



MARIPOSA NEWS

FALL 2013



Notes from Mary Anne

In spite of our best efforts to hold onto summer, the inevitable is occurring. Colder night and falling leaves reassure us only that winter will be coming. But, it's nice to have seasons because they mark the passing of time and the changes that the earth undergoes as it circles around the sun each year. In many ways this mirrors our own connection with the planet.

As summer fades, so goes the bounty of the fullest of seasons. All that luscious stone fruit has all but disappeared from the shelf, replaced by the abundance of the fall season: things that store and remain through the colder months, things like apples, pears, local potatoes, and hard-shelled squash. Yet, fall is such a wondrous time when we give thanks for the blessings of the harvest and prepare for a season of festivities and gatherings with family and friends.

In our produce department, you can see firsthand the changing panorama as orange and gold and deep red dominate the color-scheme. Mike Gauder's famous apples are coming in, pomegranates are starting to appear, and pumpkins, the hallmark of this harvest-time, are once again filling baskets. Citrus fruits which have been scarce and pricey will be available soon. Avocados from California are becoming more expensive; soon we will be moving into Mexican fruit. Excellent potatoes and sweet onions from Irene Engber's farm in Laytonville are well worth purchasing. Red and yellow bell peppers are at their California peak.

One of the most exciting things to report is the success of our plastic bag program. Since instituting "pay for your plastic" we have drastically cut back on our plastic bag use. We are trying to set up a program where the savings can be circulated into some local charities. We will be working on this idea in

Continued on Page 3

Day of the Dead Celebration

Day of the Dead (Dia de los Muertos in Spanish) is a Mexican holiday celebrated in cultures around the world. Its origins can be traced back to festivals celebrated hundreds of years ago by the indigenous people of Mexico, and an Aztec holiday dedicated to the Goddess Mictecacihualt. The celebration takes place on November 1st and 2nd in connection with the Catholic holidays of All Saints Day and All Souls Day. The holiday has spread throughout the world, and similar observances occur in Brazil, Spain and other European countries, as well as parts of Asia, Africa and, of course, the United States.



Continued on Page 3

Suggestion Box Responses Page 9

Hours

Mon-Fri 9-7 Sat 9-6 Sun 11-5:30

Mariposa Market - 500 S. Main St., Willits, CA 95490 - Ph (707) 459-9630

No Genetically Modified Organisms

By Alecia O'Neil

The month of October is NON-GMO month which seems like an appropriate time to remind you of some basic facts about these modified organisms, in order to share information and keep awareness raised about this important topic. Several crops have been almost totally taken over by the GMO industry. Most are crops that enter into our own food chain either directly or indirectly (for example, they are fed to animals which we eat). The most prevalent non-food harvesting is cotton. So, we will begin with that.

Almost half the cotton grown in the world is genetically modified. Known as "BT Cotton", this variety engineered by the chemical giant Monsanto, produces its own insecticide. The outcome of using the "BT Cotton" in developing countries such as India, has been devastating and tragic. Genetically modified cotton has spurred mass suicides by farmers after they were promised that the yield from this crop would be incredibly profitable. As the crops failed and the outrageously expensive GM seeds were all that was available, farmers became hopeless. Monsanto made sure that no other option was open to these farmers.

Rice is one of the primary genetically modified foods. Through genetic engineering a "Golden Rice" was invented to make a rice that was high in Vitamin A, a nutrient which is not normally found in this grain. Blending the rice gene with beta-carotene gave the rice a golden color. However, as it turned out, this was the only thing about it that was golden. This genetically modified rice was nothing more than another attempt to commercially exploit the issue of hunger. After being field-tested in places like the Philippines and China, it has failed to show the positive health effects expected and is possibly showing negative reactions such as allergies.

More than 90% of the soy grown in the U.S. is genetically modified. Since 1996, when GM foods were introduced, the country has seen an upsurge in birth defects, low birth-weight babies, and infertility. The mounting evidence became even more alarming when rats and livestock being fed GMO grains had the same results. The U.S., Brazil, and Argentina are the three main exporters of GMO soy.

