

Lakewinds

MEMBER NEWSLETTER

MARCH/APRIL 2004

Inspirational Spaces— How three members created their own

By Judy Thompson

A Minnesota winter lasts a long time. Some of its days offer the pleasures of a frosty crystal wonderland. We may escape the bitter grip of winter for a brief interlude in the warm sun and blue water. But the mundane, post-groundhog days of cold, snow, slush, and freezing drizzle hound us.

During this drear doldrums season, as we yearn for warmth, refuge and escape, Lakewinds' members have found creative ways to keep comfortable and stay inspired within the confines of their own four walls and close to their own back doors.

A Castle and a Sanctuary

Lucy Starr, her family, and several animals have now lived for 15 years in a house five times that old, a house that is comfortable, inviting and filled with delight. Lucy feels "that your home is not only your castle but your sanctuary—a place to feel warm, safe and embraced." And she turns to many sources for inspiration to create just such a space.

"For me, decorating and arranging rooms is like a stage setting for a play or like window dressing for a store. I love to move furniture and make changes when I have the time." Lucy has directed chil-



(Left) Lucy relaxes in her office, a cozy space, surrounded by windows and decorated with an Asian-inspired panel. (Right) Lucy compares home decorating to stage setting for a play or window dressing for a store.

dren's plays and also on occasion helps set the stage and find props for plays at Blake School. She is adept at bringing this playful quality to her home. "I enjoy decorating. I consider it play. If you were lucky enough to have had your

Lucy feels "that your home is not only your castle but your sanctuary, a place to feel warm, safe and embraced."

own room when you were a kid, you can recapture that sense of a place to hide out, to hang out, a place to play music and to just play."

Lucy's decorating style is full of fun and humor. A puppet from Prague, a gift to

her son, hangs near a shelf filled with shells and coral decorated with rhinestones and jewels. A large cardboard cutout of a robed pilgrim wanders into different corners of the house. one day wearing a turban, the next day perhaps a shawl or a plume.

She finds inspiration in spiritual places. "I love going into an old Catholic church with its statuary and stained glass when no one else is there. Part of me tries to recreate that sense of peace and sanctuary with religious figures and representations. But I am eclectic. I like to cover all my bases. So I have a statue of the Buddha along with paintings of the Virgin Mary." A life-size angel holding a candelabra, which Lucy found for sale at the end of a driveway years ago,

continued on page 2

brings a sense of calm and peace to the house.

Another influence stems from her many visits to New Orleans. "I love the zest and flair for celebration in that town and the sensual feeling in the homes," commented Lucy. "And I love texture and color. I use those elements when choosing fabric. I love pinks, coral and rose."

Lucy does not have a fireplace and she has created, with much mixing and remixing, a vibrant color of paint for her walls that infuses her living room with the warmth that a fire or a tropical sunset offers. "I often think it is time to make the walls a soft light creamy color, but being surrounded by this color, which I call salmon, warms me up. In dark winter evenings I love the atmosphere created with candles, soft low lighting and music. I am energized through music, be it jazz or classical or raunchy rock."

"I love the world of nature and of animals," she continued. "I have shelves and windowsills filled with found objects such as rocks, feathers, driftwood, seashells, even a snake skin that I have collected from different places. My connection with the animal kingdom is vital for me to stay in touch with the outside world. I feed the birds in winter. Many animals pass through here on their way to a neighboring park. The raccoons, ducks and rabbits are daily visitors. The fawns, deer, even deer with antlers have safe passage on their path," said Lucy. Her sanctuary does indeed extend to the animals.

A Closet and a Rug

Another Lakewinds member, Carol Tordoff, has created sanctuary in a private nook in her home. She began to meditate and practice yoga about 12 years ago, after the birth of her youngest child.



Carol finds serenity in walking her dog, even on cold winters, in the woods near her home in Wayzata. She also finds serenity in practicing yoga and in meditation, which she does in her home.

"I was motivated by my search for a bit more serenity, order and quiet in my life," said Carol. "I purchased a Zafu, a little crescent shaped pillow to make sitting on the floor easier. I found a space in my bedroom closet. When I close the door it is very quiet. And it is cozy, private, and accessible."

"I needed to start yoga and to begin meditation and I found a space that worked for me at that moment in my life," said Carol Tordoff.

Carol's closet does double duty. It functions as a closet doing what closets do, and as her meditation room. "I needed to start yoga and begin meditation and I found a space that worked for me at that moment in my life."

Carol values the practice of meditation and yoga. "It helps me look to myself to make peace with the chaos of the world. It requires a commitment to a saner existence, faith that there is an order in the universe, and discipline. I have found that discipline comes more easily when it is a ritual that I do every morning. It is a way for me to begin my



day sitting peacefully rather than launching into a whirlwind of activity." "Meditation has evolved for me," she continued. "I initially sought to be more centered and more at peace in the world. From my evolution I have learned to let go of what I can't control and focus on my actions and reactions to what I can control."

