

Endorphin Power Company

a Member Profile

by Stephanie Clayton

Human power—both figurative and literal—is the axis of the Endorphin Power Company. Endorphins are the natural chemicals released in your system after you exercise or do something that makes you feel good. And at the Endorphin Power Company, you guessed it, they crank out a lot of good energy. Regina "Gigi" Gallegos is clear that providing opportunities for people, especially those who have dealt or are dealing with substance abuse and homelessness, is central in her life's work. The Endorphin Power Company not only promotes exercise for physical and mental health, but has a gym with some very exciting equipment.

The Exercycle is a stationary bicycle hooked up to a generator that transforms the energy output of the cyclist into energy that is then stored in a battery. To demonstrate this, the Endorphin Power Company is bringing its exercycles and a new "power tower," which will use the energy output of the person peddling to power light bulbs, to our Celebrate the Earth Festival on Sunday, April 22nd behind the Nob Hill Co-op.

In addition to promoting health and well-being through exercise, the power tower features two kinds of light bulbs: the standard incandescent light bulb and the new compact fluorescent light bulb that burns brighter with less energy input. Curious peddlers will be able to feel exactly how much more energy is needed to light the bulbs that all of us have in our

homes, promoting the switch to compact fluorescent bulbs. In addition to two exercycles, the Endorphin Power Company gym also has a hand-crank that has been adapted to energy production by the same process.

And while Gigi and the folks at the Endorphin Power Company are concerned with the environment, the purpose of the exercycles is not to solve the renewable energy issue, but instead to motivate and allow people to work toward doing something measurably productive with a focus on substance rehabilitation. Gigi rightfully underlines the notion that "drugs and alcohol touch everybody's lives." So, it is of the utmost importance to show people who are trying to become empowered that there are not only the resources to do so at the Endorphin Power Company, but a community of members, staff, and volunteers who are supportive and welcoming of everyone. The rock-climbing, hiking, yoga, dance, gym, running, and even art and alternative energy groups are just as much about personal and physical empowerment as they are a means to build a supportive community for people who often feel left behind and shut out.

By doing just that, working towards an open, supportive community, the Endorphin Power Company has created its own share of measurable goals to achieve. Having formally opened in early 2005 after forming the non-profit in 2003 and acquiring their facilities in 2004, the Endorphin



Power Company has begun building its 20-unit transitional housing structure this March with an expected completion date this year.

Human power and human potential are truly immeasurable. The perseverance of the spirit is a great business to be in, and Gigi has plenty to tell regarding all the ways that the Endorphin Power

Company has created to help people help themselves and others. Their bike shop accepts faulty, used, or simply old donated bicycles. Members in need of bicycles are invited to fix two bicycles and keep one for their labor.

A nurse with a prescription for hope to create a healthy community, Gigi is excited about the Endorphin Power Company family and the goodwill and understanding that pervade the activities they do. Empowerment and opportunity are just a step (or pedal) away.

Want to get involved? Volunteer with the Endorphin Power Company's energy consciousness program by contacting them at (505) 268-8865 or by coming to see them at our Earth Day event. The members are putting together an art showing called "Fusions of Illusions" April 20 from 7-9PM and April 21st from 4-6PM at their own gallery space located at 509 Cardenas Dr SE.

Get some perspective, learn to see things a little differently, and maybe even become part of the family.

"People are incredible," she says, "and it is a wonderful thing to see people at their best." A true believer in the strength of compassion and a non-judgmental attitude, Gigi is very grateful for volunteers, staff, and members that make up what she lovingly calls "the family." Everyone is welcome at the community center and art gallery of the Endorphin Power Company, and Gigi encourages people from all walks of life to come be part of the community. "Regardless of your background it helps everybody to support and be good to one another." And she couldn't be more correct.

