

Healthy choices at shop

THE ASSOCIATED PRESS

RALEIGH—When Marian Wall started a small shop called Harmony Farms 31 years ago, she didn't think she was a pioneer, and she didn't know much about business.

"It started with bulk herbs in jars," said Wall, who began the natural food store to help support her own vegetarian lifestyle. "When merchandise would come in, we'd mark it with a magic marker. It really was cutting edge."

Since her 1974 start, Wall has watched as Wellspring opened and became Whole Foods. She witnessed the beginning of the Weaver

Street Market and Earth Fare's recent push into the Triangle.

Through it all, Wall has quietly grown and expanded her business, trying locations in Chapel Hill and on Hillsborough Street in Raleigh, but finally settling in her 3,600-square-foot store in North Raleigh's Creedmoor Crossing at Creedmoor and Millbrook roads.

It was the hours and work—not the competition—that led Wall to sell the business in May.

"I wanted to enjoy the fruits of my labor—the organic fruits, that is," she said, jokingly during a recent interview at the store. "I sold it

because it was too time consuming, and I want to have time for my four grandkids."

The new owners, North Raleigh residents Steve and Nancy Long, are trying not to change the things that work for the store.

In many ways, it's still the same as it was before Wall sold it.

Bulk bins stock seeds and grains and herbs. The dairy case carries soy milk, goat milk and yogurt. And the aisles look a little different than a traditional food store's. Rather than Doritos and Coke, a section of wheat and gluten-free items is down one way, and an entire aisle dedicated to bottled water, water filters and water treatment systems is in the back.

But the Longs are making changes to its appearance—updating its technology, brightening its look and preparing it for the next 30 years of business.

It's a future with more competition than ever before. The natural and organic food sector blossomed into a \$10.9 bil-

Please see NATURAL/4B

Mississippi town

Continued from page 2B

"Everybody was just kind of dumbstruck by the damage," he says.

Then the National Guard came and started clearing the roads.

He's seen the Red Cross pass by, but their distribution center is miles from here, in Bay St. Louis.

"Help is around, but you've got to go to it," he says. "You've got to really reach for it."

So day after day, Bennett waits for an insurance agent to show up, stewing over the idea that the U.S. government responded faster to tsunami victims in Indonesia than to rural Mississippians.

He's also angry that so much attention is focused on displaced victims of the New Orleans floods when the people of Pearlington and nearby Waveland live in squalid, third-world conditions.

Obesity and high blood pressure at greater risk

Continued from page 1B

lems and increasing salt sensitivity, to name a few.

That not everyone overweight develops high blood pressure also may help explain why not everyone who is overweight suffers health problems, Hu said.

"It's like saying not all the smokers will develop lung cancer," even though smoking clearly raises that risk, he said.

Inflation Protection

Protect your savings from the ups and downs of inflation with the new **Series I Bond** from the U.S. Treasury.

And **I Bonds** are available at most financial institutions. Call 1-800-4US BOND for more information.

I Bonds
Corporate Bonds & Savings Plans

1-800-4US BOND
www.savingsbonds.gov
A public service of the publication

Real Estate AUCTION

Wed. Oct. 5th, 12 Noon
1216-18 Kenilworth Ave.
- across from Carolina's Med. Center's new addition -

Call Gail Marshall for details and appointment to see property.

Terms: Sold "as is-where is" \$35,000 down (non-refundable) by cash or certified funds on sale day, closing in 30 days. 6% Buyer's Premium

Auctions by Marshall, Inc.
1222 Jules Ct., Char. 28226
704-362-3288 • NC FL7364
www.auctionsbymarshall.com

SPRING & SUMMER CLEARANCE

DAYNA SHOES INC.

at Kings Court

Designer and name brand shoes at discounted prices. Specializing in narrows, triples and quads.

50-70% Off Regular Retail

Kings Court 901 S. Kings Dr. • Ste. 110
Phone: 34-DAYNA (343-2962)
Hours: 11am-6pm Tue.-F, 11am-5pm Saturday or by appointment • Closed Sun. & Mon.

