

the Coop

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

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Save the Planet ~ Kill Yourself by Jeff Spicer

With June underway and the river getting thinner than my 18 year old long-johns, one's thoughts turn to the moist green climes of Ireland. Well that's where my thoughts go anyway... if only because I'm heading there in a week.

Transatlantic jet travel seems an excessive luxury in these days when people in this very country are being denied as basic a thing as a box in which to reside. With hurricane season officially underway again, thousands of people in the Gulf region still do not have a place to live, and it seems perfectly reasonable to me that I should take a vacation comprised of swilling Guinness and kissing ancient stones in a moss covered castle.(?!)

They call it cognitive dissonance (whoever they are, I don't think I'd enjoy hanging out with them). Anyway, it's defined as having a perception or cognition that conflicts with another perception and so a new set of beliefs are constructed to justify or support the first belief. "Yes those poor people are sure getting a raw deal. Mother Nature, what can you do? Besides, I've got troubles too... I deserve a vacation." Or another example, "I'm very cozy in my bed here although I do hear the smoke alarm blaring. Those silly things have a tendency

to go off on their own especially when the batteries are low... no need to go check it out."

Am I rambling? Should these things be spoken of in a pamphlet that tries to concern itself with only the immediate and the local?

Suppose we had to survive on what was raised or found locally. Would there be enough water to drink, to raise the chile, corn and beans? Would there be enough still to cook with, to bathe and clean with, and to keep my slip'n'slide functional? If so, would there be enough still to keep tempers cool? I suppose I could live without coffee, but no tea? No orange juice? We could eat chicken until the cows came home... but what would we feed them? You're a vegetarian? Can you grow soybeans? What do you do with them once you've harvested them? How many soybeans does it take to make 8 oz. of soy sauce?

The point is, everything is interdependent, all things are connected. Whatever happens "out there" affects every aspect of our lives whether we like it or not. And for better or worse this is the model we're stuck with. You got a better idea? Let's hear it. Because

they say the hurricanes are only going to increase in intensity, that droughts are only gonna get drier and that oil is getting more scarce, and perpetual war is already here.

I'll be bringing some Guinness back to help the digestion.

But back to the local and immediate:

- The Co-op is celebrating its one year anniversary. Saturday June 17th behind the library with a DJ, dancing and turkey tacos. The event is free to all. Dinner is \$5 for non-volunteers.

- We need volunteers; stocking, cashiering, receiving inventory. Please contact Patty Nielsen at 579-4604 if you can spare a couple of hours a week.

- We would love for someone to build us a proper recycling bin. The store is now very intent on recycling as much as we can. Please call Nancy if you have an interest in this. Her # is 579-9631.

- On June 25th the store will close early for an inventory count. If you'd like to help with this adventure, please call Nancy at 579-9631.

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For the Love of It by Jeanne Treadway

Dixon Farmers' market manager

As my contribution to the get-together, I brought a quiche, made with fresh, local asparagus, scalions, and eggs. A very nice man named Harvey liked it enough to take a piece home. While we hunted down a paper plate, I asked him how his crops were faring. Not great, he said, but he would have berries eventually. I asked if he sold them at the Dixon Farmers' Market. Sometimes, he replied. Most of the time he sells his produce elsewhere because he can make some money. He only sells at the Dixon market for the love of it.

Brandon Johnson spent a year with his friend David Cortez filming organic farming in the Embudo Valley. "Don't Panic It's Organic" studies farmers, their work ethics, their value systems, their concern for the future of individual farmers and farm land. Johnson brought his film and beautiful black and white photographs to help us open the market season on May 31. His inspiration came from several places but started when his grandfather told him as a youngster "you are what you eat." This simple statement bred a dynamic curiosity in a young man that led him to explore the production of America's food nearly twenty years later. Besides serving as a beginning to his ca-

reer, Johnson's film and photography are ventures that will perhaps foster something he loves: organic farming.

Adam Mackie and Steve Jenison bag, sort, label, lift, carry, and store thousands (maybe millions) of seeds, many heirloom and rare, to give away once a year at the Dixon Seed Swap. Each year more growers come that one Saturday with seeds they've harvested to share with others or exchange for new varieties. This event is a gift. Mackie and Jenison see a continuation of healthy farming practices, a preservation of crop fertility, a strengthening of community, but no money.

Jennifer Barclay created wonderfully colorful and inviting signs to promote our Wednesday produce mercadito. It was a way, she said, that she could contribute something. She and Sam, her three-year-old son, love farmers markets.

