

co-op garage sale! august 3rd • south store

First Alternative
NATURAL FOODS CO-OP



THYMES

AUGUST
2 0 1 3
VOLUME 34 • ISSUE 8
Community Monthly

In This Issue:

- Board's Month in Review: 2
- General Manager Report, South Store Manager Report: 3
- Buyer's Briefs, Donna's Kitchen: 4
- Brand Spankin' New, Time to Hike: 5
- Co-op Classes & Events, Recipe Demo Calendar: 6
- Lending a Hand: 7
- Co-op Specials: 8 & 9
- Budget Bites, Eating Local: 10
- All About Staff : 11
- Health Services Guide & Unclassifieds: 12
- Letters, Guest Editorial—Sanitizing Containers: 13
- August Happenings: 14
- Local 6 Focus—Beetanical Apiaries, 4 Delicious Summer Beverages: 15
- Recipes—A Local Feast: 16

save the bees!

Honey bees pollinate over 70% of our food. Isn't that a good reason to protect them?
details, page 15

www.firstalt.coop

Join the challenge!
Eat 80% or more local food
August 15th to 31st



celebrating local flavor

How local can you go? That's a question co-ops across the nation have been asking their communities since the inception of the Eat Local, America Challenge six years ago. And since that time we have seen a glorious renaissance in our local food system.

Sign up between August 1st and 14th at either Co-op location, then begin your challenge the 15th. During the two-week period, do your best to eat 80% or more local (think 4 out of 5 ingredients in each meal).



Fat Local, America Events

These free events are a great complement to your eat local challenge.

Fat Local, America Kickoff
Tuesday, August 15th, 6-7:30 pm
South Co-op Park (behind FireWorks)
Get your eat local challenge started with a fun evening of food and conversation! Bring a vegetarian dish made with at least 80% or more Local 6 ingredients to share, your own tableware, and a non-alcoholic beverage of your choice. **This event is for challenge participants only. You must be signed up to attend.**
RSVP: Emily Stimac, 541-753-3115x321, marketing@firstalt.coop

Fdible Front Yard Garden Tour
Wednesday, August 28, 6-8 pm
Location TBA
A guided walking tour of food-producing front yard gardens — simple to complex! Visit www.sustainablecorvallis.org for details.
FMI: www.sustainablecorvallis.org, 541-230-1237

Preserving the Harvest
Saturday, August 24th, 1-5pm
Boys and Girls Club of Lebanon, 305 S. 5th St., Lebanon
A food preservation fair, with displays by Master Food Preservers and talks on making jam, preserving tomatoes, using a pressure canner, and making farm cheese.
FMI: Linda Ziedrich, 503-394-3643

Fat Local, America Finale
Saturday, August 31st, 6-7:30pm
Triangle park across from North Co-op.
Finish off your challenge with another great local meal shared with fellow locavores! Bring a vegetarian dish made with at least 80% or more Local 6 ingredients to share, your own tableware, and a non-alcoholic beverage of your choice. **This event is for challenge participants only. You must be signed up to attend.**
RSVP: Emily Stimac, 541-753-3115x321, marketing@firstalt.coop

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

PRSR STD
US POSTAGE PAID
SALEM, OR
PERMIT #178

10% OFF

Owner Name: _____

Good for one day only during August 2013. Owner #: _____

august 2013 owner sale day coupon

Date used: _____

Details on page 3 and at Customer Service

Cashier initials: _____

Cashier: fill out owner #, your initials, today's date, use 'Owner Spec 10%' soft key & return coupon to owner



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 & Emily Stimac

Design/layout: Emily Stimac & Jessica Brothers

Photographers: Emily Stimac & Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333
Phone: (541) 753-3115 Fax: (541) 753-8401
Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330
Phone: (541) 452-3115 Fax: (541) 758-4257
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.

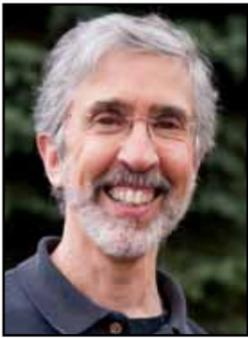
MISSION STATEMENT

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



Dan Shapiro,
Board President

the board's month in review

"What's miraculous about a spider's web?" said Mrs. Arable. "I don't see why you say a web is a miracle—it's just a web."

"Ever try to spin one?" asked Dr. Dorian.

- E.B. White, *Charlotte's Web*

It is a bit of a miracle to spin the web that connects the principal members of the Co-op community, whether close to home or far away, with each other. The Board attends to many strands of the web, but our primary focus is our relationship with you, the owners. We want you to be well informed about First Alternative's overall condition, and we want to know what's on your minds and how we can incorporate your visions into our strategic planning and oversight.

This is why the Annual Owner Rendezvous in June was such a rousing success. An estimated 250 owners (the most in quite some time) came to Avery Park to enjoy good food, good conversation, good music, and good financial news from General Manager Cindee Lolik and Finance Administrator Mark Tarasawa.

At our July meeting, the Board shared accounts of our conversations with individual owners that afternoon, including the man I sat next to who had purchased an owner share just the day before. We were happy to see so many 20- and 30-something owners there, some of whom approached us to ask specific questions about the annual reports in their hands. Many of those who attended were among the 465 new owners who had invested in the Co-op in 2013 as of late June. In comparison, FA welcomed 480 new owners in the entire 2012 calendar year!

As we have in the past, we posted an informal survey asking owners ways in which they would personally support increasing the Co-op's capital reserves in order to sustain its financial strength. Although the results are not statistically valid, it was gratifying to see how much time and attention people paid to our question. For the record, the top three options were to "voluntarily increase the value of my owner share," "increase the minimum value of all owner shares to \$100," and "invest via an interest-bearing loan to FA."

We'll keep this in mind as we collaborate with Cindee and her management team to address two significant current needs. We need to upgrade our point-of-sale system to make your checkout experience smoother and to make the staff's inventory and accounting responsibilities more accurate and efficient. And, we need to repair (or replace) the South Store roof. It's a big job with a \$1,000,000+ price tag, and it may involve structural renovations inside the store. We know that sales alone won't pay for these projects, and we're actively investigating ways to raise the necessary capital.

In other news from the July meeting, we confirmed committee assignments for the coming year:

Board Recruitment and Elections: Melissa Hartley (chair), Toni Hoyman, and Claire Pate

Finance: Blanche Sommers (chair) and Jim Mitchell

Owner Relations: Joel Hirsch (chair) and Susan Hynes

Policy Governance: Robert Williams (chair), Camille Freitag, and Dan Shapiro

Robert will serve another term as secretary, Blanche will be treasurer, Claire will be vice president, and I will serve another term as president. We reappointed Marcia Shaw and Judy Forgey to one-year terms as Board advisors. Marcia serves as the facilitator for Board meetings. Judy serves as the advisor to the Board Recruitment and Elections Committee.

We scheduled our annual strategic retreat for early November. We'll spend the first day mapping our key strategic goals for the year. On the second day, Cindee and her management team will join the discussion to share their goals and respond to ours.

Mark your calendars for the third edition of The Locavore's Winter Table on October 24, in a new venue and with new partners. We will be teaming up with other local organizations, including the Food Action Team of the Sustainability Coalition, to host a new and exciting event as part of Food Day. Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food, visit foodday.org for more information about the effort and look for exciting updates as October approaches.