Surprisingly, Papaya is a genetically engineered fruit. GM Papaya was first introduced to Hawaii in

1999 and has already almost totally taken over this industry on the islands. First engineered to be "ringstop virus resistant" (a virus that almost annihilated the papaya crop in 1992) it seems to have caused more problems than it has solved. GMO papayas are softer and have a shorter shelf life. The engineered fruit trees called "Sun-Up" and "Rainbow" are weaker trees which are susceptible to a variety of other diseases, requiring the spraying of toxic chemicals. This increases the expense to the farmer. Also, the price point for GMO papayas is cheaper than non-modified fruit which causes decreased profits for the farmers. 40% of all Hawaiian papayas used to be shipped to Japan. However, Japan refuses to import GMO foods, causing a huge loss in revenue. Organic farmers are dealing with unknown levels of cross contamination which forces them to sell at lower prices. They also worry about losing their certification and fear lawsuits filed by the bio-tech giants. Not very "Aloha".

Genetically modified alfalfa is probably the biggest threat to sustainable agriculture of all the GMOs. Round-Up Ready alfalfa and other Round-Up Ready plants such as soy and corn have been engineered to be resistant to Glyphosate, the main ingredient in Round-Up, a potent herbicide. The idea was that after applying Round-Up (a Monsanto creation) to a crop, only the weeds would die, leaving the cash crop unaffected. Unfortunately, what is being discovered is that the use of Round-Up is causing new pathogenic organisms to emerge as a result of changes to the chemical composition of the soil. These new pathogens are wreaking havoc in factory-farmed livestock who are most often fed this genetically modified feed. The Round-Up Ready crops encourage the excessive use of Round-Up, a boon for the chemical company who owns its patent, but a death-knoll to the earth to which it is applied.

Other GMO crops which you might not be aware of are sugar beets (95% GM) canola (90% of U.S. crop) zucchini and yellow squash (25,000 acres) potatoes, tomatoes, salmon, pigs, peas, cassava, bananas, and honey.

The chemical companies that produce these modified organisms have called us non-progressive. They

Continued on Page 3

Mary Anne - Continued from Page 1

the next few months and will keep you posted as soon as we set up a system that is simple and effective.

Now that harvest-time is here, we expect to have the usual group of hanger-outers in our parking lot area. Please keep us aware of anyone who may be causing a nuisance to our customers. Smoking or loitering are not permitted on our premises. Panhandling is not tolerated.

We want to let our customers know that we are going to phase out Glutino products from our store. This line features many gluten-free items, but we are concerned that their products are full of GMO ingredients and that they, as a company, have not responded to our requests for information. Many new and very excellent gluten-free products are available now with new ones coming out every month. We try to screen all new products for GMO ingredients.

Before the next newsletter comes out we will have experienced Thanksgiving. Sign-up sheets for turkeys will be going up by the middle of October. This year we will be featuring Mary's organic and free range turkeys and a complete line of Diestal birds as well (instead of Willie Birds). The reason for this change is that Mary's completely controls their own flocks. We have a close relationship with Mary's and trust their product. Diestal has innovative offerings like breasts and heirlooms. We should have something to fulfill all you poultry desires. Price will be comparable to Willie Bird. Be sure to sign up early so that you get the size you want.

Happy Halloween and Happy Thanksgiving from the owners and staff of Mariposa Market. Enjoy this beautiful fall season.

No GMOs - Continued from Page 2

have insisted that GMOs are harmless, that they are the answer to feeding the world. Yet, they are willing to spend countless millions of dollars to persuade voters that labeling foods that contain GMOs would increase our food costs, a fact based on fear. The majority of informed citizens are concerned about the threats of GMOs to the environment, to our food chain, and to our health. Our government and lawmakers whose campaigns are well-funded by Monsanto, Dupont, and others are unwilling to bite the hand that feeds them even though the American people may want something different. This is the reason why we must stay aware and vote with our voices and our dollars. For more information please visit the Non-GMO Project website and support the right to know what's in your food.

Day of the Dead - Continued From Page 1

Traditions include the building of personal altars to departed ancestors, using their favorite foods and beverages, personal memorabilia such as photographs and possessions of the deceased, as well as toys for children. There is also the making and use



of sugar skulls and decorating altars with marigolds. In most regions of Mexico November 1st is known as Dia de los Inocentes (Day of the Innocents) and Nov. 2nd is known as Dia de los Muertos. Besides building altars, families go the gravesites to be with the souls of the departed. The

intention is such that the souls will hear the comments and prayers of the living directed to the dead. It is not unusual for the celebration to take on a humorous nature as the family remembers funny events and stories about the departed.