Personal Growth
Childhood Trauma • Illness
Drugs/Alcohol • Loss
Women's Issues

Louise Miller, MA LPCC NCC
Psychotherapy

louisemiller@louisemiller.org Phone (505) 385-0562
www.louisemiller.org Albuquerque, NM

Natural Landscapes

Eco-friendly Design
Organic Soil Amending
Water Harvesting & Irrigation

Landscape Installation
Tree & Xeric Plantings
Seasonal Garden Care

Gardening from the Heart
Permaculture Design & Installation
GardeningHeart@hotmail.com - (505) 681-1376

NEW DIRECTION
CHIROPRACTIC
Chiropractic with an Ayurvedic Influence

Kelly Coogan D.C.
3216 Monte Vista Blvd. NE, Suite A
Albuquerque, New Mexico 87106
chiroveda9@yahoo.com
ph 505.247.HEAL Ex 505.247.4326

LOCAL SALE ITEMS

SHOP LOCAL & SAVE

Desert Gardens Albuquerque, NM
Gourmet Southwestern Food Mixes, 5.5-19.5 oz
Select Varieties, Sale \$3.99

Hemp I Scream! Boulder, CO
Hemp I Scream Sandwiches, 4 oz
Assorted Varieties, Sale \$2.99

Herbs, Etc. Santa Fe, NM
Deep Health, 60 softgels, Sale \$14.99
Additional Herbs, Etc. products also on sale

Tijeras Organic Alchemy
Albuquerque, New Mexico
Crimson Clove Hair Revitalizer, 4 oz
Sale \$9.99 Other Tijeras products also on sale

VALID IN-STORE ONLY from 4/4-5/1, 2007.
Not all items available at all stores.

APRIL SPECIALS
WANT TO SEE YOUR LOCAL PRODUCT ADVERTISED HERE?
Contact: Angela at angela@lamontanitacoop.com.

Product Spotlight:

Hemp I Scream: Have a Hempy Earth Day!

Hemp has been a featured ingredient in many eco-friendly cosmetics from shampoo and conditioners to body lotions and lip balm, but the same ingredient that makes your hair shiny and your skin smooth is starting to be used in edible products!

Hemp is the common name for the Cannabis genus of plants. The most notable of which include species that contain the narcotic compound tetrahydrocannabinol, more commonly known as THC found in marijuana. There has been some resistance to foods made with hemp seed oil or from processed hemp seeds because of hemp's immediate association with marijuana and drug use.

What many people overlook is that the species of hemp plants that are currently grown and harvested for cosmetics don't contain THC and neither does the hemp used for food production. So all you'll get from eating foods that contain hemp is a high nutritional content.

All jokes aside, hemp does have some pretty amazing benefits. Like flax seeds, hemp seeds can be added to foods in order to obtain essential fatty acids the body cannot produce on its own. Hemp seed oil has more polyunsaturated fatty acids than other seed oils and contains complete proteins like those found in eggs and dairy. Are you curious to try some?

Your Co-op carries hemp tortillas and frozen waffles as well as delicious Hemp I Scream ice-cream sandwiches, made from processed hemp milk and served between two vegan hemp cookies. Hemp I Scream is made in Boulder, Colorado in small batches and each ounce of Hemp I Scream provides one gram of complete protein, just a little more than in an ounce of whole milk. So in addition to that hemp bracelet and lotion, try some Hemp I Scream next time you're shopping for healthy sustainable goodies.

Hemp's Only High is Nutritional

YOGA...

The benefit is that we develop a practice at our own pace and the practice is fitted for our bodies. This enables everyone, of all levels and ages, to have an Ashtanga Yoga practice. Practitioners of many levels practice together contributing to the group's dynamic energy as well as providing inspiration to aspiring practitioners.

Ashtanga Yoga of Albuquerque now offers classes to members of the Co-op at a 5% discount. The studio is located on Washington St. near the Nob Hill Co-op.

Ashtanga Yoga is a flowing vinyasa system that utilizes breath and movement. The classes are offered in a Mysore format. Mysore is a self-led class where one can come to a class to learn and practice with other students of various levels.

This style of yoga is aerobic and strengthening (weight bearing). Through the practice of asana one learns how to control the breath which allows for a calmness of the mind that flows into our daily lives. **Contact Heather Liebe 918-6462, 311b Washington St SE; or email mysore@ashtangayogaabq.net**

for CO-OP members