Although many who practice yoga join a group and attend classes, Carol finds that it works for her to do it at home. "I am more in the frame of mind to do my yoga at home and prefer to do it here where it's quiet and immediately accessible. I do what I think will work for me. I sit for a while, drink a cup of tea and give myself permission not to think. I'm quiet and I focus on breathing. The closet space is dark. I close my eyes. I don't sit still easily," Carol added. "In the summer, I move my meditation practice outside. I also have kept a space in my bedroom that I purposefully did not fill. I could have used the space to enlarge the bathroom, but I chose to keep an open, empty space. I placed a 4'x6' rug on the floor near windows that look out on the trees and hillside and there, on the rug, I do my yoga."

continued on page 3



Nick built a woodworking and carving shop in his basement where he makes everything from small boxes and benches to intricate carvings that he displays throughout his home.

Carol does not need to go far to enter another world she can rely on for well-being and renewal. "When I need to be outside and to connect with nature, I always take our dog, Casey, and we walk out the door and soon we are in the deep and quiet woods. There is so much beauty around us in this area. It is possible for all of us to find a place nearby to commune with nature and to reconnect with the beauty of the world," commented Carol.

A Basement Room and Tools on Wheels

Nick Medwid had never picked up a tool in his life until about eight years ago. He could sense both physically and emotionally that his career as a massage therapist and somatic healer was winding down. He got a call that his father was very ill and Nick returned to New York to tend to him. "When my father retired," recalled Nick, "his hobby became his full-time work. He was a master cabinetmaker and he asked me to help him finish some projects for customers while he was recuperating from his illness. That switched on a light. When I returned home, I read books, listened to tapes, went to

workshops and took classes in woodworking. My wife and I bought a house, and I took over a semi-finished basement room. It is small, maybe 10'x12', and I have built my studio there. Sometimes it feels as though the walls are closing in." Nick added, "I started

"The time spent to learn this craft is not available today because of time constraints and the artisans and carvers are few and far between," said Nick Medwid. "If I could learn this craft and master it I could then teach others."

making furniture and then I noticed that I wanted to add the decorative dimension to the furniture. I like styles that bring nature into wood, such as trees, branches, and leaves. I started seeing the acanthus motif."

The acanthus is a thistle-like plant found in Mediterranean countries. The rhythmic scrolls of its form were first carved on Greek columns 2,500 years ago and have been incorporated into many styles since. It found its way into Norwegian culture in the 18th century and can be found decorating chairs, cabinets, and cradles.

"I happened to be in a carving store," said Nick, "and I picked up a copy of *Wood Carving Illustrated* that had an article by the master carver of acanthus design, a Norwegian named Hans Sandom, and discovered that he now lives here in Minnetonka!"

Nick has been working on the acanthus design with detailed instructions from his teacher. "It took me six hours to carve the first leaf and now it takes me one hour." Nick spends anywhere from six to 10, even 12 hours a day in his studio. There he has his hand tools—the gouges and chisels for carving and several power tools, such as a table saw, drill press, router table and spindle sander.

"The time spent learning this craft is not available today because of time constraints and the artisans and carvers are few and far between. I thought, if I could learn this craft and master it I could then teach others. Cabinet making and woodworking are an art that you learn as you go," smiled Nick.

All three of these Lakewinds members are open to learning as they go. They have found creative ways to shape their living spaces to support and shelter them and what they value in their daily lives, no matter the season.

Upcoming March Classes

Minnetonka classes are held at the Learning Center in Minnetonka. Registration information is available on page 5.

Treating Candida (L)

Kathy Kornblum
Wednesday, March 3
10:30 a.m.–noon
Free to the public!

Kids' Class—Backyard Maple Sugaring for Families (L/H)

Judy McClellan
Saturday, March 6
10:30 a.m.–noon
\$10 per person/\$25 for three people

Minnesota Wild—From Fish to Fowl (DT)

Patty Ewalt
Tuesday, March 9
6:30–8:30 p.m.
\$40/\$35 members

The World of Sauces (DT)

Doug Roesse
Thursday, March 11
6:30–8:30 p.m.
\$30/\$25 members

One Dish Meals (DM)

Jeff Woodward
Monday, March 15
6:30–8:30 p.m.
\$50/\$40 members

Natural Pet Care: Treating Your Pet's Allergies (L)

Dawn Margavage
Tuesday, March 16
6:30–8:00 p.m.
\$18/\$15 members

Teas from Around the World (DT)

Sharon Boodoo
Saturday, March 20
11:00 a.m.–1:00 p.m.
\$30/\$25 member

Kids' Class—Easter Celebration (H)