In the United States many Hispanic communities celebrate Dia de los Muertos in the traditional manner. There are, however, other communities that use it as a point of departure which includes political, intercultural and artistic statements. Altars dedicated to war casualties and cultural icons such as Elvis or Jane Mansfield fall into this category. Artists also incorporate visual arts, dancing, theater and performance art as an extension of this traditional theme.

This year Mariposa is offering an array of items to enhance you Day of the Dead altar. Look for them in the gift section. They are fun and whimsical. Also, depending upon availability, we will be offering marigolds in our flower department. If you haven't already made this a tradition, I encourage you to create your own personal altar. I did this last year for the first time, and it was deeply satisfying. My grandchildren, who attend the Spanish emersion program at Grace Hudson School in Ukiah, added the sugar skulls they had made in class to the altar I had begun, along with personal items of their own, it felt like the beginning of a family intercultural tradition and I am looking forward to this year's creation.

The Anti-Inflammatory Diet By D. Hall

Lately there have been many diet books based on the anti-inflammatory concept. Scientists are exploring how inflammation may contribute to heart disease, cancer, diabetes and Alzheimer's. The latest study was published in the Canadian Medical Association Journal (CMAJ). Researchers studied 3,044 middle-aged adults who had no history of stroke, heart attack or cancer. They measured a marker of inflammation called interleukin-6 and found that people with the lowest levels of interleukin-6 were the most likely to age successfully without disease.

We know that inflammation is part of the body's healing response, bringing nourishment and immune activity to infection or an injury. But when inflammation continues, it serves no purpose and can damage the body, causing illness. Stress, lack of exercise, genetic factors, and exposure to toxins can contribute to chronic inflammation but dietary choices may also play a role.

The basics of an anti-inflammatory diet include stabilizing blood sugar by avoiding added sweeteners, minimizing consumption of processed foods, eating lean protein with healthy fats such as fish, walnuts and pumpkin seeds, consuming whole grains such as brown rice, and most importantly, eating an abundance of fresh organic fruits and vegetables.

Kathy Abascal, author of The Abascal Way to Quiet Inflammation, begins the first phase of the diet she recommends with an elimination phase. For 3 weeks, the diet consists of mainly fruits, vegetables, nuts, seeds, and some animal products. The foods that are not eaten during the elimination phase include dairy, wheat, peanuts, dried corn and added sweeteners. These foods are known for triggering reactions. The idea is to take a break from the way you usually eat and not consume any foods that may cause inflammation. The next phase involves food sensitivity testing. One trigger food is reintroduced in substantial amounts to see if you have any reaction or sensitivity to it. After testing for several days, you stop eating that food and wait several days for any symptoms to subside. Then you test the next trigger food and so on until you have tested all the trigger foods. After completing the elimination phase and the testing phase, the food list is expanded and you come up with a long-term healthy eating plan. One of the key concepts of creating a healthy meal is to maintain the proportion of two-thirds fruits and vegetables to one third grains and proteins.

More studies need to be conducted to establish a clear link between diet and inflammation but that doesn't mean anti-inflammatory diets can't lead to better health. Consuming more fresh organic fruits and vegetables and less processed food is always a healthy choice.

Beer and Wine by Debbie Mac

Here in Mendocino County we live in "wine country" and like to drink and enjoy wine, but don't always think about the process that turns grapes to wine. Right now the grapes are being picked. Traditionally, grapes have been harvested by hand, and although it is more taxing, it is still preferred for high quality wine production. Grapes can also be harvested mechanically, which is less expensive and faster but the grapes still need to be sorted. The mechanical process can bruise or break the skins.

Before the grapes are picked, winemakers test the grapes Ph and sugar levels to determine the best time to pick. They look at skin thickness, berry texture, and color of seeds and stems. They are seeking a good balance between sugars, acidity, tannins and flavor compounds. As harvest nears, they pay close attention to weather, as a crop can be destroyed by too much rain and heat. Once the best grapes have been selected, it's time to crush them. Most modern wineries use automated crusher/de-stemmers, which break the skins open exposing juice and pulp, but without crushing the stems and seeds, which contain tannins. These components contribute structure and texture to wines and are also responsible for astringency or bitterness.

