

First Alternative  
NATURAL FOODS CO-OP



OPEN  
7-10

# THYMES

COMMUNITY MARKET MONTHLY



ALL ABOUT OWNERSHIP 3 BODYCEUTICALS 4  
V-DAY DRINKS 5 NEW PRODUCTS FOR V-DAY 6  
SUSTAINABILITY TOWNHALL 7 ECO-FILM FEST 10  
TAKE CHARGE MADNESS 11 THAI RECIPES 12



from the  
**GENERAL  
MANAGER**

Cindee Lolik  
General Manager



The folks at the U.S. Department of Health and Human Services and the U.S. Department of Agriculture recently issued updated dietary guidelines for Americans.

There aren't any real surprises here, aside from a call for men and boys to eat less protein—in fact, most of the guidelines seem like common sense. For example, the new guidelines call for cutting back on sugar, eating more fruits and vegetables, whole grains, lean meat, and low-fat foods, and restricting intake of saturated fat, trans fats and dietary cholesterol. While a majority of Americans may never even learn about these updated guidelines, they will have a direct effect on school lunch programs, SNAP (food stamps) and WIC (Women, Infants and Children.)

What I found most interesting (which I also heard at a presentation this past fall, at a public lecture hosted by the Linus Pauling Institute at OSU) was the emphasis not on what we should be eating but what we, as average Americans, are not getting enough of in our diets.

America's under-consumed nutrients include: calcium, choline, dietary fiber, magnesium,

potassium, and vitamins A, C, D, and E. Of these, calcium, potassium, dietary fiber and vitamin D are considered nutrients of public health concern because low intakes are associated with a variety of serious health concerns. To avoid those serious health concerns, eat more of the following foods, some of the richest sources of these nutrients:

**Calcium:** dark leafy greens, cheese, low fat milk and yogurt, bok choy, fortified tofu, okra, broccoli, green beans, almonds, and fish canned with their bones.

**Dietary Fiber:** Whole grains, legumes, raspberries, and artichokes.

**Potassium:** Dark leafy greens, potatoes, squash, yogurt, fish, avocados, mushrooms, and bananas.

**Vitamin D:** Fish oils, fatty fish, mushrooms, beef liver, cheese, egg yolks and...Sunshine.

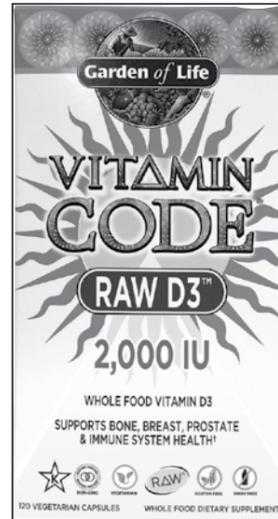
I started hearing a lot more about vitamin D after moving to the Pacific Northwest a few years ago. Also known as the "sunshine" vitamin, vitamin D is unique in that our bodies can manufacture it, provided we expose our skin to the sun in measured amounts. Not

having the luxury of the sun for a few months out of the year here in the Willamette valley means that paying attention to sources of vitamin D during the winter is of real importance.

Most folks don't think twice about vitamin D, especially if they're consuming milk products that clearly tout their being fortified with the stuff. I'll admit I'm in that club. I've long been a whole milk consumer who thought it was providing me with the vitamin D I needed. Turns out those levels of vitamin D are not enough to prevent a deficiency, and depending on the milk source it could be fortified with vitamin D2 instead of D3. Why does that matter? Because, according to research, D3 is approximately 87% more effective than D2 in raising and maintaining vitamin D concentrations, increasing retention two- to three-fold.

So, now that I've scouted out

this information, how do I get my vitamin D? I perused the vitamins in our Wellness aisle, and have to admit I was a bit overwhelmed by the choices. So I consulted with Susie Willis, our South Store Wellness Manager. She explained that we have so many choices in order to meet the needs of our customers and the recommendations of their physicians and nutritionists. She asked me a few questions and we figured out what was right for me. I was interested in 2,000 IU's based on recommendations from the Linus Pauling Institute, and have always considered food-based vitamins preferable over others, so I ended up with Garden of Life Raw vitamin D3. Our friendly and informative Wellness staff will gladly help you make an informed decision too. Just ask. Here's to your health!



To view the updated guidelines in full visit: <http://health.gov> and click on Dietary Guidelines



from the  
**BOARD OF  
DIRECTORS**

Robert Williams  
Board Secretary



Here it is, January and I'm sitting in sunshine thinking about ordering seeds. Yeah, this old world just keeps spinning 'round.

And in other news, First Alternative Co-op just keeps spinning along as well. For over 45 years in fact. We are proud of our contribution to the community and intend to continue to contribute for the foreseeable future.

It was a quiet month at the Board meeting in December. We reviewed our financial state, looked at how the Co-op co-exists with our natural environment, and reviewed some of our governance patterns.

Financially, we continue to improve. Sales are up, although not as much as expected. Despite less than expected growth, margins (the difference between what we pay and what we charge) are up, and even over budget by a whole percentage point. Payroll is

slightly more than expected, but close. There were some capital expenditures, as expected, including the new Point of Sale system, which is already helping us manage inventory better. All in all a fairly healthy report. We are pleased with the work our staff and our NCG mentors are putting into financial control of our business.

This year the Co-op paid a dividend to Owners of over \$70,000 in the form of Owner Sales Day discounts. This is slightly less than 2% of sales. A very healthy dividend and a nice bonus for being an Owner. Thank you both to our loyal Owners and shoppers.

The Board continues to work through the policies that govern how we operate as part of our own continuous improvement process. We recently changed from a survey-based system to a meeting-time discussion of our

individual policies, covering all of them on a yearly basis. This is a good review for the Board as a whole and edification for new members. It is good to see small changes and refinements come out of these discussions as well as a renewed understanding of how we work.

A final reminder, the Board has changed our meeting time to 6pm. This month the date is February 26th. You are welcome to attend, or communicate with the Board as you like, through email or snail mail. Thank you again for shopping at your community grocery store.



**Board elections are coming soon! Applications to express interest in running are due by March 31<sup>st</sup>.**

The First Alternative Board of Directors is responsible for directing the Co-op's affairs. As representatives of the Owners, the Board:

1. Establishes policies and objectives
2. Sets financial goals and approves major financial transactions
3. Selects the General Manager and evaluates their performance
4. Reviews and approves budgets
5. Guides the long-term vision of the Co-op through its Ends statements.

Serving on the Board means working with a group of interesting and committed people—other Board members and Co-op employees. Plus it's not all work and no joy. We have a delicious meal together before every Board meeting, prepared by one of the best cooks in the area, Donna Tarasawa. Her dinners are something to look forward to every month.

Detailed information about running for the Board will be available on the First Alternative website and at Customer Service counters at both stores soon. You may also **contact the Board Recruitment and Election Committee (BREC) Chair at: [mhfboard@gmail.com](mailto:mhfboard@gmail.com)** or leave a message for the Board at Customer Service.

—Blanche Sommers, Board President

The Co-op Thymes is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. **Deadline for all submissions is the 15th of the prior month.** Opinions expressed in The Co-op Thymes are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or Owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

The Co-op Thymes is a free publication available at First Alternative and at other locations in the Corvallis area. It can also be viewed online at [www.firstalt.coop](http://www.firstalt.coop).

Editors . . . . . Adam Payson, Jessica Brothers  
Design/layout . . . . . Adam Payson  
Photography . . . . . Emily Stimac, Adam Payson  
Illustrations . . . . . Julia Lont, Adam Payson

**STORE LOCATIONS & HOURS**

**NORTH STORE** 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

**SOUTH STORE:** 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

**HOURS:** Open 7 days a week, 7am-10pm

**Web site:** [www.firstalt.coop](http://www.firstalt.coop) • **Email address:** [firstalt@firstalt.coop](mailto:firstalt@firstalt.coop)

**Editor's email:** [thymes@firstalt.coop](mailto:thymes@firstalt.coop) • **FA Board's email:** [faboard@peak.org](mailto:faboard@peak.org)

**Board of Directors Committee Meetings Schedule**

**Owner Relations Committee**

The primary conduit for communications and relations between Owners and Board.

Wednesday, Feb. 3rd at 11:30am  
in the South Store meeting room

**Board Recruitment & Elections Committee**

Works to enhance Board performance and recruit qualified candidates.

Thursday, Feb. 18th at 6pm  
in the North Store meeting room

**Finance Committee**

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, Feb. 10th at 5pm  
in the North Store meeting room

**First Alternative Board of Directors**

Comprised of elected Owners, the Board puts cooperative principles into action.

Tuesday, Feb. 23rd at 6pm  
in the South Store meeting room  
Owner comments welcome in first 10 minutes.

# STRONGER + TOGETHER

## ALL ABOUT OWNERSHIP



First Alternative Co-op is a cooperative-model grocery store, meaning it's community-owned and guided. Started in 1970 by a small group of college students and locals concerned by the lack of local food options, First Alternative now has two locations and over 10,000 Owners—that's a significant portion of this heart-of-the-valley community. We're not content there, though, our mission is to bring high-quality natural products to the entire community, and to serve as a model of sustainability.