Rachael Eide
Saturday, March 27
10:30 a.m.–noon
\$14 per child, Ages 4–11

Class codes

DT = demo with tasting
DM = demo with meal
H = hands-on
L = lecture

HEALTH & BODY CARE MARCH MEMBER SPECIALS

Supplements

ALL ONE Powder

Selected Varieties
15.9 ounces
sale **\$26⁹⁵-34⁹⁹**
reg. \$35.95–46.85

BOERICKE & TAFEL Homeopathic Remedies

Alpha CF (Blister Pack)
40 tablets
sale **\$9⁹⁹** reg. \$10.89

EARTHRISE Organic Spirulina Powder

90 gm, 3.2 ounces
sale **\$11⁴⁵** reg. \$15.29

FUTUREBIOTICS Trace Minerals

Colloidal, 4 ounces
sale **\$7⁵⁹** reg. \$10.85

RAINBOW LIGHT GFT Chromium and Herb Complex

120 capsules
sale **\$12²⁹** reg. \$16.29

Body Care

LIGHT MOUNTAIN Henna

Selected Varieties
sale **\$3⁹⁹** reg. \$5.69

CRYSTAL BODY Deodorant Stick

Travel Size
sale **\$1⁵⁹** reg. \$1.85

EARTH SCIENCE Moisturizer

Selected Varieties
sale **\$5⁷⁵-6⁴⁵**
reg. \$7.65–8.59

LIKEN NATURAL Scented or Unscented

sale **\$3⁷⁵** reg. \$4.69

GRANDPA'S Bar Soap

Selected Varieties
sale **\$2¹⁵-2³⁹**
reg. \$2.65–2.99

PEELU Toothpaste

Mint-free
sale **\$4³⁹** reg. \$5.95

NATURADE Aloe Gel

Skin Soothing
sale **\$6⁹⁹** reg. \$9.49

Soap Antibacterial or Bubble Bath

sale **\$5⁶⁹** reg. \$7.59

Styling Spray

sale **\$6⁴⁹** reg. \$8.69

RADIUS Dental Floss

Natural Silk
sale **\$3³⁵** reg. \$4.45

Toothbrush

Selected Varieties
sale **\$3⁶⁹** reg. \$4.95

Note: Some items may not be available at the Anoka location.

Valid 2/25/04–3/30/04. Case orders 2/25/04–3/26/04.

Free classes held in Anoka

Classes at Lakewinds in Anoka are held in the café. Seating is limited to 18 people. Please register early to reserve your seat. Registration is required for free classes.

The Bulk Foods Advantage (DT)

Doug Roesse
Saturday, March 6
11:00 a.m.–noon

This is a quick primer on not only what foods you can find in the Lakewinds Anoka bulk department, but also how to best prepare some of them to save money and eat healthier. You'll receive recipes and a grain-cooking chart, and you will sample a few quick dishes as well.

Fat Flush Primer (DT/L)

Mary Moulton and Leslie Smith-Bechtell
Saturday, March 20
10:30 a.m.–noon

Learn about Mary's and Leslie's personal success stories by following the Fat Flush program, based on the book written by Ann Louise Gittleman. Understand how toxins contribute to excess weight and fatigue. Recipes, handouts and shopping tips will be provided.

Natural Remedies for the Whole Family (L)

Kathy Kornblum
Saturday, March 27
10:30 a.m.–noon

Do you want to learn how to handle your family's everyday health concerns with safe, easy-to-use, effective natural remedies? If so, this is the class for you. Kathy will teach you how to address concerns from bumps and bruises to colds and flus. Learn what remedies such as herbs, supplements, homeopathics, and flower essences are essential to have on hand. Also learn how to use them safely and effectively, and how resourceful you can be for yourself and your whole family.

To register Call 952-742-1221, 24 hours a day, or visit www.lakewinds.com. The spring schedule (March to May) with full course descriptions are available on-line as well. A 48-hour cancellation notice is required for a class refund.

MARCH STOREWIDE SPECIALS

Grocery

ENDANGERED SPECIES

Chocolate Bars

3.25 ounces
sale **\$1⁶⁹** reg. \$2.49

ICELAND SPRINGS

Spring Water

1 liter
sale **99¢** reg. \$1.45

KETTLE

Tortilla Chips

Selected Varieties, 8 ounces
sale **\$1⁷⁹** reg. \$2.59

VITA SPELT

Pretzels

8 ounces
sale **\$1⁵⁰** reg. \$2.15

GOOD HEALTH

Quilt Crackers

Whole Wheat, Light Rye,
Low Salt or Dark Rye
sale **\$1⁹⁹-2²⁹**
reg. \$2.85–3.25

AFTER THE FALL

Apple Juice

1 gallon
sale **\$4⁴⁹** reg. \$9.25

MAPLE VALLEY

Grade B Maple Syrup

32 ounces
sale **\$10⁴⁹** reg. \$15.99

Refrigerated

HORIZON

Fruit Jels

Juicy Strawberry
4/3.5 ounce cups
sale **\$2²⁹** reg. \$3.15

Pudding

Chocolate, Vanilla, or
Chocolate Vanilla Swirl
4/4 ounce cups
sale **\$2²⁹** reg. \$3.29

Bulk

FANTASTIC FOODS

Instant Refried Beans

sale **\$2⁹⁹**/lb. reg. \$3.79/lb.

Frozen

GARDEN BURGER

Veggie Burgers

Flame-grilled Hamburger
Style, Original, Savory
Portabella or Veggie Medley
sale **\$2⁹⁹**
reg. \$4.09–4.35

LINDA MCCARTNEY

Stone-fired Pizzas

Artichoke and Roasted
Garlic, Cheese, or Spinach
and Mushroom, 10 ounces
sale **\$2⁹⁹** reg. \$3.99

RISING MOON

Ravioli

Selected Varieties, 8 ounces
sale **\$2⁵⁰** reg. \$4.15

Cheese

Three great cooking and
eating cheeses.

Fontina Val D'Aosta

from Northern Italy
sale **\$12⁹⁹**/lb.
reg. \$13.99/lb.

Prima Donna Aged Gouda

sale **\$12⁹⁹**/lb.
reg. \$13.99/lb.

Van Gogh Gouda

sale **\$9⁹⁹**/lb.
reg. \$10.99/lb.