Fermentation comes next. It can occur naturally, but most winemakers add yeast. Once fermentation starts it can last from 10 days to a month or more and continues until the sugar is converted to alcohol. An alcohol level of 10 to 15% is normal. Sweet wine is made when the fermentation process is stopped before all the sugar has been converted to alcohol. The wine then is aged so it will become smooth and harmonious in flavor and texture, gain character, and develop bouquet. Wine can be aged in any vessel; however, the type of vessel is very important to the final characteristics of the wine. Winemakers typically age wine in barrels, casks, or stainless steel. Stainless steel preserves the natural fruit character of the grape, while oak casks add more complex flavors such as oak, smoke, and spice to the wine, as well as a richer fuller body. The flavor of the wine is influenced greatly by the barrel. For instance, the inside of the barrel can be charred

Continued on page 5

Pomegranates - As Old As The World

By Mary Anne

This famous fruit, which originated in areas from Iran to the Himalayas, is considered one of the most valuable ornamental and medicinal plants. According to legend, the pomegranate was the "Tree of Life" described in the Garden of Eden. The many seeds were supposed to be symbols of fertility. The fruit was used in many ways, as it is today, and was featured in the art of ancient Egypt, and praised in the Old Testament of the Bible and the Babylonian Talmud. It was carried by desert nomads for its thirst-quenching properties. The pomegranate has been the object of great fascination in Oriental cultures for its vibrant color. The Arabs have long been admirers and promoters of its cultivation, and King Solomon compared the cheeks of his beloved to this gorgeous red fruit. Pomegranate trees grow naturally in Arabia, Iran, China, and Japan. They have been introduced into California and the Southwest of the United States as well as Mexico. The gem Garnet, which is believed to bring good luck and friendship, is associated with the pomegranate.

The pomegranate is a neat rounded shrub or small tree which can grow to 20 ft. tall. It is deciduous in cooler areas, but can stay evergreen in mild climates. The branches are stiff and spiny. Blossoms appear as dazzling red (usually) flames against the glossy leaves. The blossoms may be solitary or grouped together at the ends of the branches. The pomegranate can be self-pollinated but produces more fruit with cross-pollination. High temperatures are essential during the fruiting period to insure the best flavor. The fruit has a leathery skin and the inside is filled with sweetly acid juicy pulp and seeds. The pomegranate may begin to fruit at one year and can live to be 200 years old. The juice can be fermented into wine, consumed as juice, or made into jellies or syrups. The fruit has a long storage life. The best known variety is called "Wonderful".

Pomegranates have been used as medicine since before recorded history. The juice has been scientifically proven to help the body, as it is rich in antioxidants, the molecules that protect the body from heart disease, premature aging, Alzheimer's disease, and cancer. It enriches the blood and is high in iron. It also excites the appetite, regulates stomach activity, and has diuretic and antiseptic effects. It is rich in potassium and aids those suffering from hypertension. The pomegranate is of value in cases of gout, is loaded with Omega 5 CLA oils, and can be used as an antiseptic for cuts. In Mexico, a decoction of the flowers is gargled to relieve oral and throat inflammation. All parts of the tree are utilized as a source of tannin.

Pomegranates are harbingers of the autumn season. Their seeds make wonderful additions to salads where they add color and nutrition. Such a gorgeous and useful fruit should indeed adorn your fall table.

Beer and Wine - Continued from page 4

to create a smoky taste or the aging can be short or longer. Once the wine is aged the winemaker can blend. Blending is the mixing of wines from different grapes, regions, aging processes, winemaking techniques, and/ or different vintage years.

The primary purpose of blending fine wines is to achieve certain style considerations in the finished wine. Winemakers have different goals for different wines. Filtration and fining are next. Filtration is the process of removing suspended solids from the wine. This is done by passing the wine through a series of filters. Fining entails the use of small amounts of material such as egg whites, gelatin, or bentonite to remove objectionable harsh flavors or suspended particles that affect the wine's taste or could cause it to spoil once it's bottled. Then the wines are "racked", which means transferring the clear portion to a clean container to remove most of the sediment. Filtration can enhance the wine's clarity, reduce the chance of wine turning cloudy in the future, reduce unwanted tannins and remove "off" flavors and aromas. Filtering can also remove good characteristics of the wine so winemakers sometimes prefer not to fine or filter the wine. Bottling is next, and great care is taken to minimize the wine's exposure to air, preventing rapid oxidation.

