



First Alternative
NATURAL FOODS CO-OP

AUGUST
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VOLUME 35 • ISSUE 8
Community Monthly

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www.firstalt.coop

FIRST ALTERNATIVE CO-OP
1007 SE THIRD ST.
CORVALLIS, OR 97333

Owner Rendezvous Roundup pg. 15

THYMES



LOCAL SPLASH

Sunday, August 10th

FROM 11am–2pm AT THE South Store

A WET AND WILD CELEBRATION OF SUMMER FUN AND LOCAL LIVING

FUN • FOOD • DEMOS • CLASSES • GAMES • PRIZES

LOCAL VENDORS:



AND MORE...



We're pulling out all the stops for this parking lot beach party.

Come dressed for fun, sun, and sand. Meet local vendors, activists, and organizers. Try some free samples, do some yoga, meet some animals, and learn about the sustainability efforts of our incredible community.

See you there!

INFORMATIONAL BOOTHS AND CLASSES WITH:



Sandcastle Building



Catch a Duck, Win a Prize



Grilled Treats



Live Music

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The Co-op will be closing at 6pm on August 17 to allow all of our Staff to attend our annual Staff Picnic. Please plan ahead for your grocery needs and thanks for understanding.



FA THYMES

First Alternative Co-op
Community Monthly

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. Owners may receive the paper via mail. It can also be viewed online at www.firstalt.coop.

Editors: Donna Tarasawa & Adam Payson

Design/layout: Adam Payson & Jessica Brothers

Photography: Adam Payson & Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333

Phone: (541) 753-3115

Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330

Phone: (541) 452-3115

Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop

Email address: firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

First Alternative aspires to be a cooperative model, providing high quality natural and organic products in a community oriented store.

MISSION STATEMENT

First Alternative is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices. We:

- seek to honor our traditions and build upon our potential.
- are committed to cultivating tolerance and diversity in our operations.
- strive for excellence in our products and services, including wholesome organic foods, innovative education and community outreach, while offering high quality, local, organic and minimally packaged products whenever possible.
- will act ethically and appropriately in our pricing practices.
- seek to provide a democratic business climate, fostering worker and Owner participation, according to cooperative principles.

THE INTERNATIONAL COOPERATIVE PRINCIPLES

Voluntary and Open Membership
Democratic Member Control
Member Economic Participation
Autonomy and Independence
Education, Training, and Information
Cooperation Among Cooperatives
Concern for the Community



Robert Williams
Secretary

the board's month in review

Greetings from the Board, Co-operators. It's the time of year when thoughts turn to rafting the river, harvesting greens from the garden, or just staying cool in the shade. So it is with some relief the Board gets to meet in the South Co-op meeting room early in the evening, after our collective summertime fun, to enjoy spirited conversation and Donna Tarasawa's wonderful cooking. (She experiments on the Board before publishing recipes in the Thymes.)

One of the most important aspects of managing the Co-op is monitoring its environmental impact. One of the many ways we measure that is by tracking both the percent of Bulk sales as well as overall Bulk sales growth. We have managed to increase both the total and percent of Bulk sales over the past three years. The more product we sell in Bulk, the less packaging waste is created overall. One thing worth noting is that First Alternative's refrigerated Bulk section is almost unique in the region.

Other areas of concern for the Board are product or company boycott actions and our Product Selection Guidelines. Currently the Co-op has one active boycott, against Horizon Dairy. This is part of a national campaign against that company's apparent misrepresentation of its adherence to organic standards. In response to the national campaign, you stopped buying their products which were then removed from our shelves due to lack of sales. Other boycott concerns have included slave labor chocolate and now GMOs. These issues are currently managed through our Product Selection Guidelines as they cross supplier and product lines. Currently our Staff is compiling a resource book detailing the Co-op's efforts to quantify and diminish GMO content on our shelves. This binder will be available at the Customer Service desk for everyone to examine soon. Due to federal standards prohibiting labeling of GMO content and the constantly shifting landscape, this is a very difficult issue to manage. One thing you can do is support the statewide initiative to require labeling of GMO food products. The Board has taken the step of announcing its support for the initiative. You can find more information at www.oregonrighttoknow.org.

This month we considered a number of political issues

including the \$10.10 minimum wage movement and two separate GMO issues. The minimum wage proposal is at this point just that, a proposal. There is no legislation or other action pending. The Board consensus is that while we support the idea of reducing income inequality, specifically through raising the minimum wage, at this time it's too under-defined for the Board to lend our support.

Another movement we approve of is the Benton County Food Bill of Rights. The Benton County Community Rights Coalition has decided to move the submission of their petition to May 2015 (more details about this on pg. 13). This ordinance goes well beyond addressing GMO labeling to consider local rights, the rights of humans over corporations, and aims to protect local organic growers and their markets.

We applaud the efforts of the Community Rights Coalition and their decision to move the ordinance to the May 2015 ballot. For more information go to bentonccrc.org.

As noted above, the Board has announced their support for the statewide initiative to require labeling of GMO content. A society is free only to the extent that it is educated and informed. Truth and completeness in labeling what we consume is part of the information consumers have a right to know. There will be more on this Board action in support of the initiative soon.

In other news, we settled on a lineup of Board officers to take us into the future. Blanche Sommers brings her considerable experience on the Board to the office of President, backed

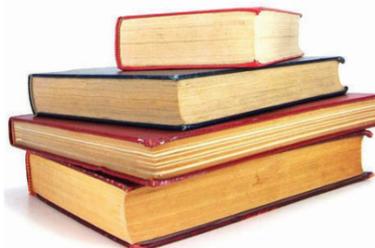
up by Claire Pate as Vice President. Jim Mitchell, elected just last year, takes over the reins of Treasurer and yours truly, Robert Williams, continues to manage the duties of Secretary.

On the fun front, the Owner Rendezvous was a blast. We had over 150 people in attendance as well as good food, good drink, and good music (see pg. 15 for a photographic roundup). The cookie potluck was a major hit. In fact, I don't think any cookies made it back to their makers.

And this month the Co-op is putting on a fun event we're calling Local Splash! It will take place on August 10 at the South Store (see cover for more details). The Board will be there to help educate folks about First Alternative and the cooperative business model, and to learn from you.

As always, you are invited to attend our Board meetings, 6:30PM on the third Tuesday of every month. We also solicit comments, suggestions and even critiques by writing to us at faboard@peak.org or on a Customer Input card available near the doors of either store.

A society is free only to the extent that it is educated and informed.



Playing Shuffle Board



With the recent retirement of Dan Shapiro and Camille Freitag from the Co-op Board a pair of existing members are transitioning to new roles. We wish them well, and look forward to working with them in their new capacities. Congratulations and thank you!

Blanche Sommers
Board President
formerly Board Treasurer



Jim Mitchell
Board Treasurer
formerly Board Member

welcome

First Alternative Co-op welcomed 42 new owners in June for a total of 9889 Co-op owners!

Co-op owners enjoy:

- Monthly Owner Sale Day Discounts
- Electing Co-op Board of Directors
- Voting for Donation Recipients
- Receiving Co-op Thymes via mail
- Patronage Dividends as profitability allows
- Community-owned business
- Support Owner Worker opportunities
- Annual "Owner Rendezvous" celebration
- It's refundable!

To buy an owner share, please stop by Customer Service or call 541-753-3115 or 541-452-3115.

we are the co-op



Cindee Lolik,
General Manager

TAKING CARE OF BUSINESS

What it means to be locally owned.

I've been passing by a billboard each morning on my way to work that declares one of our resident, regional grocery chains is "local-employee-owned," and I cringe a little bit each time I see it.

The company is 80% owned by employees through an Employee Stock Ownership Plan (ESOP). ESOPs are the most popular form of broad-based employee ownership in the United States. In part, this is because of the significant federal tax benefits for ESOP companies and the owners who sell their shares to the plan. ESOPs are also popular because they allow a business to operate in large part like a traditional company. Employee-owners at ESOP companies receive only limited governance rights, and are not required to have an increased role in management.

We remain your only 100% locally-owned and operated grocery store, with our employee-Owners able to participate alongside all of you in the governance and mission of the Co-op...for over 40 years.

Recently, the Co-op—as well as other businesses in town—have been experiencing a significant uptick in theft. One of the problems we are encountering here is due to our liberal policy about customers shopping directly into their bags, backpacks and baskets. While this can be a convenient way to shop, it also makes it very difficult for Staff to know if a customer is shopping into their own carryall for convenience or because it makes it seem like they've already paid for their groceries, allowing them to walk right out the door unimpeded. We had one regular "shopper" who we recently discovered had been filling a First Alternative

grocery bag with food and wine and then just walking out the door. In light of this, we are going to be asking our Owners and customers to shop into either a Co-op hand basket or a shopping cart for future shopping trips. We want to give you all a little time to get used to a change in your routine, so we won't be strictly enforcing this new rule until the Fall.

And what about Eden Foods? While some may disagree with Eden's stance on the recent Supreme Court Ruling in *Burwell v. Hobby Lobby*, it's important to also consider that Eden Foods has been an industry leader in maintaining organic standards and in bringing BPA-free packaging to the U.S. market. At the Co-op we serve a very diverse customer base. There are individuals on both sides of any issue. With this in mind, we believe that the best way to serve our community is to focus on providing healthful foods without taking a stance on the politics of this particular issue. Be assured, though, that the Co-op supports women's health. First Alternative strives to provide reasonable employee benefits and choices to accommodate a variety of employee needs.

We encourage our customers to vote, on this and other issues, with their dollars, supporting those companies that you like and believe in. When (for any reason) products don't sell, the Co-op stops carrying them.

We also encourage you to contact Eden Foods directly, via their FB www.facebook.com/EdenStore or email: info@edenfoods.com.

Finally, I hope you've been following your opportunities to vote on both GMO Labeling in Oregon and the Food Bill of Rights measure in Benton County. For more information go to: <http://www.oregonrighttoknow.org/> and/ or <http://bentonccrc.org/> respectively.

SUMMERTIME SOLUTIONS

Vacations begin at First Alternative.



Brian Peat,
South Store Manager

Happy Summer everyone! Warm weather like this is conducive to vacations and friendly gatherings, I suppose that's why there are so many this time of year. I just attended my first Oregon Country Fair this past July, and boy what an experience that was. It was wonderful to see many familiar faces there, people from the Co-op and from around Corvallis. It makes me realize how truly blessed we are to be a part of this wonderful, friendly community.

Speaking of warm weather gatherings, our annual staff party is coming up this month! This will be the second year that we've been lucky enough to hold it at the Thyme Garden in Alsea. I was blown away by their property last year, and I'm so very happy that they were willing to rent it out to us again. It's shaping up to be a wonderful event. It's great getting to show the Staff our appreciation, especially when we have an opportunity to go the extra mile and really make it special for them, and by having the party at the Thyme Garden we're getting to do just that. What I also think is amazing is the level support we get from other local businesses. We're getting so many donations of food, drinks, and prizes that it's just incredible. Thank you. You'll be able to see who donated items in next month's issue of the Thymes. We're setting aside room to thank everyone for their generous contributions.