Lakewinds Natural Home

LIFETREE

Bathroom Cleaner

16 ounces
sale **\$3³⁹** reg. \$3.99

All Purpose Cleaner

24 ounces
sale **\$5⁹⁹** reg. \$6.99

Laundry Detergent

64 to 128 ounces
sale **\$13⁸⁹-22⁰⁰**
reg. \$16.29–26.00

Note: Some items may not be available at the Anoka location.

Valid 2/25/04–3/30/04. Case orders 2/25/04–3/26/04.



Protein Powders Explained

by Barb Held, HBC employee

Next to water, protein makes up the greatest portion of our body weight. While providing the body with energy and heat, protein is needed for growth and repair of all human tissue and is necessary for the production of hormones, antibodies and enzymes. Proteins also fulfill crucial physiological functions. Glands produce specialized proteins called hormones that transmit messages from one part of the body to another, blood cells manufacture protein antibodies to help combat infection, and cells synthesize enzymatic proteins responsible for many life-sustaining reactions.

The building blocks of protein are called amino acids. Twenty amino acids are needed to build the various proteins used in the growth, repair and the maintenance of body tissues. Eleven of these can be made by the body itself, while the other nine, called "essential amino acids," must come from our diet. Foods of animal origin such as meat, poultry, fish, eggs and dairy products are the richest sources of the essential amino acids. Most plant sources of protein lack one or more of the essential amino acids with the exception being soy protein. Ideally, protein should be obtained from real foods, but sometimes that is not convenient. As a result, many people rely on protein supplements or shakes to make up for the slack.

Soy Protein

Soy protein is derived exclusively from soy beans and provides a healthful way to get non-animal protein into your diet. Ideal for high protein/low carb

diets, soy protein contains natural nutrients called isoflavones, which may help produce many of soy's benefits for cholesterol reduction. The amount of soy nutrients to achieve any benefits is in the range of 100 to 160 grams of isoflavones per day.

Soy is a complete protein that contains all nine essential amino acids. It is generally low in or free of fat, cholesterol and lactose, and is approved for those who are lactose-intolerant. Much more than an ingredient for a protein shake, soy protein can be used in place of flour when cooking. Soy does contain phytic acid, a compound that inhibits some mineral absorption. As with any supplement, educate yourself first and consult your physician if you're on any prescription drugs, as soy may have positive or negative interactions with certain drugs.

Whey Protein

Whey protein has become an increasingly popular supplement choice, especially for anyone who wants to lose fat and build muscle. One reason for the popularity of whey protein is its high protein quality, which contains all nine essential amino acids and is more rapidly digested than other proteins. A commonly used amount of whey protein is about 25 grams per day. Whey is a normal byproduct of cheese making. It is the liquid that is left when the solids in milk come together and are pressed into solid form. After filtering, purifying and removing the water from the whey, a high-quality protein powder is produced, free of fat and lactose. People who are allergic to dairy products could react to whey protein and should avoid it.

Egg Protein

Egg protein has a full amino acid profile like whey protein and is a great quality protein. Before egg protein products were created, drinking egg whites or cooking dozens of eggs at a time was the norm, especially for bodybuilders. The high cholesterol and fat in egg yolks made this a somewhat unhealthy choice. Now, it's much easier, healthier and convenient to get your protein from this powder since it mainly contains egg whites.

While current dietary recommendations suggest that 12 to 15 percent of total daily calories should come from protein, the typical American diet, high in meats and other animal products, contains significantly more, closer to 16 to 20 percent. When you consume more protein than your body needs, the excess is used by the body as energy, or stored in the form of fat. High-protein diets have a diuretic effect, producing rapid weight loss due to losing water weight, not fat. As with protein in general, long-term excessive intake may be associated with deteriorating kidney function and may increase the risk of osteoporosis.

So, are protein supplements for you? That's a decision only you can make, but read labels carefully on every supplement you are curious about. Choose protein shakes as a meal replacement only when you're traveling, too busy to prepare food, or instead of fast food. Your body needs protein to maintain healthy function, but you cannot live on protein alone.