The process is monitored closely and kept clean to prevent bacteria or any contaminant from spoiling the flavor. After being bottled, the wine is laid on its side to keep the cork moist. This process, known as "binning the wine" allows the flavors to develop and mature. Most wines these days are meant to be consumed shortly after they are bottled.

In our county and many neighboring counties there are many wineries where you can taste wine and talk to the people there and learn more about wine. There are also many events that you can attend. On October 19-20 is the Hopland Passport. You can purchase a ticket online or at participating wineries for \$45.00 or pay \$55.00 on the day of the event. There is the Mushroom, Wine and Beer Fest November 1 thru the 10th and, in January, a Crab, Wine and Beer Festival.

Alcoholism-Beyond the Myths (Part 4 of a 5 part series) By Todd Hall

The Middle and Late Stages of Alcoholism

The Middle Stages

It is difficult to determine an actual cutoff line between the early and middle stages of alcoholism. There are, however, several characteristic features which indicate a new stage of the progression of the disease. As physiological changes continue, the penalties of drinking will begin to outweigh the benefits. The result of these penalties is deterioration. The body now begins to break down, as a consequence of prolonged and continual drinking. Pleasurable drinking now gives way to 'drinking for medicine'. Now when the alcoholic stops drinking, withdrawal symptoms are more severe. The alcoholic must relieve the physical and psychological pain with more drinking. The alcoholic's every action, mood, and emotion becomes increasingly governed by the need to drink. The middle stages of alcoholism can be characterized by three basic features. Physical dependence, (As experienced through acute withdrawal symptoms) craving, and loss of control.

Physical Dependence

One of the most confusing aspects of alcoholism is that alcoholics are most sick, not when they drink, but when they stop drinking. The acute withdrawal syndrome is experienced almost immediately after drinking ceases. This can last up to a few days. This occurs because the body has adapted to the constant presence of alcohol. When the middle stage alcoholic stops drinking, internal chaos ensues. Blood vessels constrict, which hampers blood flow and oxygen to cells. Blood glucose levels drop sharply and remain unstable. Brain amines and serotonin decrease dramatically. Hormones, enzymes, and body fluid levels fluctuate erratically. Also, the body's cells are malnourished and toxic from prolonged exposure to large doses of alcohol and acetaldehyde. This pandemonium creates numerous psychological and physical problems. The brain, in a sense, will 'short circuit'. This results in mental confusion and memory defects, lack of muscular coordination, convulsions, hallucinations, paranoia, and violent behav-

ior. These symptoms are associated with the acute withdrawal syndrome, and are experienced by both middle, and late stage alcoholics. The acute withdrawal syndrome directly causes the alcoholic hang-over. The source of pain is the state of hyperactivity in the central nervous system, caused by the sudden withdrawal of alcohol. Cells which are accustomed to the presence of alcohol, and dependent on it for energy, stimulation, and sedation, become agitated when it's suddenly not available.

Craving

Craving is the overwhelming need for a drink. Like other symptoms related to alcohol, craving is progressive. In the early stages of the disease, craving largely relates to the benefits of drinking. Middle stage alcoholics crave alcohol because it is the most effective remedy for the pain when they stop drinking. Early on in the disease, alcoholics can better control their craving for alcohol. As tolerance increases and physical dependence sets in, alcoholics gradually lose control over their physiological need to drink. Eventually, will power and self-restraint lose power to alcoholic craving. At this stage, the physical need for alcohol becomes priority over everything else in the alcoholic's life.

Loss of Control

As the disease progresses and alcoholics lose control over their drinking, they are no longer able to restrict it to socially accepted times and places. In addition to losing control, tolerance, which was so high in the early stages, begins to decrease. Increasing damage will progressively inhibit the cell's ability to tolerate large amounts of alcohol. At this point, alcoholics begin to lose the ability to accurately judge how much alcohol the body can handle. They will often drink beyond their tolerance limit. This 'over medication' can cause a loss of consciousness, violent illness, or blackouts.