We need all the help we can get in this mission. If you're not already an Owner, now is a great time to become one. Just come to the Customer Service desk at either store and fill out a short application. A payment of \$70 buys you a share in First Alternative (see sidebar for payment methods.) You are also welcome to invest up to an additional \$230 in your share, which provides the Co-op with further capital and is also refundable in accordance with our bylaws and withdrawal policy.

Besides a stake in the best grocery store in town, what's an Owner share get you?

**Owner Sale Days** Owners who are current on their share payments, are allowed one 10% discount day of their choosing per month. This discount includes all purchases, with the exception of sale items (which are already discounted on the shelf) and items such as Co-op classes and events, stamps, store supplies, gift cards, etc. Discounts do not stack one on top of another. When using the Owner Sale Day Discount no other discounts will apply, including case discounts, coupons for a percentage off the total, etc. Each Owner Share is entitled to one discount-day per month—a benefit that pays back the cost of your Owner Share before you know it!

**A Vote, A Voice** Each owner share gets an equal vote. Co-op Owners elect our Board of Directors and Beans for Bags donation recipients. As an Owner, you can run for the Board and help shape the future of the Co-op.

**Owner-Worker Shifts** As positions are available, Owners may choose to work at First Alternative as an opportunity to get involved in the store. Help with the day-to-day operations with a two-hour shift per week. Check with Customer Service for details.

**Patronage Dividends** Get rewarded for your patronage! Determined by the Board and distributed as profitability warrants, these are the return of net annual savings from sales to Co-op owners. Individual dividend amounts vary; the more you shop, the more you get!

### As an Owner of the Co-op you have the right to:

- Ⓞ Receive information about the Co-op through our Owner meetings, Board meetings and personal contact with staff and managers.
- Ⓞ Enjoy Owner benefits including Owner Sale Day discounts and a patronage dividend when given, as long as your Owner Share is in good standing.
- Ⓞ Participate in Co-op leadership and governance by attending Owner meetings or by serving on the Board of Directors or on a board committee.
- Ⓞ Rely on staff and managers to perform their duties in a manner that protects your interests.
- Ⓞ Participate in the Owner-worker programs, when positions are available.
- Ⓞ Shop in a pleasant and clean store that reflects the Co-op's Guiding Principles.
- Ⓞ Be treated with respect and courtesy by staff and other Owners.

### As an Owner, it is your responsibility to:

- Ⓞ Notify us when your contact information changes.
- Ⓞ Vote in Co-op elections.
- Ⓞ Take an interest in, and make use of, the information offered to you by the Co-op.
- Ⓞ Make a minimum \$70.00 investment for an Owner Share, which can be paid using one of our payment plans. Owners may put up to \$300.00 on their share. All share payments are refundable if you choose to discontinue your ownership for any reason, in accordance with our bylaws and withdrawal policy.
- Ⓞ Make good any debts to the Co-op in a prompt manner.
- Ⓞ Support the Co-op with your purchases, shop responsibly, take care of equipment, watch for waste, and behave honestly. Remember, this is your store.

### WAYS TO PAY

#### Pay in full

A one-time payment of anywhere between \$70 and \$300 buys your share in full

#### Pay monthly

\$20 down activates your owner share. After that, make five payments of \$10 per month.

#### Low income plan

For the limited budget, opt to pay \$10 down and \$5 per month for twelve months. Eligibility is based on Oregon Trail and WIC income guidelines.

And remember, it's refundable!

### WHO OWNS A SHARE

For each Owner Share number there is only one Owner.

There can be multiple names connected with the share, but only the person whose name appears on the top line of the application, and who signs that application, is the Owner.

This means that the person whose signature we have on the application is the only person who may:

- Ⓞ Vote in Co-op elections
- Ⓞ Change the address, phone or email address on the share
- Ⓞ Add or remove people from the share
- Ⓞ Work as an Operational Owner-Worker or Support Worker
- Ⓞ Sell the share back to the Co-op

People other than the Owner whose names are listed on the application are authorized to use the Owner Share number when they shop, and they may choose when to use the monthly Owner Sale Day discount. Beyond that, all the responsibility lies with the Owner.

If you have any questions about who is the Owner of your Co-op Owner Share, please call or email Donna Tarasawa at (541) 753-3115 Ext. 328 or [donnax@firstalt.coop](mailto:donnax@firstalt.coop) for clarification. Thank you for supporting, owning and shopping at your local Co-op!

### THE SEVEN COOPERATIVE PRINCIPLES

- 1 Voluntary and Open Membership
- 2 Democratic Member Control
- 3 Member Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training, and Information
- 6 Cooperation Among Co-ops
- 7 Concern for Community



First Alternative  
NATURAL FOODS CO-OP

## February Anniversaries

### Staff Anniversaries

- 1 year:** Mark Allen  
Keanon Goetzinger  
David Mack  
Chris Perez
- 3 years:** Lisa Madrid
- 4 years:** Paige Merritt

**Staff:** Staff Members work 8-40 hours per week on a regular schedule.

**Paid Sub:** Paid Substitutes are trained in various departments to fill in for staff.

**Owner-Worker:** Co-op Owners who work a 2-hour shift per week in various capacities

## THANK YOU ALL

for helping make this such a fantastic place to work and shop

Recipes • Digital Thymes  
News • Classes • Events  
and much more

[www.firstalt.coop](http://www.firstalt.coop)

PRINTING & DESIGN  
WITH THE EARTH IN MIND

element  
graphics  
541.752.0033  
250 nw tyler corvallis  
katy@element-graphics.com

### AMERICAN DREAM PIZZA

Gluten Free  
Crust available  
Sunday  
through  
Wednesday!

**FREE DELIVERY!**  
CAMPUS 757-1713 • 2525 NW Monroe  
DOWNTOWN 753-7373 • 214 SW 2nd  
[www.adpizza.com](http://www.adpizza.com)



# cheese please

Holly Smith  
South Store Deli Assistant Manager

## THREE LUSCIOUS VALENTINE'S DAY CHEESES

Perfect For Pairing With Sparkling Wines



Crèmeux de Bourgogne

This decadent triple cream hails from the Bourgogne region of France. Light and airy like whipped butter when young, turning to rich, silky-smooth liquid as it ages, this cheese is perfect for spreading on crisp crackers, slices of juicy pear, or simply eating off a spoon. Mild with notes of sweet cream and butter, Crèmeux de Bourgogne develops a slight tang and a hint of white mushroom as it ripens.

Serve this cheese simply with fresh, succulent berries, or venture outside the box and pair it with a smooth, dark chocolate. Complement the creamy sweetness of Crèmeux de Bourgogne with a sparkling white or rosé.

## Cypress grove chèvre, assorted flavors

This line of exquisite chèvres is made in Northern California by the producers of Humboldt Fog. Simple and clean, yet whimsical varieties (including dilly PsycheDillie, and Herbs de Humboldt made with Herbs de Provence) make these chèvres ideal for crumbling over salads, stirring into creamy pastas, or topping homemade pizza. They are also delicious enough to stand alone, accompanied by caramel-glazed pecans or walnuts. The perfect creamy texture and citrusy, but not overly goaty finish of these chèvres goes wonderfully with a bubbly prosecco or a sweeter riesling.



## Brebirousse d'Argental

This French sheep's milk brie from Lyon is easy to spot by its distinctive, orange-tinged rind. Just cut through its undulating surface to reveal a creamy yellow and wonderfully runny interior: Sheep's milk adds extra richness to this cheese, giving it a buttery silkiness and adding a layer of complexity to its flavor. It is nutty and savory with a hint of sweetness for balance.

Serve on a crusty baguette alongside sweet apricot preserves or local honey. This cheese pairs particularly well with a cava or other sparkling white wine, or a fruity, light pinot noir.



## WE HEART DRIED BULK CHERRIES

And So Do Our Hearts

Cherries are more than just delicious tree candy. The little red stonefruit is packed with antioxidants that help a body prevent heart disease. Cherries also offer up a hearty dose of anthocyanins, which are shown to lower cholesterol and reduce inflammation, two more steps towards a healthy heart. Don't you love it? The only problem is that cherry season is so short! It seems like one warm day the world is flooded with these tiny tart treats, then the next day they're gone, reduced to dark spots on the sidewalks.

When you can't get them fresh, get the next best thing in the Bulk section here at the Co-op. Dried cherries brighten a wintertime meal or snack. Put them in your oatmeal, bake them in your muffins, or just eat them by the handful. Your heart will thank you.

Depending on availability, we stock dried organic tart cherries or organic Bing cherries. The tart cherries hadn't been available to us for some time, but recently they've

been back in stock. We'll always do our best to have one or the other, because we heart cherries.



## BODYCEUTICALS COME TO THE CO-OP

Organic From the Ground Up

For more than a decade, Washington-based Bodyceuticals have been providing spas, skincare practitioners, and retailers with organic skincare products made from the ground up. Their products are gluten-, wheat-, and soy-free and made with the antioxidant-rich calendula flower grown on their family-run, certified-organic farm located in the rich, stream-fed Snoqualmie valley.