HEALTH & BODY CARE MARCH STOREWIDE SPECIALS

Supplements

ALACER

Emer'gen C

Lemon-Lime, 36 count

sale **\$10³⁵** reg. \$13.79

BACH FLOWER

Rescue Remedy

Cream or spray, 10-20 ml

sale **\$8⁵⁹**

reg. \$11.45-18.99

Single Flower

Remedies 20 ml

sale **\$11⁹⁵** reg. \$15.95

VITAL BASICS

COQ Fast

28 tablets

sale **\$20⁴⁵** reg. \$27.25

HISTORICAL REMEDIES

Pick-up Drops

Homeopathic Lemon Drops

30 count

sale **\$3⁹⁹** reg. \$4.99

LILY OF THE DESSERT

Aloe Vera Juice

Lemon Lime, 32 ounces

sale **\$4³⁵** reg. \$5.45

NATURE'S ANSWER

Bio-Ear

.5 ounces

sale **\$11⁵⁹** reg. \$14.49

Green Tea

1 ounce

sale **\$8⁶⁹** reg. \$10.89

PINES

Wheat Grass Powder

3.5 ounces

sale **\$13⁴⁹** reg. \$17.99

HYLAND'S

Kid's Kit

sale **\$21⁹⁹** reg. \$29.45

COUNTRY LIFE

All Supplements

25% off

HEALTH FROM THE SUN

Black Currant Oil

1000 mg, 30 capsules

sale **\$11⁴⁵** reg. \$15.29

Borage Oil

300 mg, 60 capsules

sale **\$16³⁹** reg. \$21.85

Woman's Oil

90 soft gels

sale **\$14⁶⁵** reg. \$19.65

RAINBOW LIGHT

Active Health Teen

90 tablets

sale **\$24⁴⁹** reg. \$32.69

Complete B Complex

90 tablets

sale **\$12⁹⁵** reg. \$17.29

SCHIFF

Super Calcium

Gel caps, 60 capsules

sale **\$5⁴⁹** reg. \$7.35

NEW CHAPTER

Ginger Honey Tonic

4 ounces

sale **\$8⁷⁵** reg. \$10.99

Prenatal

120 count

sale **\$43⁹⁵** reg. \$49.95

All Flora

76 vegi capsules

sale **\$15⁹⁵** reg. \$19.95

LAKEWINDS

Ultimate One

90 count

sale **\$18⁴⁹** reg. \$21.75

Dry Vitamin E

400 IU, 100 count

sale **\$17²⁵** reg. \$20.25

Chewable Calcium

120 tablets

sale **\$9⁹⁹** reg. \$11.85

Saw Palmetto

60 softgel capsules

sale **\$6⁴⁹** reg. \$7.65

TRACE MINERALS

All Supplements

25% off

SOURCE NATURALS

Menopause Multiple

60 tablets

sale **\$10⁹⁹** reg. \$16.99

UAS LABORATORIES

DDS Acidophilus

Selected Varieties, 2.5 ounces and 100 capsules

sale **\$13⁴⁹-16³⁹**

reg. \$17.99-21.85

Body Care

AURORA HENNA

Skin Care Twin Pack

Oat and Aloe Lotion with Warm Skin Cream

sale **\$7⁵⁵** reg. \$13.69

AVALON ORGANICS

Roll-on Deodorant

Lavender, Lemon or Rosemary

sale **\$3⁹⁹** reg. \$5.69

REVIVA LABS

Vitamin E Oil Stick

sale **\$3²⁵** reg. \$3.79

LILY OF THE DESERT

Aloe Vera Gelly

4 to 12 ounces

sale **\$2⁸⁵-5⁸⁵**

reg. \$3.59-7.29

NATURE'S GATE

Liquid Soap Twin Pack

Antiseptic, 2/12.5 ounces

sale **\$5⁹⁵** reg. \$11.99

Sun Care

Selected Varieties

sale **\$5⁹⁹** reg. \$8.55

DESERT ESSENCE

Facial Care Products

Cleansers, Creams and Moisturizers

Selected Varieties

sale **\$4⁷⁵-22⁸⁵**

reg. \$5.95-28.55

Blemish Stick

sale **\$1⁸⁹** reg. \$2.35

Lip Rescue with

Shea Butter

sale **\$1⁸⁹** reg. \$2.35

Toothpaste

Tea Tree Oil with Wintergreen

sale **\$3⁹⁹** reg. \$6.45

WISE WOMEN

ESSENTIALS

Wild Yam and

Progesterone Cream

2 ounce jar

sale **\$18⁸⁵** reg. \$23.55

Note: Some items may not be available at the Anoka location.

Valid 2/25/04-3/30/04. Case orders 2/25/04-3/26/04.

Making a Comforting Space

by Katherine Roseth

Something happens to us when we are near the end of winter and on the verge of spring. We desire to change our surroundings. We do this for many reasons—because we have spring fever, seek a new approach, or to create a special place for ourselves. Lakewinds Natural Home has several simple solutions to help create a personal refuge in your own home.

Through Music

We all know that music creates ambience and affects our moods. Lakewinds Natural Home offers two unique labels, Putumayo World Music and New World Music, for those perfect moments. CDs retail for \$16 each.

Putumayo features different types of music from around the globe such as African, Caribbean, Latin American and the Middle Eastern. The artwork on the CD covers is wonderful. They feature the colorful, folkloric style of painter Nicola Heindl. Putumayo CDs are great to play while cooking in the kitchen or when having a dinner party. Play *French Café* while preparing crepes and brewing black coffee. Listen to *Cuba* while eating a plate of *Moros Y Cristianos* (black beans and rice) with lit candles around the room. To liven things up a bit, play *Euro Lounge* at a dinner or gaming party.



Need something a little more relaxing? The **New World Music** Mind Body Soul Series™ may be right for you, featuring music for massage, reflexology and meditation. This label was founded in 1982 by Colin Willcox, a naturopath, osteopath and psychologist, and his goal was to provide the very best in

relaxation music for professional and home masseuses. Each CD comes with a full-color instructional booklet. For example, *Reflexology* has a guide on the proper way to massage feet for healing. Each guide offers suggestions on creating the perfect environment when playing the music and performing the treatment.

Through Color

Color plays an important role in our lives and we are surrounded by it all the time. The Chinese believe that colors can influence the world around you. They paint their front doors red as an invitation to happiness. Pinks, plums and purples can also have the same effect. Green is considered to be a color of freshness, growth and peace, which makes it ideal for a bedroom, and yellow, the color of the sun, signifies longevity.