Continued on Page 7

Alcoholism - Continued from Page 7

Alcohol Dependency vs. Social Circumstances

As the disease progresses into the middle stages, it becomes extremely important for the alcoholic to prove to themselves and others that they can control their drinking. That they can take it or leave it. To accomplish this, they develop their own unique 'strategies of control'. Some strategies may include; switching to beer or wine, drinking only on weekends or after 5pm, or drinking at restaurants rather than bars. Unfortunately, the central nervous system is now addicted to alcohol, and utilizing these strategies will not allow the alcoholic to consume enough alcohol to ease their painful withdrawal symptoms. To hide this growing dependence, alcoholics will also resort to 'sneaking drinks'. This often involves finding hiding places to allow discreet access in various social settings, or while working. (One of my personal favorites was using a ceramic coffee cup with a lid). People who do not understand alcoholism will misinterpret this type of drinking pattern, attributing it to irresponsible, reckless behavior, or a type of psychological defect. Really, these are just ways to conceal physiological dependency. Knowing nothing of their addiction, alcoholics must come up with reasons to justify excessive drinking and destructive behavior. By rationalizing their drinking by blaming others, or outside circumstances, they are able to defend their integrity, self-respect, and of course, their right to drink. This is how the mechanism of denial is established.

The Late, Deteriorative Stages

The distinction between the middle and late stages of alcoholism is also somewhat arbitrary. It can be identified as the point in which symptoms associated with adaption are overcome by symptoms that reflect damage to bodily organs and systems. Late stage alcoholics spend most of their time drinking, otherwise their agony is excruciating. It is interesting to note that this deterioration begins long before the late stages, before any physical damage is apparent. At this stage, damage to vital organs saps the alcoholic's physical strength. Resistance to disease and infection is compromised. Mental stability becomes precarious. Late stage alcoholics are so ravaged, they cannot even understand that alcohol is destroying them. They only know that it offers relief from agony and mental con-

fusion. Alcohol is now the deadly poison, and necessary medicine. In these final stages of the disease, alcohol destroys in a 'scattergun' approach, hitting the heart, liver, brain, stomach, lungs, kidneys, and pancreas. The alcoholic dies when a specific organ stops functioning, but every vital organ suffers damage.

Heart Failure

Heart failure is a major cause of death in alcoholism. High levels of alcohol and acetaldehyde act directly on cell membranes in the heart muscle, altering their shape and functions. Enzymes leak from cells, mitochondria are damaged, and cells are infiltrated with fat. This causes Cardiomyopathy. (Disease of the heart muscle) Symptoms include heart palpitations and labored breathing. Death by Cardiac Arrhythmia is common. Hypertension (High Blood Pressure) is also a common condition which contributes to heart failure.

Liver Disorders

The main sources of fuel for the body are carbohydrates and fats. The liver is the main organ which converts these substances into energy. When alcohol is present in the body, the liver has a choice. It can use the alcohol for fuel, or the fats and carbs. Because alcohol requires less time to oxidize, the choice is quickly made. Since fat is not being used for fuel, it begins to build up in the liver. As fat accumulates, it begins to crowd the highly specialized liver cells, many of which suffocate and die. This condition is termed, 'Fatty Infiltration of the Liver'. Alcoholics with this disorder have little or no appetite, and commonly suffer from nausea and jaundice. If the alcoholic continues to drink, so many liver cells are destroyed that scar tissue begins to form. (Cirrhosis of the Liver) A cirrhotic liver is a plugged up liver. Blood cannot flow smoothly through the congested organ. It will gradually back up and become saturated with toxic materials. The poisoned blood flow reaches the brain and body, profoundly affecting the alcoholic's behavior and emotions.

Continued on Page 8

Alcoholism - Continued from Page 7

Spider Angioma

Once cirrhosis begins, the scar tissue on the liver constricts, and chokes off blood supply to the remaining liver cells, causing additional cell death. The pressure created by a congested liver will cause the small blood vessels in the head, face, and chest to rupture. This will result in tiny, 'spiderlike' patterns of broken blood vessels, called Spider Angioma. These broken vessels are often facially visible. As vessels become constricted, alternate routes to the heart must be found. One route is through the thin walled, highly delicate veins of the esophagus. The increased blood flow causes these veins to dilate, rupture, and hemorrhage. Those with this condition will vomit up fresh blood. This condition for cirrhosis victims is a major cause of death for alcoholics.

