

the Coop

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

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WWW.DIXONMARKET.COM



The President's Soapbox by Clark Case

A couple weeks ago there was an arts event here in Dixon that was probably the highest quality performance that will ever play here. It was important not just because of the quality of the event and the cause it supported, but also because of who two of the performers were. Vicente Griego, the flamenco singer and member of one of the best flamenco troupes in America, *Llastros*, brought not only his troupe but also Dixon's unofficial poet laureate, Levi Romero, to perform at the Dixon Elementary gymnasium.

The benefit was to raise money for new uniforms and equipment for the Dixon Rattlers basketball program which has been under the capable guidance of Vicente's father, Aaron Griego for the last forty-five years or so, and whom the gymnasium is named after. This homecoming of two incredible artists lived up to expectations, with the help of no less than ten dancers and an incredible guitar player. Levi Romero's poems were powerful and thought provoking as always, especially watching him read them to the home team, including all of the grade school students who crowded the plywood stage to watch and listen. The only disappointment was the attendance. While it wasn't poorly attended, probably

about a hundred and fifty people, I expected the place to be Standing Room Only - it wasn't. What would it take to get a bigger crowd out in Dixon, a supposed artist enclave in a state of artists? Bono? Dennis Kucinich? I can't imagine what the excuses were, but I can guess it was the same excuses that people always use to miss the best things that go on here in the Embudo Valley. Let's take a look at those excuses and why, for the most part, they are lame.

1. "I can't miss my favorite TV show." If this was your excuse for missing a life-affirming event like this, I have one word for you: TIVO. Spend the money to complete your TV addiction and you can watch the finals of 'Dancing With the Stars' over and over again.

2. "I was really tired." Those of you who were there know that the energy that was stirred up in the gym that night would have brought the dead back to life.

3. "I might run into someone I don't like." Get over it. It's events like this that bring the community together, maybe even more so after the event is over.

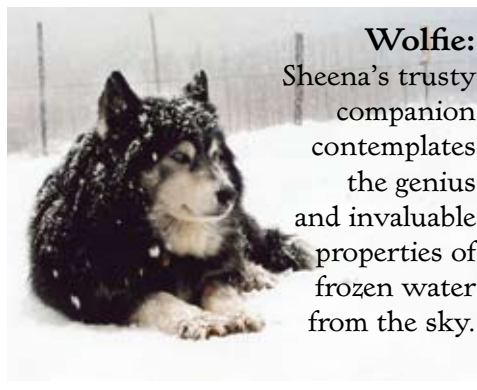
4. "I don't like flamenco." Do you like poetry? Do you like children? Do you like the PTO? Do you like the school? Do you like health and athletics? If you're anti-flamenco

that's one thing, but anti-kids just isn't acceptable, buster.

5. "I couldn't come up with the ten bucks." Next time, I'll lend it to you, if I have it.

6. "I didn't know about it." Perhaps you have heard of our community radio station, KLDK 96.5 fm. If you tune in just once a week at either noon or 7PM on weekdays, you will hear the man on the street reading what events are going on in the community that week. You'll also hear about rentals and houses for sale and wood splitters with tow dollies. Where else are you gonna get that kind of action?

7. "An hour before the show a professional masseuse showed up at my house and offered to give me and my wife each a two hour massage for free." Okay, some excuses are legitimate, but you better not miss the next time.



Wolfie:
Sheena's trusty companion contemplates the genius and invaluable properties of frozen water from the sky.

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EMBUDO VALLEY

- CERTIFIED ORGANIC FEEDS, SEEDS & SOIL
- GOAT, DAIRY & CUSTOM MIXES
- WHOLE GRAINS AND ALFALFA
- SPRING SOIL SUPPLEMENTS
- IRRIGATION PIPES AND SUPPLIES

All from your local Farm and Feed folks

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ORGANICS

Ripples

by Mary Steigerwald

Have you ever watched the rain begin to fall on a body of still water? One drop falls here, it appears as a spark of light, and a ripple ensues. Over there, another drop of light and the ripple; now another, and another, and more and more, becoming too many drops to count; each light generating a ripple that begins at its tiny center then radiates out, ever widening. And each ripple passes through every other ripple as it glides across the surface to its destiny at the bank. The water becomes alive with the dancing matrix created by countless drops, points of light, rippling out, passing through.