Painting is a quick and often inexpensive way to update a room and give it more personality. Lakewinds Natural Home offers the best, low-to-no-VOC paints by **AFM Safecoat**®. These high-quality paints are great to use if you don't want a chemical smell in your home. Flat, eggshell and semi-gloss bases are available and can be tinted next door at True Value for a few dollars. For faux finishes, try Safecoat's low-odor acryglaze in a gloss finish. Quarts range in price from \$8.99–13.99 and gallons between \$24.99–38.99.

If you want to add a little color to your space without painting, decorate with sarongs or scarves imported by fair trade companies from all over the world. Choose from mosaic patterns to silk fabrics. Experiment with various colors, patterns and sizes to create table runners, wall hangings, and window treatments, or wrap around pillows

and drape over chairs. Decorating with sarongs and scarves works especially well if you live in a rental property where you cannot paint the walls. Prices range from \$7.99–40.99.

Through Comfort



Create a place in your home that allows for reflection and relaxation. Stretching and breathing exercises are excellent ways to relax your mind and body. We offer a number of **yoga**

accessories to help you get started such as yoga mats, straps and bricks ranging in price from \$10.00–34.95. There are also a number of yoga videos designed for beginners, mothers-to-be, and a new series called Yoga for Kids. Videos sell for \$9.98–14.98.

After your yoga practice, relax with buckwheat-filled pillows, booties or eye shades by **Bucky's**®. Buckwheat pillows originate from Asia and contour to your body with firm and gentle support. Hotties, by Bucky's, come in booties, neck wraps, body wraps and hot water bottle-shaped pillows, and can be microwaved or frozen depending on use. (Remember to use heat for muscle aches or cramps and cold for pain or swelling.) They retail for \$29.95–44.95 and come in a variety of pastel colors. Bucky's also has eye shades for \$27.95, and the very popular buckwheat hull pillow for \$44.95.

DreamTime® has similar products to Bucky's, but they also offer therapeutic wraps (which can be heated or frozen) for sinus problems and migraines. These sell for \$21–35. The Dream Pillows are

quite lovely and are similar to eye shades. They are infused with essential oils such as lavender, chamomile and peppermint and retail for \$16.99. They are perfect for when your bed partner is reading late at night and you want to catch some sleep.

Through Style

Incorporate natural elements into your space. In Asian decorating, natural elements are often used such as fire, wood, stone and air. Using these elements creates a relaxing, natural and harmonious atmosphere, effectively bringing "the outside in." Baskets, mirrors, river rocks, live plants and fountains all contribute to a natural environment.

Create added warmth with candles made from beeswax and palm wax available at Lakewinds Natural Home. These candles use lead-free wicks and provide a clean-

er burn compared to other candles. They come in a variety of sizes, shapes and colors and retail for \$1.29-29.00.

If you need a little help creating a special place within your home, consider reading *Practical Feng Shui* by Simon Brown. This book provides workable information on arranging every room in your home while supporting the general concepts of Feng Shui. This book also addresses the use of decorative accessories such as wind chimes and crystals. They are considered calming and bring positive energy to certain parts of your home.

We carry a wide variety of Austrian lead crystals (priced between \$11-\$21) as well as wind chimes. Our chimes, by JW Stannard®, are individually hand-tuned. Each bell is made from a metal alloy that maintains the chime's perfect pitch



and will never rust. Chimes vary in size and resonance, and sell for \$17-\$60.

These are just a few ideas to inspire and create a serene environment within your home. Please visit us at Lakewinds Natural Home for a great selection of products to help you create your very own special place.

Special thanks to Judy McClellan and Melissa Gaida of Lakewinds for their contributions to this article.

RECIPES

Chicken Egg Drop Soup

Doug Roese/Lakewinds Natural Foods

A delicious 15-minute "homemade" soup gets a head start from Imagine's Organic Asian chicken broth. 6-8 servings.

2 quarts Imagine Asian chicken broth	2 eggs, beaten
10 oz. chopped red bell peppers	1 8 oz. can bamboo shoots, chopped smaller
3/4 lb. boneless chicken breast, diced	1/4 lb. snow peas, cleaned and slivered
	salt and pepper to taste

In a large saucepan, bring the chicken stock to a boil over medium heat. Meanwhile, cut your veggies, setting aside and cut your chicken last so you are done using chopping board. (Wash up well after handling the raw chicken before proceeding). When stock is boiling, add the red pepper. When back to a boil, very, very slowly, pour a very thin stream of beaten eggs into the soup while slowly stirring the soup with a spoon. When done, add chicken. Keep just at a simmer until chicken is cooked (not pink in the center of the larger pieces). Stir in the bamboo shoots and snow peas, and season with salt and pepper. Serve immediately.

Quick Apple-Apricot Tart

Doug Roese/Lakewinds Natural Foods

Using frozen puff pastry makes this almost foolproof, and great apples from the Lakewinds produce department makes it special. 12 servings

1 package Dufour frozen puff pastry
1 egg yolk + 1 tablespoon water
5 oz. apricot jam
1 1/2 lbs. Braeburn apples, peeled, cored and cut into 1/4" slices
1 tablespoon butter, melted
2 tablespoons organic sugar

PREHEAT OVEN TO 375°F. Thaw puff pastry according to package instructions. Grease a nonstick cookie sheet, or use parchment paper. On a floured surface, carefully unfold the puff pastry. Sprinkle with a little flour, and very lightly roll with rolling pin just enough to even out thickness. Trim edges if needed to make a nice rectangle. Set on cookie sheet. Brush 1/2" of edge all the way around with egg yolk/water mixture, and then fold over to form a thicker edge. Evenly spread out apricot jam inside the border. Top with evenly overlapped sliced apples. Brush apples with butter, and sprinkle the sugar over them. Brush top of border with egg yolk/water mix, and bake for 40-50 minutes.