Called the "mother of the skin," calendula flower has been used medicinally for centuries. It is rich in beta-carotene, lutein, lycopene, and vitamin C. It gives sensitive skin of all ages natural protection against itchy, dry, or inflamed skin, especially during these harsh winter months.

Take a trip down the Wellness aisle today and check out Bodyceuticals lotions, toners, salves, and cleansers. They've got flower power.



More Bodyceuticals on Pg. 6



**VALENTINE YOGA**

**Mashing for Friends and Lovers**  
February 14, 2-4pm \$35/couple

**Partner Yoga**  
February 27, 1-3pm \$35/couple  
♥ bring in ad for \$5 discount

Live Well Yoga • Pilates 971 NW Spruce Ave, Corvallis 541.224.6566 | livewellstudio.com

www.valleyparentmagazine.com

*We Love It When You Read!*

**Local Fun! Local Resources!**

**Valley Parent**  
Linn & Benton Counties

**Oregon Organic products**

We offer: Quality  
★ Assorted Pickles  
★ Albacore Tuna  
★ Fruit Spreads  
★ Salsa  
★ Pickled Beets  
★ Pickled Jalapeños

Thanks for Supporting  
**Sweet Creek Foods**  
www.sweetcreekfoods.com 541-935-1615

Sweet Creek Foods is proud to be supporting our local farmers. Our business is family owned & operated. We enjoy what we do, then we bring it to you.

look for us at your Co-op



# staff spotlight Mark Allen

**What do you do at the Co-op and how long have you been working here?** I'm in the Front End, at the Customer Service desk. It's been almost a year.

**Where are you from?** I'm originally from The UK, mostly the South Coast, Devon and Hampshire

**What brought you to the Co-op?** I loved shopping here and was looking to make the most of my long time retail experience

**What other jobs have you had?** Most of my working life in the UK I was a record store clerk. I started working for Virgin Records in 1984 and worked there, on and off, for fifteen years. Then I worked for an independent record store for five years before moving to the USA.

**What are some of your favorite products here at the Co-op?** I love Honey Mama's chocolates, especially the Oregon Peppermint, River Mud and Bike Fuel coffee, our fabulous breakfast wraps and pretty much anything from the Deli

**What do you like to do when you're away from work?** I own a record label and a mail order business selling 45RPM records from the 1950s, so I spend a lot of time travelling around buying 45s from other collectors and dealers. I work in A&R for two record labels and spend a lot of time

researching forgotten recording artists from the 50s and 60s. I also collect lava lamps! I sometimes make my own records, and I play in a band when called to—last time I played was a festival in Spain a couple of years ago. I had a 45 out last year, and have a gig in Las Vegas later this year playing guitar in my buddy's band.

**If you could go anywhere, where would it be?** I'm happy here. I've traveled a lot and the only place I enjoy being when not here is the coast, I love to visit Bandon if I get a weekend vacation

**What are some of your pop-culture favorites?** So much it's hard to sum it up. My record collection consists mostly of stuff from the 50s and 60s: Rock and Roll, Country, Doo-Wop, Rhythm and Blues, Cajun and so on. I'm a lifelong Johnny Cash fan and even met him in the 80s. I also like more contemporary sounds—I'm a huge Tom Waits fan, also Calexico, Neko Case, Joe Henry and much more

My literary taste reflects my musical hobbies. I read mostly biographies about country singers from a long time ago: Johnny Cash, George Jones and so on. Also, I like Cormac McCarthy and the occasional other fiction book

I love the movies of Hal Hartley, Jim Jarmusch,

Wes Anderson, and The Coen Brothers. I also love 70s road movies like *Two Lane Blacktop*, *Vanishing Point*, that kind of thing. My favorite movie of 1977 was *Smokey and The Bandit...NOT Star Wars, Sorry!*

My favorite TV shows are *Mad Men* and *Fargo*.

**Tell me about meeting Johnny Cash:**

I met Johnny Cash in the 80s, before his resurgence. I went to a show and called ahead asking if I could get my records signed, they said sure, come to the venue an hour before we open and we'll see what we can do. I got there early and the place was locked up, so being that the venue was on the coast, I decided to go look at the sea.

Every once in a while I'd go and see if the place was open. After a few tries, and some more sea gazing, I turned to walk back and try the door again, and there he was—stood before me all dressed in black, just me and him. I was pretty stunned. He looked me in the eye and said, "are you a Rockabilly Boy?" I was dressed in my usual 50s attire—what can you say?—I said "yes sir, Mr. Cash." He signed my records and asked me if I had a ticket. I said,

"yes I did," he put his arm on my shoulder and told me to have a great time.

As he walked away I noticed his bus parked at the side of the building. I guess he was also looking at the sea and saw a kid walking up and down with a bag of records. The weird part was he seemed to appear out of thin air and was gone just as quickly, like magic. 🐷



## VALENTINE'S DAY DRINKS

Love, Like Bottles, Comes in Many Shapes

This Valentine's Day, raise a glass of something special and toast the one you love with a little help from the Co-op. Here's a selection of wines (and one cider) that can make an already special night into something truly fantastic:

**1) Airlie Semi-Sparkling Riesling**  
750 ml \$13.99

This sweet, lightly effervescent white is a wonderful new addition to the Airlie Winery cellar. Made in the Frizzante style, meaning it has especially small bubbles that help to mask its sweetness. Frizzante wines are a good alternative for people who find typical sparkling wines too fizzy.

**2) Clara C Fiori Rosé Brut**  
750ml \$13.49

From the Veneto region in northeast Italy comes this briskly carbonated sparkling rosé. It is crisp and dry with a light aroma of peaches and the elegant taste of berries. Made from 80% Pinot Noir, 15% Pinot Grigio, and 5% Glera grapes.

**3) Spindrift Cellars Rosé 2014**  
750ml \$14.99

It was a warm, dry year and an early harvest of Willamette valley Pinot Noir grapes that brought us this crisp and balanced rosé. Cranberry and strawberry meld with notes of cherry in this elegant wine from a local favorite.

**4) Bodegas Breca Garnacha de Fuego**  
750ml \$8.99

An earthy Spanish Grenache made with grapes from 60-80 year old vines. This fiery wine is savory, with a strong fruit flavor and hints of pepper and spices. Received 89 of 100 points in a *Wine Advocate* review.

**5) Wildcraft Wild Rose Cider**  
500ml \$6.49

The wildcard in this Valentine's Day drink deck. This crisp and sweet cider is made with whole wild roses that undergo a lengthy cold-conditioning and secondary fermentation. The result is crisp and complex tasting. A perfect alternative for the Valentine not in love with wine. 🐷



## PIGS ON THE WING

Looking for an Oregon Trail Beer Pig at the South store? In order to have more room for beer in our cooler, we are now storing them in the back. If you'd like to buy a beer pig just ask at the Customer Service desk, and they'll be glad to go grab you a cold one from the back. 🐷



## LOCAL FLOWERS

The Co-op has fresh-cut, locally-grown flowers from Philomath's Greengable Gardens. Grab a bouquet for your loved one this Valentine's Day. Of course you don't need a special occasion to give the gift of flowers, First Alternative has beautiful bouquets available daily. 🐷



## OPEN HOUSE

Explore Montessori  
AT THREE LOCAL SCHOOLS

February 27 🌸 10am -12pm

The Montessori classroom is a child centered community like no other. Come and discover why Montessori classrooms invite, excite, and immerse young learners.

**Philomath Montessori School**  
1123 Main St, Philomath  
541.929.2672

**Sundborn Children's House**  
1015 7<sup>th</sup> Ave SE, Albany  
541.924.9480

**Corvallis Montessori School**  
2730 NW Greeley Ave, Corvallis  
541.753.2513



# IN THE KNOW ON THE NEW



## Pok Pok Som Soda

James Beard award-winning Chef, Andy Ricker, of Portland's famed Pok Pok restaurant decided to create this exquisite line of drinking vinegar's after discovering them in local Asian markets. Ricker's take on the eastern classic is unique, with strong fruit flavor and the bite of vinegar. It makes a great alternative to soda and a unique mixer. Comes in unique flavors like Turmeric and Thai Basil. Find it in the juice aisle.



## Mickleberry Gardens Fireside Honey Tonic

From Gresham, Oregon comes this hot new take on a traditional folk remedy. Made from raw organic apple cider vinegar, organic onions, organic garlic, organic ginger, raw wildflower honey, and more. It's powerful stuff. A spoonful a day will light a fire in your belly and help keep your body chugging healthfully along through cold season. Find it in our Wellness aisle.



## Hardbite Root Vegetable Chips

From the friendly northern reaches of Cascadia (British Columbia) comes this new gluten-free line of not-potato chips. Delicious slices of carrots, beets, or parsnips, lightly salted and fried to crisp perfection in non-hydrogenated oils. Hardbite chips are "Non-GMO Project Verified." Find them in the chip aisle.



## Pacific Foods Organic Polentas

Dinner just got a whole lot easier. Simple and versatile, polenta makes a great appetizer, side dish, or even an entree. The options are limitless, especially with flavors like Roasted Garlic & Herb, Jalapeño Cheddar, Chipotle Cheddar, and good old Original. They'll have your family begging for Mo'-lenta.