Gastrointestinal Disorders

A continual bombardment of alcohol will sabotage the intricate lining of the stomach. Alcohol attacks the fat and protein layer, weakening the tight links between cells. Digestive juices will leak through the cells, and onto the membranes. The stomach lining will become seriously inflamed. (Gastritis) This will often cause bleeding, and is extremely painful. Symptoms include indigestion, bloating, nausea, headache, and loss of appetite. Increased secretions of hydrochloric acid can also lead to ulcers.

Malnutrition

Every alcoholic of all stages suffers from malnutrition. Alcoholic malnutrition severely impairs the immune system, leaving the alcoholic vulnerable to a host of ailments and medically related consequences. Vitamin and mineral absorption is negligible, causing deficiencies. As noted earlier, large doses of alcohol interfere with digestion, and passage of nutrients from the intestines into the bloodstream. Without adequate nutrients, cells are not able to create bone, tissue, blood, or energy. These sick and injured cells do not have the recourse to repair themselves, and damage continues unchecked.

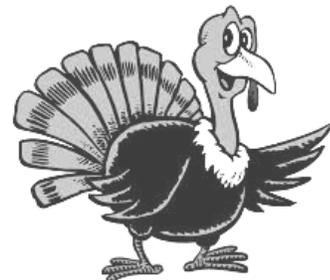
The Partnership of Death and Alcoholism

If alcoholism and death took on human form, it would equate to the perfect marriage. Alcoholics die ten to twelve years sooner than average. Perhaps even more tragic than a premature death, is the quality of life for alcoholics who never find recovery. Of course, the disease not only affects the alcoholics life, but also family, friends, co-workers, and others. There is simply not enough space to document all of the physiological data as it pertains to deterioration and death caused by alcoholism.

Alcoholics also commonly suffer and die from respiratory tract diseases, pancreatitis, polyneuropathy, encephalopathy, amblyopia, delirium tremens, (DT's) heart disease, alcoholic hepatitis, and pneumonia to name a few. Recent studies have also confirmed that alcoholics are more vulnerable to various forms of cancer. Approximately 67% of alcoholics die from medical consequences. A huge number (33%) will die from other causes, such as traffic accidents, suicides, or various alcohol related accidents. Traditionally, the focus at a funeral is on the best of us, rather than our 'character defects'. This same principle often applies to a death certificate. Families are more comfortable if the cause of death is listed as, 'heart failure' or 'accidental drowning'. Death by 'alcoholism' does not appear as often as it should, or, put another way, alcoholism does not get the credit it deserves.

Practicing alcoholics will resist any efforts by family members or friends concerning recovery. How can anyone help alcoholics find lasting recovery, in the face of defiance? There are no black and white answers. Nonetheless, we will examine recovery in the next article.

**Be sure to order your
Thanksgiving Turkey early!**



From Our Suggestion Box

Revive Kombucha, Hibiscus 16oz: **We now have it in the smaller size.**

Any brand of water that comes in a glass container: **We have tried carrying water in glass containers, however it tends to be more expensive and does not sell well.**

GT Kombucha, Third Eye Chai, small: **We do not have the shelf space at the moment, but will consider this for future rotation.**

Gluten free cake mix: **We carry European Gourmet Gluten Free cake mix and we're looking in to adding another gluten free line.**

Momma Chia, Chia Squeeze: **Sounds interesting. We will look into availability.**

Quinn Popcorn, any flavor, non-GMO: **We will try carrying a couple of flavors.**

Love Crunch Cereal with Chocolate and Dried Fruits: **We'll put a couple of flavors on the shelf!**

Late July Sweet Potato Chips, organic: **We'll add this one!**

Terra Nova Rice Milk Chocolate Bars: **We could not find this brand with any of our distributors.**

Amazake Tiger Chai: **As soon as the distributor gets it back in stock we will order it!**

Siggi's Strained Non-fat yogurt: **Unfortunately this product is not organic or all natural.**

Honey Stinger Stroopwaffle, Vanilla, Strawberry: **We have frozen waffles, but we will check into this product.**

The Black, single can black coffee: **Sorry, we could not find this product among our distributors. Need more info.**

A more substantial hand soap in the bathroom soap dispenser: **You can use 2 or 3 squirts if necessary.**