Fair Trade Products Are Good For You!

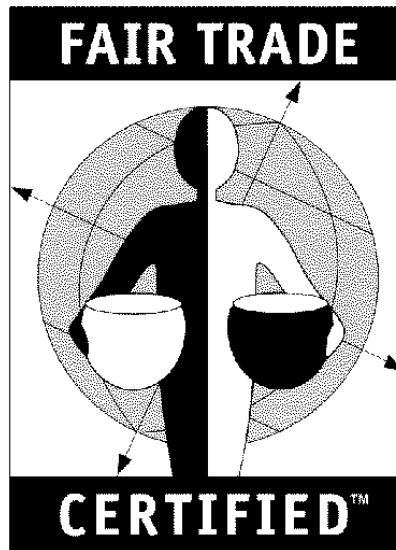
by Doug Roese,
Demo and Education Coordinator

In this country, “fair trade” has been commonly found only on coffee labels, but this is changing. This change will allow consumers to show their support and compassion for workers around the world who produce some of our favorite food staples. The rapidly growing Fair Trade Movement, and organic and sustainable farming methods, are poised to improve not only the quality of our food, but how its production affects our own local regions as well as the rest of world.

Some people confuse the terms “fair trade” with “free trade.” Fair trade is actually a movement designed to repair some of the damage caused by free trade’s shortcomings. Free trade is implemented and governed by a nation’s membership in the World Trade Organization. It is meant to remove artificial barriers to “fair” trade between nations such as tariffs, government subsidies, and import restrictions. Free access to each others’ markets is then supposed to be economically advantageous to all participating member nations and their people.

However, it can be argued that the poorest countries and their workers still suffer some distinct disadvantages when interacting with wealthier, industrialized countries. Commodity market prices keep many of these workers at the lowest levels of poverty. Perhaps someday standards in free trade treaties will address these concerns, but until then, the Fair Trade Movement is attempting to ensure a good quality of life for these farm workers.

The Fair Trade Movement got its start largely due to the devastating effects of a worldwide coffee glut, and sought to bring fairness back to the peasant farmers growing coffee. By being paid a rate



higher than the commodity market rates for their crops, fair trade farmers can better provide for their families, keep their children in school, own land, organize, and build a viable future. This happens for several reasons: middlemen are removed, there is a transparent and sensible profit structure, and farmers are aided in converting to more profitable and sustainable organic farming. Every time you brew a pot of fresh coffee from Lakewinds, you’re helping make a better world for these farmers (and ourselves), because all the coffee we carry is certified fair trade. But fair trade coffee is just the beginning....

Recently, fair trade teas and cocoa products have joined coffee on the shelves and they’re a delicious way to show your concern. We’re proud to offer fair trade **Choice Organic, Equal Exchange**, and **Two Hills** teas as well as **Guayaki** brand Yerba Maté. The teas come in several wonderful and exotic blends, and one or more is bound to be perfect for your next teatime!

In the world of chocolate, we carry **Equal Exchange** hot cocoa mix, **Rapunzel** chocolate bars (as well as their fair trade unrefined sugar), and **Dagoba** in both chocolate bars and

cocoa. Also, **Green and Black’s** and **Tropical Source** chocolate bars are made from fair trade cocoa. They’re all delicious and make a special treat for your family you can be proud of for more than just the flavor!

The next wave in fair trade is fresh produce, starting with fruits and nuts. The history of Central and Latin American farm workers trying to organize for better wages over the last century is not a pleasant story, so this will be a large improvement in the lives of these farmers. We currently have bananas, and you should start to see some other fruits trickle into Lakewinds this summer.

Also, remember that Lakewinds Natural Home has specialized in fair trade gifts and jewelry for a few years now. We have a nice selection of home décor items such as baskets, candle holders, and frames as well as clothes and scarves. Come see some beautiful craftwork at very reasonable prices, and know that the artists are enjoying being justly compensated for their talent and hard work.

The Fair Trade Movement is one of the most exciting opportunities in recent years for the average person to have a positive affect on the lives of people we’ve always been connected to: the workers producing our favorite foods. Americans are an ethical and fair-minded people, and when armed with a little more knowledge, are quite likely to choose products that present a chance for a better, more dignified life for our friends around the world. And remember, a better world for others is a better world for us!



notes & news

Holiday Hours

All of Lakewinds' locations will be closed on Easter Sunday, April 11.

Fresh Start Health Fair at Lakewinds Natural Foods in Anoka

Join us on Saturday, April 3 from 11:00 a.m. to 3:00 p.m. for a free health fair event at our store in Anoka. We will offer food, samples, recipes and literature. Health and body care vendors will be on hand to answer your questions. The store is located on 2nd Avenue South, just off of Main Street. Parking is available in the ramp next to the store.

Online Shopping Now Available!

Many improvements have been made to give you a more enjoyable shopping experience. It's easy to use, and our site is secure.