## Lundberg Organic Brown Rice Pastas

These "Non-GMO Project Verified." gluten-free pastas from Lundberg are made with organic brown rice, a whole grain, which means that not only do they taste great, they're also great for your heart. Keep your family happy, and their hearts healthy, with a little help from Lundberg.



## Hello! Lucky Valentine's Cards

You've got the flowers (see pg. 5) now all you need is the card. Never fear, the Co-op continues to be here. We've got a great selection of fun, funny, lovely, cute, and even mooshy Valentine's cards.



## Bodyceuticals Edible Massage Oil

What consenting adults get up to on their own time, behind closed doors is no one's business but their own. These flavored and scented massage oils will help them get down to that business, if you catch my drift.

## Zum Smooch Lavender Goat Milk Soap

Before you dress to impress, shower to en-flower. Your valentine won't be able to resist the smooth lavender loveliness this soap imparts.



## Zum Smooch Aromatherapy Candles

These aromatic, natural beeswax candles in lovely porcelain cups illuminate as they burn. Turn down the lights, light the candles and celebrate love.



## Beans for Bags

After check-out, take a bean for each shopping bag you brought from home. Drop them in the Bean Towers located next to every exit. Each bean generates a donation to the chosen organizations.

### Recipients for January-March 2016

- Community Outreach
- Edible Corvallis Initiative
- Philomath Community Gleaners
- Senior Dog Rescue

Our Beans for Bags program saves thousands of bags each year while also helping to fund local non-profit organizations.





# DAN CRALL & CORVALLIS PEDICAB

## A True Renaissance Dan

Chances are you've seen Dan Crall—hard-pedaling founder of Corvallis Pedicab—or one of his drivers getting people where they're going, pollution-free and in style.

Dan's commitment to the community and the environment is evident in more than just his bike biz. In recent years he has spearheaded volunteer operations that have swept clean miles of debris-ridden bike lanes and collected hundreds of pounds of cigarette butts that litter the edge of the OSU campus. "This is how things get done. I really don't like preaching or complaining. I think setting an example works a lot better," Crall said in a recent interview with the Gazette Times

Dan is a true inspiration to the community, and the Co-op is proud to be a Corvallis Pedicab sponsor. Next time you see a Corvallis Pedicab, take a ride, you'll be glad you did.

We recently caught up with Dan, and asked him a few questions about his life and the pedicab business. Here's what he had to say:

### How did you end up here in Oregon?

I came to Corvallis in March of 2005, shortly after graduating from Ball State's Telecommunications Program, to work for OPB radio at the KOAC studio. I picked Oregon after hearing limited, yet cool things about it.

### What led you to start Corvallis Pedicab?

The thought process was a mix of wanting to stay in Corvallis, where I own a house and have many connections in addition to a place to call home...and I did not want to create a lot of waste, commuting to a job in Portland, using all that gas and time for something I no longer loved or wanted. We were given a year's notice that KOAC was closing, and during that time, I was thinking of what I could do to stay here, but also juggling the idea of moving up that way.



**Tell us a little about Corvallis Pedicab:** Usually the cab is at larger events, or on call for an appointment at (541) 609-8949. We are not available on a regular schedule due to weather shifts, lack of business during off hours/days, and other factors, but can be available with advance notice.

The Facebook page shows drivers' numbers when we are out for games, Saturday Market, or other events. Wave us down, or call us up. I am a driver, in addition to Cheyne Willems, and a number of other guys. I need to find a few more drivers at the moment. Our rate is generally \$1 per minute for longer rides; if it's 5 minutes or under, we generally just work on tips, or at the rate \$50 per hour. Our event rates vary from about \$40-\$60 per hour. Tips are always appreciated.

**Do you still draw on your radio and broadcasting background?** I produce a podcast called "The Spirit of the Forest." (available to download from all major podcast providers —ed.) I also do freelance voice over and audio production work.

**What do you like best about Corvallis?** The geographic location and overall climate, and the bike-friendly nature of the town.

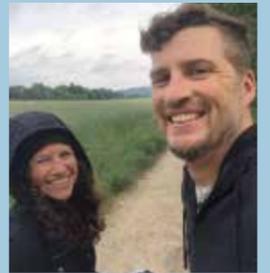


## REGISTRATION NOW OPEN FOR SUSTAINABILITY TOWN HALL

Don't miss the sustainability event of the year!

Registration is now open for the 2016 Sustainability Town Hall, to be held on Thursday, March 10, from 7-9pm at the CH2M Hill Alumni Center on the OSU campus. This event typically draws a standing-room-only crowd, so save your place by registering at [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).

Participants will be seated at 40 tables of eight for a fast-paced, interactive Town Hall program that includes three parts, each with a presentation from the main stage followed by discussion and activity at the tables. A highlight of the program will be the keynote presentation by James Reismiller and Cassandra Robertson, local leaders in solar energy and energy efficiency. They recently travelled to Germany, which they describe as "way ahead of the curve" on making the transition from fossil fuels to renewable energy. Reismiller and Robertson will share photos and stories to provide a glimpse into what Corvallis could look like 10 years from now.



Other highlights include the annual "Community Scrapbook" featuring sustainability accomplishments of local businesses and organizations during the past year; as well as a vote to determine the direction of sustainability efforts in the coming year.

The 2016 Sustainability Town Hall is organized by the Corvallis Sustainability Coalition and supported by a variety of business and organizational sponsors and individual donors ("Town Hall Heroes").

The annual Sustainability Fair, which features delicious local food, lively music, and more than 50 hands-on exhibits, will be held at the Alumni Center from 5-7pm, just prior to the Town Hall. Registration is not required for attendance at the fair.

For more information, visit [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) or call (541) 230-1237.



## Want to Serve on the First Alternative Board of Directors?

We are looking for interested Owners who would like to join in guiding the future of the First Alternative Co-op.

For more information, Owners may contact Melissa Hartley at (541) 740-6203 or [mhfboard@gmail.com](mailto:mhfboard@gmail.com).

Board application packets are available at [www.firstalt.coop](http://www.firstalt.coop) and at Customer Service in both stores.

Applications are due by March 31, and the election will be held in June.

Take the stress out of entertaining with the...

# coop kitchen

Call us about special orders for your next event or party: (541) 753-3115

HONEY MAMA'S

nourish & delight

## raw honey chocolate LOVE

Cacao Nectar bars made from 5 whole foods Naturally soy, gluten, dairy & grain free

find us in the refrigerated treat section

# February 2016 Community Calendar

## UPCOMING EVENTS

**12th Annual Eco-Film Festival**  
February 5th, 12th, 19th, 26th, 6:30pm at  
Odd Fellows Hall (223 SW 2nd Street)  
Fridays in February. Feb 5: *Just Eat It!*; Feb  
12: *Gaining Ground*; Feb 19: *Lost Rivers*;  
Feb 26: *Tiny*. Suggested donation \$5/person,  
\$10/family. Sponsored by: Corvallis Odd  
Fellows, Corvallis Sustainability Coalition,  
Corvallis Environmental Center. FMI:  
info@sustainablecorvallis.org

**Showing Up for Racial Justice (SURJ)**  
February 6th, 11am-1pm at the South  
Co-op Meeting Room (1007 SE Third St)  
SURJ organizes white people to act for racial  
justice. Current action teams: amplifying voices  
of people of color through video on cable/  
YouTube, implementing Campaign Zero to  
improve policing; examining racial equity in  
schools, raising race-conscious children, and  
supporting the creation of a year-round, low-  
barrier homeless shelter. Newcomers of all  
races/ethnicities always welcome. Info: Faith,  
CorvallisSURJ@aol.com, (541) 609-8420.

**White Out? The Future of Racial  
Diversity in Oregon**  
February 7th, 2-3:30pm at the Benton  
County Public Library (645 NW Monroe  
Ave)  
Many Oregonians value racial diversity, yet  
we remain largely isolated from one another.  
Dr. Emily Drew, associate professor of  
sociology and ethnic studies at Willamette

University, will lead a conversation about  
the challenges to creating a racially diverse,  
inclusive community. A Conversation Project  
sponsored by Oregon Humanities. Everyone  
is welcome. No fee. No pre-registration  
required. FMI: Faith, (541) 609-8420,  
fer@caleyreidenbach.com.