That's the news from our corner of the web for now. What's on your mind? You're always welcome to write to us at faboard@peak.org.

AUGUST IN MOTION!

Walk, bike, or bus to the Co-op on Wednesdays during August, make a purchase of \$10 or more, and we will give you an extra stamp on your Alternative Transportation card!

It's our way of saying thank you for choosing another way to go.

WELCOME, NEW CO-OP OWNERS!

In June, 59 new people became Co-op owners, totaling 8511 active owners.*

Thank you for supporting the Co-op by purchasing a share!



The Benefits of Ownership

- 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
- It's refundable!

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

*Most inactive owners are those not current on their payments.



Cindee Lolik,
General Manager

linus pauling institute: discovering a new local resource general manager report

I'm so happy and privileged to live in a community that is rich in resources. I could be speaking of the agricultural paradise that is the Willamette Valley, or the incredible opportunities

for enrichment offered to us by the University, or the fantastic community-oriented work by the Sustainability Coalition, or Ten Rivers Food Web, or Benton County Health Services. . . but right now I'm referring to a gem of an organization that you may not be familiar with: the Linus Pauling Institute (LPI).

LPI is dedicated to helping people achieve a healthy and productive life, full of vitality, with minimal suffering, free of cancer and other debilitating diseases and in doing so, to conduct research to determine the role of diet, micronutrients (vitamins and essential minerals), and phytochemicals (chemicals from plants) in extending the health span.

In May of this year, LPI sponsored its biennial conference on campus that focused on Diet and Optimum Health. The target audience included scientists and health professionals in biochemistry, nutrition, preventive medicine, public health, endocrinology, cardiology, oncology, and gerontology. This year there was also a Public Session, co-sponsored

by the Moore Family Center for Whole Grain Foods, Nutrition and Preventative Health, that I was lucky enough to attend. The Saturday public session offered four presentations that highlighted scientific studies about whole food approaches to disease prevention. These are topics that are especially interesting to those of us who are concerned about our diets and looking for ways to remain happy and healthy naturally.

The four sessions were:

- Effects of Whole Grains and Nuts on Cardiometabolic Syndrome Risk Factors
- Polyphenols and Health – More Than Just a Berry Good Idea
- Healthy Dietary Patterns in the Prevention of Breast Cancer and Metabolic Syndrome
- An Integrative, Family-Based Approach to Childhood Obesity

After attending these presentations, I have begun to add more nuts and berries to my diet on a regular basis. I knew that nuts were good for me, but I did not know that walnuts are actually an effective cholesterol efflux and that those raw blueberries that you can't help but eat this time of year are loaded with flavonoids. And don't get me started on how exciting it is to know that about a study in which a special low-fat dark chocolate (6.3g per day for 18

weeks) was shown to lower blood pressure in the human subjects – the higher it was to begin with, the lower it got!

To read summaries of those presentations and to access even more information on these and other great topics, you can go to the LPI Blog: <http://blogs.oregonstate.edu/linuspaulinginstitute/>

You can see the complete videos of the four presentations at http://media.oregonstate.edu/category/04_Research%3ELinus+Pauling+Institute

You can also find more information from LPI at its Micronutrient Information Center at <http://lpi.oregonstate.edu/infocenter/>, where you can also sign up for the free Research Newsletter and other sources of up-to-date information!

Even better, the Institute is involved in both education and outreach in our community. Check out the Healthy Youth Program—in particular, the projects for low-income families., and the gardening, and cooking classes . . . <http://lpi.oregonstate.edu/healthyyouth/index.shtml>

And then, go to the LPI Facebook page, for even more updates, and to show them how much you like them: <https://www.facebook.com/LinusPaulingInstitute>

south reset brings new variety south store manager report

Hello and thank you for reading my very first article as First Alternative's South Store Manager! There's so much to update you on, I'll just take it one topic at a time.

First of all, please let me introduce myself. I am Brian Peat. I was hired as FA's Grocery Manager in March of 2012. Over this past year and a half, I have thoroughly enjoyed working with a wonderful team of dedicated individuals to maintain and improve our grocery department. We have worked a lot on improving our margins, changing our sale tag system and continuing to work on our product selection to keep up with the trends of the natural food industry. When Jason decided to move back to Ithaca, NY, I happily accepted the job offer to try to fill his shoes as the South Store Manager.

It is always a pleasure to be able to hire someone that has more experience than yourself and have the opportunity to collaborate and learn from a person that has many years in the industry. That being said, I am thrilled that we were able to hire Stan Horsey as our new Grocery Manager and I look forward to working with him extensively as I pass over the grocery department reins. Stan will be an excellent addition to the First Alternative family.

Coming up at the end of August will be our much-anticipated South Store reset. As you have probably read, we are excited to take the opportunity to improve our store flow and try to create an even better shopping experience for you. Our wellness department is moving all of their products into one aisle. This will allow our knowledgeable and friendly Wellness staff to better serve you and aid you in your selection of body care products and supplements. We are installing some taller shelving in the south half of the store to expand our selection of products and will be bringing in some great new items for you to check out!

In the grocery department, I am happy to announce that we will be getting our household cleaning and

paper products out of the alcove by produce and onto the main sales floor! You will be able to find these items much more easily and we will have more room to expand our selection here, as well.

As part of our efforts to constantly improve our stores, we will be painting sections of the interior. You will see it getting done piece by piece as we brighten up our store with a fresh coat! We are using multiple colors to delineate different departments of the store. By the end of the reset, we will have most of the south half of the store done. During the first quarter of 2014, we will start tackling the north half as well as the ceilings. Once it is all done, the color schemes will come together quite nicely.

Thank you for taking the time to read my first update and I look forward to many of these in the years to come.

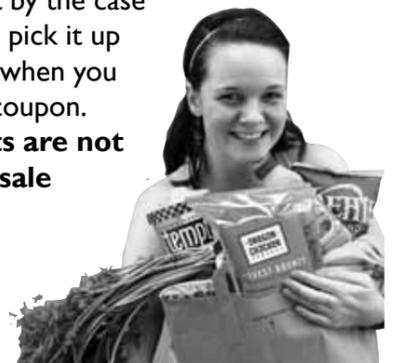
"The story of life is quicker than the wink of an eye, the story of love is hello and goodbye. Until we meet again."
~Jimi Hendrix



Brian Peat,
South Store Manager

Choose Your Own Owner Sale Day

All day, any day each month, both stores
Owners save 10% on all purchases!
Receive a 10% case discount in addition to your owner discount when you special order a product by the case in advance, then pick it up and purchase it when you use your OSD coupon. **Case discounts are not applicable on sale prices.**



THE PORTLAND CELLO PROJECT

SATURDAY, AUGUST 10

7:30PM • TICKETS: \$25-\$40

STAY FOR OUR 100TH ANNIVERSARY AFTER-PARTY

Dar Williams

SATURDAY, OCTOBER 5

7:30PM • TICKETS: \$18-\$40



THE MAJESTIC THEATRE

115 SW 2ND ST. CORVALLIS • www.majestic.org • 541.738.7469

Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."
-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"
-Louise Tippens, Director, Environmental Federation of Oregon

Superior PC Service

• Repairs

• Upgrades

• Networking

• Virus removal



John Madsen

541-929-4054

541-760-6717

Established 1988



...lovin' the dog days!