Next time you're hosting a cook-out try throwing some of our all natural hardwood charcoal under the grill. Once those coals get glowing we've got just about anything you could ever want to throw over them—a spectacular selection of local produce and

meats, and any number of organic condiments and cheeses to boot. You've got a winning party here. Oh, and don't forget about the beer and cider. We've got plenty of that, too.

Going camping? Don't forget to grab some all natural sunscreen and bug spray. I also love to pack in an assortment of dried fruits, nuts, cured meats, and granolas. They store well, need no refrigeration, and taste delicious! Check out our Bulk, Deli, and Grocery departments for everything you need.

A road trip, you say? I love grabbing dried mango and beef jerky for that one. Oh and one last thing: Whatever you're doing, remember to stay hydrated. Fill up your containers at the filtered water faucet at the South Store or use the reverse osmosis water machine at the North Store. Some other refreshing favorites are coconut water, iced tea, and sparkling mineral water.

Did First Alternative's products or services lend to making your gathering or vacation a success? I would love to hear about it! Drop me a note or send me an email (brian@firstalt.coop). I love hearing about the little ways our Co-op makes your life a little bit happier.

WORLD FAIR TRADE DAY PROMO A SUCCESS

We are pleased to announce that our World Fair Trade Day cause promotion, featured in the May Co-op Deals flyer, exceeded our fundraising goal.

The promo was supported by Alaffia, Dr. Bronner's Magic Soaps, and Equal Exchange, each of whom pledged to donate one percent of sales during the promotional period (or a minimum of \$3,500) to Root

Capital, a nonprofit social investment fund that lends capital, provides financial training, and strengthens market conditions for small producers in Africa and Latin America.

The promotion resulted in a donation of \$4,362, which was matched by NCGA for a grand total of nearly \$9,000.

Thanks to everyone whose conscientious purchasing made this possible.

August in Co-op Thymes History

1980: Decided to join Chamber of Commerce, but remain politically inactive as per charter: Congratulations to Sunbow Farm, starting their 3rd year of operation soon. (When they first opened Sunbow Farm was a local supplier of tofu and soy products.)

1985: Wine & Beer are here! Approved by Board and members in February. It's been a long haul in OLCC regs, license, building shelves, getting cooler for beer, etc.

1986: Members vote on meat. Red meat voted down—20 in favor, 19 opposed. (By-laws at this time required twice as many votes for an issue as those opposing for it to pass)

1991: Roy Green retires! (He kept everything mechanical running at the Co-op for longer than anyone can remember.)

1993: Stop and think before you bag it: the Co-op goes through 5,000 plastic bags and 1,625 paper bags every week. (Not anymore we don't!)

1994: Law requires age restriction for First Alternative Volunteers.

1996: Sweeping changes in store for volunteer system: member input sought. Coming changes include: paying volunteers minimum wage in lieu of a discount, and limiting volunteer hours.

1997: Referendum results: approved 150 to 23 to authorize Board to make real estate commitments during '97 and '98 in order to accommodate present growth strategies.

1998: Meat or no meat? The issue continues. Two referendums proposing moves in opposite directions scheduled

for October: 1) Shall First Alternative offer for sale a variety of meats including but not limited to beef and pork? These shall be as close to Oregon Tilth Standards as possible and at least hormone- and antibiotic-free. 2) Shall First Alternative institute a ban on the sale of seafood, poultry, red and white meats for human consumption? This would not include secondary animal products such as rennet in cheese, gelatin capsules, eggs, oyster shells in calcium supplements, etc.

1999: Mixed use development: First Alternative considers downtown as possible locations for new store.

2000: 30th Anniversary Celebration, August 12th. in front of the store (we still only had the South Store at this point). Lots of activities, food, history booth, etc.

2001: Dancing scoops logo introduced. GMO initiative petition approved for circulation. National Walk for Farmworkers' Justice, June 18-24 through Oregon's Willamette Valley.

2002: Expansion project completed! Celebratory BBQ, Sat. Aug. 24th in store parking lot. GMO labeling initiative makes Oregon ballot.

2003: Northwest Earth Institute reports on three local restaurants and their sustainable practices: Bombs Away Cafe, Intaba's Kitchen (now Fireworks), and Nearly Normal's Gonzo Cuisine.

2005: Happy first birthday to Purple Moon Coffee.

2008: How local can you go? First Alternative Co-op conducts community-wide challenge to eat local, August 15-31. The Co-op has 6,440 active owners.

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KEEP IT COOL



DELICIOUS MEALS THAT WON'T HEAT UP THE HOUSE

Keep the oven off and your home cool on these hot summer evenings.

Get outside, fire up the grill, and throw down some mouth watering meats from *Lonely Lane Farm* in Mt. Angel: Oktoberfest Sausage, beef and pork ribs, 1/4 lb burger patties, or a variety of steaks. They're all delicious. And *Lonely Lane* meat is grass-fed and free of hormones and antibiotics. That means it's good for you and good for the environment! We also offer an assortment of sausages from *Deck Family Farms* in Junction City. Save some room on the grill for some of their pasture-raised Garlic Lamb Sausages or Hot Italian Pork Sausages.

For the cheese lover in your life stop by our cheese department and pick up some Halloumi. This unique cheese, originally from Cyprus, is made from a blend of goat and sheep cheese and it has an incredibly high melting point. That means you can (and should) throw it right on the grill. Instead of melting it gets brown, crispy, and delicious. Cypriots traditionally ate it along with watermelon in the summer. It's an excellent complement to lamb or pork, so try it along with any of the *Deck Farms* or *Lonely Lane* sausages mentioned above. In our bulk cheese section we offer two types of fresh Italian Mozzarella, Ciliegine and Ovolini. Toss either in olive oil, salt, pepper, basil, and balsamic vinegar, and serve over sliced tomatoes—a perfect hot weather refresher that doesn't even need grilling.

Another great heat-free option for these long hot days are sandwiches. There's virtually no limit to what you can put between two slices of Alpine Sourdough Bakery bread. Switch it up by trying our Dutch Gouda with Mediterranean Herbs, or Dill Havarti from Willamette Valley Cheese in Salem. Top that sammie with some Mama Lil's pickled goathorn peppers from Portland and you've got yourself one heck of a hot weather meal!

—Ashley and Valori, *Deli*

ALTERNATIVES TO THE OVEN

Some under-used appliances are starting to look pretty cool.

The lazy days of summer are here. It's already hot enough, so why spend your time sweating over the stove? Instead of adding extra heat to your home when it's hot outside, a few basic appliances and a little pre-planning can really make a difference.

Rice cookers make perfect rice, every time, with no excess heat to fog your kitchen. If you don't have a rice cooker, you can always soak rice and grains overnight to lessen their cooking time.

A slow-cooked meal makes for a delicious, low-hassle end to a day at the park. Many of your favorite oven recipes can be easily converted to the crockpot. Usually it's a simple matter of more time and less liquid (unless there's no liquid in the recipe, in which case you're going to want to add a little). Use the chart below as a jumping-off point in your conversions.

Conventional Oven	Crockpot
15-30 minutes	Low: 4 to 6 hours High: 1-1/2 to 2 hours
35-45 minutes	Low: 6 to 8 hours High: 3 to 4 hours
50 minutes or more	Low: 8 to 10 hours High: 4 to 6 hours

A pressure cooker can make dry beans ready to eat in a fraction of the time, and a portable electric roaster will cook chicken, roast, or stew and not heat your kitchen like an oven. You can even find an electrical outlet outside and cook on the porch.

—Nina South Store Bulk Assistant



Left to right: a rice cooker, pressure cooker, and crockpot enjoy a day at the beach.

THE MAJESTY OF LOCAL HEIRLOOM TOMATOES

As yet another idyllic Oregon summer begins to winds down, take comfort in the fact that local tomato season is at its peak and darn it, aren't we lucky? Right now we are featuring Denison Farm cherry tomato pints – reds, rainbows, and Sungolds, big juicy 'Slicer' tomatoes, and my very favorite foodstuff, the fantastically versatile and at times unusual heirloom tomato. Heirloom tomatoes are single strain seeds, never hybridized with any other. Some cultivars date back hundreds of years, they are just that good! We're pleased to offer four varieties of heirloom this season – Black Krim, German Stripe, Purple Cherokee, and Brandywine.



Antique ad for heirlooms

The lovely Black Krim tomato hails from the warm climate of the Crimean Peninsula on the Black Sea. They are deep red, almost purple, with a rich tangy yet sweet flavor. The hotter it gets the darker the color. The German Stripe tomato falls on the other side of the color wheel, ripening up to a stripe-y sunny yellow and orange with a touch of light green. These are heavy 'maters, sometimes weighing over two pounds. They also have very few seeds so you're getting a lot of that honeyed goodness in each fruit. It's easy to mix up the Purple Cherokee tomato with the Black Krims as they share that deep reddish purple. However, the Purple Cherokees have dark green shoulders, even when ripe! Lastly, Brandywine tomatoes are the poster child of heirloom varieties and the most recognizable with a dark pink color.

Now that you know how to recognize these wonderful tomatoes, here is one of my favorite recipes, perfect for summer picnics:

- 5 cups ripe, bite-sized seedless watermelon chunks
- 1 1/2 pounds very ripe heirloom tomatoes, 1/2 inch diced
- 3 teaspoons sugar
- 1/2 teaspoon salt
- 1 small red onion, quartered, and thinly sliced
- 1/2 cup red wine vinegar
- 1/4 cup good, strong-flavored extra-virgin olive oil

Toss the melon and tomatoes with the sugar and the salt. Let sit for 15 minutes, then fold in the onions, vinegar, and oil. Serve cold.

Do your best to take advantage of local tomato season, it goes by too fast!

—Kate Ottersten, *Produce*

Have you talked to
MOM MAGAZINE lately?

Like us on Facebook.com/lovemommag. Tell us about the most creative thing you've done with your kids to cool off. We may include your comments in an upcoming issue!



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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

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brand

Spankin' New

RISING STARS ON THE CO-OP SHELVES

GROCERY

Tea Squeeze Popsicles: It's with a heartfelt love for tea that *Tea Squeeze* presents these new handmade, organic tea popsicles. Made from the highest quality full-leaf teas and organic ingredients, they're the next step in a natural evolution that began four years ago with the opening of a tea bar in the back of Adelante Gallery in Ashland. Before long they were serving up iced teas at the Ashland Farmers' Market, and now they've turned their popular iced teas into amazing popsicles. Try all four flavors: Matcha Coconut, Afro-Thai, Peppermint Limeade, and Hibiscus Lemonade.

**Tea Squeeze Popsicles* are currently only available at the North Store.

Just Mayo: Vegans and people on low-cholesterol diets have been buying various brands of plant-oil-based mayo for years. But *Just Mayo's* ambition is far bigger: to replace conventional eggs altogether as the default ingredient in homemade potato salads and restaurant dressings.