Rice spring roll wrapper, gluten free: **We will look for this item.**

Nancy's Soy Yogurt: **It is on the shelf now.**

Kite Hill, White Alder Vegan Cheese and The Cultured Kitchen Herb Cashew Cheese: **Our distributors do not offer either brand.**

Nature's Way or Health Valley Veggie Burger Mix: **We will be carrying Fantastic Foods Veggie Burger Mix.**

Plant some trees for shade: **Well, with 48 employees and our customers, we need all the parking spaces we have! Fortunately there are a couple of parks just a few blocks away!**

Why don't we have a hand (hot air) dryer in the bathroom? **Not a bad idea.**



The cement area in front of the store needs to be cleaned: **We took this project on before our anniversary and it's clean now. Please help us keep it that way.**

Potatoes in a bag: **Bagged potatoes are expensive and represent very little savings. When the price comes down, we will have them again.**

Cucumbers and red bell peppers would be great to offer in sandwiches (Deli): **Cucumbers can be added at any time. Red bells are sometimes very expensive. Right now they are not. You can always buy one and have the deli use it.**

Please go back to Thanksgiving coffee and espresso: **Our coffee is popular with most customers. Can't please everyone!**

Bien Padre Tortilla Chips: **Sorry, it's not organic.**

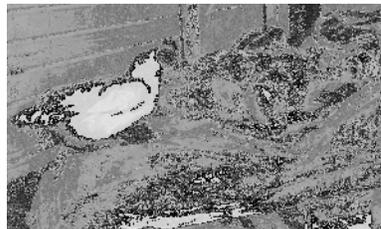
Anderson Valley Brewing, Cider: **They do not make this product. However, they do make great beer!**

Barrett Farms

Barrett Farms is a “mom and pop” certified organic poultry farm located in Lake County, California. Their goal is to raise and process a chicken that tastes like the chicken our grandparents ate. They also raise delicious Guinea Fowl and Quail. Their property is 16 acres and fully fenced in a bio-secure area.

In 2008 their California Department of Food And Agriculture (CDFA) licensed and inspected poultry processing plant was completed. Both Michael Barrett and Jackie Byers studied to become CDFA licensed poultry meat inspectors. They have carefully designed and fine-tuned the complete processing procedure, from the birds’ delivery, through the humane harvesting and evisceration process, and on to the finished high quality product that Clucky Plucky’s customers enjoy. Their sanitizer in the poultry processing plant is a strong vinegar. It is interesting to note that Dr. Ribley, their plant inspector often comments on the good health of their birds.

Mariposa Market is pleased to offer these exceptional birds for sale to our public. This little farm epitomizes the sort of small industry our store loves to support. This is “local” at its finest. Please come in and try this product.



One livestock guardian and friend

Hashed Brussels Sprouts with Lemon

Found on *simplyrecipes.com*, where it was revised from a recipe found in the *New York Times*.

Ingredients

- 1 Tbsp freshly squeezed lemon juice, plus 1 Tbsp grated lemon zest
- 1 lbs brussels sprouts
- 1 Tbsp olive oil
- 4 teaspoons butter
- 1 garlic clove, minced
- 1 Tbsp black mustard seeds or poppy seeds
- 2 Tbsp vermouth or dry white wine

Salt and pepper to taste.

Method

Place lemon juice in a large bowl. Cut bottoms off sprouts, and discard. Halve sprouts lengthwise. If you are really ambitious, carefully cut out and discard the firm core of each sprout half. Thinly slice the sprouts. As you work, transfer slices into bowl with lemon juice. When all sprouts are sliced toss them in juice and separate leaves. (Recipe can be prepared to this point and refrigerated, covered, for up to 3 hours.)

When ready to serve, heat oil and butter over high heat in a skillet large enough to hold all sprouts. When very hot (almost to smoking point) add sprouts, garlic and seeds, and cook, stirring often, until sprouts are wilted and lightly cooked, but still green and crisp, 3 to 4 minutes. Some leaves might brown slightly.

Add vermouth, and sprinkle with salt and pepper. Cook, stirring, 1 minute more. Turn off heat, add salt and pepper to taste and stir in the lemon zest, reserving a little for top of dish. Transfer to a serving bowl, sprinkle with remaining zest and serve.

Serves 4.