Choose from thousands of products including meat, seafood, deli, bulk, organic produce and more by visiting our web site at www.lakewinds.com. Shop online and pick up your order at our Minnetonka location for only \$5. There is no fee if your order is over \$75. Drive up to the designated online shopping parking area (located on the side



of the building) and your order will be brought out to your car! Store pick-up is available Monday-Friday from 3:00-7:00 p.m. Same day service is usually available if you place your order before 11:00 a.m.

There are also over 500 Lakewinds Natural Home items online, which can be shipped directly to your door via UPS.

MARCH MEMBER SPECIALS

Grocery

ARROWHEAD MILLS
Puffed Corn or Rice
6 ounces
sale **99¢** reg. \$1.35

EARTH FRIENDLY PRODUCTS
Selected Varieties
sale **\$2²⁹-5²⁹**
reg. \$3.39-7.99

PET GUARD
Canned Cat Food
Selected Varieties,
14 ounces
sale **\$1²⁵** reg. \$1.65

TRIPLE LEAF
Green Tea
Jasmine, Decaf or Herbal
20 count
sale **\$2⁴⁹** reg. \$2.79-3.15

COLLEGE FARMS
Hard Candies
Chocolate Mint, Luscious
Lemon, Strawberry and
Cream or Vanilla Caramel,
4.75 ounces
sale **\$1⁸⁹** reg. \$2.65

PLANET HARMONY
**Fruit Bears, Gummy
Bears, Jelly Beans or
Gummy Worms**
sale **99¢** reg. \$1.59

CARDINI'S
Salad Dressing
Italian Blue, Parmesan
Ranch, Poppyseed Shallot,
Roasted Asian Sesame or
Southwest Caesar
12 ounces
sale **\$2²⁹** reg. \$3.15

Refrigerated

EARTH BALANCE
Buttery Spread
Vegan, 16 ounces
sale **\$1⁹⁹** reg. \$2.49

HELIOS
Kefir
Peach, Plain, Raspberry,
Strawberry or Vanilla
32 ounces
sale **\$2²⁹** reg. \$2.99

Frozen
QUORN
**Chicken-Style
Cutlets, Nuggets and
Patties**
7 to 10 ounces
sale **\$3⁴⁵** reg. \$4.45-4.59

Lakewinds Natural Home

MATE MIST
**Grapefruit, Lemon or
Orange**
7-ounce sprayer
sale **\$5⁹⁹** reg. \$6.99

ORGANIC SOY
DELICIOUS
Frozen Soy Desserts
Selected Varieties
32 ounces
sale **\$3⁸⁵** reg. \$4.85

Bulk
CAFÉ ALTURA
Organic Coffee Beans
Regular Roast
sale **\$10⁵⁹**/lb.
reg. \$12.29/lb.

Note: Some items may not be available at the Anoka location.

Valid 2/25/04-3/30/04. Case orders 2/25/04-3/26/04.

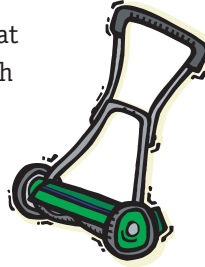


tried & true

from Lakewinds Natural Home

Q. Recently the city in which I live sent out a notice to all residents that says they ban the use of fertilizers that contain phosphorus. How can I tell if a lawn fertilizer contains phosphorus? Also, how is phosphorus harmful to the environment?

A. You can tell if a fertilizer contains phosphorus by looking at the front of the bag. There will be three numbers listed, which are separated by dash marks. The middle number indicates how much phosphorus the bag contains. For example, 6-0-6 contains no phosphorus. You can still have a green and weed-free lawn by purchasing fertilizers with no phosphorus. To control weeds without using harmful herbicides, try using a product with corn-gluten meal. The corn-gluten allows weeds to sprout, but prevents the weeds' root systems from developing.



Soil tests, done by the University of Minnesota, indicate that there is plenty of natural phosphorus in our soil. When phosphorus is added to lawns, the excess runs off into local waterways such as lakes and ponds. Once in the water, phosphorus causes algae blooms and eventually lowers the water's oxygen levels. This reduces the amount of life that the water can sustain and also creates bad odors!

Lakewinds

Lakewinds General Manager

Kris Nelson

Lakewinds Newsletter Editor

Katherine Roseth

Marketing Communications Manager

Board of Directors

John Case

Matthew Lynch

Steve Caster

Ann Perkins

Mary Chasin

Debra Smith

Janice Harden

Rachel Soffer

Jane Howard

Lakewinds is proud to be a part of:



TWIN CITIES
NATURAL FOOD
CO-OPS, INC.

Design and layout by Triangle Park Creative

Some artwork copyright protected.

Copyright 1998-2003 by PhotoDisc, Artville and photos.com.

All rights reserved.

Lakewinds

Lakewinds Natural Foods
Minnetonka
17523 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

Lakewinds Natural Home
Minnetonka
17515 Minnetonka Blvd.
Minnetonka, MN 55345
952-742-1242

Lakewinds Natural Foods
Anoka
1917 2nd Avenue South
Anoka, MN 55303
763-427-4340

www.lakewinds.coop

PRESORTED
STANDARD
U.S. POSTAGE PAID
Permit #1
Minneapolis, MN



Printed on recycled paper