Just Mayo's main ingredients are the same as those for most mayonnaises on the market: canola oil, water, and lemon juice. But the key emulsifier, instead of egg yolk, is yellow pea protein. Many reviewers haven't been able to tell the difference between *Just Mayo* and other mayonnaises, and prefer it to Hellman's. Look for *Just Mayo* in our chill section. Other varieties of *Just Mayo* coming soon are Chipotle and Sriracha. Keep an eye out for them

Late July Restaurant Style Tortilla Chips: the perfect party chip! Made using only the best organic ingredients, these chips are so deliciously light and crispy that they melt in your mouth. Available in two varieties: Sea Salt and Chia & Quinoa. *Late July Restaurant Style* chips are certified organic, Non-GMO project verified, certified gluten free, nut-free and vegan! Pair them with your favorite salsa or guacamole for a great summertime or anytime snack.

—Stan, Grocery/Bulk Food Manager



Late July Restaurant Style Tortilla Chips



PACT socks, for men and women



Just Mayo

BULK

Willamette Valley Granolas: We have more new and great tasting granolas from *Willamette Valley Granolas*. They're GMO-free and made with organic ingredients right here in the Willamette Valley. There's a bevy of new flavors to try: Organic French Vanilla Almond, Ancient Grains, Cocoa Chia, Baobab Coconut, and Wild Blueberry Flax. Grab a scoop of each and pick your favorite.

Mountain Rose Herbs Organic Pickling Spice: Up from Eugene and right on time for canning season, it's canning seasoning! Try this fantastic blend of spices made with all organic ingredients. It'll perk your pickles right up.

Zaidalia Obsidian: This new dark roast coffee from beloved Local 6 coffee roasters *Zaidalia* is their darkest roast yet. The name perfectly captures the color. It could be said that there's none more black.

WELLNESS

PACT Organic socks: We have a fresh new selection of *PACT* socks for men and women. They're super-soft, ultra-comfortable, made from organic cotton and now Fair Trade certified. "Hey, those are nice socks." Get used to hearing that.

Down to Earth wineglasses: These stemless wineglasses are beautiful and affordable. With a wide base and low profile they're extra sturdy. Just the thing for your backyard BBQ. Available in 15 and 21oz. sizes.

Devita Solar Body Moisturizer: Protection two ways! This new mineral sunscreen by *Devita* provides broad spectrum SPF 30 protection while at the same time nourishing and moisturizing skin. Titanium Dioxide free.

Aunt Patty's Bulk Vegetable Glycerin: Because you asked for it, we now have vegetable glycerin available in bulk. For sale by the pound, and available to special order in 1 gallon sizes.

BEAT THE HEAT WITH BULK

On pasta salads and olive oil, tea-based hydration, and oatmeal-based skincare.

Salads are a simple way to beat the heat come mealtime. Fresh and flavorful pasta salads—perfect for picnics, potlucks or summertime main dishes—are easy to make. Our bulk department offers several types of pasta. No doubt we have what you're looking for, including several delicious gluten free options.

Cooking the pasta the night before makes preparation super quick. Just toss the cooked and drained pasta with a little bit of olive oil and store overnight in the refrigerator. When you're ready to eat, prepare the salad by chopping your favorite local produce into bite sized pieces and mixing it with the cooked pasta. People traditionally use creamy dressings on pasta salads, and you can find the mayonnaise or soy free *Vegenaise* you'll need for them in the bulk cooler. But for those of us who prefer something else, a simple dressing can be made from olive oil, orange juice, and herbs. Or try any vinaigrette recipe. If you are looking for something on the creamier side, blend an avocado with a little olive oil and some herbs.

Olive oil contains essential fatty acids that help skin resist UV damage, found a Lancet Oncology study. EFAs are also part of the cell membranes that help hold in moisture. The body can't synthesize EFAs, so consume about 1 tablespoon of olive oil daily to keep skin supple. Get creative and add some fish, chicken, dried fruit or nuts to all your salads. Walnuts are storehouses of alpha-linolenic acid, an omega-3 fat that's a key component of the lubricating layer that keeps skin moist and supple. A ½-ounce serving of walnuts provides 100% of the recommended daily intake of ALA.

As temperatures rise it's important that you keep yourself hydrated. Skin cells contain mostly water, and if you're dehydrated, skin can look and feel parched. The key is to drink lots of fluids. A good rule of thumb is that your body needs half its weight (in oz.) in water each day. For example, if you weigh 150lbs., you should drink 75oz. of water every day. When you're in the mood for something other than water, the next best bet is some tea. Find your favorite blend in bulk and get brewing.

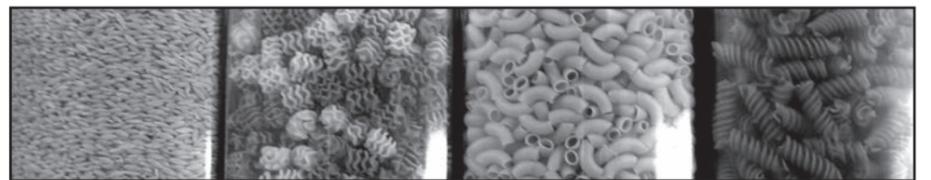
Cold-brewed tea is refreshing and delicious on a hot summer day. And tea is rich in antioxidants that decrease inflammation and help protect cell membranes. Some studies have shown that tea may also reduce the damage of sunburns and overexposure to ultraviolet light. Green tea is especially rich in a compound known as EGCG which may act as a "fountain of youth" of sorts for skin by reactivating dying skin cells.

And speaking of skin, did you know that excessive exposure to sunlight is responsible for most skin damage?

The sun is out, so take care. For soft summer skin try an oatmeal face and body pack. You can find the ingredients in the bulk department. Try this recipe:

Take 2 tablespoons oatmeal, 1 tablespoon baking soda and add water to make paste. Apply to face and all over the skin; rub gently and rinse.

—Nina, South Store Bulk Assistant



Bulk pasta

GET MEDIEVAL ON GERMS

With Uncle Harry's Four Bandits Anti-Germ

The legend of the 17th Century thieves known as the Four Bandits continues to be recounted today. Their ability to resist contracting the Black Plague while robbing the graves of plague victims has been attributed to the protective properties of an essential oil mixture worn by the bandits.

Their secret mixture, often referred to as thieves oil, has come to the modern age with *Uncle Harry's Four Bandits Anti-Germ*. It has been customized by *Uncle Harry's Natural Products* to contain a large array of antibacterial and antifungal essential oils. A long list of potent oils including oregano, mugwort and listea



Four Thieves Anti-Germ

cubeba are blended into a base of cold pressed mustard seed oil, long known for its antibacterial properties.

Uncle Harry's, based in Redmond, WA touts many uses for the oil. They recommend mixing 10-20 drops in a spray bottle with 50/50 water/vinegar solution to use around the house as a disinfectant. It may also be added to an aroma diffuser to help combat airborne molds.

Use topically by placing a few drops in a carrier oil such as almond or jojoba and massage into skin. Ward off infections and purify your surroundings with this time-tested, nontoxic solution!

—Brie, Wellness

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August Co-op Classes

Classes held in the South Store Co-op Meeting Room unless otherwise noted. Register online at www.firstalt.coop

Tuesday August 12 • 7:00-7:45pm

The Healthcare Movie hosted by MidValley Health Care Associates

Cost: free (pre-registration requested)

Every day people are dying or going bankrupt due to the ills of the United States system. Who are we in the face of this human tragedy? If you agree that people are more important than profits, then you must watch this film. Discussion follows. FREE and popcorn provided! Sponsored by Mid Valley Health Care Advocates www.mvhca.org

Thursday August 14 • 7:00-8:00pm

Hairbraiding for Beginners and Pros with Rachel Emmons

Cost: free (pre-registration requested) • Class size limited to 20 participants

Come learn exciting hair braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert, Raychel Emmons. This class is appropriate for hands 4 years old and older. FREE and open to the public. See examples of Raychel's work on her website: www.findingbraids.com

LOCAL EATS WEEK 2014 IS COMING

A staycation for the taste buds.

The fifth annual "Local Eats Week" will be held Sept 15-21. During the week, the Co-op Kitchen will be among the restaurants and businesses offering a menu item for only \$6 that will feature the bounty of our local harvest.

If last year's event is any indicator, the week promises to be a colorful array of flavors and sensations! More than eleven local restaurants have already signed up, and new participants are still being added.

DEMO SCHEDULE

Come in during the week for a taste of our featured recipes from Budget Bites, Co-op Deals and more!

Wednesdays*	Thursdays	Fridays
North 1:30-3:30pm recipe demo	North 5:30-7:30pm recipe demo	South 5:30-7pm recipe demo
South 3:30-5pm recipe demo	North 5-7pm wine tasting	South 5-7pm wine tasting

*Please note that there will be no demos on Wednesday August 16th.

Co-op Donations

JUNE 2014

The 7th Cooperative Principle is "Concern for the Community." First Alternative fulfills this principle in its role as a cooperative by donating to a variety of organizations in our community.

In June donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share... North: 1,635 lbs = \$3,052.15
 South: 821 lbs = \$1,493.29
 Chintimini: 52 lbs = \$77.48

LOCAL DONATIONS

Marys Peak Group of Sierra Club \$30
 Mid-Valley Oregon Equestrian Trail \$30
 Project HER \$30
 LaLeche League of Oregon \$30

June Donation Totals: \$4,742.92

Tuesday August 26 • 6:30-8pm

Summer Outdoor Fitness Series, Part 3: Navigation, Safety, and Judgment in the Outdoors

Cost: free (pre-registration requested)

This comprehensive class focuses on staying safe and staying found in the great outdoors. Learn how to read a map and compass, how to track and plan for changing weather conditions, and how to make good choices when you're on the trail. Then, see how quickly a good day can turn into trouble. Practice your judgment skills in some realistic scenarios.

Sunday August 31 • 6-7:30pm

Cooking local chicken: Breaking down and using all of the bird

Cost: \$25 for Co-op Owners; \$35 for general public
 Class size limited to 8 people • Register before Aug. 27th

Come join the folks from Red Bird Acres and learn all about the goodness that is chicken. In this class we will take a whole chicken break it down in to cuts, explore how different cooking methods of those cuts, including schmaltz and gibenes. We will take a look at the chicken industry and find out how chicken comes to a town near you. Come with an open mind, and an empty stomach as we will be sampling the tasty dishes that are made.

BEANS FOR BAGS DEADLINE APPROACHES!

Make your nominations

Want to help your favorite non-profit make some extra cash? Nominate them to receive Beans for Bags funding in 2015.

Each year our Owners vote on which organizations they'd like to see featured on our "bean towers" but before we can vote, we need nominees. This year the application process is more thorough than ever before, and completely electronic.