Watching this shimmering ballet on the glassy alpine lake, I become aware of the metaphor unfolding before my delighted eyes: Nature's reflection of what it means to be an individual human being: a drop, a spark of light, sent forth upon the sea of life, to create a ripple and glide gracefully,

lightly touching every other ripple as we pass in the sea, each moving toward our own destiny. Six billion ripples in the sea of life.

The rain has no choice where it falls, how hard it falls, how much turbulence it creates, or whether it will be the one drop that will tip the balance and cause the water to breach the bank. It just falls, according to the mastery of the divine choreographer.

We humans, however, are endowed with choice, and along with

this choice comes responsibility. Aware that each life, each act, each thought sends out ever widening ripples of influence on this vast sea of life, we have a responsibility to ensure that our choices are in consonance with our highest nature.

We have a mind; use it wisely; use it as a musical instrument, play melodies of love rather than discords of selfishness and destruction. Think deeply and consciously.

We have a body; fill it with life-giving foods produced in such a way that no harm has been done to our earth, our fellow creatures, our brothers and sisters. Before sitting down to eat, be sure that all others have been fed. Give thanks, eat mindfully.

Use the body to work hard, to feel the sun, to run, to smile, and watch that smile ripple out and touch the next one and the next one and the next. Feel the body's energy and express it appropriate-

After a vote count reminiscent of Florida 2000, the winners are now known. Congratulations to Nancy Levitt and Jeff Spicer for your election (and reelection, respectively) to the Co-op board. Best of Luck to you!

ly. Clothe it in garments produced without exploitation or injustice.

Use feet to tread lightly, arms to reach out rather than push away, to lift up not pin down, embrace not restrain.

Use these hands to give more than take, caress rather than strike, create not destroy.

Listen to the suffering of others, fill the ears with the song of birds and gusts of wind, the laughter of children and the rushing river. Breathe in the fragrance of herbs, the freshness of mountain air, and freshly baked bread.

Speak words of comfort and hope, sing songs of peace; consider the needs of others before your own.

Look for an opportunity to help everyone you meet. Fill the eyes with the wonders of creation, the crackling fire, the face of a loved one, the starry heavens.

We have a heart. In the silence and the stillness of the human heart, there comes a voice. Allow time each day to enter the inner sanctum of the heart. It whispers *choose wisely, move gracefully, harm no one. Give freely, be patient, love completely.* Listen carefully, and follow.

Be gentle. Be fair. Every action, every thought, every ripple affects us all.

Donal Kinney, CPA
Tax Preparation
& Planning

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VOLUNTEER OF THE MONTH

Cathy Underwood

Cathy is a relatively new member to our community, but to see her at work at the Co-op, you'd think she's known no other home. Thanks for all your energy and love, Cathy.

Plastic and the Magic Triangle
by Jeff Spicer

Look closely at virtually any piece of plastic and you'll probably notice the recycling triangle symbol with a number inside it. Ever wonder what that number is all about? I have. Here is an overview:

•#1 PETE or PET (polyethylene terephthalate): Used for clear beverage bottles. Widely recyclable: generally considered safe, with some precautions.

•#2 HDPE (high-density polyethylene): Used for colored or cloudy bottles and jugs, yogurt containers and other tubs. Widely recyclable, but consumers need to check with local recyclers whether tubs and bottles (which are made differently and can't be recycled together) need to be separated. Generally considered safe, with some precautions.

•#3 PVC (polyvinyl chloride): Used in some cling wrap and bottles as well as pipes and other construc

See Plastic, Pg. 4

Essential Remedios
by Linda Griffith

Peppermint essential oil has to be one of my favorite oils, as it is very versatile, and acts upon almost every system of the body.

It was brought to the United States from Southern Europe early in the 19th century and we are now the major producer of peppermint.

Cornmint, also known as Japanese mint, is cheaper to produce than peppermint and spearmint and it is often used as a 'blender' in mint flavors and as an adulterant in peppermint oil. Cornmint is more toxic than peppermint oil. This is why I always mention the importance of using therapeutic grade oils!

Peppermint oil is one of the oldest and most highly regarded herbs for soothing digestion. Dr. Jean Valnet, from France, studied peppermint's effect on the liver and the respiratory system. Other scientists have also researched this oil's role in affecting impaired taste and smell when inhaled. Dr. Wm. N. Dember of the Univ. of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied its ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals.

The mints have been used for their medicinal properties for

thousands of years, but the oil itself may not have been used very much before the 16th century as a medicine, when distillation reached England. It is used extensively in food flavorings, as a fragrance/taste in toothpastes, mouthwashes, soaps, detergents and perfumes.