In our valley this giving of oneself to that which you love is not limited to support of farmers. There's Jeannie Cornelius nurturing the Dixon Animal Protection Society and all its critters; Lou Malchie with the Town Crier and umpteen enormous mailing lists; Horacio Martinez reading water meters for twenty years; and Mercy Romero opening and managing the Saint Anthony Thrift Store. There all those volunteers who keep the

Dixon Cooperative Market and the Embudo Valley Library flourishing. And, think of the amount of work freely given by everyone determined to enrich our children's education, the enchilada dinners, the fabulous flamenco, the poetry readings. Each person adds energy and spirit to several projects, not just those I've listed, and there are hundreds of other souls I haven't met yet doing what needs to be done, simply and generously. I think this is the tarea of which Joe Ciddio speaks, that personal responsibility for doing work necessary to ensure the community we love is the sort of place we want it to be.

Farming exacts a stiff tarea, though. Not only must farmers deeply love what they do, but they must also work intensely and constantly to be able to keep doing that which they love. Little time off, capricious weather, uncertain prices, rising costs all factor into this labor of love. Right now, the drought in New Mexico and the early spring freeze are exacting huge financial tolls from our local growers. Nationally, the trend is insane as nearly 300 family farmers a week fall under steamrolling economic burdens, forced to sell their land and leave their heritage. Buying local produce at our farmers' market is one small way to stem this monumental loss. A remarkable bonus — the food is the freshest and healthiest we can possibly buy.

I envision a time in the near future when farmers consistently earn what they need to survive and thrive, right here, in this splendid region, this gorgeous place we call home. Along with that growing financial security, all the rest of us will be enriched as well, in ways beyond counting. However, as long as it's possible, our farmers will continue to farm and we'll continue to do what we can to support them, all for the love of it.



Frontier Women's Health & Healing: Top Five Life Saving Health Tests for Women

Adapted from WebMD May, 2006

No. 1 Heart Smarts

Heart disease claims about 500,000 women's lives a year. That's more than the next five causes of death combined, according to the American Heart Association. But it doesn't have to be this way, says Marianne J. Legato, MD, a professor of clinical medicine at Columbia University College of Physicians and Surgeons in New York City and the founder of the Foundation for Gender Specific Medicine.

"Without a doubt, 80 percent of coronary disease can be prevented with proper lifestyle modifications including healthy diet and increased physical activity," says Legato, author of several books including *Why Men Never Remember* and *Women Never Forget*.

The best way to know where you stand is to get a yearly blood test for total cholesterol levels, high density lipoprotein (HDL) or "good" cholesterol, low density lipoprotein (LDL) or "bad" cholesterol, and blood fats known as triglycerides. "If you are older than 50, I also recommend getting your C-reactive protein (CRP), homocysteine, and lipoprotein (a) (LP(a)) checked," she says.

These blood factors are emerging risk factors for heart disease. CRP is an indicator of inflammation, while homocysteine is an amino acid that can build up in the bloodstream and increase your chances of having a heart attack. Lp(a) is a cholesterol-related risk factor that tends to increase blood clotting.

"If there is any question of extra heartbeats, chest pain, or shortness of breath, women should have a stress echocardiogram," she recommends. A stress echocardiogram is usually done to determine whether you have a significantly reduced flow of blood to your heart.

Also, your doctor should test your blood pressure, as high blood pressure is a major risk factor for heart disease, she says.

Diabetes is another risk factor for heart disease. If you have a family history of diabetes or are overweight, a blood sugar level or other tests for diabetes are something you should discuss with your doctor.

No. 2 The Power of the Pap Test

Starting three years after becoming sexually active or by age 21, whichever comes first, women need an annual pap test to detect any abnormal cell changes that could lead to cervical cancer. This recommendation comes from the American College of Obstetricians and Gynecologists (ACOG). During a Pap test, a small sample of cells from the surface of the cervix is taken and examined for abnormalities that may indicate cancer or changes that could lead to cancer.

According to ACOG, the Pap test should be done annually until age 30. After 30, if a healthy woman has had three completely normal and satisfactory Pap tests, she may be able to have a pap test every two to three years (but should still see a gynecologist every year for an exam). Cervical cancer was once the leading cause of death for women in the U.S., but the widespread use of the Pap test has significantly decreased deaths from this cancer.

But there's more. A human papillomavirus (HPV) test may be done as follow-up to an abnormal Pap test, says Phyllis Greenberger, MSW, president and CEO of the Society for Women's Health Research, based in Washington, D.C. HPV is a common sexually transmitted infection that can lead to cervical cancer. An HPV test can help determine whether one or more high-risk types of HPV caused the abnormal Pap test result.

"If you are younger than 30, it's recommended you have the HPV test if your Pap smear test detects abnormal cells or is unclear, and if you are 30 or older, experts recommend you have the HPV test at the same time as your Pap test," she says.