Blue Planet: cool shades with a mission



We are excited to introduce a new brand of sunglasses this summer. **Blue Planet sunglasses are here and they are 20% off for the month of August.** We love Blue Planet because they are earth conscious, socially compassionate, and their high quality glasses come a variety of cool styles.

Blue Planet's global project, Buy a Pair = Give a Pair, is intended to help renew vision around the world. In 2012, Blue Planet donated over ten thousand pairs of eyewear to those in need. For each pair of Blue Planet frames purchased, they donate an eyeglass frame to help restore sight to someone in need. They have partnered with the Lions Sight & Hearing Center to facilitate the donations. The Lions distribute the glasses to eighty countries around the world.

Blue Planet up-cycles. Usually, when glasses are being manufactured, excess plastics and metals are squeezed out of the molds and this in turn is sent to the landfill. Blue Planet up-cycles this "waste" to make their high quality stylish frames. They also work every day to reduce their carbon footprint. They incorporate post consumer recycled material whenever they can in their packaging, sleeves and tags. They also print their marketing materials using soy inks on recycled papers.

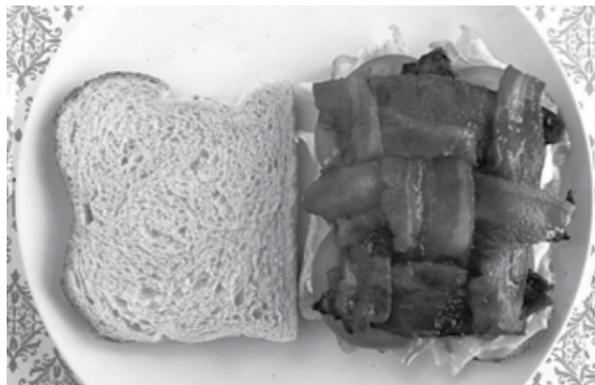
Blue Planet glasses are really cool. Come and see for yourself. There are styles for all tastes including wood, metal, bamboo and of course, up-cycled plastic frames in a variety of shapes and colors to polish off your summer look. 20% off is pretty cool, too.

-Natalie Lagerquist, Wellness Manager

DONNA'S KITCHEN easy, money-saving tips

wakin' up to BACON!

Bacon is one of the best reasons for getting up in the morning! But maybe you're looking for other ways of cooking it; something that doesn't make a greasy mess on top of your stove. Preheat your oven to 350, place a gridded wire rack on a cookie sheet, and lay bacon strips on the rack, without overlapping them. Bake for 20-25 minutes (depending on how crispy you like your bacon) and enjoy. Another idea is to weave the bacon strips together (4 going north/south and 4 going east/west). Place on a wire rack, and bake until done. This will take longer than separate strips, but cut into quarters it works GREAT for Bacon, Lettuce & Tomato Sandwiches. Pour the drippings from the cookie sheet into a small, heatproof container and refrigerate. Later you can use that bacon fat for sautéing onion for Spanish rice, or adding to green beans while they are cooking, for extra flavor. Some recipes can accommodate using bacon grease in place of bacon strips, in case you don't have bacon on hand.



Quinn Popcorn: clean microwave popcorn



We are pleased to introduce a new option for munchers who love microwave popcorn but don't want to eat junk: Quinn Popcorn.

Why do we love them? Let's hear what they've done to rethink their product:

"First, we tackled the bag. Gone are the chemical coatings (PFOA, PFCs, Poly, etc.). We even pulled out the susceptor (gray metal/plastic patch). What's left is a bag that's made from paper and paper alone. Well, it is special paper that is pressed to make it grease proof. That wasn't easy to figure out. Did we mention, it's even compostable?

The ingredients got even more attention. We never use GMO ingredients or preservatives. The popcorn is organic. The expeller pressed oils are high in omega-3s. Our ingredients all come together in 3



sweet, salty, unique, and delicious flavors. Plain and simple, our mission is to provide you with the best bag of microwave popcorn." - from the Quinn website.

Whether it's an outdoor movie night, an afternoon snack at the office, or a cozy date with your significant other, be sure to have some Quinn Popcorn on hand for quick, easy munching!

A Poem by Shane McFarland

*Dedication—
Forming connections to
Mother earth—
Glorious descendents of nature,
I name thee happiness.*

*Seed bearing fruit,
Illustrious as life.*

Tax Return Preparation

Personal • Corporate • Estate • More!

Since 1973

757-1945
316 SW Washington
Corvallis



Ted My Handyman

(541) 207-6349

Remodels - Home Maintenance - Honey Do Lists
Intelligent - Honest - Affordable
Free 3-D Drawing of Your Project
Free Professional Estimates

CCB # 183405

Ted Wade - Owner

CYCLESOLUTIONS

GETTING BIKES TO WORK

family cycling / accessories / fun / cargo bikes /
tuneups & repair / low-stress / commuting /
confidence / transportation / electric assist /

Xtracycle Fuji Breezer Xootr Yuba

YOUR NW CORVALLIS BIKE SHOP!!

541-740-0497 / www.csbikestowork.com
968 NW Circle Blvd / Corvallis, Or 97330

BRAND SPANKIN' NEW RISING STARS ON THE CO-OP SHELVES



CHEESE FIXES EVERYTHING...

- **Graziers Cheese:** Naturally higher in omega 3s and conjugated linoleic acids (CLA) and made only with milk from Certified Graziers Cows on pasture for more than 300 days per year. Available at both stores in various flavors.
- **Grassmilk Cheese from Organic Valley:** Artisan cheese crafted from 100% grassmilk from Organic Valley. Happy, healthy grass-fed cows mean exceptional flavor! Available in Mild and Sharp Cheddar.
- **Daiya Vegan Cream Cheese:** Dairy and soy free, vegan and kosher, made with coconut oil, spreadable, versatile, and oh-so-creamy. Add it to your next batch of frosting for cupcakes & spread the dairy-free love!



GOODNESS FROM GROCERY

- **Three Twins Ice Cream**— Oh my. This certified organic ice cream is **ridiculously delicious!** A few of us tried a LOT of samples at a couple of recent trade shows and we couldn't say no. I really hope you enjoy their flavors as much as we do.



- Endangered Species

Chocolate— Ok, so this isn't a "new" item but it is newly reintroduced! Over the years, many of our favorite chocolate items went away as we went through the process of source verifying our selections.

Well, guess what? All of Endangered Species chocolate are now Rainforest Alliance Certified! In our May issue, General Manager Cindee wrote an article on Rainforest Alliance certification. After doing a lot of research and interviewing Alex Morgan (RA's Senior Manager, Sustainable Value Chains and Sustainable Agriculture), she found their certification process to be in line with our chocolate policy. Well, here is one of the items that Rainforest Alliance certifies that we are happy to welcome back to our shelves. Hooray!

- Brian Peat, Grocery Manager



time to hike!

customize your trail mix for ultimate snacking enjoyment



It's true we've had a few sweltering days this summer. But compared to the unforgiving heat waves of states like Nevada, we tend to have pretty mild summers in Oregon, especially in the Willamette Valley.

That means it's the perfect time to go hiking. Hiking means it's the perfect time for trail mix. And trail mix means that First Alternative's bulk department is the perfect place to get everything you need.



We have a plethora of pre-mixed choices; Curry Cashew, Tropical Blend, 7th Heaven, and many made by snack experts at Local 6 companies.