Organizations must email their application no later than September 1, 2014. We will compile the information in an easy to read format and publish the nominees in the October Thymes. First Alternative Owners will then have the month of October to vote for their favorites. The application can be found on our website and is in a fill-able PDF format: firstalt.coop/beans-for-bags-nominations/

Now, how about some fun facts about Beans for Bags:

- Only Co-op Owners are allowed to vote for Beans for Bags but all shoppers can contribute their bean to their favorite organization when they "save a bag".
- We don't actually count all those beans! The beans are weighed and entered into a formula that calculates how many bags we saved.
- The Beans for Bags donations come from an annual allocation. The annual amount is first split into quarterly amounts and then divied up between the recipients based on the amount of beans that were placed into their compartments.
- By bringing their own grocery bags, Co-op shoppers have saved 1,253,709 new bags from being used between June 2003 and June 2014! That's the equivalent of 1760 trees!



After checking out, take a bean for every shopping bag you brought from home and drop them in the bean towers located next to every exit.

Each bean is equal to a 5¢ donation to the chosen organization. At the end of the quarter, beans are tallied and each organization receives a check proportionate to the number of beans they received.



July through September 2014

Corvallis Environmental Center

Furniture Share

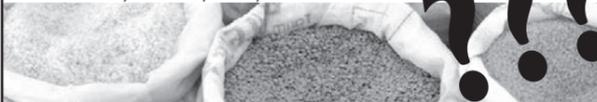
Local 6 Connection

Senior Dog Rescue of Oregon

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

Check out our BULK LOOKUP

Go to www.firstalt.coop
 Select "Bulk Search" from the menu bar and enter your mystery PLU



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

www.firstalt.coop

Burcham's Metals



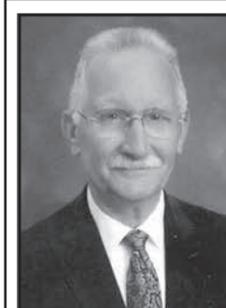
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Crew size: 30 people
Location: Junction City, OR
Acreage: 120 acres
Since: 2000



The 2014 International Year of Family Farming (IYFF) aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.

ORGANIC FROM THE GROUND UP

What do you grow? Strawberries, raspberries, blueberries, and melons. We also grow a wide variety of vegetables, herbs, and flowers—all of it certified organic.

What does the Co-op buy from you? We sell radishes, strawberries, zucchini, summer squash, potatoes, carrots, and melons to the Co-op

How long have you sold to the Co-op? Since 2001.

What products do you use to control weeds, pests, and pathogens? We hand weed and tractor cultivate, and then hope that good fertility and healthy plants can hold their own against weeds and pathogens. We are certified organic by Oregon Tilth.

Describe your farming philosophy: We are passionate about growing produce. We experiment with new techniques and unique varieties to help make eating local an exciting experience. Our dedicated crew works hard all year to help make our vision a reality.

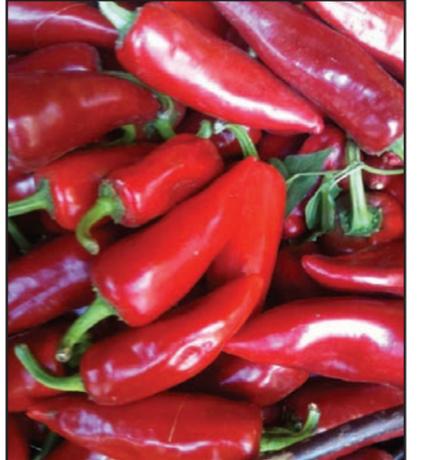
Our Story: Gabe learned a huge amount from several years of working for local farmer Tom Denison. A half-acre of his own strawberries on Crystal Lake Drive in Corvallis led to leasing eight acres just south of Junction City. A year later, when an old farmhouse and 30 acres came up for sale right next door, we jumped at the chance.

Now with additional fields leased nearby we're farming about 120 acres, all of it certified organic by Oregon Tilth.

We grow around six acres of strawberries, plus everything from agretti to zucchini. We have 40 hoops houses to help extend the season.

The sandy soil here also allows us to work up the ground very early, giving us a jump on our outdoor spring production of things like salad mix, bok choy, new potatoes, carrots, and radishes. Our two girls, Hannah (8) and Nola (6) put up with us as we figure it all out.

Gabe and Sophie



Friends and family



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Co-op deals

stock up and save!

Flyer A: July 30th-Aug. 19th
S.O. deadline: Aug. 15th

Flyer B: Aug. 20th-Sept. 2nd
S.O. deadline: Aug. 29th

Find more sales in our Co-op Deals flyers!

August 2014

sale period: **July 30th- Sept. 2nd** special order deadline: **Aug. 29th**



coffee

local color

bulk

We have an outstanding selection of over 700 different bulk products, including a wide range of organic, local and Fair Trade certified items. The best thing about bulk: you can buy as little or as much as you like!

Grizzlies

Cherry Pecan
Crunchy Granola

\$6.99 lb. reg. \$7.89

Organic rolled oats, sour Bing cherries, crunchy pecans, coconut, California almonds and almond butter! // A little sweet, a little sour, and 100% delicious!



Bulk

Organic Chia Seeds 

\$8.99 lb. reg. \$9.59

Packed with fiber and protein. Add them to your smoothies, baked goods or salads!



Equal Exchange
Coffee

\$8.99 lb. reg. \$11.99

All varieties // Stock up while your favorite is on sale!



Zaidalia
Coffee

\$8.79 lb. reg. \$9.59

All varieties // Start your day the Zaidalia way!

Sunridge Farms

Zen Party Mix

\$5.99 lb. reg. \$6.89

Great for when you're on the go or just relaxing around the camp fire.



Bragg

Liquid Aminos

\$3.39 lb. reg. \$3.89

Certified NON-GMO liquid protein concentrate, derived from healthy soybeans, that contains 16 Essential and Non-essential Amino Acids.



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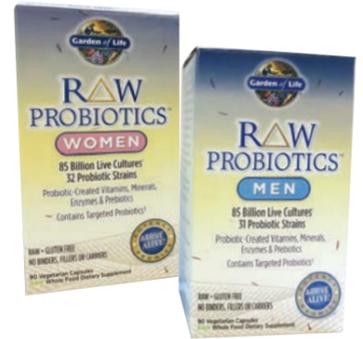
All sizes // Whole Food, USDA Certified Organic. While supplies last!



Garden of Life

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Boiron

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Calendula Products

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Himalaya
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Himalaya
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\$13.99 60ct reg. \$16.59



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Ultimate One

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First Alternative

Ultimate One

\$13.99 30ct reg. \$16.69

First Alternative

Non-GMO Sunflower Vitamin E,
400IU

\$14.69 60ct reg. \$17.39

produce

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cheese & deli

We have an impressive amount of local, regional, and international cheeses! Whether you're out camping or hosting an evening dinner affair, we've got the cheese for you!



Grande Fresh Mozzarella Ovolini reg. \$7.49 **\$6.89 lb.**
Perfect for a classic margherita pizza!

Find fresh Mozzarella with our bulk cheeses!

Grande Fresh Mozzarella Ciliegine reg. \$7.49 **\$6.89 lb.**
All you need with tomatoes and basil!



Laughing Cow Mini Babybels 6-pk. reg. \$4.59 **\$4.19 ea.**
Original, Sharp, or Light // Perfect for summer travel and backpacking!



Tillamook Creamery Smoked Cheddar 8 oz. reg. \$5.39 **\$4.89 ea.**
Serve with crackers & salami for a classic picnic treat!



Tillamook Creamery Medium Jr Loaf reg. \$7.99 **\$7.59 lb.**

Tillamook Creamery 3yr Vintage Cheddar 8 oz. reg. \$5.99 **\$5.49 ea.**



Bella Capra Raw Milk Goat Cheeses 8 oz. reg. \$9.99 **\$9.19 ea.**
Aged Cheddar or Monterey Jacques // Best artisan goat cheese ever!



Long Clawson Blue Stilton reg. \$19.19 **\$17.29 lb.**
The classic English Blue cheese!



Long Clawson Mango Ginger Stilton reg. \$16.79 **\$15.59 lb.**
Excellent crumbled on any summer salad!



Big River Fresh Baked Breads



50¢ off

Assorted varieties // Simple, quality ingredients with no preservatives. All breads are baked on hot stone decks in BR's steam injected oven!



Muruku Tasty Tidbits, 12 oz.
\$4.49

Assorted varieties // Snack time just got a whole lot crunchier, thanks to gluten-free and vegan muruku snacks! Produced by family-owned business based in Albany, OR!

Lochmead Ice Cream, 64 oz.
\$4.99

reg. \$5.99

Assorted varieties // Lochmead's ice cream is made the way four generations have enjoyed it: rich, creamy, and full of flavor!



grocery & chill

In accordance with our strict Product Selection Guidelines, we do not carry any products that contain artificial colors or flavors, unnatural preservatives or trans fats. With our emphasis on organic & local, you can enjoy all your favorite meals knowing that your shopping choices are promoting sustainability and supporting your local economy.



Crystal Geyser Sparkling Water, 1.25 ltr.

reg. \$1.59 to 1.69 **\$1.19**
Assorted varieties // Pure and refreshing. No sugar, artificial ingredients, additives, or preservatives.



SOL Sunflower Beverage, 32 oz.

reg. \$2.29 **\$1.69**

Assorted varieties // SOL is a refreshing sunflower beverage made from wholesome sunflower kernels, one of nature's most potent superfoods.



Bellwether Farms Goat Yogurt, 6 oz.

reg. \$2.29 **\$1.79**

Assorted varieties // Sweeter than goat's milk, tastier than soy and richer than cow's milk! No antibiotics or growth hormones.



Pacific Northwest Kale Chips, 1-2.2 oz.

reg. \$4.49-7.89 **\$3.49-5.99**

Sourced from regional and organic farms to ensure that you receive the highest quality food! Enjoy these on road trips and camping adventures!



Annie's Salad Dressings, 8 oz.

reg. \$3.49 **\$2.99**

Assorted varieties



479 Gourmet Popcorn, 5 oz.

reg. \$3.79 **\$2.79**

Assorted varieties // A bowl of popcorn could turn an ordinary moment into a special occasion!

meat

Did you know that "natural" beef is not the same as organic or GRASS-FED beef? Our beef come from farmers that raise their animals on perennial grasses all their lives. In this day and age, we have never been so excited to shout **OUR BEFF IS 100% GRASS FED!**



Draper Valley Farms Boneless Skinless Chicken Breasts

reg. \$8.19/lb. **\$7.29/lb**

co-op local kitchen

Our delicious offerings are produced in a full-sized commercial kitchen at FirstAlternative Co-op's South Store. We take pride in what we do, providing the community with fresh, locally-made food, using local, sustainable ingredients whenever possible.



Coop Kitchen Jeff's "Cheesy" Pasta

reg. \$8.99 **\$7.99 lb.**

Coop Kitchen Strawberry Rhubarb Pie Slice

reg. \$3.49 **\$2.99 ea.**

household

Earth Friendly ECOS x 4 Laundry Detergent, 25 oz

reg. \$7.79 **\$6.29**

100% biodegradable plant-based surfactants. Made of replenishable, sustainable ingredients that are non-toxic. ECOS is also Color-safe!



Note: products may not always be available at both store locations.