**Caterpillars Up Close  
with Dr. Jeffrey Miller**  
February 8th, 7:30pm, in room 2087 at  
Cordley Hall, OSU  
an entomologist and emeritus professor  
at Oregon State University, will share  
some insight into the larval life stage of  
butterflies and moths. He will touch on how  
caterpillars function, some of their interesting  
adaptations for avoiding predation, their basic  
natural history with a focus on food-plant  
relationships, and the role of caterpillars in  
the environment within the context of global  
biodiversity and conservation. Sponsored  
by Native Plant Society of Oregon. FMI:  
Jordan, brownj@science.oregonstate.edu or  
(541) 224-2245

**Progress on Climate Change:  
What's up with the City and State?**  
February 9th, 7pm at the Benton County  
Public Library  
Presentations by Brett Thomason, Renew  
Oregon—Oregon Climate Coalition  
Campaign; Zach Baker, Corvallis City  
Councilor and Chair; Climate Action Task  
Force; Kristen Eberhard, Sightline Institute,

Senior Research and Energy Policy Analyst.  
Sponsored by the League of Women Voters  
of Corvallis. FMI: www.lww.corvallis.or.us

**Beauty From the Beast**  
February 10th, 7pm at the Benton County  
Public Library  
The same geological forces that threaten our  
lives with earthquakes and volcanic eruptions  
also nourish our spirits by forming spectacular  
scenery. Dr. Robert J. Lillie relates this "Beauty  
from the Beast" story of the Pacific Northwest  
by highlighting elements of our region  
and describing the processes that brought  
them into existence. FMI: Marcia Shapiro,  
(541) 758-5255

**Soup Night with Maggie Stuckey**  
February 11th, 7-8:30pm at the Benton  
County Public Library  
Join Portland author Maggie Stuckey to sample  
delicious homemade soup and learn about a  
great way to bring neighbors together in this  
Friends of the Library and First Alternative Co-  
op co-sponsored event in the Library's Main  
Meeting Room on Thursday, February 11th.  
FMI: bonnie.brzozowski@corvallisoregon.gov

**Good Food, Bad Food:  
Agriculture, Ethics, & Personal  
Choice with Kristy Athens**  
February 17th 6:30-8pm at the Benton  
County Public Library  
Oregon author and food specialist Kristy  
Athens will present and lead a discussion

on how our food choices impact our lives  
and our state in a Corvallis Sustainability  
Coalition, Corvallis-Benton County Public  
Library, and Oregon Humanities co-sponsored  
event on Wednesday, February 17th. FMI:  
bonnie.brzozowski@corvallisoregon.gov

**American Food Now: How We  
Became a Nation of Foodies  
with Ruth Reichl**  
February 17th, 7:30 pm at the LaSells  
Stewart Center  
Part of the Provost Lecture Series. Bestselling  
author, food critic, and judge on Bravo's Top  
Chef Masters, Ruth Reichl is one of the most  
recognizable and beloved culinary voices,  
guiding people around the kitchen, showing  
them what to eat, how to make it, and where  
to satisfy their cravings. The Seattle Times  
called her "one of the nation's most influential  
figures in the food world." Doors open at 6:30,  
program will be followed by a book signing.  
http://communications.oregonstate.edu/events/  
ruth-reichl. FMI: shelly.signs@oregonstate.edu,  
(541) 737-0724

**Winter Repair Fair**  
February 24th, 5:30-7:30pm, at the  
OSUsed Store (644 SW 13th St.)  
Bring broken items and learn how to fix  
them for free; attend demos to learn more  
D.I.Y. skills. Visit http://tiny.cc/repair-fair to see  
the specific skills and demos that are being  
offered. FMI: andrea.norris@oregonstate.edu,  
(541) 737-5398.

## ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit [firstalt.coop/community/community-calendar/](http://firstalt.coop/community/community-calendar/)

### FOOD

**VEGAN AND VEGETARIAN OSU  
STUDENTS** Monthly potluck style meeting  
for vegans, vegetarians, and anyone considering  
a plant-based lifestyle. Come eat, share recipes,  
plan campus events, and talk with like-minded  
people! FMI: vegansandvegetarians@gmail.com to  
join the listserve or for more info.

**CORVALLIS VEG EDUCATION GROUP**  
Events in Corvallis, including monthly dine-outs.  
Non-vegetarians welcome. Open to all. FMI:  
Corvallisveg.org

**GLUTEN FREE SUPPORT GROUP**  
1st Saturdays, 10am-12pm, First Presbyterian  
Church, Dennis Hall, 9th & Monroe. Learn more  
about gluten intolerance, share ideas and sample  
products. FMI: (541) 602-1065

### SPIRITUAL

**ECKANKAR, RELIGION OF THE  
LIGHT AND SOUND OF GOD** 425  
SW Madison, Suite N. 1st Sunday, 10am, join  
us as we sing HU, an ancient name for God.  
4th Sunday, 10am, ECK Worship Service. FMI:  
www.Eckankar-Oregon.org

**PLACE OF TARA** Mondays, 6:30-7:50pm,  
Corvallis Friends Meeting House, 3311 NW Polk  
Ave. This is a Tibetan Buddhist Meditation group.  
We offer meditation, instruction on request, and  
readings from all Buddhist traditions. FMI: [https://  
placeoftara.wordpress.com/](https://placeoftara.wordpress.com/)

**BUDDHIST PRACTICE SGI-USA**  
Introduction to Nichiren Buddhism. Informal  
meetings, all are welcome. FMI: (541) 753-6170

**BAHA'I DEVOTIONAL PROGRAMS**  
The Baha'i communities offer many devotional  
gatherings throughout the county in English &  
Spanish. Locations vary. FMI: (541) 745-7916,  
linnbenton.local.bahai.us

**CORVALLIS INSIGHT MEDITATION**  
Come join us for sitting and instruction, Unitarian  
Universalist Fellowship of Corvallis, 2945 NW  
Circle Blvd. Email for time/date. FMI: maryleigh.  
burke@gmail.com

**MINDFULNESS MEDITATION** 5:30-7 pm,  
Friends Meeting House, 33rd & Polk. Taught in  
the tradition of Zen Buddhist Master Thich Nhat  
Hanh. FMI: ken.oefelein@gmail.com

**CORVALLIS MEDITATION  
COMMUNITY** Learn meditation techniques  
to relax and recharge body and mind. Tuesdays,  
5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn,  
(971) 218-6798, RASALILA2@yahoo.com

**A COURSE IN MIRACLES** 7:30pm. Join us

as we read & discuss this spiritual classic, after a  
meditation. FMI: (541) 754-9051.

**CORVALLIS MEDITATION CIRCLE  
OF SELF REALIZATION FELLOWSHIP**  
founded by Paramahansa Yogananda, author of  
the spiritual classic *Autobiography of a Yogi*. Join  
us Sundays for meditation, 10-10:45am followed  
by an inspirational reading service 11-noon, and  
Thursdays for meditation at 7-8pm. 761 NW  
Harrison. Enter the lower level in the rear of the  
building. FMI: (541) 754-8298.

**FALUN DAFA GROUP** 9-11am. A  
meditation practice based on principles of  
Truthfulness-Compassion-Tolerance. FMI: Hong  
(541) 754-9938

**CORVALLIS ZEN CIRCLE** weekly  
meditation. FMI: [www.corvalliszencircle.com](http://www.corvalliszencircle.com)

### WELLNESS

**COMPASSIONATE COMMUNICATION  
PRACTICE GROUP** Every first and third  
Monday, 7-9 pm, at 2255 NW 25th Street  
Support in living the model taught by Marshall  
Rosenberg. Led by Tina Taylor, CC trainer and  
counselor. Donations appreciated RSVP and FMI:  
Tina@tinataylor.co, (541)753-2255

**AIKIDO OPEN MAT** Thursdays, 6:30  
pm 2323 NW 9th (behind Togos.) Aikido,  
or "the way of harmonious spirit," is a modern  
martial art that develops strength, flexibility,  
self-defense skills, awareness, and compassion.  
Wear loose, comfortable clothing. More info at  
CorvallisAikikai.com

**TAI CHI CLASSES** 5:30-6:30pm, Oddfellows  
Hall. Ages 16+. Instructor, Andy Bennett, holds  
30 years of martial arts experience. Class fee:  
commitment to practice. FMI: (541) 760-9328

**HEALTH AND HEALTHCARE FORUM  
TV** Wed. @ 8pm.; Thurs. @ 9pm; Sat. @ 1:30pm  
& Sun. @ 5:30pm. 30-minute program series,  
Ch. 29. Guests discuss diverse health issues. FMI:  
rhall@peak.org, (541) 758-9340

**FREE TEEN YOGA** Tuesdays, 4pm, Live Well  
Studio, 971 Spruce Ave. Yoga just for teens. FMI:  
Theresa McLaren, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com),

**CHAIR YOGA** Tuesdays, 3pm, Live Well  
Studio, 971 NW Spruce Ave. Chair Yoga provides  
the benefits of yoga to everyone regardless of  
injuries, health limitations, or mobility. It is well  
suited for individuals living with M.S., Parkinson's,  
Cancer, A.L.S., and physical limitations. Sliding  
scale donation. FMI: [info@livewellstudios.com](mailto:info@livewellstudios.com)

**TRADITIONAL SHOTOKAN KARATE**  
Tuesdays and Thursdays, 7-9pm, Fingerboard  
Extension 120 NW 2nd St. Learn the forms.

Non-aggressive. FMI: Reed, (541) 754-3254

**REIKI HEALING CIRCLE** 1st Thurs.,  
7-9:30pm. Call for directions. All initiates and  
interested parties welcome. Small donation  
requested. FMI: Margot, (541) 754-3595

