is a naturally sweet herb that can fill that niche in your menu.

We can grow stevia in our gardens during the summer here in Wisconsin, but it naturally grows in South America. We have carried stevia items in the store for quite a while (NOW and Sweet Leaf brands), but we have also added some new products of late.

Sweet Drops by Sweet Leaf are stevia-sweetened liquids in a variety of flavors for soft drinks, tea, coffee or recipes. We are also adding Water Drops by Sweet Leaf for flavoring your water. There is a website with more information about stevia, as well as recipes, at [sweetleaf.com](http://sweetleaf.com).

- Melissa



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## The Super ABCs of Super Fruits!

While the definition of a super fruit is vague, scientists agree that super fruits are the ones packed with vitamins and minerals, antioxidants, and other nutrients. Super fruits can help you live longer, look better, and even prevent disease. Here are some of my favorite super fruits and why they are so super.

The Co-op stocks Bellbrook aronia berries that are organically and sustainably grown in Brooklyn, WI. Aronia berries are super because they contain the highest amount of antioxidants in all the land. Aronia berries can help reduce blood pressure, inflammation, weight gain, and chance of heart attack, among other things. Scientists are also researching their impact on reducing the chance of Alzheimer's disease, leukemia, breast and colon cancer, and diabetes. Throw some in your next smoothie and discover the world of aronia.

Acai (ah-sigh-EE) berries are conveniently low-glycemic, high in omegas, and also pack an antioxidant punch. Sambazon is my preferred acai brand because they are fair trade, non-GMO, and organic. Some of their company's tenets include fostering a healthy disregard for the impossible, being fiercely committed to sustainability, protecting the rainforest, and measuring success via a triple bottom line: social + environmental + economic. The Co-op carries their frozen smoothie packets, so check them out next time you stroll by the freezer.

Avocados have a big seed in the middle, so yes, they are a fruit. Avocados are super because they are chock full of monounsaturated fat and fatty acids that help lower LDL (bad cholesterol) levels and raise the amount of HDL (good cholesterol). These healthy fats are essential for heart health because they promote the absorption of carotenoids like beta-carotene and lycopene. If you are looking for a healthy snack, whip up some guacamole or try one of my favorite snacks: toasted bagel, cream cheese, avocado, garlic powder, and nutritional yeast! Mmm!

I was surprised to see blackberries on the list, but sure enough they are another antioxidant powerhouse, boasting polyphenols that may help prevent osteoporosis, cancers, and cardiovascular disease. Blackberries are also fiber-rich: 1 cup = 1/3 of the daily 25- to 35-gram target.

Blueberries are a no-brainer: its high flavonoid levels have been linked to better memory and brain function. They're also beneficial in lowering and regulating blood sugar, protecting the retina from oxygen damage, and science is working on large-scale studies on its potential ability of lowering the risks of some cancers.

Cantaloupe is high in vitamins A and C as well as potassium. Eating more cantaloupe will keep you looking and feeling younger, plus who doesn't love using a melon baller? Look for it fresh in the produce section and dehydrated in the bulk aisle.

Cherries are delicious, but did you know that they are a source of melatonin, a naturally-occurring hormone that helps regulate sleep? Cherries also help prevent heart disease by lowering your LDL. Sour cherries contain 19ish times the amount of beta-carotene in blueberries, so they are super helpful in maintaining healthy eyesight and skin. Their deep red hue is anthocyanin, an antioxidant that can reduce inflammation. You can find cherries on our shelves in a wide variety: fresh (when in season), frozen, dried, juice, concentrate, and in supplement form.

The list can go on, but my deadline is near and I feel the need for an avocado bagel. What are your favorite super fruits? Do you bake with them, blend them into a smoothie, or pop a frozen bag to enjoy a chilly summer snack?

- Pearl



## Our Co-op in the Community

In addition to offering high quality whole foods and products, the SPA Co-op strives to enact change community-wide. The Co-op supports community events and organizations, with a focus on events that are relevant to the connected topics of nutrition, the environment, and cooperation. The true power of a Co-op lies with an informed and active membership.

As the new outreach coordinator, I would like to share our recent outreach efforts and a vision for more opportunities going forward. I look forward to conversing with members about these topics and hearing more ideas!

What Have We Done Recently?

-YMCA Community Family Fair: This fair included lots of activities to encourage families and kids to stay active and get healthy! Next time you are in the store, check out the beautiful painting that the kids produced using spices as paint! It's located above the dairy cooler.

-Gluten-Free Stevens Point Tour: We hosted members of the Gluten-Free Stevens Point group at the Co-op for an introduction to what the Co-op has to offer for individuals who are eating gluten-free. Co-op member and former employee Ashley Megal, along with Susan from Earth Crust, gave a presentation about what it means to be gluten-free and food options that are available.

-UWSP Eco-Fair: The Co-op attended this event to promote membership to students and faculty at UWSP. We shared information with many students about how to become a member, benefits of joining a cooperative, and the types of products they could find at the SPA Co-op.

-Hava

join John & Barb Munson to explore  
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## Toning Flower Lotion

Summertime is upon us: Here's a natural, gentle way to refresh and cool your skin, while restoring its natural acidity. Oh, and it smells lovely too!

### INGREDIENTS

4 Tbs. witch hazel  
4 Tbs. lemon juice  
4 Tbs. flower water (rose, elderflower, orange, lavender)  
A few drops of lemon, lavender, or rose geranium oil



### DIRECTIONS

Mix all ingredients together in a bottle. Shake well. Use with cooling thoughts.

-Kami, via *The New Age Herbalist*, Collier Books

## #SPACliving: a Contest!

Do you follow the SPA Co-op on Instagram and Facebook?

We love seeing all the so-fresh-you-can-taste-it photos of organic food and co-op goodness social media has to offer: now it's time for our members to join in the love!

Post a photo of your favorite Co-op product in action, with the hashtag #spacliving for a chance to win a coordinating bag of goodies!

Contest runs June 1-30, 2015.

## Customer Quotes

"My daughter lives on the other side of the country; I miss her and she worries about me. I've shopped at the Co-op on and off for years. Recently, for health reasons, I started eating organic and gluten-free. I'm healthier now and feel supported by everyone here as well as at the bakery. I called my daughter and told her not to worry so much, as I have found a second family in the Co-op."

- Janette

"This is the place where people meet. I've been coming here since the mid-70s and one thing that has changed for the best is the beer and wine. It is so much easier to shop here: at other places it's hard to find what you're looking for, but at the Co-op we have the best and simplest. This place just keeps evolving."

- Larry

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!



Website: [www.pisarskifuneralhome.com](http://www.pisarskifuneralhome.com)

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