



## INSIDE THIS ISSUE

**CO-OP COMMUNITY** **2**  
Coming Home

**CO-OP COMMUNITY** **3**  
Nordic Night Sauna

**CO-OP EDUCATION** **4**  
Embracing Winter Wellness

**CO-OP GOODNESS** **6**  
Sip into the Cozy Season

**CO-OP GOODNESS** **7**  
Featured Products:  
Winter Comfort

## 2024 1% FRIDAYS & PRODUCE FOR THE PEOPLE

The results are in! Thanks to all who have nominated as well as voted to help decide are as an organization will donate our 1% Fridays to in 2024.

Every month in 2024, the following organizations will receive 1% of our Friday Sales along with any space-a-change and bag credits our members and customers donate.

January: Recycling Connections

February: North Central Conservancy Trust

March: Central Moraines Ice Age Trail

April: MREA

May: CAP Services

June: REGI (Raptor Education Group)

July: Stevens Point Sculpture Park

August: South Wood County Humane Society

September: Farmshed

October: Portage County

Breastfeeding Coalition

November: Central Wisconsin

Children's Museum

December: Portage County Humane Society

Produce for the people is entering its 7th year in 2024! Produce for the people is where we donate the sales of our discount produce bin to two hunger prevention programs. From January to June, all proceeds will be donated to St. Joseph's Parish Meal of Hope, and Community Thrift Store and Pantry will receive the donations from July through December.

If you have a nonprofit you would like to nominate for 2025 1% Fridays or Produce for the People, please submit the organization name, contact information, and a brief description to [jessical@spacoop.com](mailto:jessical@spacoop.com).

## UPCOMING EVENTS

**1/1** New Years Day,  
Closed

**1/2** Inventory  
Reduced Hours  
12:00 PM - 8:00 PM

**1/23** Board of Directors  
Meeting 5:30 PM

**2/27** Board of Directors  
Meeting 5:30 PM


## CONTACT US

715-341-1555

[info@spacoop.com](mailto:info@spacoop.com)  
[www.spacoop.com](http://www.spacoop.com)



# Coming Home



I expected little from this late January afternoon  
with its sky of tarnished tin,  
air as cold as day-old dishwater;  
stopping at the Co-op  
for some coffee, brown rice, & dried cranberries,  
and finding among the tired winter produce  
of tawny apples and dimpled tangerines  
green bell peppers—  
sweetly pungent, smooth & cool against my cheek;  
French breakfast radishes smelling of earth, rain, & sunshine;  
then coming home to you,  
your kiss tasting of hazelnut, cream, & malted milk balls—  
you  
always you  
at the end of my journeys.

— Laurie C. Pech-Daley



# SMALL BUSINESS SPOTLIGHT:

## NORDIC NIGHT SAUNA

Our love of sauna began with a trip to the Upper Peninsula of Michigan. After a full day of cross country skiing, we gathered with friends in a community sauna. The hosts, Eric and Angela introduced us to the Finnish tradition of sauna. Afterwards we not only felt refreshed and relaxed, we also knew we wanted sauna to be a regular part of our lives. It was years later that we began a regular practice of sauna, encouraged by what Nicole had learned while researching evidence-based practices to support good mental health. At the same time we also began imagining how to expand our vision to include a sauna in our community. That is how our small business came to offer an authentic, wood fired, Finnish style sauna in Stevens Point.

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



*Pisarski Funeral  
Homes & Cremation Center*

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

Email: [pdfh703@charter.net](mailto:pdfh703@charter.net)

703 Second Street ~ Stevens Point ~ 715-341-4595

2911 Plover Road ~ Plover ~ 715-344-7454

David Pisarski ~ Frank Pisarski, Jr.

Public sauna is having a new birth across the United States, but many of these start-ups are in major metropolis areas like Minneapolis. We wanted to show that a city the size of Stevens Point can support and sustain a public community sauna. Sauna is a powerful tool and research shows that it can decrease the risk for cardiovascular disease, Alzheimer's disease, stroke, and depression. People that regularly sauna with us often say they notice improvement in their sleep as well as their ability to manage stress and anxiety. They enjoy the feelings of relaxation and elevated mood they experience after sauna. Several individuals have also shared that sauna has been a key support for them on their sobriety journey. Sauna offers the opportunity for meaningful social interactions without alcohol.