But you run into trouble deciding on which one to choose. The 7th Heaven looks good but coconut tends to make your stomach feel less than heavenly. The Northwest Blend looks tasty but you have a paralyzing fear of raisins. Well, this is the perfect time to become a mix master and pick ingredients that will make the trail you travel more tasty. Purchase each item separately and mix them in your favorite travel vessel at home.

Remember when you were a kid and every Dixie cup of trail mix your teacher gave you came with peanuts?



Well, that's kid's stuff! It's time to get crunchier! And since you also care about nutrition, our organic sprouted almonds are a perfect choice. Whether you're a

fan of raw almonds or roasted, you are sure to enjoy the sprouted variety. Rich in magnesium, iron and vitamins E, C and B, you get more nutrition than a typical raw almond but with the crunch of a roasted one.

If you're worried about things not being sweet enough, we have a number of dried fruits to choose from. It's true that dried mangoes don't contain as much vitamin C as fresh mangoes, but they are a good source of vitamin A—which plays a key role in cell metabolism. More importantly they are just really tasty. You can chop up those dried slices into bite-sized morsels to make for a more proportional ingredient.

If you're looking for even more sweetness, try our new organic Rainier cherries, pitted bread dates or organic date pieces. You might even throw some of our dark chocolate chips in there. Keep in mind though, that chocolate melts and you may end up with a trail bar at the top of the mountain if you're not careful.



Finally, don't forget to add seeds! Go with pumpkin or sunflower for the perfect size that won't get lost in the bag. Hazelnuts, dried pineapple, Goji berries, banana chips...



Get crazy, get healthy, get hiking and don't feed those squirrels when you're climbing up that hill. They've got sensitive little stomachs!

- Chris Bell, Bulk Assistant



AMERICAN DREAM PIZZA

Gluten Free Crust available Sunday through Wednesday!

FREE DELIVERY!

CAMPUS 757-1713 • 2525 NW Monroe
DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

PRINTING & DESIGN WITH THE EARTH IN MIND

element graphics

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

Gonzo Products at the COOP and Normal's

Sunburgers
Tofu Spice Mix Pancake Mix
Tamari Ginger Vinaigrette

find us on facebook

NEARLY NORMAL'S
gonzo cuisine

(541) 753-0791
109 NW 15TH ST. CORVALLIS, OR

Try the Wednesday Farmers' Market!

markets every **Wednesday & Saturday**
april 20 - nov 27

1st & Jackson
9 AM-1 PM

Also Saturdays in Downtown Albany!
www.LocallyGrown.org

Deep Release of Tension In a Supportive Setting

Small classes
Private yoga therapy
Lovely space

Contact Christine
541-231-5992

www.sweetlyoga.net

august events & classes

NEW REGISTRATION PROCESS! Please visit firstalt.coop and click on classes to register!



Saturday, August 3

10am - 4 pm

Location: South Co-op Parking Lot

Co-op Community Garage Sale

Freshen up your fashion and spruce up your house with scores from our Community Garage sale. It's the green way to shop!

Cost: FREE to browse, prices vary

FMI: Donna Tarasawa, 541-753-31215x328

Saturday, August 3

7:00 - 9:00 pm

Compassionate Communication for Couples

Nonviolent Communication, NVC

Free Informational Meeting. World-renowned transformational model for personal growth, conflict resolution and relationship healing. Open to all.

Cost: FREE

FMI: Tina Taylor 541-753-2255 or www.tinataylor.co

Sunday, August 11 1pm-2:30pm

Stop Smoking with Hypnosis

Instructor Howard Hamilton will present powerful techniques that can help transform even long time smokers into non-smokers in one session.

Cost: \$55 for general public, \$50 for Co-op Owners

Thursday, August 15th to Saturday 31st

Eat Local, America Challenge

Sign up the 1st-14th to take part in the challenge to eat 80% or more local food the 15-31st of August! See cover for details.

Cost: FREE

FMI: Emily Stimac, marketing@firstalt.coop



Saturday, August 17th

10am-11:30am

LOCATION: NORTH CO-OP PRODUCE

National Honey Bee Day

Visit our produce department on Saturday morning for a visual demonstration of the importance of honey bees on our food system, and learn about current threats to their wellbeing.

Cost: FREE

FMI: Jeff Schiminsky, jeffs@peak.org

stop by for a sample!

We have demos lined up for you all month, so stop by and have a taste! Our demo diva Yadira Ruiz will be sampling out a variety of delicious recipes & comparatives every week, so stop by and enjoy a taste while you shop.

Wednesdays
South
3:30-5pm

Thursdays
North
5-6:30pm

Fridays
North
5-6:30pm

Saturdays
South
11-12:30pm



wine tastings

North Store: 5-7pm 1st & 3rd Thursdays

South Store: 5-7pm Fridays

No wine tastings August 29 or 30th.

co-op donations

JUNE 2013

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\$1927.98

SMALL DONATIONS

Linn-Benton Furniture Share..... \$30.00
Sierra Student Coalition..... \$30.00
Shonnards Pink Days benefitting Project H.E.R.... \$30.00
Corvallis Flower Basket Program \$75.00

BEANS FOR BAGS

QUARTERLY REPORT

Community Outreach..... \$361.44
Homeless Education \$353.07
Heartland Humane Society \$859.20
Coastal Range Food Bank..... \$426.29

**June's total donations:
\$4092.98**



Get a bean when you save a shopping bag... Each bean equals a 5¢ donation!

Our Beans for Bags program saves thousands of bags each year and helps fund local non-profit organizations.

July-September Recipients

Linn-Benton Furniture Share

Old Mill Center

Parent Enhancement Program

Local 6 Connection

Alternative Transporters of the Month



Suzanne Dumas



"Biking is my favorite exercise! Thank you First Alternative!"

- Suzanne Dumas





Co-op staff helped install two lovely new tables for your outdoor dining enjoyment at the South Co-op in July as part of the 3 Waters Project.

Lending a hand: co-op staff stay active in community

Giving of our time to the community is something that makes the Co-op special. Several staff at the Co-op take time out of their busy work schedules and lives to contribute time to local organizations. While this is not all-inclusive of all of our staff, it is an overview of the ways that we enjoy helping our community.

Cindee Lolik, General Manager

The Corvallis Independent Business Alliance (CIBA) (www.corvallisiba.org) is a cooperative effort by local, independent businesses to help our community prosper and keep our local economy healthy, diverse, and stable. In July of 2012 Cindee was elected Vice President of CIBAs board. This year she has been elected to a three-year term and will be serving as the President of the Board.

She is currently on the Sustainability Coalition's (www.sustainablecorvallis.org) Economic Vitality Team and in that capacity serves on the Buy Local First Committee (organizing the Buy Local Brunch and Buy Local Day) and the Local Investing Committee that is in the process of looking for a good vehicle (such as a LION - Local Investment Opportunity Network) to assist local investors in finding local businesses that need capital.

Cindee is also part of the Co-op's Board Committee on Cooperation Amongst Cooperatives. That committee is organizing a Local Six Cooperative Alliance to include all interested cooperative ventures in the six county area.

Donna Tarasawa, Marketing Manager

The Corvallis Chamber of Commerce (www.corvallischamber.com) is a membership-driven organization dedicated to serving the business needs of its members, and advancing the interests of business, for the good of the community. They devote their efforts to helping their members succeed in business, and helping the business community to thrive in Corvallis and Benton County, to sustain the quality of life we cherish here. Donna regularly attends Greeters and Business After Hours, where local Chamber members share information about their businesses, and where there are many networking opportunities. She served as a Chamber Ambassador for the past year helping to lead these meetings.