Meal plan, shopping & recipes for 2 adults, 6 nights, under \$50

BUDGET Bites

The summer heat may not be to everyone's liking, but it's exactly what some of our favorite summer veggies need in order to ripen to perfection and develop the complex, bright flavors we crave.

This edition of Budget Bites is a seasonal summer veggie world tour. From the Italian inspired *Summer Squash Soup with Zucchini Parm Loaf*, to a scrumptious but simple *Greek Salad*, and then south of the border for *Summer Savory Empanadas*. This was an especially fun voyage in recipe development. We hope you enjoy the results as much as we did.

August Menu

- Summer Squash Soup with Zucchini Parm Loaf
- Savory Summer Empanadas
- Greek Salad with Herbed Garlic Flatbread
- Stuffed Tomatoes
- Silky Spaghetti
- Herbed Frittata

Stuffed Tomatoes

- 4 medium tomatoes, scooped out (*save the insides*)
- 1 cup orzo pasta
- 2 1/2 cups of broth
- 1 onion caramelized
- 1/2 bunch of cilantro, rough chopped
- 2 large garlic cloves, crushed
- 1 tbsp olive oil
- salt and pepper
- 1/4 cup shredded cheese
- 1 tbsp fresh basil, chopped fine

Brush tomato shells with olive oil on the outside and salt the insides. Roast for 10 minutes (do not over-cook) and set aside to cool. Caramelize onion in olive oil, add garlic, sauté 3 more minutes. Raise heat to medium, add orzo, stir often. When orzo is toasted, add 1 1/2 cup broth, stir in pepper and all but 2 tbsp of cilantro. Turn heat back down to low, stir often, adding 1/2 cup of broth every 5-10 minutes as needed until pasta is tender and liquid is totally absorbed. Scoop orzo mix into each tomato, drizzle with balsamic vinegar and top with remaining cilantro.



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Alpine Sourdough Bakery

220 NW 1st St, Corvallis, OR 97330 • (541) 754-2253

This month's Local 6 feature takes us down to the riverfront, to one of our fine city's finest bakeries. Alpine Sourdough Bakery is a real family business making real good bread.

Alpine Sourdough Bakery, a family business first and foremost, has been proudly providing the Willamette Valley with nutritious, authentically-made sourdough bread since the mid-eighties. It's the real-deal: no eggs, no oils, sweetened only by honey or molasses, and most importantly, no yeast. Their breads are risen only through long fermentation by a real sourdough starter. They've been delivering their freshly-baked bread to First Alternative for years, putting smiles on customers' faces and sandwiches in their hands.

After a devastating fire and a long period of rebuilding, the bakery was purchased by Larry Joyner and his son Christopher in April of 2013. The tried-and-true methods used to nurture the 85 year old sourdough starter—the heart of Alpine Sourdough Bakery's operation—and the recipes they use remain the same as ever. Except for a few new breads (all of them delicious), the only changes made have been on the operational and marketing end of the business.

Larry's other son, John, left his job as an executive chef to join the family business. Under his direction Alpine Sourdough Bakery opened the Food Shop at the bakery. John created a variety of sandwiches, crustini, soups, and salads that serve as a showcase for their sourdough breads. The Food Shop is open Monday Through Friday for lunch from 10-3. During the Farmers' Market season they also offer a special Saturday Market Brunch from 9-2. They offer retail food and home bread baking items as well as their special flour blends for sale. All you need to do is add the salt and your own sourdough starter.

Asked about their efforts towards sustainability, Larry says, "We have been going through our entire supplier list to make sure we are buying from growers who are following sustainable practices, are certified non-GMO, organic (if available), and are as local as possible." This effort coincides with the company's basic philosophy of producing quality products from select producers, and providing food to a marketing area only as large as can be maintained on a consistent basis without losing their artisan methods and the joy of doing something right.



The Alpine Crew From left: John, Christopher, Sarah, Jessica, and Alfredo



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- ★ Pickled Beets
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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: meet your Co-op crew!

Stan Horsey

What do you do here at the Co-op? I am the Grocery and Bulk Manager. I'm boss to the Assistant Managers and the Assistants in both these departments. My boss is Bill G., North Store Manager. Basically, I'm responsible for the success of these departments. A big part of that is bringing in new products, stuff that will sell, stuff that fits with the Co-op's mission. I keep an eye on what's selling and what isn't, then we decide either to drop it or, if it's something we really believe in, to make an effort to get people to try it out. In a case like that I'll get a hold of the vendor and see if they aren't willing to come to the store and do a demo. So it's not just a matter of having the right products, it's also making sure that people know about them.

Besides vendor demos, how do you do that? The Co-op Thymes is one way, of course—I write those Brand Spankin' New blurbs for the Grocery department. Another important thing is the layout of the store. People can't buy something if they can't find it. My first big project was the South Store reset last summer, which was a pretty big undertaking. Planning was already underway when I was hired. I had about a month to try and get my feet on the ground, then it was my show. Pretty scary, but I think it went really well. We made the aisles flow better. There's always a learning curve. It can be a bit scary when you go to get your favorite cereal and it's not there anymore, but we've got a great team on the floor that helped the customers reorient themselves. Now it's hard to imagine it any other way.

The Bulk section at South got reset recently too: Yup. That one was long overdue. It was the same thing there, where we just made it make more sense and made it better. And just like with the big reset it was a team effort with every department pitching in at least a little. We couldn't have done it without the Staff and the Management and the Paid Subs, who are great because they have that extra flexibility schedule-wise.

When you first came on it was just as the Grocery Manager, correct? That's right. I got hired to do one job then sometime early in the year I got another one. I guess that means they like me [laughs]. I went from being plain old

Grocery Manager to being Grocery and Bulk Manager. I got some new business cards, too.

It's not unheard of, right, this Grocery/Bulk alliance? Not at all. In fact it's pretty much par for the course. Most every grocery chain has their bulk department as a sub-department of grocery. Granted, most grocery stores don't have as well developed of a bulk section as we do.



Stan Horsey, Grocery and Bulk Manager

But as of now the departments are still separate? Yes. We're not making any huge leaps like that right now. Incremental change is where it's at. Paid Substitutes aren't being trained for either/or anymore, so that's one difference. The position is now Bulk/Grocery Paid Substitute. It's a long ways down the road before we fully combine the two departments though. For now things will stay as they are.

You've just returned from the NCGA Convergence conference. Can you tell us a little about it, and NCGA in general? Sure. It's the National Cooperative Grocers Association, a co-op for co-ops basically, and we're a part of it. What NCGA does is consolidate the buying power of a number of small co-ops. We can afford to be competitive with our pricing because we have the combined might of many co-ops. The Convergence conference is a chance for all these different co-ops all across the country to get together to talk strategy, trade ideas, network, and find out what's the latest and greatest in natural and organic foods. There were about 120 co-ops represented there by some 350 people. Great learning experience.

Okay, enough business, let's talk Stan. How long have you been working at the Co-op? I had my one year anniversary in July. That makes me a Blueberry, which is great because I'm in season right now.

And where do you hail from? I'm an Oregon boy from way back. My grandmother came here on the Oregon Trail, at the tail end of the whole exodus thing. She was about 8 or 9 years old then. Myself, I was born in Oregon City.

Before the Co-op what did you do? I got my start in natural foods as Grocery Manager for Nature's Fresh, a little chain which later got bought out by a bigger chain called Wild Oats. When I left Wild Oats I decided to be a stay at home Dad. I spent three years doing that. I volunteered at my daughter's grade school, remodeled our home, and traveled to far off lands. After that I became Store Manager of Market of Choice in Portland. I did that for seven years, to the day, then came to the Co-op.

What do you do for fun, when you're not managing grocery stores?: Managing grocery stores is fun. Seriously though, some old buddies and I have a long running poker night. We've been meeting the first Friday of every month for 16 years now. There's seven of us and we'll be doing this until the end of time.

You're a tall man. Do you know how tall? I do. I'm six foot seven inches. 6' 7" and straight from heaven, they say.

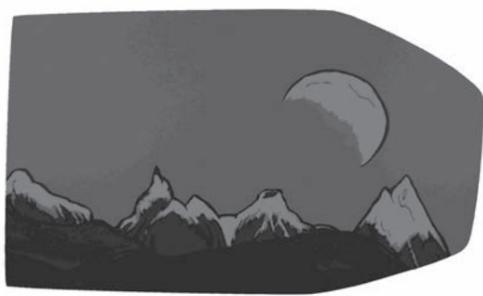
Samm Newton

My pieces usually begin as humble pencil drawings and grow into stylized, bold images. These particular works are inspired by the healing power of elements found in nature.

I will be donating any money I receive from the sale of these pieces to Athletes for Cancer - a local nonprofit that offers young adult cancer survivors a chance to experience the healing power of the elements. They helped me conquer my mountain, and I want them to continue doing that for others.

If you would like more info on Athletes for Cancer, please visit www.athletes4cancer.com.

ART at the South Store



Samm's Mountain (detail)
Acrylic, marker & mixed media on canvas

If you would like to display your art at the South Co-op, please call CS: (541) 452-3115 x300

Anniversaries in August

Staff Anniversaries

- Raspberry, 2 year: Adam Payson
- Blackberry, 4 years: Lindsey Patterson, Bruce Marbin
- Kumquat, 5 years: Nate McGhee
- Plum, 7 years: Valori George
- Apricot, 8 years: Emily Stimac
- Nectarine, 13 years: Tom Ryan
- Peach, 14 years: Kirsten Nugent

Owner-Worker Anniversaries

- Lime, 11 years: Diane Henneberger

Staff Positions: 20-40 hours per week with a regular schedule.

Paid Sub Positions: Paid Subs are trained in various departments to fill in for staff who are ill or on vacation or to fill a temporarily open shift.

Owner-Worker Positions: Co-op owners who work a 2-hour shift per week doing various duties such as stocking or helping in the deli.



ANNIVERSARY FRUITS

Every year a staff member works is represented by a different fruit that increases in size...

- | | |
|---------------|--------------------|
| 1. Blueberry | 15. Pear |
| 2. Raspberry | 16. Apple |
| 3. Cherry | 17. Orange |
| 4. Blackberry | 18. Grapefruit |
| 5. Kumquat | 19. Pomegranate |
| 6. Strawberry | 20. Mango |
| 7. Plum | 21. Papaya |
| 8. Apricot | 22. Cantaloupe |
| 9. Fig | 23. Honeydew melon |
| 10. Kiwi | 24. Pineapple |
| 11. Lime | 25. Watermelon |
| 12. Tangerine | 26. Hidden Fruit |
| 13. Nectarine | 27. Bunch Grapes |
| 14. Peach | |

After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year. etc.

www.valleyparentmagazine.com

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Corvallis

Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

NUTRITIONAL HEALING CENTER Women & Children focused Custom Nutrition Programs. Identifying Underlying Causes for dealing with Allergies, Digestion Problems, Sleep, Energy & Emotions. Hormonal & Thyroid Issues. Evaluation determines if you are a good candidate for care. Dr. Nancy Lach - Chiropractic Physician 2721 NW 9th. Corvallis nrthealling.com 541-207-3330

HELPING DOGS FEEL BETTER Carol Sweeney, PT, CCRT Physical Therapist, Certified Canine Rehabilitation Therapist. Located within Willamette Veterinary Hospital, 1562 SW 3rd St, Corvallis. Available for home visits. Written referral from a veterinarian is required. 541-908-9969.

VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and other conditions. Specific diagnosis, gentle chiropractic care, Applied Kinesiology, Frequency Specific Microcurrent (resolving scar tissue and inflammation), clinical nutrition, Functional Medicine. 915 NW 36th Street, Corvallis. (541) 738-2711, www.virginia Shapiro.com.

TWO CRANES ACUPUNCTURE AND MASSAGE Let Acupuncture and Massage nourish your body, mind and spirit. Return to a natural state of balance and harmony, using Japanese and Chinese acupuncture, herbs, nutritional and exercise counseling, or therapeutic massage. Leesa Walters, L.Ac., LMT #13160, Randall Davis, L.Ac. 1230 NW Garfield Avenue (541) 738-6117.

DISCOURAGED WITH COUNSELING? Sick of being labeled? Dreading telling your whole story all over again? I agree! And that's why I do things differently. My clients feel connected, supported, and hopeful from our first meeting, especially those struggling with the aftermath of traumatic childhoods. Call me! Michaela Lonning, michaela-counseling.com (541) 224-6732.

LYMPHATIC DRAINAGE * VISCERAL MASSAGE * CRANIOSACRAL THERAPY These modalities rejuvenate and strengthen the body's natural immune system and promote vibrant health and well being. Specializing in: Detoxification, Cancer Therapy Support, Breast Health, Lymphedema Management and Self-care. Heart in the Valley Massage - Piper Jones LLCC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698.

CAN HYPNOSIS HELP? If you've ever decided to do one thing, but keep doing something else, you have inner conflict. Hypnotherapy quickly finds the common ground between your conflicting desires so you act whole-heartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon (541) 286-5440. hypnosis-corvallis.com

WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L.AC. - Now featuring a new therapy - Acupoint Far-Infrared Heat - acupuncture without needles - all the benefit of acupuncture without being poked - plus is very effective for difficult problems. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.

Un-classifieds

Unclassifieds are only 30¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

PARENT COOPERATIVE PRESCHOOLS in Albany, Corvallis, Halsey, Lebanon, Philomath and Scio offered by Linn-Benton Community College. For information call 541-917-4899 or visit www.linnbenton.edu/go/parenting-education

ERRANDS, SHOPPING, HELP AROUND THE HOUSE, Ken, (541) 929-4296

CALL KORI THE SPOILER for your pet's good time! Will stay overnight with pets. (541) 750-0006

ECO FRIENDLY YARD CARE—NO GAS. Electric powered mowing, blowing, and edging. Quieter, No fumes. (541) 207-5736

NORTHWEST REALTY CONSULTANTS has many listed and by-owner services for people interested in buying or selling their homes. Call us at (541) 753-4567 or (541) 928-8440 or visit us at northwestrealtyconsultants.com for more details.

TAL'S CARMİ REPAIRS AND REMODELS, LLC From minor repairs to new construction. So you can relax at home. (541) 729-4810. ccb#174846

THE WEDDING GAL Officiating weddings from the Coast to the Cascades. Corvallis based. (971) 218-6798 or sites. google.com/site/CarolynSchechtman

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Corvallis Doula Network: www.corvallisdoulas.net.

PARENTING SUPPORT for families in Linn and Benton Counties. Find parenting tips, classes, and resources at www.ParentingSuccessNetwork.org. Parent Advice Line: (541) 917-4899

TRUST THE CLEANING OF YOUR HOME, small office, rental or move in/out situation to AWESOME CLEAN. Owner operated, providing efficient, detailed, dependable service with reasonable rates. Non-toxic products and pet friendly! Excellent references. Call Tracy (541) 730-1625

OUR LINCOLN CITY BEACH HOUSE IS NOW FOR SALE. It has 2 bedrooms with a full basement, 1927 character and a great view of the ocean. Furnished and in good condition. \$249,500. Owner/Broker: (541) 760-0604

DETOX & BE HEALTHIER...starting today!!! INFRARED SAUNA This treatment burns calories (lots) reduces stress and fatigue, removes wastes and toxins, improves the immune system, relieves pain and joint stiffness, increases blood circulation, all by spending 45 min. in the Far Infrared Energy Blanket. Far Infrared heat is thought to be 7 times more effective at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins as opposed to conventional heat or steam saunas. \$45 (45 min.) Series 4 each includes a FREE Detox foot Bath. Call TODAY to set up your appt.. (541)487-4060

FOR SALE: USED FRIDGE, \$85 OBO. Call for details. Ken (541) 929-4296

FOR SALE: YAKIMA ROOF RACK, for gutter style car, carrier basket, bike dish. Make an offer. Ken (541) 929-4296

DRIED SEAWEED, DRIED MUSHROOMS, kombucha, dried fruit, scrapwood. Ken, (541) 929-4296

YARDWORK, WEEDING, PRUNING, scything, general clean-up, recycling, misc labor, trailer-haul, much Ken (541) 929-4296

YARD AND GARDEN MAINTENANCE ornamental and edible, pruning, planting, tilling, mowing, homestead help. Experienced, with affordable pricing. Free estimates. Greg Menkiena (541) 829-0373

JARED'S GREENHOUSES AND CONSTRUCTION (541) 908-6607 I build quality, affordable custom greenhouses using Solexx double paned windows that open with screens and stained Doug Fir framing. I'm also skilled in tile, concrete, siding, roofing, building fences and much more. Outstanding local references & pictures available.

CERTIFIED HAKOMI THERAPIST Margot Vance-Borland, LPC has been a healing arts professional for 30 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes and sessions are also available. Call (541) 754-3595 to schedule. www.seichimcenter.com

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LOCAL FOOD INITIATIVE MOVES TO MAY 2015 BALLOT

Allowing extra time for education and understanding.

The Local Food System Ordinance of Benton County Petition was approved for circulation on April 22, 2014. If the August 6 deadline is met by submitting 2171 qualified signatures to Elections, the measure would be placed on the November 2014 ballot. The Oregon Right to Know labeling initiative began circulating their petition in May and submitted enough signatures to qualify for the November ballot. Both the county ordinance and the statewide labeling referendum deal with GMOs but in unrelated ways. If passed they will have completely different outcomes for the people, family farmers and agriculture in Benton County.

Not a simple ban of genetically modified food crop cultivation or a labeling effort, the county ordinance is an innovative rights-based measure to establish, protect, and maintain a local sustainable food system. The ordinance asserts the inherent right of our citizens in accordance with Article I, section 1 of the Oregon constitution that recognizes all power to govern is inherent in the people. It also elevates community rights over corporate claimed "rights", and state and federal preemption. The ordinance provides legal standing to local farmers and citizens, preserves our seed heritage, and protects natural communities upon which all agriculture depends.

Therefore, it has been decided to take the time so that a broad base of voter knowledge informs the vote beyond the desire to ban GMOs. This ordinance is more about what we the people want to create for a local, sustainable food system, than simply about what we do not want—namely GMOs.

After much discussion and thought, the organizing group for the Local Food System Ordinance of Benton County have concluded that the best strategy to underscore the peoples' right to govern in the place where they live, and to create a local, sustainable food system that benefits the people, family farmers, the soils, and the local economy is to take the time for education, outreach, and campaigning for an overwhelming win by the voters of Benton County in May of 2015.

The full text of the Local Food System Ordinance of Benton County can be found at: <http://bentonccrc.org/the-initiative/>



Benton Food Freedom

Our Rights ~ Our Farms ~ Our Food ~ Our Future

www.bentonccrc.org
info@bentonccrc.org

WHAT FRIENDS ARE FOR

A word from the Friends of Corvallis Parks and Recreation

Friends are essential, helpful, convivial and needed. Corvallis Parks & Recreation can say with assurance that they've got a friend—in fact, many friends—in the Friends of Corvallis Parks & Recreation. Set up as a not-for-profit organization, the group is dedicated to protecting and enhancing the livability of our community. And what better way to do this than to make sure everyone has access to local parks, facilities and recreation programs?

So far the Friends have been active in the Knotts-Owens Barn and Farm Restoration Project. You may have read about the Sunnyside 1900 Schoolhouse that was moved to that property. The Friends group helped get that building on the road to its new home. Eventually, the Knotts-Owens property will serve as a center for people of all ages to learn about farm life in Corvallis during the late 1800's.



Friends have also helped secure money to restore the Mary's River Boardwalk, which was destroyed by floodwaters several years ago. It won't be long before people can once again stroll along the boardwalk and enjoy the scenery and wildlife in these wetlands—without getting wet.

Another undertaking of the Friends is helping to raise money for a new play structure in Franklin Park. Local parks, local participation and local fun are what the Friends are all about.

Everyone is invited to become a "friend" of the Friends. It's easy to do. Visit the group's website: lovecorvallis.org for details on all our projects and how to get involved. Donations can be made online. To donate by mail send to Friends of Corvallis Parks & Recreation, 1310 SW Avery Park Drive, Corvallis, OR 97330.

You are also invited to join the Board. Monthly meetings are held at 5:30 PM on the fourth Tuesday of the month in the Parks & Recreation Office in Avery Park. Contact our Board President Betty Griffiths for more information—email bbgriff@peak.org or call (541) 752-2854. The more "friends" the better for Corvallis Parks & Recreation. Thank you.

—Roberta Sperling, Friends Board member

CHINOOK BOOK COMES TO THE CO-OP

Saving money with your smart phone, that's the smart money.

Mobile phones, is there anything they can't do these days? They settle bets, get us where we're going, keep us in touch with our loved ones, keep us entertained, and now with Chinook Book they can do what you may have never thought possible—help save you money.

Chinook Book is a free app dedicated to saving consumers money on products from some of the biggest names in natural and organic foods. The application launched in 2010 in Portland and has been growing ever since. Now Chinook Book has come to Corvallis. First Alternative, along with Laughing Planet and Footwise, are some of the first local businesses to offer this evolution in savings.

All you have to do is download the free Chinook Book app from your mobile phone's app store. Once installed, Chinook Book will tell you which local retailers are participating and give you a number of great single-use on-screen coupons for each one.

The process is simple and the application will walk you through it. Just have your phone at the ready when checking out and present the cashier with the appropriate coupons. All they have to do is type in the special UPC number that appears below the barcode of each digital coupon. In a more advanced world (or Co-op, rather) all the cashier would have to do is scan the barcode, but unfortunately our system currently isn't capable of scanning barcodes from a screen. Someday though. We're moving into the future one day at a time, and working to save you money as we go.

Save today
with free grocery product coupons from Chinook Book



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Local Splash @ the South Co-op

**Sunday, August 10th
11am-2pm**

• free samples • music • games •
• summer fun • local speakers •
and much much more!