Beyond the more tangible benefits, sauna can be a catalyst for change and transformation on an individual level. Sitting in the intense heat of the sauna gives you an opportunity to discover your capacity to relax, be open, and access inner peace and calm. Community sauna fosters the opportunity to feel socially connected and supported. You likely will find a greater capacity to sit in the extreme heat if you are in the company of others. The benefits of sauna exist year round and help us tolerate the heat of summer as much as it helps us to warm up in the winter. Through the long winter, the sauna helps support us through the cold and dark days. The name "Nordic Night" was inspired by the arctic phenomenon called the polar night, when the sun doesn't rise for more than 24 hours. Sauna holds the space for us as we encounter those darker times. It helps foster our appreciation of the beauty in confronting the difficult.

A recent guest, Tina, describes it like this: "The sauna experience at Nordic Night was unlike any other sauna I've ever been to. The sauna host was welcoming and made sure everyone felt comfortable. I went to a community sauna session not knowing most of the people and everyone was so inviting and welcoming. So glad to have this gem in my community." Whether you've never been in a sauna before or you grew up taking sauna with your family, please come by and give the Nordic Night community sauna a try. We're sure you'll find our sauna to be beautiful, clean, welcoming and transforming.

### Frequently Asked Questions

#### What do you wear?

While traditionally saunas are taken in the nude, we require bathing suits so that everyone feels comfortable in the community setting.

#### I don't like heat but I want to try it. What's it like?

We hear this frequently and people are always surprised that it's a lot easier to manage the heat than they thought it would be. We think this is because our sauna was designed to have exceptional ventilation and the 5' diameter round window helps people not feel claustrophobic. We also sauna in rounds with a cool down round in between the "hot" rounds, so you're never in the hot room for more than 5-15 minutes at a time.

#### Will someone be there?

A host is always present with your session to answer your questions, take care of the stove, and ensure you have an enjoyable experience.

#### Can I change and shower on site?

We ask that you arrive at the sauna already wearing your suit. We have bathroom access inside Farmshed. During the warmer months we have an outdoor cold water shower available and during the cooler months we encourage you to towel off while your body is warm and get dressed.

### Do you know how...When you were a kid,

You were completely fascinated with nature?

Our school incorporates nature and the environment into lessons where students learn through hands-on projects, like growing food for their school lunches!



Tomorrow River  
*Community*  
Charter School

So Much More to  
Learn at  
**trccs.org**

## EMBRACING WINTER WELLNESS: HEALTHY LIFESTYLE HABITS

The bleak midwinter brings a special opportunity to prioritize our well-being and implement healthy lifestyle habits. Experiencing arctic temperatures and shorter days, it's necessary to adapt our routines to take care of our minds and bodies during wintertime.

Pour yourself a festive winter beverage and let's explore some ways to help you embrace the winter months with a positive mindset.

### Don't forget your supplements

Supplementing vitamins and minerals is crucial to your mental and physical well-being, not to mention supports your immune system. However, you can't supplement your way out of a cold or poor diet. Your immune system needs consistent nurturing which includes a well-balanced diet, exercise, adequate sleep, and necessary nutrients.

Support your health during the wintertime by supplementing these vitamins and minerals:

- Vitamin D and K together
- Vitamin C
- Zinc
- Omega 3's
- Vitamin B (methylcobalamin)
- Selenium
- Magnesium

### Brave the outdoors

Chilly winter weather makes it tempting to retreat indoors and hibernate until warmer days return. However, venturing outside into the bone-chilling air is incredibly beneficial for your well. Embracing the outdoors in cold weather is invigorating to your mind and body, offering a multitude of health benefits.

Exposure to the outdoors during wintertime helps reduce stress, promotes healing, and increases your sense of well-being<sup>1</sup>. With shorter days and less daylight, many people experience a decrease in vitamin D. Even when the weather outside is frightful, it's beneficial to get out there and enjoy some daylight to help boost your vitamin D levels.

### Kindred Spirit Books & Gifts



Body • Mind • Heart • Soul  
*L'Aura Di Salvo owner*

Hours: Monday thru Friday.  
11 am. to 6 pm.  
& Saturday 10 am. to 5 pm.



1028 Main Street, Stevens Point, WI 54481

715-342-4891

Email: [kindredspiritbooks@sbcglobal.net](mailto:kindredspiritbooks@sbcglobal.net)



Even when it's cold, spending time outdoors will help boost your mental health. Whether you experience Seasonal Affective Disorder or you're someone who simply gets a little melancholy, light exposure is an effective treatment<sup>2</sup>. The best way is to spend time outdoors, even if it's taking a short walk each day. This can drastically improve your mood and make your winter experience more pleasurable.