Donna also provides some hands on support for the Water Action Team's model demonstration site at the Co-op.

Mark Tarasawa, Finance Administrator

The Corvallis Environmental Center (www.corvallisenvironmentalcenter.org) is a key player in the creation of a sustainable community - one in which the environment, the economy and social systems are connected in a way that meets the needs of present generations without compromising the ability of future generations to meet their own needs. As a result of these efforts, the concepts of sustainability

will be widely understood and practiced by individuals and organizations, and Corvallis will be known for its commitment to an ecologically sound future.

Mark serves on the CEC Board of Directors and as Treasurer and Chair of the CEC Finance Committee.

The Corvallis Sustainability Coalition's Three Waters Project mission is to demonstrate that a fully developed and operational business can reduce its use of 3 municipal water systems and maintain productivity. Mark Tarasawa has been a part of this project, taking place at the Co-op's South Store, to reduce use of tap water and discharge of both wastewater and stormwater by 50% and have the Co-op serve as a model demonstration site for water conservation and efficiency in the City and region. As the South Store Manager at the time the project began, Mark was the Co-op liaison to the Water Action Team, as well as providing on hands on support, which he continues to do.

Michael Viliardos, IT Coordinator

The Corvallis HOUR Exchange (www.hourexchange.org) is an 11-year-old organization that teaches people about alternative currencies and promotes community-based economics. Michael has been involved since the inception and currently serves on the Board of Directors. This is a working board and duties include tabling at local events providing information about HOURS and upcoming events.

Michael also serves on the Water Action Team for the Corvallis Sustainability Coalition. He has assisted with developing and reviewing goals and projects for the team and helps on a variety of projects, the principal one being the model demonstration site at the Co-op.

Emily Stimac, Marketing Assistant

The vision of the Corvallis Sustainability Coalition's Food Action Team is, "We are fed primarily by food which is locally produced, using practices that renew and enrich the land and community." Emily has served on the Food Action Team since 2008 and has been the Team Leader since 2012. The team has organized annual local foods events, promoted local foods in restaurants, schools, and institutions, and also worked to increase neighborhood food production through the printing and distribution of the Corvallis Garden Guide, as well as organizing the Edible Front Yard Garden Tours.

The Corvallis Homeless Coalition (www.corvalliscoalition.org) provides social services to vulnerable community members through outreach and a caring network of faith community services and

volunteers. Emily volunteers with this organization on special projects as needed.

John Rouillier, Produce Assistant

The Mid Valley Bicycle Club (www.mvbc.com) is a non-profit whose main benefactor is the children's safe bicycling education program which takes place at all area elementary schools each year. John is the advocacy board member for this program.

John also serves on the Corvallis Sustainability Coalition's Transportation Action Team, volunteering for World Car Free Day, helping with the planning of that event and other projects throughout the year.

Volunteer
John Rouillier visits with an equestrian on World Car Free Day. The booth offered free bike tune-ups, maps, and other goodies.



Lisa Lindner, Human Resource Assistant

The Corvallis Bicycle Collective (CBC) (www.corvallisbikes.org) is comprised entirely of volunteers dedicated to putting safe, affordable, working bikes under all people of Corvallis and putting those bikers on the roads. Lisa started as a contracted temporary Volunteer Coordinator with the Corvallis Bicycle Collective (CBC) in the summer of 2012 and stayed with the organization after the contract ended. She recently became the Board Secretary and is looking forward to what the future holds for the CBC. The best part about the CBC is the people who are involved—the volunteers are amazing!

It is a love for our city, its future and its people that creates the desire in us to reach out beyond our everyday work schedules. Our hope is that through all of these efforts, our community is enriched.

EVERGREEN
Indian Cuisine

136 SW Third
Downtown Corvallis,
Oregon 97333
Call : 541-754-7944, Fax : 541-754-7950
www.evergreenindianrestaurant.com
Open 7 days a week Lunch : 11:30 - 2:30 Dinner : 5 pm - 9:30 pm

1525 Franklin Boulevard
Eugene, Oregon 97403
Call : 541-343-7944
Fax : 541-343-7866

Oregon Organic products

We offer: Quality

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
- ★ Pickled Jalapeños

Thanks for Supporting

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.

Sweet Creek Foods

www.sweetcreekfoods.com
541-935-1615

look for us at your Co-op

www.valleyparentmagazine.com

We Love It When You Read!

Local Fun! Local Resources!

VALLEY Parent
Linn & Benton Counties

LOCAL COLOR

AUGUST SPECIALS



SALE DATES:

Special Order Deadline

Aug. 26th

Sale Periods & Special Order Deadlines

Flyer A: July 31st - Aug. 20th
S.O. deadline: Aug. 16th

Flyer B: Aug. 21st - Sept. 3rd
S.O. deadline: Aug. 30th



BULK

SUNRIDGE FARMS

Zen Party Mix **NON GMO**

reg. \$6.89/lb **SALE \$5.99**

Organic Blueberry **NON GMO**

Almond Granola

reg. \$4.59/lb **SALE \$3.99**

Organic Jolly Beans **NON GMO**

reg. \$13.39/lb **SALE \$11.39**



NON GMO BULK

Organic Pinto Beans

reg. \$1.89/lb. **SALE \$1.79**

NON GMO BULK

Organic Banana Chips

reg. \$4.39/lb. **SALE \$3.99**

NON GMO LOTUS FOODS

Organic Brown Jasmine Rice

reg. \$2.59/lb. **SALE \$2.19**

6 LOCAL BRANDS GRIZZLIES

Aunt Maple's Crunchy Granola with organic Ingredients

reg. \$9.59/lb. **SALE \$8.69**

EDDIE'S **NON GMO**

Organic Veggie Bowties

reg. \$3.59/lb. **SALE \$3.29**



COFFEE

PACIFICA **NON GMO**

Organic Uganda Coffee

reg. \$11.19/lb. **SALE \$9.99**

ZAIDALIA **NON GMO**

Organic Coffee

Firenze, Breakfast Blend, Summer in the City. French Roast

reg. \$9.59/lb. **SALE \$8.79**



When comparing packaged spices vs. bulk spices, you can save up to 60% by choosing bulk!

General produce specials run weekly from Wednesday to Tuesday

Supporting local farms, families, and communities since 1970!

PRODUCE

Certified Organic | Grower Direct

Eggplant, Sweet Corn & Peppers

Excellent for grilling during these awesome summer nights!



WELLNESS

BADGER

All Products + Suncare

15% off

Non-nano zinc oxide, broad spectrum, biodegradable, NPA certified, NSF certified, Leaping Bunny certified!



BOIRON

Arnica & Calendula

30% off

Pain relief and first aid for all your summer activities!



BOIRON

Sabadil, Sinusalia, & Optique

30% off

Allergy and sinus relief



HOST DEFENSE

CordyChi, Stamets7, & Chaga

20% off

Stress, Immune & Antioxidant support from world famous Mycologist Paul Stamets



BLUE PLANET

Sunglasses

20% off

Made from Eco-friendly materials. 'Buy a Pair Give a Pair' program: Blue Planet donates a pair of glasses to Lions Club for someone in need for every pair they sell!



BARAKA

LipX

15% off

Potent essential oil blend for fast acting relief from cold sores!

LipX is a lip-saver!