UPCOMING EVENTS

GRAPHIC NOVEL BOOK CLUB August 5th, 6:30-7:30 p.m. New Morning Bakery, 219 SW 2nd St. Join us at our new location! We will be discussing Watchmen by Alan Moore. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. Sponsored by the CBC Public Library. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov, (541) 766-6965

CONCERTS IN THE PARK Every Tuesday through August, Central Park. 8 p.m. Come enjoy the Corvallis Community Band's weekly summer performance. Free and family-friendly. The themes change weekly, with a new concert each week through August. FMI: <http://visitcorvallis.com>

NARRATIVE OF EXPLORATION Aug. 1st-16th, see website for times. The Arts Center, 700 SW Madison Ave. Nancy Helmsworth and Owen Premore, both from Portland, exhibit together at The Arts Center in July and August with "Narrative of Exploration," an exhibit about different types of exploration. FMI: <http://theartscenter.net/>

MIDDLE PYRAMID WILDFLOWER HIKE Saturday, Aug. 9, 7 a.m. Meet at the OSU Wilkinson Hall Parking Lot across from the Beanery at 26th and Monroe. We will carpool to the trail head near Santiam Pass. Wear weather appropriate clothes, sturdy shoes and bring water and lunch. This is a steep two mile hike with the potential reward of seeing Gentians near the summit and many wildflowers in the lush vegetation below. FMI: Louise at patch11@aol.com or 541-753-0012. Sponsored by the Native Plant Society of Oregon

PRECONCEPTION AND EARLY PREGNANCY CLASS Monday, Aug. 11, 6-7:30 p.m. MidValley Birthing Services, 3111 Santiam Hwy SE Suite H, Albany, OR. Free preconception and early pregnancy class (<18 weeks) taught by certified natural childbirth educator Melissa Meyer, BBCL. Space is limited. FMI: mmeyer@birthbootcamp.com

ALL BODIES IMPROV August 18, 6:30-8:30 p.m. Live Well Studio, 971 NW Spruce Ave. All bodies are invited to join us as we explore movement using the forms of Movement Improvisation. These forms give everyone access to movement. All Bodies is an exploration of movement for play, for pleasure, for sport, for health, for love, for anger, for fear, for elation, for transformation. Free, although donations gladly accepted. FMI: livewellstudio.com

OSUSED STORE 3-DAY CLEARANCE SALE Wed.-Friday, August 20-22, 12-4 p.m. OSUsed Store, 644 SW 13th St. We're open for extra days with prices dropping each day. We carry used, low-cost furniture, computers, household items, office supplies and more. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

STARKER FORESTS TOUR August 20th, 12:30-4 p.m. Meet at 1730 Northwest 9th St. Spend the afternoon touring a breath-taking working forest with friends, family, or even all by yourself! Wear comfortable walking shoes. RSVP required. FMI: Visit Corvallis, 541-757-1544.

NIGHTS HUNTERS: AN EVENING AMONG THE OWLS and other nocturnal hunters. Saturday, August 23, 7-9 p.m. Put on your sneaky shoes and bring your creative hoots as we seek out these special nocturnal creatures! We will be learning all about owls, how to identify different calls, and end with a night walk in search of these stealth hunters. \$5-10 suggested donation. FMI: educationaudubon@gmail.com

COHO ECOVILLAGE TOUR Sunday, Aug. 24th, 1 p.m. 1975 SE Crystal Lake Dr. To sign up, cohocontact@cohoecovillage.org or 541-753-4453.

WINE & BEER TASTING
WITH LIGHT APPETIZERS

NORTH STORE

1st & 3rd Thursdays, 5-7 p.m.
wine + cheese + crackers

NORTH STORE

2nd & 4th Thursdays, 5-7 p.m.
craft brew + cheese + crackers

SOUTH STORE

Every Friday, 5-7 p.m.
wine + cheese + crackers

Please check www.firstalt.coop/events/ for updates, schedule changes, and cancellations.

BOARD & COMMITTEE
MEETINGS

OWNER RELATIONS COMMITTEE

Tuesday, August 5th - 12:15 p.m.
South Store meeting room

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, August 5th, 6-8 p.m.
North Store meeting room

FINANCE COMMITTEE

Wednesday, August 27th, 5:30-7 p.m.
South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, August 19th - 6:30 p.m.
South Store meeting room

Owner comments welcomed in first 10 minutes.

ONGOING EVENTS

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Thursdays, 7-8 p.m.;
Saturdays, 10-10:45 a.m. & 11 a.m.-12p.m.,
435 NW 4th St. Inspirational Reading,
Meditation, SRF Worldwide Prayer Circle,
Study Kriya Yoga through Paramahansa
Yogananda's teachings. All are welcome! FMI:
www.corvallismeditation.org

CORVALLIS PARENTS & FRIENDS

A place for parents and their kids to make
new friends & get support for parenting and
pregnancy. FMI: corvallisparentsnetwork.ning.com

HEALTH AND HEALTHCARE FORUM TV

Wed. @ 8p.m.; Thurs. @
9p.m.; Sat. @ 1:30PM & Sun. @ 5:30p.m.
30-minute program series, Ch. 29. Guests
discuss diverse health issues. FMI: rthall@peak.org, 541-758-9340

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

TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9
p.m. Fingerboard Extension 120 NW 2nd St.
Learn the forms. Non-aggressive. FMI: Reed,
541-754-3254

VIGIL FOR PEACE

Every day, 5-6 p.m.
Alternatives to War sponsors a vigil for
peace at the Benton County Courthouse,
120 NW 4th St. FMI: Ed, 541-752-3152

CORVALLIS VEG EDUCATION GROUP

holds dine-outs and potlucks. FMI:
www.corvallisveg.org

MONDAYS

DINING FOR WOMEN

Corvallis
Chapter Third Mondays, 6 p.m. Unitarian-
Universalist Church, 2945 NW Circle Blvd.
Bring a dish to share. We discuss female
empowerment in the world. FMI: www.diningforwomen.org

CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction,
Mondays, 5-6:30 p.m. Unitarian Universalist
Fellowship of Corvallis, 2945 NW Circle
Blvd. FMI: maryleigh.burke@gmail.com,

VETERANS FOR PEACE CHAPTER MEETING

Every 4th Monday, 6:30-8
p.m. UUFC, 2945 NW Circle Blvd. All are
welcome. Come help us "Wage Peace." FMI:
info@vfpcorvallis.org

AMNESTY INT'L WRITERS GROUP

2nd Monday, 7 p.m. First United Methodist
Church, 11th & Monroe Rm #106-B. Write
letters to prisoners of conscience. FMI: 541-
619-1379

MINDFULNESS MEDITATION Taught
in the tradition of Zen Buddhist Master

Thich Nhat Hanh. 5:30-7 p.m. Friends
Meeting House, 33rd & Polk. We draw from
this 2600 yr old tradition, though you do not
need to be Buddhist. FREE, All are welcome.
FMI: ken.oefelein@gmail.com

SEXY SLIMMING CLASS

with Laughter
Yoga and Life Force. For day/time, contact
Traci, 541-760-8557, Energy9studio.com

TUESDAYS

CHAIR YOGA

3-4 p.m. Live Well Studio,
971 NW Spruce St. Chair Yoga provides
the benefits of yoga to all bodies and is well
suited to those with medical or physical
limitations. Yoga poses are adapted with the
use of chairs and other props. Donations
accepted. FMI: livewellstudio.com

CORVALLIS MEDITATION COMMUNITY

Learn meditation
techniques to relax and recharge body and
mind. 5:30-6:30 p.m. 3311 NW Polk St. FMI:
Carolyn, 971-218-6798, RASALILA2@yahoo.com

A COURSE IN MIRACLES

7:30 p.m.
Join us as we read & discuss this spiritual
classic, after a meditation. FMI: 541-754-9051.

CELTIC JAM

Every Tuesday, 7-9 p.m.
Imagine Coffee Live Arts, 5460 SW
Philomath Blvd. All levels of players are
welcome. FMI: 541-286-4340, imagine.cof@gmail.com

MARY'S RIVER WATERSHED COUNCIL MEETING

Second Tuesdays,
6:30-8 p.m. Philomath City Council
Chamber, 980 Applegate St., Philomath. All
welcome! FMI: coordinator@mrwc.net

WEDNESDAYS

OSUSED STORE PUBLIC SALES

5:30-7:30 p.m. on 1st Wed. of the month;
12-3 p.m. on all other Weds. OSUsed Store,
644 SW 13th St. We carry used, low-cost
furniture, computers, household items, office
supplies and more. Also open 3rd Sat. of
mo. from 9am-12pm. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

CORVALLIS BELLY DANCE GUILD

Weds., 8 p.m. Old World Deli, 341
Southwest 2nd St. Live, FREE performances.
FMI: Lyanna, lyannadance@yahoo.com

HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30 p.m.
Waldo Hall, Rm. 272, OSU. Open to anyone
interested in mother-friendly maternity care.
FMI: www.valleybirthnetwork.org

TAI CHI CLASSES

5:30-6:30 p.m.
Oddfellows Hall. Ages 16+. Instructor,
Andy Bennett, holds 30 years of martial
arts experience. Class cost: free. Class fee:
commitment to practice. FMI: 541-760-9328,
<https://sites.google.com/site/wutantaichi>

THURSDAYS

GREEN TARA MEDITATION GROUP

7-8:20 p.m. Corvallis Friends
Meeting House, 3311 NW Polk Ave. Tibetan
Buddhist Meditation, meditation instruction
on request, and readings from all Buddhist
traditions. Everyone is welcome. FMI: susan.salveson@hotmail.com

DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30 p.m. Unitarian Universalist
Fellowship, 2945 NW Circle Blvd. Simple,
easy-to-learn, heart-awakening circle dances
honoring spiritual traditions from around the
world. \$5-10 donation requested. FMI: 541-
704-0680, barbwoehle@comcast.net

REIKI HEALING CIRCLE

2nd Thurs.,
7-9:30 p.m. Call for directions. All initiates
and interested parties welcome. Small
donation requested. FMI: Margot, 541-754-
3595

FRIDAYS

CORVALLIS UKULELE CABARET

First Fridays, 7-9 p.m. First Alt Co-op
Meeting Room, 1007 SE 3rd St. Open mic,
jam & singalong. Free, fun for all ages &
skill levels. Hosted by Suz Doyle & Jeanne
Holmes of The Wallop Sisters. FMI: 541-
753-8530

SATURDAYS

FREE WINE TASTING

Every Saturday, 9
a.m.- 6 p.m. Wineopolis, 151 NW Monroe,
Suite 103. FMI: Jerry Larson, 541-738-1600,
wineinfo@cmug.com

GLUTEN FREE SUPPORT GROUP

1st
Saturdays, 10 a.m.-12 p.m. First Presbyterian
Church, Dennis Hall, 9th & Monroe. Learn
more about gluten intolerance, share ideas
and sample products. FMI: 541-602-1065

AUDUBON FIELD TRIPS

Field trip
every 2nd Saturday. Meet at 7:30 a.m. 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

CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4 p.m. Corl House
in Woodland Meadows Park. FMI: 541-754-
2557, CorvallisSecular.org

SUNDAYS

YOGA FOR RECOVERY

12:30-1:45p.m.,
Live Well Studio, 971 NW Spruce Ave.
Gentle Yoga increases flexibility, strength,
balance, and endurance while reducing pain,
decreasing stress, and improving overall
health. This class will teach poses with
adaptations, modifications and the use of
props. FMI: livewellstudio.com

FALUN Dafa GROUP

9-11 a.m. A
meditation practice based on principles of
Truthfulness-Compassion-Tolerance. FMI:
Hong 541-754-9938

AVERY HOUSE NATURE CENTER OPEN HOUSE

2nd Sundays, 12-4
p.m., Avery House Nature Center,
1200 Avery Park Lane. FMI: info@corvallisenvironmentalcenter.org

CORVALLIS ZEN CIRCLE

sits 10 a.m.-
noon. FMI: Abby, 541-754-4124

NATURALIST ADVENTURES

Tracking,
wild edibles, native plants, and birding: 3rd
Sundays, 9 a.m.-12 p.m. For meeting place,
see website. FMI: www.neighborhood-naturalist.com, 541-753-7689

OWNER RENDEZVOUS ROUNDUP

A look back at our annual celebration of you, Co-op Owners.