Consider these simple ways of increasing your outdoor exposure:

- Take a short walk each day and gradually increase its length
- Try snowshoeing or skiing
- Bundle up and go for a hike
- Take your dog to the dog park
- Walk to get your morning coffee instead of driving

### Enhance your well-being by staying active

When summer comes to an end, many of us find ourselves becoming stagnant and much less active. We stop riding our bikes, going for hikes, swimming, and playing outdoor sports, but staying active is essential to maintaining our mental and physical health.

Exercise releases endorphins, natural mood enhancers. Physical activity during wintertime can help combat the winter blues and alleviate symptoms of Seasonal Affective Disorder. It can also help increase energy levels and mental alertness, helping combat winter lethargy.



**Artha Yoga**  
9812 Cty. Rd. K, Amherst  
New Class Schedule!  
Classes at the  
Artha Gazebo  
Tuesdays - 9:15 a.m.  
Thursdays - 5:30 p.m.  
Class at Splash Fitness in Waupaca  
Wednesday - 5:15 p.m.  
Online Classes  
Tuesdays - 5:15 p.m. • Wednesdays - 8:15 a.m.  
For more information, email [info@arthaonline.com](mailto:info@arthaonline.com),  
call 715-281-7799, or visit [arthaonline.com](http://arthaonline.com).



Staying active during the winter doesn't necessarily mean you have to brave the cold, there are plenty of indoor activities to keep you bustling. Here are some ways to stay active in the winter:

- Create a home workout routine using online resources
- Stretch or do yoga daily
- Try a winter sport such as ice skating or skiing
- Get a gym membership
- Set up a hiking trip with friends
- Play an indoor sport such as swimming, racquetball, or basketball

## Stimulate your mind

Winter seems like a great time to take advantage of the dreadful weather and use it as an excuse to cozy up and binge a new series. This is fun once in a while, but quickly becomes monotonous. It's easy to become stagnant during winter as we lose motivation and begin to feel sluggish with the shorter days.

However, inclement weather offers an opportunity to catch up

### Stevens Point Acupuncture And Oriental Medicine, LLC

- Acupuncture
- Cupping Therapy
- Tuina Bodywork
- Herbal Medicine
- Dietary Therapy



[www.sp-acu.com](http://www.sp-acu.com)  
 (715) 342-5757  
 1034 Francis Street  
 Stevens Point

### Help Your Body Heal Naturally

Ancient Medicine for Modern Living

Cheryl Meltzer, OMD, LAc      Ilana Meltzer, LAc

on household tasks or start a new home project. It's the perfect time to clean out that closet, organize your cabinets, paint a room, or rearrange the living room.

Wintertime also offers an opportunity to spend time researching topics, reading books, and doing crafts you couldn't find time for during summer. Establishing a routine and space to do this will help boost your mood, keep you mentally stimulated, and give you a sense of productivity.

Here are some hobbies to keep you mentally sharp:

- Blogging
- Sewing/crocheting
- Journaling
- Painting
- Indoor gardening
- Play an instrument
- Furniture restoration
- Wood burning
- Volunteering

## Embrace Social Activity

Socializing helps battle the feelings of isolation and loneliness which become increasingly prevalent during the winter months. Interacting with friends and family provides emotional support and a sense of belonging which support mental well-being.





- Integrated Renewable Energy Systems
- Masonry Heaters
- High Performance Homes
- Design and Consult

**[www.gimmeshelteronline.com](http://www.gimmeshelteronline.com)**

715-824-7200 Amherst, WI

In winter, social activities can be pleasurable and help relieve winter blues and lethargy.

Engaging in social events or group activities will help boost your mood and reduce the impact of Seasonal Affective Disorder. Maintaining social connections throughout winter grants the opportunity to share experiences and create lasting memories. It can also provide motivation and support for personal goals. Whether it's staying active, starting a new project, or taking on a new hobby, social interaction can off encouragement and hold you accountable.