NEW PRODUCT!



☀ FRESH

☀ LOCAL

☀ ORGANIC

☀ GOOD-FOR-YOU FOOD

CHEESE

TILLAMOOK CREAMERY

White Garlic Cheddar

8 oz. reg. \$5.19 **sale \$4.69**

Smoked Cheddar

8 oz. reg. \$5.19 **sale \$4.69**

Medium Cheddar

16 oz. reg. \$7.59 **sale \$6.99**



ROGUE CREAMERY

Oregon Blue

per lb. reg. \$16.89

sale \$15.19



K.H. DEJONG

Cablanca Goat Gouda

per lb. reg. \$14.89

sale \$13.59



LAURA CHENEL'S

Crushed Olive Chevre Log

5.4 oz. reg. \$5.49 **sale \$4.99**

LAURA CHENEL'S

Orange Blossom Honey Chevre Log

5.4 oz. reg. \$5.49 **sale \$4.99**



FRESH FROM THE
CO-OP KITCHEN

Roasted Red Pepper Hummus
reg. \$5.59/lb.

Sale \$5.09/lb.

MEATS



LONELY LANE FARM

New York Steak

reg. \$17.79/lb. **Sale \$15.99/lb.**

Some of the BEST steak we've tried!

DRAPER VALLEY FARMS

Free Range Griller Packs

reg. \$4.69/lb. **Sale \$3.99/lb.**

Two juicy, bone-in breasts & four drumsticks. Just in time for grilling season!

Mt. Angel, OR!



Like us on Facebook for a chance to win prizes and goodies!

GROCERY & CHILL

BUMBLE BAR

Organic Sesame Bar

1.4 oz. **sale \$1.29**

Delicious, nutritious, gluten free, ethically sourced, organic energy, sesame snack bars!



BLUE DIAMOND

Chilled Almond Breeze

64 oz. **sale \$2.99**

Made from real California almonds! A deliciously creamy alternative to dairy and soy!



FISHPEOPLE

Gourmet Seafood Entrees

7 oz. **sale \$4.49**

Scrumptious seafood entrées made right here in the Pacific Northwest.



WILDWOOD

Organic Firm Tofu

10 oz. **sale \$1.79**

Made with sprouted organic soybeans!



JENNIE'S

Coconut Macaroons

8 oz. **sale \$2.99**

Gluten free & delicious!



BRAGG

Salad Dressing

12 oz. **sale \$3.99**



COCOS-PURE

100% Pure Coconut Water

11.16 oz. **sale \$1.29**



NEW PRODUCT!

YVES

Meatless Ground

12 oz. **sale \$2.49**

Enjoy non-genetically engineered soy!



JULIE'S

Organic Ice Cream

pint **sale \$3.99**

The purity of this cream comes from the healthy, well-cared for cows and these pints are bursting with real flavor!



UDI'S

Gluten Free Cheese Pizza

3-pack 18.5 oz. **sale \$11.99**

Three pizzas, one low price!

HOUSEHOLD

COUNTRY SAVE

5 lb. Powdered Laundry Detergent

- Fragrance and dye free
- Completely biodegradable
- 100% phosphate free
- No optical brightener
- Gentle for sensitive skin

SALE \$6.99



Save 10% by purchasing a case!

Sale items are not eligible for case discounts. Call or visit our Customer Service desk for more info or to place an order.

(541) 753-3115



All products marked with the Local 6 coin logo are grown, made or processed by a business owned and located within the six counties closest to Corvallis: Benton, Lane, Lincoln, Linn, Marion & Polk.

NON-GMO = Certified Organic NON-GMO



= NON-GMO project



= Gluten Free Product

Find more specials in our Co-op Deals flyer insert and throughout the store. We have many more specials than we can list here!

August 2013

www.firstalt.coop • North: 541-452-3115 • South: 541-753-3115 9

BUDGET Bites

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

The Eat Local, America Challenge challenge started early for me as I developed this week of Budget Bites with your local diets in mind.

Switching out my routine choices for local ones got easier as I went.

This time for nuts, I chose roasted hazelnuts. For sweetness, local honey from bulk made the recipes buzz.

Dairy products from Lochmead or Nancy's, local bread, and a plentitude of affordable farm fresh veggies made this week a fresh and fantastic ode to local.

Each Budget Bites issue has a meal plan, shopping list and recipes for six dinners that feed two adults, often with leftovers. The total is always under \$50. Pick up a new issue each month at Customer Service or find 4 years of archives on line at firstalt.coop

-Emily Stimac, Marketing



Savory Crepe

¾ cup Sans Gluten, SVP flour (bulk)
1 cup milk
½ tsp honey
¼ tsp garlic salt
2 eggs
1 Tbsp melted butter
butter for cooking
2 Nearly Normal's Sunburgers, crumbled
1 zucchini, sliced and quartered
½ onion, diced

August Menu

Nearly Normal's Sunburgers	Crepe-a-dillas & Black Bean Salad
Savory Crepes	Black Forest Ham Panini
Pesto Zucchini "Pasta"	Grilled Stuffed Tomatoes

½ bell pepper, diced
1 garlic clove, minced
Whisk flour and salt. Beat the eggs with the milk, melted butter and honey and pour over dry ingredients. Spoon batter onto lightly oiled griddle and gently smooth to distribute evenly. Cook to golden brown on each side, 4 crepes total. Reserve remaining batter for chile rellenos.
For filling, gently sauté Sunburgers and vegetables until tender. Fold inside the each crepe and top with Cilantro Yogurt Sauce.

Cilantro Yogurt Sauce

½ cup plain yogurt
½ cup cilantro, minced
1 clove garlic, pressed
pinch of salt
1/2 tsp honey
dash of white wine
Combine all the ingredients in a food processor and blend until smooth.

Crepe-a-Dillas

2-3 crepes, cooked
grated cheese
salsa & sour cream
Top crepe with grated cheese and fold in half. Cook until melty and serve with sour cream and salsa.

Black Bean Salad

1 can black beans, drained and rinsed
½ bell pepper, diced
½ onion, minced
1 ear corn, cut off cob
1 tsp cumin
1 tsp chili powder
1 handful cilantro, minced
juice of 1 lime
Combine all ingredients in a bowl and marinate in fridge for 1 hour.



Unique Local Flavor: 5th annual "Bounty of Benton County"

Enjoy what Benton County has to offer this Labor Day weekend. The fifth annual Bounty of Benton County is an event that features the unique views, tastes, and experiences that can be found in our area. Participants are invited to tour wineries, distilleries, food producers, natural areas and more! Show your passport at each site and you will receive a special value ... from free wine tastings to farm tours, half-priced dinners and more. Raffle tickets are available for purchase to win baskets filled with local goodies, and for every 10 sites that you visit, you will receive a free raffle ticket!

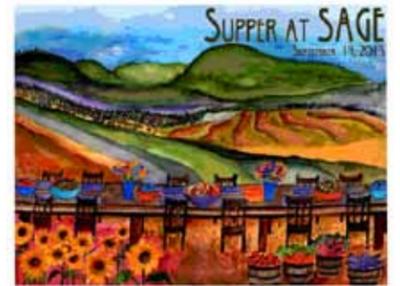
This year's event features sites across Benton County. From bucolic wineries to family farms, a fish hatchery, and delectable eateries, there is sure to be something for everyone in your family! Bounty sites are all open August 31st through September 2nd.