We were all a little worried the morning of the Rendezvous; the weather didn't seem to want to cooperate with our plans. Gray and rainy isn't exactly ideal weather for a picnic and party in the park, but this is Oregon after all, and we've seen worse. By the afternoon we saw better: The party started under a canopy of pure summertime blue, the morning's clouds nothing but a memory. It was warm and there was a soft breeze. In short, the weather was perfect.

Over 150 Owners turned out. People were hanging out, reminiscing about old times, meeting new folks, playing volleyball, dancing to the music, tossing the frisbee, and just having a great time. The Co-op Kitchen put together a great spread. Baked potatoes with a selections of fixin's that seemed to go on for days. By the time folks were through the line you could hardly tell there was a big ol' baked potato on their plate.

We owe a special thanks to all the local vendors who donated food and drinks and prizes. A great community makes for a great party, and that's what we had.

Everyone thought they were stuffed until the cookies were unveiled. Baked and brought by some of the best cooks in

the valley, our Co-op Owners. There was an unbelievable selection. We all probably ate a few cookies too many, but also didn't get to try everything we wanted—the best kind of problem.

Management and the Board were on hand to emcee, answer questions, announce the results of the recent election, and to review with us the last year in First Alternative's lengthening history. It's important to look back like this, and just as important to look forward. As a Co-op we keep growing and striving to be better. With that in mind the Board asked Owners to look into the future and predict what awards the Co-op might win in 2034. Here's a selection of your clever predictions:

- Best Co-op Ever!
- Voted Best Local Grocery Store by Local 6 Farmers
- Best Community Food Processing Facility 10th Year Running
- International Award Best Cooperative Hub Encouraging Coop Enterprise
- 25,000 Owners / 5,000 Customer per day

Think of it as a to-do list. Now for some pictures:

THE GOLD PLATE SPECIAL

Please, no eating off of it.

Representing our owners at the FMI Connect tradeshow in Chicago this month was an invaluable experience. I felt like a constituent telling her congresswoman exactly what the people want.

In the Willamette Valley, we're lucky to have such an abundance of great, "slow" foods. Working at First Alternative, we do our best everyday to make these foods accessible to the community. The abundance might even cause us to take them for granted. That is until you come face to face with the supermarket giants, many of whom were in attendance at this tradeshow. The global impact these companies have on our food system is profound and, many times, deleterious.



Yadira (center) accepts the Golden Plate

Working on a daily basis with our high quality products and showcasing them to our customers through recipe demos has given me the confidence to know that despite our small size, our impact on the community, environment and local economy is greater than anything I saw at that tradeshow. Long live the Co-op!

—Yadira Ruiz, Outreach Assistant



And here it is! You may notice something amiss with our name though. It should read Co-op, not Co-Op. It's a fairly common mistake, really, but also a perfect illustration of the necessity of our mission. If we keep up the good work, then not only will the awards keep coming, but someday everyone will know just how to spell Co-op because they'll belong to one.



The crowd gathers



Babies, so cute



Friends and family



The lucky winner



Dinner is served



Serve is returned



Cutting a rug



Hanging out



Cookie feast



Table talk



Big smiles



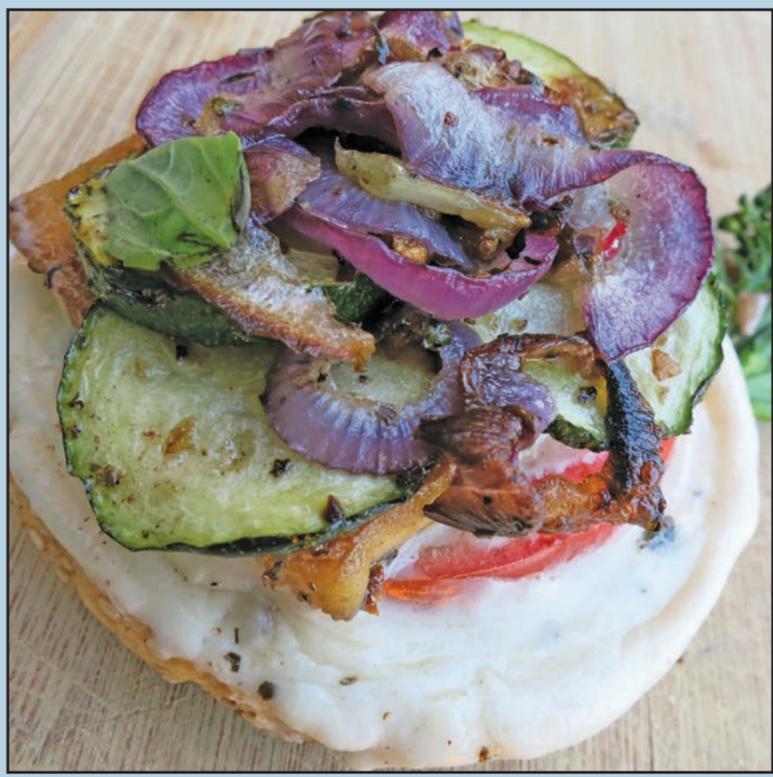
End with a drum circle

Let's do Lunch

Lunch—often times it's the simplest meal of the day, but that doesn't make it the easiest. By the time the lunch hour rolls around we're usually knee deep in the tasks and to-do's of the day. Planning a lunch on top of all of it can be a daunting task, so we're here to help with some fresh and creative ideas for an August lunch.

There are two delicious sandwich recipes to choose from, a zingy salad dressing that will add some kick to your favorite greens, and some refreshing popsicles for dessert. What a tasty way to fill up and cool off on these hot summer days.

Farmers' Market Sandwich



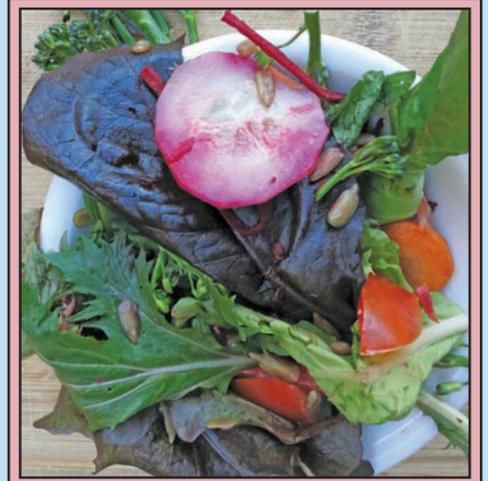
- 3 Tbsp. olive oil, divided
- 2 medium zucchini, thinly sliced (2 cups)
- 1 block tofu, sliced 1/4" thick
- 1 pkg. Nearly Normal's Tofu Seasoning
- 1/2 cup red onion rings
- 2 Tbsp. fresh basil
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/2 tsp finely chopped garlic
- 4 plain bagels, split
- 8 oz. Monterey Jack cheese, shredded
- 8 slices ripe tomato

Heat oven to 375° F. Sauté zucchini and red onion in 1 Tbsp oil, 4-5 minutes or until tender crisp. Remove from pan. Spray tofu with olive oil and rub 1/4 - 1/2 tsp Nearly Normal's seasoning onto each side. Add 2 Tbsp oil to skillet and sauté tofu, turning to brown both sides. Meanwhile, place bagels cut side up on cookie sheet; place 2 Tbsp. cheese on each bagel half. Bake for 5 minutes or until cheese is melted. Remove from oven; top each bagel with 1 tomato slice. Divide veggie mixture between bagels and top with remaining cheese. Continue baking for 4-5 minutes or until cheese is melted.

Betty's Celery Seed Dressing

- 1/4 cup sugar
- 1/2 tsp dry mustard
- 1/2 tsp salt
- 2 Tbsp onion, finely chopped
- 1/2 cup olive oil
- Dash red pepper
- 2 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1 1/2 tsp celery seed

Mix together well; refrigerate. Let warm to room temperature when ready to serve, to allow ingredients to re-blend.



Triple Berry Popsicles

- 2/3 cup sugar
- 1 cup frozen blueberries, slightly thawed
- 1 cup frozen strawberries, slightly thawed
- 1 cup frozen raspberries, slightly thawed
- 1/4 cup lemon juice

Put sugar and 1/3 cup water in a small saucepan and bring to a boil over high heat, stirring until sugar is dissolved. Set aside to cool. Combine 1/3 cup syrup, lemon juice and berries in a blender and puree until smooth, about 30 seconds. Transfer puree to popsicle molds or small plastic cups. If using plastic cups, freeze 4 hours, insert popsicle sticks and freeze an additional 4-6 hours, or until frozen solid. (Popsicle molds should have a system for keeping the stick upright so they can be inserted at the beginning of the freezing process.) To serve, unmold by quickly dipping mold into hot water.



Portobello Muffuletta Sandwich



Olive Salad

- 1/4 cup chopped celery
- 3 Tbsp chopped pimiento-stuffed olives
- 1/4 cup pepperoncinis, sliced
- 1 Tbsp mayonnaise

Sandwiches

- 6 oz. Portobello mushrooms, discard stems, then cut mushrooms into 1/2" thick slices
- 4 tsp. olive oil
- 1/4 tsp garlic powder
- 1 Big River Ciabatta roll, halved, then sliced to make a top and bottom for your sandwich
- 2 slices provolone cheese
- 4 slices tomato

In a small bowl, combine all Olive Salad ingredients; mix well. Set aside.

Place mushroom slices on cookie sheet with sides. In small bowl, combine 4 tsp olive oil and garlic powder; mix well. Brush half of oil mixture on mushrooms. Broil 4-6" from heat for 3 minutes, or until golden brown; turn over; brush with remaining oil/garlic mixture and broil 3 minutes longer. Place cheese on bottom halves of rolls. Top with olive salad, mushrooms, tomato slices. Cover with top half of rolls.

DRINKS FOR THE DANCING DAYS OF SUMMER!

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