Nurture your relationships by engaging in these activities:

- Axe throwing
- Game night
- Indoor skating
- Converse over coffee
- Organize a pub crawl
- Tour Stevens Point breweries and wineries
- Enjoy live music

## Winter is better with a sound mind

Taking the opportunity to embrace healthy lifestyle habits during winter is a great way to maintain your mental and physical well-being and battle the challenges posed by the season. Prioritizing a nutritional diet, supplementing necessary nutrients, staying mentally and physically active, and nurturing social relationships will not only support your immune system, but will help you get through winter with a positive mindset.

-Anita Welch

### Resources:

1. Miyazaki Y, Lee J, Park BJ, Tsunetsugu Y, Matsunaga K. [Preventive medical effects of nature therapy]. *Nihon Eiseigaku Zasshi*. 2011 Sep;66(4):651-6. Japanese. Doi: 10.1265/jjh.66.651. PMID: 21996763.
2. Virk, G., Reeves, G., Rosenthal, N. E., Sher, L., & Postolache, T. T. (2009). Short exposure to light treatment improves depression scores in patients with seasonal affective disorder: A brief report. *International Journal on Disability and Human Development* IJDHD, 8(3), 283. <https://doi.org/10.1901/jaba.2009.8-283>

## SIP INTO THE COZY SEASON: TASTY & NUTRITIONAL DRINKS TO WARM UP

The air is frigid, and the days are short, but there's something whimsical about embracing winter with a warm and soothing drink in hand. Although the weather may be dreary at times, with each sip, cozy drinks have the power to boost our spirits, kindle nostalgia, and create a sense of joy and comfort that perfectly complements the season.

Grab your favorite mug, snuggle up with your pet, and let's dive into some nutritional and tasty winter beverages.

### Gut Healing Bone Broth Hot Chocolate

Hot chocolate is a hot commodity during a Wisconsin winter. Unfortunately, most conventional hot chocolate mixes contain poor ingredients such as sucralose, corn syrup, artificial flavors, and not to mention way too much sugar. The good news is hot chocolate doesn't have to be unhealthy, it can be nourishing and delicious.

While it may sound strange to add bone broth to your hot chocolate, it's delectable and nutritional! Bone broth aids digestion and gut health, helping your body absorb nutrients and remove toxins. It's a great source for much needed minerals which impact your mood, sleep, skin, bone health, and more. Bone broth helps strengthen your immune system and its collagen content even has anti-aging properties.

Enjoy a cozy winter evening with this delicious hot chocolate recipe:

- 1 cup of bone broth
- ½ cup of full fat coconut milk
- 2 tbsp of cacao powder
- 1 ½ tbsp of maple syrup

Optional:

- 1 scoop of collagen for extra protein
- A dash of peppermint extract
- A dollop of Coco Whip

Tip: put the ingredients in the blender to help mix the ingredients and make it frothy.

### Awakening Citrus Cider Green Tea

Subtle yet refreshing, green tea has a standing reputation as a tasty drink that not only offers a delightful experience but also outstanding health benefits.

Green tea can increase alertness, making it a great beverage to enjoy in the morning. It can also improve memory and attention span, reduce anxiety, and has a positive impact on brain function. Green tea contains antioxidants which help limit free radical damage to your cells and reduces inflammation.

Start your morning with this tasty tea recipe:

- 2 cups of water
- 1 cup organic cider
- 4 tbsp of green tea or 4 tea bags
- 3 orange slices
- 2 lemon slices
- 2 apple slices
- 1 cinnamon stick or ½ tsp of cinnamon

### Gut-Healthy Eggnog

When it comes to winter indulgence, few beverages can rival the rich and creamy delight of eggnog. This iconic drink has become synonymous with winter festivities and is eagerly anticipated each year.

Eggs are extremely healthy for you as they are rich in protein, omega3s, choline, and lutein. Not to mention they are a great source for vitamins including vitamins A and D, riboflavin, selenium, folate, phosphorus, and vitamin B12. Vanilla and cinnamon are high in antioxidants and can help relieve inflammation. Vanilla is also neuroprotective and can help improve mood and reduce anxiety.