In addition to the Bounty Labor Day weekend event, this year also features a special dinner at Harris Bridge Vineyard on August 17th - come and enjoy a delicious local feast paired with specially chosen wines from Harris Bridge. Tickets for this dinner are limited and available by calling Harris Bridge Vineyard (541.929.3053). Proceeds from the dinner and the Bounty go to Strengthening Rural Families (SRF), a nonprofit serving families throughout rural Benton County. SRF offers parenting classes, preschool classes, support groups for teens, and other activities that support healthy families.

Bounty passports are on sale at Visit Corvallis, Grassroots Bookstore, and any of the Bounty Sites for \$20. You may also purchase the passports online at www.visitcorvallis.com. Please visit www.bountyofbentoncounty.com or contact Strengthening Rural Families at 541-929-2535 for more information.

Supper at SAGE: food, art & music

Supper at SAGE on September 14th is a magical evening of food, music and art at SAGE, the Starker Arts Garden for Education. The event begins at 4:30 p.m. with tastings of wood-fired garden pizzas and samplings from Full Circle Creamery, Red Hat Melons, and Stahlbush Island Farms paired with wines from Tye Wine Cellars, Spindrift Cellars and Nectar Creek Honeywine—all accompanied by live music, garden tours, and a silent art auction of works by local artists. A local, seasonal four-course dinner follows, prepared by celebrated chefs JC Mersmann of Gathering Together Farm, Scottie Hurley of LBCC Culinary Arts Program and other local food artisans. Enjoy a complimentary glass of wine during the event, with additional wine available for purchase by the glass or bottle. Supper at SAGE raises funds for the Corvallis Environmental Center's SAGE garden and its Corvallis Farm to School program. Event sponsors include First Alternative Natural Foods Co-op, Slow Food Corvallis, CH2MHill, and Pacific Source Health Plans. SAGE produces 4



- Art by Anne Schuster

tons of fresh produce that is donated to emergency relief agencies each year and offers garden-based workshops, camps, internships, field trips for schools, and volunteer and service learning programs. The Corvallis Farm to School program works with the Corvallis School District to bring more local, farm-fresh food into our school cafeterias, to encourage our children to make healthy eating choices and to support regional farmers.

Tickets for the Supper at SAGE are \$65 and are available online at www.corvallisenvironmentalcenter.org and at the Corvallis Environmental Center, 214 SW Monroe Ave.

DRENCH YOUR THIRST WITH QUENCHERS!

odwalla

LEMONADE & SUMMERTIME LIME

64 OZ QUENCHERS SALE \$3.69 EACH REG. 4.99-6.29 JUL 27 - AUG 31

♥ staff favorites ♥

Feast Alternative
Quinoa Salad
 "It's nutritious...AND
 DELICIOUS!"

- Ashley Caspell

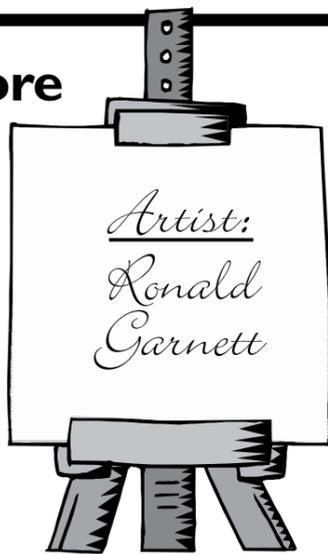


Art at the South Store

Ron Garnett has been a photographer since the mid 1970's. He earned a scholarship to OSU for photography and stayed in Corvallis after he was done.

Come see Ron's cool free-form abstract photos; they don't even look like photos! He'll also be displaying flowers, micro flowers, and humanistic expressionism.

Come check it out while you have lunch or coffee in the South Store café.



If you would like to display your art at the South Co-op, call Customer Service at 541-452-3115 x 300

Anniversaries in August

Staff Anniversaries

Blueberry, 1 year: Adam Payson

Cherry, 3 years: Lindsey Patterson & Bruce Marbin

Blackberry, 4 years: Nathan McGhee

Strawberry, 6 years: Valori George

Plum, 7 years: Emily Stimac

Apricot, 8 years: Amy Dawson

Tangerine, 12 years: Tom Ryan

Nectarine, 13 years: Kirsten Nugent

NEW! Owner Worker Anniversaries

Kiwi, 10 years: Diane Henneberger, Owner Worker

ANNIVERSARY FRUITS

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

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

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



YOU MAKE THE CO-OP A NATURAL FOODS WONDER!

ZAP KILLER FAT.COM

A Natural Metabolism Boosting, Fat Burning Program, that is NOT a diet.

Isn't it time to take back control and feel great? 541-760-8557

Staff Spotlight

Alieta Train



What do you do at the Co-op? I am officially the Marketing Assistant I. I get to do all the fun stuff surrounding store signage and displays. I make fliers, promotional pieces, update and redesign old store signs and I also help out with wine tastings and events! I've only been at the Co-op for three months now, and am about to start helping produce this monthly newspaper, the FA Thymes...which is really exciting!

What brought you to the Co-op?

I came home to visit my family for the summer before moving to the East Coast, I missed Corvallis and my family enough that I took a gander at job openings in the area. When I saw the Co-op was looking for a marketing assistant, I decided if I got the job I would stick around for a while. I love graphic design and am passionate about natural foods and community... the Universe made me an offer I couldn't refuse.

What do you like best about your job?

I get to play in the wonderful land of typography and color with a very inspiring and supportive marketing team. It's my job, that's what I like best about it.

How has working at the Co-op affected your life?

I'm finally an owner of one of my favorite Co-ops! I am living in the same area as my family for the first time in 7 years. I get to be around a bunch of surprising, unique, passionate and creative people every day. How hasn't the Co-op affected my life?

What are some of your favorite products at the Co-op?

Uh oh - Carob Spirulina Bars, Earth Balance Coconut Peanut Butter Spread, Ryvita Dark Rye Crackers, Seventh Heaven Trail Mix in Bulk, Goddess Garden Sunscreen!

What do you like to do outside of work?

I like to spend time with my family, doing outdoor activities. I spend a great deal of time playing music, watching music, listening to music and organizing/promoting music events. I like to go to Eugene and Portland and help friends work on art projects, music and material. Being active is a constant since my job is a lot of sitting, typing and clicking - bicycling, jogging, and lifting weights is my jam.

Where did you grow up/where have you lived in your life?

I grew up in Oregon around Tangent & Albany. I've lived in Portland,

Oregon; Utila, Honduras; Palm de Mallorca, Spain; & Los Angeles.

If you had three wishes....

1. All of the children of the world to feel encouraged and supported on this curious adventure of life.
2. Less punishing cost for higher education programs.
3. A bicycle bridge across the Atlantic

Where are some of your favorite travel destinations?

Places I've lived and places I've never been.... my next trip will definitely be to Machu Pichu. My favorite place to go though, is Thompson Falls, Montana because my brother and his family are there.

Where do you see yourself in 10 years?

I see myself with a tiny house and a big yard somewhere near a sea or ocean.... probably a small island where I don't need shoes because the sand is so soft. I predict a small dog with too much skin named Roger. Roger will enjoy riding around, paddle boarding, and sailing with me. I'll have some strange Internet job during the day... marketing or translating, and in the evening I'll tutor children.

What music is playing in your car, home, or head?

Timber Timbre, Tunng, Women, James Blake, Deer Hunter, Medium Troy.