For digestion issues, a drop of Peppermint oil can be added to a cup of hot water or herbal tea and also to relieve heartburn. To sweeten, add a tsp. of honey to the liquid.

Rub 2-4 drops in the palm of your hands and rub over the stomach and around the navel to relieve indigestion, gas and diarrhea... and nausea.

A few drops can be massaged on an injured area to reduce inflammation. It may also relieve pain. If there is a cut, however, apply the peppermint oil around (not on) the open wound.

Some people have used peppermint on the bottoms of the feet to reduce fever.

To cool off on a hot day, I have added a drop of peppermint oil to 32 oz. of water and sipped it slowly.

Inhale peppermint oil before and during a workout to boost your mood and reduce fatigue.

Also, it works wonders for headaches! I rub a drop of peppermint oil on the temples, forehead, over the sinuses (but stay away from the eyes), on the back of the neck or wherever the headache is and lay down for 5 minutes and 95% of the time, the headache is gone! I have used a drop of peppermint oil to food as a flavoring.

To deter rats, mice, ants or cockroaches, place two drops of peppermint oil on a cotton ball and place along the path or point of entry for these pests.

I have had some success with removing aphids from plants by adding 4-5 drops of peppermint oil to a spray bottle, with water, and spraying.

See Remedios, Pg. 4

Edge Habitat Wilderness Retreat

www.edgehabitat.org

- Camping • Lodging
- Organic Vegetarian Food
- Hiking • Fellowship • Silence
- Peace

Located within the Carson National Forest above Truchas and El Valle, one mile from the Pecos Wilderness

MARCH EVENTS

- 2nd - Buying Club orders due
- 5th- First Sunday ~ 10% off at the Co-op!
- 10th- Buying Club shipment in
- 10th- The 1st Annual National Women and Girls HIV/AIDS Awareness Day.
for more info, check out:
www.omhrc.gov/hivaidsobservances/women/index.html
- 17th- St. Patrick's Day
- 20th- First day of Spring!
- 22nd- Agricultural Planning Meeting with Santa Fe Farmers' Market Institute at the Community Center 6-8 PM
- 23rd- Co-op Board meeting. 7PM at the store

IT'S NEARLY SPRING AND WE STILL DON'T HAVE A FARMERS' MARKET MANAGER. IF YOU HAVE AN INTEREST OR JUST WANT TO KNOW WHAT ALL IS INVOLVED, CONTACT JEFF SPICER AT 579-0013 AS SOON AS POSSIBLE!



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.

Plastic, cont. from pg.2

tion materials. Not widely recyclable; recommended to avoid because it can leach toxins into food and is an environmental problem throughout its lifecycle.

- #4 LDPE (low-density polyethylene): used for garbage bags, food storage bags and some cling-wrap and bottles. Not widely recyclable. Generally considered safe with some precautions.

- #5 PP (polypropylene): Used in butter tubs, some baby bottles and other rigid containers. Not widely recycled, generally considered safe.

- #6 PS (polystyrene): Used in foam trays, takeout containers, coolers, egg cartons, and packing peanuts. Not widely recycled, although many packing and shipping stores accept packing peanuts for reuse.

- #7 Other (includes polycarbonate and mixed materials): Used in five gallon water bottles, some baby bottles, and some liners

Remedios, cont. from pg.2

Remove ticks by applying a drop of peppermint oil to a cotton swab, and swabbing the tick. Wait for it to raise its head and then remove it from your pet.

Rub one drop of peppermint behind the ear to relieve an earache. (Never place oils directly inside ear canal.)

Safety data: Avoid contact with eyes, mucus membranes, or sensitive skin areas. Do not apply neat to a fresh wound or burn. Peppermint oil should be used cautiously on the face... and NOT for infants and small children. If the oil inadvertently gets into the eyes, NEVER use water to wash it out. A vegetable oil like Olive Oil rubbed gently on affected area will relieve the sting.

For more information, or a therapeutic grade essential oil, call Linda Griffith at 579-4678.

of metal cans. Not widely recyclable. Recommended to avoid because bisphenol-A can leach from polycarbonate into food and beverages

CHECKERS PLAYERS OF THE MONTH

Young Folks of all ages enjoy the ancient boardgame at any given time at the Co-op. Here we salute our favorite players, Lafayette, Ivan and Gonito. Challenge them at your peril!