This summer, new vaccines are expected to be licensed to provide protection against HPV.

No. 3 The Benefit of Mammograms

Women aged 40 and older should get a mammogram (breast X-ray) every one or two years, Greenberger says. "If there is a history of breast cancer in her family, a woman should get her first mammogram 10 years before her relative was diagnosed," she tells WebMD. Women older than 50 should have annual mammograms. Unfortunately, studies have suggested that women may not be getting their annual mammograms. "Some women just don't want to know, but with breast cancer being treatable in many cases and even curable, every woman should be getting this," she says.

Moore agrees: "If we catch a breast cancer in stage I, 97% of women who have it will be cured," she says. "As inconvenient as it is to schedule a mammogram, if it comes

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Health, cont. from pg. 3

back clean, we know we are in the free and clear for a year, and that's reassuring."

In addition, most women should have an annual clinical breast exam by a doctor to feel for suspicious lumps and bumps. Although there are no definitive studies showing the benefit of self-breast exams, ACOG recommends this safe and easy test.

No. 4 The Katie Couric Test

Thanks to Katie Couric, more and more women are realizing that colon cancer is not just a man's disease. When Couric underwent a colonoscopy live on national television in March 2000, colonoscopies nationwide jumped more than 20% in the following days and months. She became a spokeswoman for this cause after the death of her husband, Jay Monahan, from colon cancer at age 42.

The American Cancer Society (ACS) estimates that about 106,680 new cases of colon cancer (49,220 men and 57,460 women) and 41,930 new cases of rectal cancer (23,580 men and 18,350 women) will be diagnosed in 2006.

A colonoscopy allows a doctor to see and closely inspect the inside of the entire colon for signs of cancer or polyps or small growths that can eventually become cancerous. The patient is first given a medication in a vein that causes sleepiness and relaxation. A colonoscope is gently eased inside the colon; it has a tiny video camera, which sends pictures to a TV monitor. Small puffs of air are introduced into the colon to keep it open and allow the doctor to see clearly. Preparation-wise, you follow a special diet the day before the exam and take a very

strong laxative in the hours before the procedure. You may also need an enema to cleanse the colon. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in men and in women in the U.S.

"Colon cancer is totally preventable and treatable if they find it early," Greenberg says. "Every man and woman should have it despite the fact that it is an unpleasant experience." Beginning at age 50, men and women who are at average risk for developing colorectal cancer should have a colonoscopy every 10 years, according to the ACS.

No. 5 Skin Sense and Sensibility

"Every woman at the age of 18 should start having an annual skin exam by their dermatologist," recommends Ellen S. Marmur, MD, chief of the division of dermatology and cosmetic surgery at the Mount Sinai Medical Center in New York City. "This entails a head-to-toe skin exam looking for unusual

brown or red spots " she says.

But "every month you should do a skin self-exam using a hand mirror or hair blower to part your hair and look at your scalp. Don't forget to check for unusual or new moles on your fingernails, the bottom of your feet and toes, and your underarms. The earlier you start doing this, the better you will know your skin, and if you find something suspicious, your brain will start off an alarm and that will bring you in to see your doctor earlier."

Melanoma accounts for about 4 percent of skin cancer cases, but it causes most skin cancer deaths. The number of new cases of melanoma in the U.S. is on the rise. In fact, the ACS estimates that in 2006 there will be 62,190 new cases of melanoma in this country. About 7,910 people will die of this disease.



Lorenz Osen (aka Marie's Boyfriend) has been trekking to the farthest corners of the earth in pursuit of a decent conversation. Here, (Perito Moreno Glacier, Parque Nacional Los Glaciares, Argentina) he discovered that penguins weren't up to the task. Last I heard, he was headed to Turkey. I suppose he's faring much better there~language barriers be damned!

Unless you start sending in your own photos, you're stuck lookin at this guy again!

Drop yours by the Co-op or email 'em to jeffspicer@dixonmarket.com



Essential Remedios by Linda Griffith

What a glorious Spring we are having! Except for the lack of rain, of course! I have not noticed an excessive amount of mosquitoes so far, at least at my house. The reason for this could be that at least a hundred swallows have taken up residence under the eaves of my studio. I understand that each swallow eats up to 500 mosquitoes each, per day! I guess that makes up for the mess they are making on my windows!

Last month I offered some remedies and recipes to prevent being bit or stung by various insects. This month, I'm writing about some remedies for the bites or stings you may experience.

Bee and Hornet bites: Bee stings are painful and may cause fever and headaches. An allergic reaction can also cause swelling, redness, or rash. Try to remove the sting and apply a cold compress of Roman chamomile essential oil. Leave it for several hours, if possible. One drop of Chamomile or Lavender may be applied three times a day, for two days.