**FREE TEEN LAUGHTER YOGA**  
Wednesdays 4-5pm. FMI: Energy9Studio.com

**YOGA FOR RECOVERY** Sundays 12:30pm,  
Live Well Studio, 971 NW Spruce St. focused on  
helping those who are recovering from substance  
abuse and addiction. This class teaches meditation,  
breathing practices, yoga poses and movement in  
a nurturing environment. \$5 suggested donation.  
FMI: [info@livewellstudios.com](mailto:info@livewellstudios.com)

**HEART OF THE VALLEY BIRTH  
NETWORK** Every 3rd Wed. 6-7:30pm,  
Waldo Hall, Rm. 272, OSU. Open to anyone  
interested in mother-friendly maternity care. FMI:  
[www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) [google.com/site/  
wutantaichi](https://www.google.com/site/wutantaichi)

**MEMORY LOSS SUPPORT GROUP** Every  
2nd Tues. 1:30-3pm, for caregivers and family of  
persons with Alzheimer's or a related disorder.  
Another group for people with memory loss is  
held at the same time Free, but registration is  
required. To register, call (541) 766-6959. FMI:  
Gene Dannen, (541) 753-1342

### PEACE

**CORVALLIS SECULAR SOCIETY**  
3rd Saturdays. Meet 2-4pm, Corl House in  
Woodland Meadows Park. FMI: (541) 754-2557,  
CorvallisSecular.org

**AMNESTY INT'L WRITERS GROUP** 2nd  
Monday, 7pm, First United Methodist Church,  
11th & Monroe Rm #106-B. Write letters to  
prisoners of conscience. FMI: (541) 619-1379

**COMPASSION COMMUNICATION  
PRACTICE GROUP** Every 1st & 3rd Monday,  
7-9pm, 2255 NW 25th St. Support in living the  
model taught by Marshall Rosenberg, in our  
daily lives. Led by Tina Taylor, CC trainer and  
counselor. RSVP & donation appreciated. FMI:  
Tina@tinataylor.co, (541) 753-2255.

**DANCES OF UNIVERSAL PEACE**  
2nd Thurs, 7-8:30pm, Unitarian Universalist  
Fellowship, 2945 NW Circle Blvd. Simple, easy-  
to-learn circle dances honoring spiritual traditions  
from around the world. \$5-10 donation. FMI:  
[barbwoehle@comcast.net](mailto:barbwoehle@comcast.net)

### MUSIC

**ACOUSTIC OPEN MIC** Every Second  
Thursday at Imagine Coffee, 5460 SW Philomath  
Blvd. Classic acoustic coffeehouse variety includes

acoustic music solos—trios, music, poetry/rap  
& standup. 7pm, signup and keyboard setup,  
6:30pm. optional tips/donation. FMI: (541) 760-  
3069.

**CORVALLIS UKULELE CABARET** First  
Fridays, 7-9pm First Alt. Co-op Meeting Room,  
1007 SE 3rd St. Open mic, jam, & singalong. Fun  
for all ages & skill levels. Hosted by Suz Doyle  
& Jeanne Holmes of The Wallop Sisters. FMI:  
(541) 753-8530

**CELTIC JAM** Every Tuesday, 7-9pm, Imagine  
Coffee. All levels of players are welcome. FMI:  
(541) 286-4340, [imagine.cof@gmail.com](mailto:imagine.cof@gmail.com)

**EZ BLUEGRASS JAM**, every Sunday 2-4pm,  
Jam with other beginning and intermediate-level  
players. Traditional bluegrass and other acoustic  
songs. We meet in a private home. FMI: Christine,  
(541) 738-2610

**COMMUNITY SINGING LESSONS**  
Every Thursday, 12-1pm, Gracewinds Music Lesson  
Loft, 137 SW 3rd St. International singer and  
expert voice teacher offers FREE group lessons  
to the community. FMI: Rebecca, (503) 559-5205

**PLANET BOOGIE** Nov. 16, Feb. 20, Mar. 19,  
7:30-9pm, Downtown Dance, 223 NW 2nd St.  
A freestyle dance event, featuring eclectic and  
world beat music. \$5-10 donation appreciated.  
Facebook: Planet Boogie Corvallis

**CORVALLIS COMMUNITY DRUM  
CIRCLE** 1st Saturdays 7-8pm, 101 NW 23rd  
St. FREE. All ages and skill levels welcome.  
Instruments provided or BYO. Hosted by  
Michelle Lovrich, Drum Circle Connection. FMI:  
[drumcircleconnection@gmail.com](mailto:drumcircleconnection@gmail.com)

### ENVIRONMENT

**MARYS RIVER WATERSHED COUNCIL  
MEETING** Second Tuesdays, 6:30-8pm,  
Philomath City Council Chamber, 980 Applegate  
St., Philomath. All welcome! FMI: [coordinator@  
mrwc.net](mailto:coordinator@mrwc.net)

**OSUSED STORE PUBLIC SALES** Tuesdays  
5:30-7:30pm and Fridays 12-3pm. 644 SW 13th St.  
FMI: <http://fa.oregonstate.edu/surplus>,  
[surplus@oregonstate.edu](mailto:surplus@oregonstate.edu), (541) 737-7347.

**AUDUBON FIELD TRIPS** Every 2nd  
Saturday. Meet at 7:30am. The trips are great  
for beginners and birders new to the mid-valley  
area. We visit local refuges and birding areas. FMI:  
[www.audubon.corvallis.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml)

**NATURALIST ADVENTURES** Tracking,  
wild edibles, native plants, and birding: 3rd  
Sundays, 9am-12pm. For meeting place, see  
website. FMI: [www.neighborhood-naturalist.  
com](http://www.neighborhood-naturalist.com), (541) 753-7689



# RECYCLING BLOCK CAPTAIN PROGRAM SEEKING NEW RECRUITS TO "GET WITH THE PROGRAM!"

The Corvallis Sustainability Coalition's Waste Prevention Action Team (WPAT) has launched a recruitment campaign for its Recycling Block Captain Program.

New volunteer Block Captains or those who refer new volunteers have the opportunity to be entered into prize drawings. The campaign, which began on January 1, 2016, will end March 10 at the Coalition's annual Town Hall. The team aims to double the number of block captains from 60 to 120.

The Recycling Block Captain Program, initiated in 2010, is an innovative outreach program designed to engage Corvallis community members in the process of educating their neighbors about recycling, composting, and

waste prevention through the distribution of informational handouts. Volunteer captains define their own neighborhoods (number of homes and location) and serve as liaisons between their neighbors and the WPAT. Handouts are developed and provided by the WPAT three or four times a year. Approximately 2,600 homes are in the current distribution area.

Community members will be challenged to Get with the Program!

"Captains sign up to share or gain skills, join like-minded people, help Corvallis increase its recycling rate, and make a difference in the community," explained WPAT Leader Andrea Norris. "As an incentive, new volunteers or those who refer new volunteers will be

entered into prize drawings that will be conducted at regular intervals throughout the campaign. People can improve their chances of winning by signing up early or referring multiple people."

Interested community members are encouraged to visit the WPAT website to sign up to volunteer, and to learn more about Recycling Block Captain Program recruitment activities, <http://tiny.cc/wpatacapt>.

The Corvallis Sustainability Coalition, formed in 2007, is a network of organizations and individual volunteers in Corvallis, Oregon, working together to create a sustainable community. The Community Sustainability Action Plan serves as a framework for action for the Coalition's partner organizations and its twelve action teams.

More info about the Coalition is available at <http://sustainablecorvallis.org>.



## GOOD NUTRITION ISN'T THE SAME AS PLENTY TO EAT

Food banks in Oregon are deeply familiar with local statistics on hunger, especially for children. Obesity, diabetes, and cardiac diseases are epidemic in Oregon. Hunger isn't the only issue.

Many suffering from chronic diseases are eating excessive amounts of the wrong kinds of foods. Many health professionals and organizations are addressing this public health crisis. It seems incumbent on social service providers and food banks to offer education and resources for a clear method on how to make better food choices. All people need to know, "What exactly defines food quality?"

Ten Rivers Food Web (TRFW) is announcing publication of a small paradigm shifting booklet for empowering people to understand and evaluate the nutritional quality of any food. TRFW is distributing the booklet free of charge to all constituencies

There is a myth that the cost of healthful food is prohibitive for people on low incomes. However, the TRFW Nutrition Committee is providing sound, practical leadership in



A page from the new booklet

demonstrating how the very best and most nutritious (or "Bio Genic") foods can be extremely low in cost, especially compared with the highly processed foods in the average supermarket. All that's required is learning simple food preparation skills, using readily available ingredients, and a will to put newfound understanding and skills into practice.

The TRFW Nutrition Committee is partnering with rural clinics in initiating a 12-week program for low income families and individuals in western Oregon.

The three-month program, titled Vegetable Rx, engages patients who have nutrition related health issues. It provides full medical workup and tracking (before and after), food coupons for local farmers' markets, along with professional coaching, and food preparation classes. After 12 weeks, participants have real experience with "eating differently" and are also showing meaningful health improvements.