Create festive memories while enjoying this succulent eggnog recipe:

- 2 raw eggs or 3 egg whites
- 2 cups of coconut milk
- ½ cup of maple syrup or honey
- 1 ¼ tsp of vanilla
- ½ tsp of cinnamon
- ⅛ tsp of nutmeg

Optional:

- 1 scoop of organic prebiotic powder

Combine ingredients in a blender and process until frothy. Garnish with a sprinkle of cinnamon and nutmeg

-Anita Welch

cinnamon roll~breads~pastries~cookies~muffins~wheat-free options



THE BEST LITTLE BAKERY IN TOWN!

m-f 9am to 2pm

(715) 341-4155

solar

powered

633 2nd Street Stevens Point, WI

## FEATURED PRODUCTS: WINTER COMFORT

### Equal Exchange - Hot Cocoa & Hot Dark Chocolate

It's the time of year to get a little crafty with your drinks and we have the perfect supplies for you! All you need is Equal Exchange Fair Trade Hot Cocoa Mix. Organic cacao farmers in the Dominican Republic and organic sugar cane farmers in Paraguay come together to blend their crops into this delicious drink mix. You can rest assured that these products are made with the best ingredients for your cup!

### Simply Snackin'

Looking for a protein-filled snack to get you through the day? Simply Snackin' has the solution for you. Right out of Oshkosh, Wisconsin, these simple snacks are made with grass fed beef and chicken, and contain delicious additions like cranberries, hemp seeds, and romano cheese. We carry 4 different flavors including Teriyaki Chicken, Italiano Chicken, Beef with Hemp Seeds, and Northwoods Beef. Snack local!



### Majestic

There's nothing as majestic as dipping your favorite chip or veggie into one of our delicious Majestic Garlic Spreads! Containing only raw, sprouted, organic garbanzo beans, this company goes above and beyond giving a dependable dip for your pita chip.



### Rishi Earl Green Bulk Tea

Looking for a different beverage to ease your chills and get you moving? We have the elixir for you! Refreshing with the alluring aromas of bergamot oranges, citrus blossoms and lilacs, Rishi's bulk Earl Green is a medium caffeine tea made

Kathy  
Seehafer

Providing Financial  
Education through a Holistic  
Approach

715-218-5454

KS

### Yaks Sap

There's nothing like putting warm syrup on your pancakes on a chilly winter morning. We got the sap for you...come in and grab some Yak's today! Straight out of Stevens Point, the Woyak Family has been making this pure Wisconsin Syrup for the past 15 years. Yaks Sap comes in 16 oz glass bottles or 1 glass gallons. Don't worry, your pancakes are set.

-Julia Stamp



THE STEVENS POINT AREA CO-OP  
633 Second Street  
Stevens Point, WI 54481

PRESORTED STD  
U.S. POSTAGE

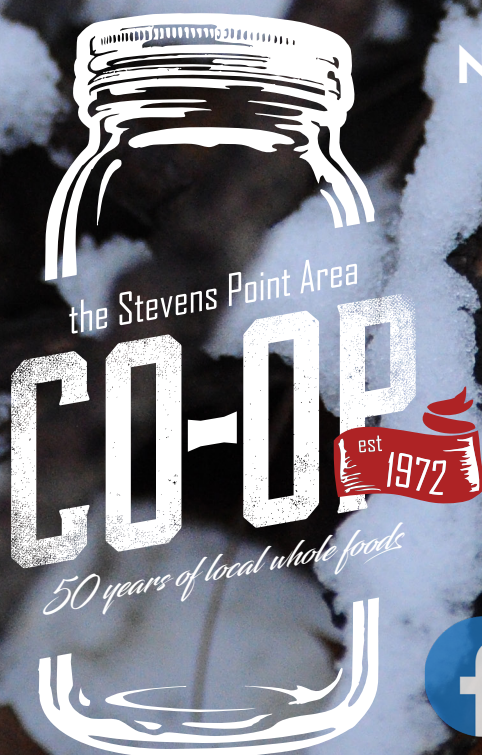
**PAID**  
STEVENS POINT, WI  
PERMIT NO. 51

## BOARD OF DIRECTORS

JOHN PEARSON • KAMI ALBRIGHT-LOOMIS  
LOGAN BRICE • STEVE DIX • TREVOR ROARK  
DWAYNE LONG • HALLYE WEBB  
ISH ODOGBA • JESSICA LAWSON  
TROY KUEHN • WILLIAM BROUSSARD  
ANDREA OLSON • ANDREW BREITENSTEIN

## CONTRIBUTORS

JULIA STAMP • ANITA WELCH



## NEWSLETTER TEAM

MANAGING EDITOR:  
ANDREW BREITENSTEIN

DESIGN & PHOTO:  
NICHOLAS RICHARDS

EDITOR:  
JULIA STAMP

PRINTING:  
DOLCE IMAGING



@SPACOOOP