An essential oil blend for stings and bites: 1 drop Thyme, 10 drops Lavender, 4 drops *Eucalyptus radiata* and 3 drops Roman or German chamomile. This essential oil blend of therapeutic oils should be mixed with an equal portion of a carrier oil and is used as a topical application. Apply 1-2 drops on bite location 2-4 times a day.

Wasp stings are alkaline and so it helps if they are treated with Braggs Organic Apple Cider Vinegar (which is available at our Dixon Coop). Into 1 tsp. of the vinegar, put 2 drops each of Lavender and Chamomile essential oil. Mix well and apply to the bite area three times a day.

Mosquitoes: Lavender essential oil can be used directly on the bite. It is highly effective for the itching. If you have many bites, take one cup of apple cider vinegar or the juice of two lemons and add to it 10 drops of Lavender and 5

drops of Thyme. Put this mixture in a bath, swishing the water around for a few minutes before getting into the tub. After the soak, apply Lavender essential oil to all the bites. Each night, rub your body with the following formula: 10 drops Lavender, 10 drops *Eucalyptus globulus*, 10 drops Thyme and 5 drops Lemongrass into 2 tbsp. carrier oil.

Ticks: You might notice the tick by its swollen body attached to your skin. DO NOT pull it out. A cigarette placed on its body will make the tick drop off, or 1 drop of Thyme or Peppermint will also do the trick. (A little safer, in my mind!) Then apply 1 drop of Lavender every five minutes – to a total of ten drops – to avoid infection and reduce pain and swelling.

Spiders: 3 drops of Lavender and 2 drops of Chamomile can be diluted in 1 tsp. of alcohol. Blend together well and apply to the area three times during the day. One day should be sufficient.

The Black Widow: Lavender essential oil has been known to neutralize the poison of this nasty spider. Apply 10 drops to the area every two or three minutes until you get to the hospital. Basil essential oil is also helpful as it is known to neutralize poisons.

Brown Recluse Spider Bite: This bite causes a painful redness and blistering which progresses to a gangrenous slough of the affected area which can become very large! There are two essential oil blends which are very helpful called Purification and Thieves. Apply 1 drop of either of these oils every minute until you reach professional medical treatment. A spider bite blend which you can also use is: 1 drop Lavandin (a variety of Lavender), 1 drop Helichrysum and 1 drop Melrose. Mix together and apply every couple minutes.

Oh, and by the way, there is a Floral Water – a by-product of essential oil distillation, which

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JUNE EVENTS

- 1st - Do It For Uncle Graham film at the Community Center 7:00pm
- 4th - First Sunday ~ 10% off for members
- 6th- Vote!
- 9th- Afro Cuban dance at the Mission Bldg 7pm
- 17th- Mission Bldg Flea Market Call Kathy Zellers at 579.9146
- 18th - Library Benefit Dance at Liz and Shel's in Embudo. 5PM
- 21st - First Day o Summer
- 22nd - Buying Club Orders due
- 22nd - Co-Op Board meeting 7PM

Don't forget the Farmers' Market every Wednesday afternoon from 4:30-7:00

Send your July event listings to: jeffspicer@dixonmarket.com

THE DIXON COOPERATIVE MARKET IS NOW AN OFFICIAL FEDEX SHIPPING CENTER. OVERNIGHT YOUR STUFF WITHOUT HAVING TO DRIVE TO TAOS OR ESPAÑOLA. SEE NELSON FOR ALL THE DETAILS.

Remedios, cont. from pg.5

has been used successfully as a fly and mosquito repellent on horses and other animals – called Idaho Tansy. This comes in a spray bottle and can be sprayed on the animals.

What I would really like to find is a blend of essential oils that would drive the grasshoppers away!

Meanwhile, to avoid being bit, use your repellent recipes so you can avoid these bites! And keep praying for rain !

Give me a call at 579-4678 if you have any questions or need therapeutic grade essential oils.

YOU CAN ADVERTISE IN THE COOP FOR AS LITTLE AS \$10.00 A MONTH... BUY SPACE FOR 5 MONTHS AND GET THE 6TH FOR FREE. NEED DETAILS? EMAIL US:

info@dixonmarket.com



Linda Griffith's Old Tyme Remedios

505.579.4678 or momasita@cybermesa.com

Essential Oils were mankind's first medicine. We know from Egyptian hieroglyphics, Chinese manuscripts, and the Bible that Essential Oils have been used therapeutically for thousands of years.

Raindrop Technique a sequence of anointing with oils and laying-on of hands in a relaxing and invigorating manner to promote health and well-being.

Jin Shin Jyutsu an ancient Japanese healing art, brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity.