Visit [www.tenriversfoodweb.org](http://www.tenriversfoodweb.org) for more information, including a free download of this booklet. Printed copies also available

## 12<sup>TH</sup> ANNUAL ECO-FILM FEST

Featuring Food, Lost Rivers, and Tiny houses

This year's local Eco-film Festival kicks off on Friday, February 5, with **Just Eat It**—an award-winning documentary about food waste that has been described by reviewers as "smart, snappy," "eye-opening," and "hugely entertaining."



The festival lineup also includes the following:

**Feb. 12—Gaining Ground**, a film about three different food producers who are growing real food (One of those featured is Greenwillow Grains of Tangent, Oregon!)

**Feb. 19—Lost Rivers**, a surprising story about the water that flows unseen right under our cities

**Feb. 26—Tiny**, a true tale about tiny houses

The Eco-Film Festival takes place every Friday in February at Odd Fellows Hall, 223 SW 2nd Street (above New Morning Bakery). Doors open at 6:30pm, and the program begins at 7pm. Come early to save your seat and visit exhibitors. Beer from Oregon Trail Brewery and snacks from New Morning Bakery will be

available for purchase. Local experts will be on hand after each film for a brief discussion and audience Q & A.

A suggested donation of \$5 per person or \$10 per family is requested to help cover costs of the festival.

The Eco-Film Festival is organized by the Corvallis Odd Fellows, the Corvallis Sustainability Coalition, and the Corvallis Environmental Center. This year's sponsors are the Linn-Benton Pacific Green Party, Republic Services, River Design Group, and Robnett's Hardware.

For more info: [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) or call (541) 230-1237.



**KAREN ROSENBERG**  
Broker, Realtor®, SRES®  
(541) 760-6858





**CAROL TRUEBA**  
Principal Broker, CRS, GRI, SRES®  
(541) 760-8081



*Service with integrity, respect, and patience.*

**Call today to discuss your Real Estate needs!**

Licensed Real Estate Brokers in the State of Oregon  
455 NW Tyler Ave, Corvallis OR 97330 | 541-757-1781 | [tcrealty.com](http://tcrealty.com)

### Want to be a Member of the First Alternative Board?

**An ideal candidate has:**

- ✓ An interest in contributing to the vision and mission of the Co-op. (<http://firstalt.coop/about/vision-mission-principles/>)
- ✓ Skills and ideas useful on a Board of a democratically-run local cooperative grocery business.
- ✓ Willingness to expand knowledge through interaction, orientation, and training opportunities.

Board members receive the staff discount.

Owners interested in candidacy should contact Melissa Hartley of the Board Recruitment and Elections Committee at (541) 740-6203, or [mhfboard@gmail.com](mailto:mhfboard@gmail.com).

Board applications are available online at [www.firstalt.coop](http://www.firstalt.coop) or at customer service in both stores.

**Applications are due March 31, and the election will be held in June.**



# CO-OP CLASSES AND EVENTS FEBRUARY

## Classes

**Tuesday, February 9 • 6:30-8pm**  
**South Co-op Meeting Room**  
**Food and Water for Winter Hiking**

Cost: \$15, free to Jess' team members

Keeping your body well-nourished and hydrated is essential for getting through a long, hard day on the trail. There are a wide range of products on the market that target the outdoor fitness enthusiast. Which of these are worth your money? Can you get away with taking a trip to the local grocery store? In this skills workshop, you will learn about various products and regular foodstuffs that can help fuel anything from a day hike to a long, technical ascent. We'll take into consideration the extra calorie-burning power of physical exertion on cold, winter days. You will also learn about how much fluid you'll need to bring on your hike and whether or not you need to worry about electrolytes. Food and beverages will be provided. Register on EventBrite.

**Saturday, February 13th • 1-3pm**  
**South Co-op Meeting Room**  
**Sprouting Seeds, Grains, Beans and Nuts**

Cost: \$5 for Co-op Owners, \$7 for General Public

Come learn the basics and health benefits of sprouting seeds, beans, grains, and nuts with Susan Hyne. Spouting is DIYIG... Do It Yourself Indoor Gardening!

The fee for this class will be used to pay for delicious samples that will be provided to all registered class participants. Register on EventBrite.

**Tuesday, March 1st • 6:30-8pm**  
**South Co-op Meeting Room**  
**Winter Outdoor Safety**

Cost: \$15, free to Jess' team members

Safe winter outdoor recreation depends on having a wide spectrum of practical skills, including navigation, pre-trip planning, and decision-making skills. In this class we will discuss the basics. Resources for further study will be provided to all who attend. While reading about these topics is a great way to get started, it is no replacement for practical experience. This class is intended to be a jumping-off point for beginning outdoor winter travelers. Register on EventBrite.

Register for Co-op classes online at [www.eventbrite.com](http://www.eventbrite.com)

## Events

**Thursday, February 11th • 7pm**  
**Public Library Main Meeting Room**  
**Soup Night with Maggie Stuckey**

Cost: free

Join Portland author Maggie Stuckey to sample delicious homemade soup and learn about a great way to bring neighbors together. Maggie is the author of *The Bountiful Container* and eight other books on gardening and cooking. Signed copies of her latest book, *Soup Night*, will be available for purchase. For more information, please contact the library at (541) 766-6793

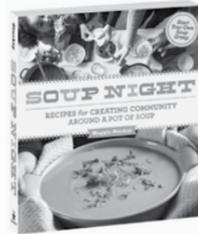
### YOU'RE INVITED TO SOUP NIGHT

with Maggie Stuckey



Thursday, February 11th, 2016  
 7:00 PM  
 Library's Main Meeting Room

Join Portland author Maggie Stuckey to sample delicious homemade soup and learn about a great way to bring neighbors together. Maggie is the author of *The Bountiful Container* and eight other books on gardening and cooking. Signed copies of her latest book, *Soup Night*, will be available for purchase.



## Thursday Tastings in February

Every Thursday from 5-7pm at both stores.

Date	North	South
February 4th	Beer: Deschutes Brewing	Beer: Gilgamesh Brewing
February 11th	Wine: Valentine's Day selections	Cider: Wildcraft Cider
February 18th	Beer: Mazama Brewing	Beer: Lagunitas Brewing
February 25th	Wine: Vinum Importing	Wine: Casa Bruno Wines



**Ted My Handyman**  
 (541) 207-6349

Remodels - Home Maintenance - Honey Do Lists  
 Intelligent - Honest - Affordable  
 Free 3-D Drawing of Your Project  
 Free Professional Estimates  
 CCB # 183405 Ted Wade - Owner

## Shop at the OSUsed Store!

OSU's on-campus thrift store @ 644 SW 13th St.

**NEW Store Hours:**  
 Tuesdays 5:30-7:30 pm  
 Fridays 12:00-3:00 pm



[surplus.oregonstate.edu](http://surplus.oregonstate.edu) 541-737-7347 [fb.me/osusurplusproperty](https://fb.me/osusurplusproperty)

## Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."  
 -Lisa Morrison, Sierra Club office manager  
 "You have brightened my day through your expertise."  
 -Andy Dufner, Director, Nestucca Sanctuary  
 "Thanks so much for helping us...I really appreciate it!"  
 -Louise Tippens, Director, Environmental Federation of Oregon

## Superior PC Service

- Repairs
- Upgrades
- Networking
- Virus removal

**John Madsen**  
 541-929-4054  
 541-740-6717  
 Established 1988



Moms make 82% of household buying decisions. Promote your business directly to your target market — local moms. Contact us about advertising, 541-231-7250.

**MOM** MAGAZINE REAL | LOCAL | MOMS

## Take Charge Corvallis presents:

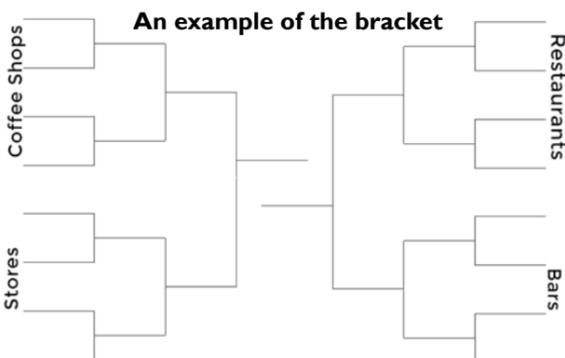
# TAKE CHARGE MADNESS

In March, Energize Corvallis, a program of the Corvallis Environmental Center (CEC), will be hosting a fun and friendly "March Madness" competition between sixteen Corvallis businesses, including First Alternative Co-op.

The aim of the competition is to help local residents save energy in money, and to help Corvallis win the \$5 million Georgetown University Energy Prize!

Businesses will be divided into four "conferences" to see who can encourage the most customers and employees to sign up on the Communities Take Charge website and choose three of their simple, energy-saving actions.

Every Tuesday of the competition that week's winners will be announced. The next round of recruitment will begin the following day. Winning businesses will be announced after the Communities Take Charge post-survey closing.