RE-ELECT

Warren F. Turner

City Council District 3

September 27, 2005

Endorsements & Supporters

The Charlotte Observer	Kenneth Diamond	Rev. Dr. Casey R. Kimbrough, I
The Charlotte-Mecklenburg Black Political Caucus	Bob Davis	Councilmember Patsy Kinsey
Mary Richardson	Bishop Phillip M. Davis	Rev. Dr. Lincoln & Charlene Lee
Yolanda Johnson	Bobby Drakeford	Greg Massey
Regina Cooper	Vermelle Diamond Ely	Councilman James Mitchell
Ron Leeper	Jacqueline Ford	Rev. C.E. Owens
Ella Scarborough	Senator Malcolm Graham	Sheriff Jim Pendergraph
Mayor Pro Tem Patrick Cannon	Bob Hambricht	Dr. Otis Speight
Bishop George E. Battle	Frances Harkey	Spencer Thompson
P.J. Benion	Renata Henderson	Mr. & Mrs. Hal & Pearlie Turner (parents)
Sam Bowles	David Howard	Mr. & Mrs. Jim & Valerie Turner (brother)
Erskine Bowles	'David Hughes, Planning Comm. Chair	J.W. Walton
Councilmember Susan Burgess	Ms. Betty Huntley	Mother Walton
Norman Butler	Torre Jessup	Darrel Williams
Councilmember Nancy Carter	J. Bernard Johnson	Al Winget
Edna Chirico	Virginia "Ginn" Keogh	Joe "Coach" White, School Board Chair
Rev. Dr. George Cook	Rev. Norman E. Kerry, Jr.	Rev. N.E. Kerry

"My Voice...YOUR CONCERNS"

Paid for by The Committee to Re-Elect Warren F. Turner, PO Box 35465, Charlotte, NC 28231 www.District3Turner.com

The Charlotte Post

CHARLOTTE COUNTRY DAY SCHOOL

SCIENCE LABS

FOREIGN LANGUAGE

DRAMA PRODUCTION

Wonder & Discover

Junior Kindergarten/Kindergarten
Admissions Open House

October 18th, 7 p.m.
October 25th, 7 p.m.
RSVP (704) 943-4530

CHARLOTTE COUNTRY DAY SCHOOL
1440 CARMEL ROAD CHARLOTTE, NC 28226
(704) 943-4500
WWW.CHARLOTTECOUNTRYDAY.ORG
Grades JK-12 / Tuition assistance available

A ONCE-IN-A-LIFETIME EXPERIENCE. EVERY DAY.

Good neighbors. Great prices.

FOOD LION

Value Pack
73% Lean
Ground Beef **1.07** Lb.
Without MVP Card \$2.09

Assorted
Pork Chops **1.99** Lb.
Without MVP Card \$2.99

Large, Ripe
Cantaloupes
Buy One, Get One FREE
Limit 2 Free
Without MVP Card \$2.49 Each

Fresh Deli
Oven Roasted
Turkey Breast **3.99** Lb.
Without MVP Card \$5.99

Hamburger Helper
5-9.5 Ounce
Cheesburger Macaroni
5/\$5
Without MVP Card 5/\$9.25

Edy's
Slow Churned
Rich & Creamy
Ice Cream
56 Ounce Select Varieties
Edy's Grand Ice Cream
1.99
Limit 4
Without MVP Card \$4.99

Food Lion
16 Ounce
Chunk or Shredded Cheese
2/\$4
Without MVP Card 2/\$7.38

RITZ
14-16 Ounce
Select Varieties
Ritz Crackers or Nabisco Chips Ahoy!
Buy One, Get One FREE
Limit 2 Free
Without MVP Card \$3.19 - \$3.29 Each

Angel Soft
12 Double or 24 Single Rolls
Bathroom Tissue
4.99
Without MVP Card \$6.99

Pillsbury
8-13.9 Ounce
Crescent or Cinnamon Rolls
2/\$3
Without MVP Card 2/\$3.90 - 2/\$3.98

Prices in this ad good SEPT. 21 22 23 24 25 26 27 2005 We reserve the right to limit quantities and correct typographical and photographic errors.