



By Barbara Hootman
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BLACK MOUNTAIN — Bounty and Soul, a local nonprofit run by volunteers, strives to help create healthier communities by providing fresh, healthy food, nutritional literacy and health and wellness resources to those who need a fresh food supply. It is fighting hunger one market at a time in the Swannanoa Valley.

"I am passionate about eradicating hunger and food insecurity in Western North Carolina," said Ali Casparian, founder and executive director of Bounty and Soul. "Currently, one in four children experiences food insecurity in North Carolina. That is ridiculous, since we waste as much as 40 percent of our food supply in this country."

Casparian worked more than 20 years as director of a food contract company and managed an organic bakery in New York. She received her certification as a health and wellness coach from the Institute of Integrative Nutrition, the largest school of its kind in the world. She also is an advanced food healing certified instructor from the Supreme Science Qi Gong Center.

After she experienced a personal health crisis, Casparian left corporate life to pursue a journey into holistic health and wellness, and to share her knowledge with others. She wants to inspire each individual to live a happy, healthy life.

Bounty and Soul began in July 2012 and has

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SPECIAL TO THE BLACK MOUNTAIN NEWS

Ali Casparian, founder and executive director of Bounty and Soul, speaks at one of the food nonprofit's events.

LEARN MORE

» **Donations may be made** to Bounty and Soul, 424 W. State St., Black Mountain, NC 28711.

» **Volunteers** are always needed.

» **For more information**, call 419-0533, email info@bountyandsoul.org or visit www.bountyandsoul.org or find the group on Facebook.

» **Organization partners** include Black Mountain Presbyterian Church, Black Mountain Rotary Club, Black Mountain-Swannanoa Valley Endowment Fund, The Community Foundation of Western North Carolina, Blue Ridge Apartments, Children and Friends Enrichment Center, Eat Smart Black Mountain, Episcopal Diocese of Western North Carolina, Feeding America Back-Pack Program, First at Blue Ridge, Inc., Gardens that Give, MANNA FoodBank, St James Episcopal Church, Society of St. Andrew, Swannanoa Valley Christian Ministry, Swannanoa Valley Medical Center and The Kannico Agency.

Walk to be held for prevention of suicide

Suicide takes an enormous toll on families, friends and entire communities. Sadly, every 14 minutes someone dies by suicide.



Charlene Galvin

We need to know more about suicide and ways to prevent it, and we need to help those left behind, the survivors of suicide loss.

Some of the most frequently cited risk factors for suicide are mental disorders, in particular depression or bipolar disorder, alcohol or substance abuse, schizophrenia, personality and anxiety disorders.

Most of the time, people who kill themselves show one or more of these warning signs before they take action. Warning signs may include:

- » Talking about wanting to kill themselves.
- » Looking for a way to kill themselves or talking about a specific suicide plan.
- » Feeling hopeless, trapped, humiliated or desperate.
- » Acting irritable, agitated or showing rage.

If someone you know shows the warning signs above, the time to act is now. Fifty to 75 percent of all people who attempt suicide tell someone about their intention. Take it

seriously. Privacy is very important, but your loved one's life is even more important. This is a crisis requiring immediate attention.

Depending on the urgency of the situation, the following actions should be considered:

- » Do not leave the person alone.
- » Remove any firearms, drugs or sharp objects that could be used for suicide from the area.
- » Take the person to a hospital emergency room or urgent care center.
- » Call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK.

Suicide survivors can re-

ceive assistance from CarePartners Bereavement Department at 277-4800.

The American Foundation for Suicide Prevention is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy. During the last five years, the foundation has granted more than \$14 million to 100 studies investigating the causes, treatment and prevention of suicide.

Thousands of people nationwide walk in the foundation's Out of the Darkness Community Walks to benefit the American Foundation for Suicide

Prevention. The Asheville event is Sept. 6 (see box).

I will be walking in memory of my son and to prevent another family from going through the immense pain our family felt after we lost Patrick to suicide last year. Our goal is to symbolically bring suicide "Out of the Darkness" and to help the American Foundation for Suicide Prevention raise money for research and prevention programs.

Despite the troubling statistics, suicide can be prevented.

Charlene Galvin is chaplain at CarePartners Solace Center and board member of the North Carolina chapter of the American Foundation for Suicide Prevention.

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