**Round 1:** February 24-March 1  
**Round 2:** March 2-8  
**Round 3:** March 9-15  
**Round 4:** March 16-22  
**March 23-April 22:** Participants perform energy-saving actions, fill out post-surveys. All post-surveys are due by 5pm on Thursday, April 22nd.  
**For more information, including a complete list of participating businesses and rules, visit [www.corvallisenvironmentalcenter.org](http://www.corvallisenvironmentalcenter.org).**  
**Come into the Co-op, sign up, and save energy!**

## Pantry Full Of Secrets?

**USE OUR ONLINE BULK LOOKUP**  
 Go to [www.firstalt.coop](http://www.firstalt.coop)  
 Select Products, Bulk, then Bulk Product Lookup from the menu bar and enter your mystery PLU numbers

# All THAI-ED Up!

With Valentine's Day this month, we're in the mood for love and the best way to feed your fire is with delicious, healthy food that stimulates, nourishes, and energizes!

Thai food features many ingredients considered to be aphrodisiacs. Chili peppers, which contain capsaicin, increase heart rate, get those endorphins going, and also promote blood flow throughout the body. Basil is considered stimulating and also promotes circulation (and was once used as perfume to entice lovers!) Garlic also promotes circulation and is said to improve stamina. Mango is high in vitamin E which helps balance hormones, and many other vitamins that promote vitality. So get cooking, get eating, and get loving!

—Emily Stimac, *Thyme Garden, Thymes Contributor*

<sup>†</sup>Available in Bulk

## LOCAL CABBAGE SOM TUM

Serves 2-4

Som Tum was a staple for my sweetie and I when we were on our honeymoon in Thailand. This refreshing salad has all the elements of Thai flavor: sweet, sour, salty and hot. For this version, I've substituted hard to find green papaya with local, seasonal cabbage—with fantastic results! In the summer you can try it with cucumber.

- ♥ 4 cups cabbage, shredded
- ♥ 2 cloves garlic, chopped
- ♥ 2 hot peppers, sliced
- ♥ 2 Tbsp palm sugar<sup>†</sup>
- ♥ 3 Tbsp *Thai Kitchen Fish Sauce*
- ♥ 1/4 cup lime juice
- ♥ 1/2 cup roasted salted peanuts<sup>†</sup>
- ♥ 6 green beans, sliced into 1" pieces
- ♥ 12 cherry tomatoes

In a tall, narrow bowl combine garlic and hot peppers. Pound with a pestle as you rotate the bowl. Add green beans and cherry tomatoes and continue to smash and rotate. Add sugar, fish sauce, lime juice and peanuts and pound a little bit more. Add cabbage and toss. Serve immediately.



## BASIL LIME MEATBALLS

Serves 6

The zippy spice of these meatballs, with sweet dipping sauce and a sprig of basil and colorful red pepper, will get your meal (and your night) started right.

- ♥ 1 lb. ground turkey, beef, or Quorn
- ♥ 1 egg, beaten
- ♥ 1/2 cup crumbled *Nature's Path Organic Cornflakes*
- ♥ 2 Tbsp onion, minced
- ♥ 2 cloves garlic, minced
- ♥ 1 tsp lime peel
- ♥ 1 cup basil, divided
- ♥ 1 red pepper, divided
- ♥ 1 Tbsp jalapeño, minced
- ♥ 1 tsp garlic salt<sup>†</sup>

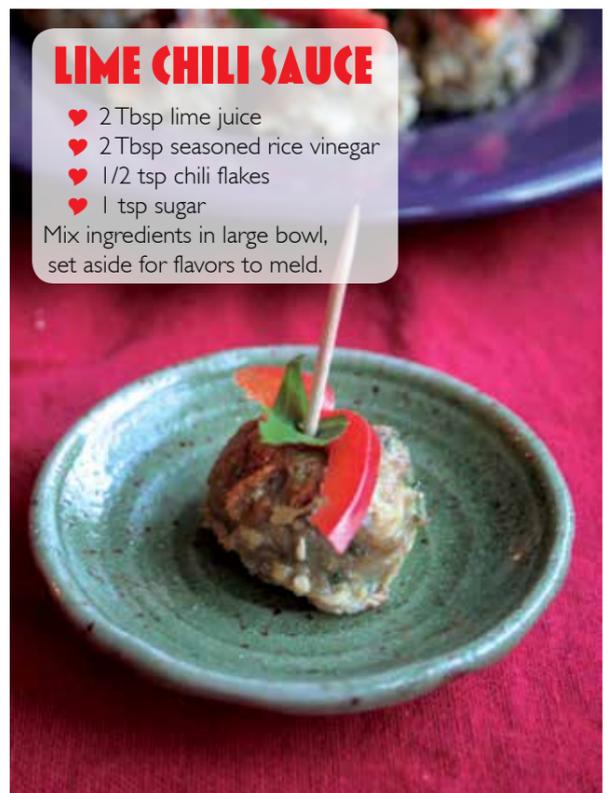
Mince 1/4 cup basil for meatballs, reserving 3-4 leaves for serving. Mince 2 Tbsp red pepper, reserving the remainder for garnish. Combine ingredients and mix well. Moisten hands and roll into 1-inch balls and place on a parchment-lined baking sheet. Bake at 350 for 20 minutes, rotating pan midway through.

Toss meatballs in Lime Chili Sauce to coat. Transfer to a serving dish and skewer with a slice of pepper and basil.

## LIME CHILI SAUCE

- ♥ 2 Tbsp lime juice
- ♥ 2 Tbsp seasoned rice vinegar
- ♥ 1/2 tsp chili flakes
- ♥ 1 tsp sugar

Mix ingredients in large bowl, set aside for flavors to meld.



## RED LOVER'S CURRY

Serves 4

The sweet flavors of cinnamon and cardamom have a wonderful warming effect on our mood. Tofu promotes breast health in women and is a low-fat source of protein.

- ♥ 2 Tbsp *Hummingbird Coconut Oil*<sup>†</sup>
- ♥ 1 block *Surata Tofu*<sup>†</sup>
- ♥ 1/2 onion
- ♥ 1 clove garlic, pressed
- ♥ 1-2 Tbsp *Thai & True Red Curry Paste*
- ♥ 1 pkg. *Let's Go Organic Creamed Coconut*
- ♥ 2 Tbsp *Better Than Bouillon Vegetable Base*
- ♥ 1 red pepper
- ♥ 2 zucchini
- ♥ 2 Tbsp *Thai Kitchen Fish Sauce*
- ♥ 2 Tbsp palm sugar<sup>†</sup>
- ♥ 1 Tbsp *Aunt Patty's Tamarind Paste*
- ♥ 1/4 cup roasted peanuts<sup>†</sup>, finely chopped
- ♥ 1 pinch each, cinnamon and cardamom<sup>†</sup>
- ♥ 2 cups jasmine rice<sup>†</sup>
- ♥ Basil and cilantro for garnish

Mix coconut cream with 2 cups boiling water and bouillon and set aside. Heat oil in deep skillet or wok. Add tofu and cook until browned. Add onion, garlic, curry paste and spices. Cook until very aromatic and add coconut cream water mix. Bring to simmer and add remaining ingredients. Adjust flavors, garnish and serve with rice.



## MANGO & VANILLA STICKY RICE

Serves 4

This lightly sweet dessert is a wonderful finish to the meal as well as a delicious breakfast option!

- ♥ 2-4 mangoes
- ♥ 1 cup sushi rice<sup>†</sup>, rinsed
- ♥ 1 can coconut milk
- ♥ 1 vanilla bean<sup>†</sup>
- ♥ 3 Tbsp sugar<sup>†</sup>
- ♥ 1/2 tsp salt<sup>†</sup>
- ♥ Basil tendrils for garnish

Bring rice, salt, and water to a boil. Cover and cook over low for 20 minutes. Meanwhile, warm coconut milk, vanilla bean, and sugar in a saucepan until steaming but not boiling.

Transfer rice to a bowl and add 1 cup warm coconut milk. Stir and allow to stand for 20 minutes.

Peel mangoes and slice fruit off the center pit. Set aside.

To serve, make a mound of sticky rice on each plate. Top with mango slices and drizzle with remaining coconut sauce. Garnish with basil. 🍴



### How did your garden grow?

Winter is the perfect time to build better soil. Earthfort can help!

- Learn about soils in our webinars & workshops
- Test your soil's performance
- Find & apply soil biology enhancing products

At:

earthfort.com



Virginia Shapiro, DC

INTEGRITY NATURAL HEALTH

Transforming Lives Through Root-Cause Resolution

### Finally... getting to the root causes of:

- chronic pain & weakness
- auto-immunity
- allergies & sensitivities
- fatigue & stress
- digestive imbalances
- sleep & mood

Call today for an appointment

541-738-2711 • integritynaturalhealth.com

THE MAJESTIC THEATRE

February Events

CORALLIS WASH. STATE

Majestic Playwrights Lab Presents

LOVE IN UNEXPECTED PLACES

Six original one-act plays written by local playwrights that examine love and where we find it in life.

FEBRUARY 12-14

PICASSO AT THE LAPIN AGILE

by Steve Martin  
Directed by Jeannette Miller

Picasso and Einstein walk into a bar. Hilarity ensues.

FEBRUARY 19-28

THE MAJESTIC THEATRE • 115 SW 2ND ST., CORVALLIS  
BUY ONLINE: WWW.MAJESTIC.ORG OR BOX OFFICE: 541.738.7469