What are your top 5 favorite things about Corvallis?

1. Its simple and sweet vibe.
2. The smell.
3. Its location triangled between two towns I love and a beautiful coastline.
4. The variety of faces that come from far away to be a part of it.
5. The amount of sustainable minded well intentioned people.

What is one thing you would change at the Co-op?

Our community room offered a regular schedule of yoga classes.

health services guide

Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

REBECKAH SHARPE AT BLESSED HALOS-CORVALLIS.

Cranial Facial Massage with Crystal Therapy. Aura and Chakra cleansing and balancing. Heighten intuition and dream state; release pain, negativity and spiritual and emotional pressures through the 3rd eye and crown chakras. Relaxation - Spirituality - Direction. www.behealthy.upweb.com, rsharpe30@gmail.com, 541-543-0915

DR. 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.virginiashapiro.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.

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 LLC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698.

NATURAL VISION IMPROVEMENT

Bodywork for the Eyes. Learn methods to release chronic tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach at 541-753-8374 or www.marybettsinclair.com

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.

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 wholeheartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon (541) 286-5440. hypnosis-covallis.com

MARCIA A. LIBERATORE, MD PC, OF CORVALLIS INTEGRAL MEDICINE

Offers general medical care with an interest in Functional Medicine and Medical Acupuncture, with over 30 years of medical experience. We now have licensed massage therapists offering therapeutic massage. For appointments, please call (541) 753-1172, www.drintegral.com.

WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L. AC.

- Treating the causes of your problems with diet, exercise, nutrition, qigong and consciousness facilitation. Treating your imbalances with herbs and supplements. And treating your symptoms with acupuncture and therapeutic massage. 541-753-5152 www.wholehealthclinic.com. Serving Corvallis for over 20 years.

unclassifieds

"GETTING INTO BEEKEEPING" CLASS, Saturday, August 17th, 11:30-12:00pm, @ Shonnard's Nursery. Interested in keeping bees but unsure how to get started? Let Nectar Bee Supply be your guide to this exciting and rewarding hobby. Visit www.nectarbeesupply.com for details, or call 541-224-6842

BEDROCK NUTRITIONAL SOLUTIONS-

Poor dental health? Overweight? Having difficulty conceiving? Want to feel better? How about dreaming again? I may be able to help. Nutritional solutions are bedrock and not sufficiently used. Identifying the most appropriate foods and re-supplying essential mineral and vitamin stores can work wonders, logically and naturally. I've been active as a Nutritional Therapy Practitioner for 4 years with training from national leaders in the field. Some solutions are painfully easy, safe, and inexpensive. The most cost-effective time to start is NOW! Call 541-908-6907 or mail understand@peak.org

ZAP KILLER FAT! Every Tuesday 6:30pm, contact Traci Merritt for location (541) 760-8557. The more I learn how visceral fat is an insidious parasite in most people's bodies, the more passionate I am to help people take back their control. I am also interviewing for partners to join me in this service-oriented business, directly offering profound well-being for people.

RISE UP FITNESS, ALBANY OREGON! Featuring Joyful, Prenatal, Early Morning & Restorative Yoga, Zumba, Belly Dancing, Kid's Karate, Kung Fu, Tai Chi, Meditation, Hula Dancing, NIA, Qigong, Acroyoga and Bodywork Jams and more. Also offering private personal training and therapeutic thai yoga sessions. For more info: <http://rudeshiem.wix.com/riseupfitnessllc> or (541)207-8062.

HELP with bartering, trading, access resources, use "Hours Currency," other skills. Cash/trade. Ken, 541-929-4296.

HOME IMPROVEMENT AND REPAIR.

Handyman services, renovations, rental maintenance. Call Lyle at 541-224-3785. CCB#199975

"MORE THAN A FACIAL" now in the "Oasis Room" at the Corvallis "Willamette Wellness Center." Caite, owner operator 40 years strong...voted BEST Facial in LA 2001 from Conde Naste' British Vogue! Offers skin care coaching, Micro-dermabrasion, enzyme peels, oxygen treatments, galvanic treatments, acne treatments, rosacea help, and her very special "More than A Facial" with crystals, magic oils, visualization, hand and feet massage, prayer and sage...for those who are open to a spiritual journey...call now and receive 10% discount with this ad. By appt. only, 541-487-4060, caite@morethanafacial.com and www.morethanafacial.com. Caite is also available at "Country Vitamins" two days a month for FREE consults, call to arrange a time with her there, 541-757-3170.

SPIRIT OF LOVE CEREMONIES

Officiating weddings from the Coast to the Cascades. sites.google.com/site/CarolynSchechtman or 971-218-6798.

JARED'S GREEN BUILD 541-908-6607. I build quality, affordable, custom greenhouses using solexx, double paned windows that open with screens, stained Doug Fir framing & pressure treated foundations. (Insulated for Oregon winter gardening). I also build custom chicken coops and am skilled in tile, concrete, siding, roofing and much more. Outstanding local references & pictures available.

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

ERRANDS, shopping, help around the house, dishes done, cooking help, etc. Ken, 541-929-4296.

Unclassifieds are only 20¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month

MULTI-PURE WATER FILTERS FOR SALE

Ken, 541-929-4296.

WEST AFRICAN DANCE CLASS with Ibrahimia Sory Sylla Monday 7:15pm-8:30pm at Oddfellows Hall, Corvallis. 541-513-1630

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

RELAX AT OUR LINCOLN

CITY BEACH HOUSE Spacious 2 bedroom/1927 era character and a great view of the ocean. Sleeps 6 and has easy beach access. Nicely stocked/luxuries. \$125/night. 10% discount for Co-op owners. 541-757-1104.

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.

NON-TOXIC CLEANING Offices and homes. www.OregonOrganicsCleaning.com 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318.

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/parentingeducation

KOMBUCHA, DRIED FRUIT, SCRAPWOOD Ken, 541-929-4296.

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

prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

READINGS BY ANNIE ~ Questions or concerns regarding relationships, career, money... LIFE? A tarot reading can help guide you through troubled emotions and clouded thoughts by offering a reflection of your past, present and possible future and showing you a fresh perspective on your life. I have 30 years' experience assisting others with readings. Let me help you get in touch with your inner guidance, your best guide when making those difficult choices and decisions. Hour Reading \$40 ~ (816)506-4308.

YARDWORK, WEEDING, PRUNING, SCYTHING, Lawns to gardens, general clean-up, recycling, other misc. labor, trailer-haul, mulch. Ken 541-929-4296.

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.

CORRECT PRUNING on ornamental and fruit trees. 13 years local experience. Call David, 541-758-7432.

DRIED SEAWEED, DRIED MUSHROOMS for sale or trade. Ken, 541-929-4296.

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.

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

NEED YOUR HOME CLEANED? Call Dawn, 541-921-4306. Safe, reliable, and a wise choice! Over 10 years experience.

Guest Editorial: Container Reuse and Sanitizing

- Mark Schurman, Owner Worker

The purpose of this article is to cause you to feel an overwhelming, altruistic urge to perfect the reuse of bulk containers at the Co-op. Enormous rivers of resources are extracted from our planet only to head more or less directly to landfills. Here are two ways we can interrupt a small bit of that flow.

By far, the most efficient Way to get stuff from the store to your house is to buy bulk items and bring in your own containers and bags to put them in. I use a bag over and over for vegetables and another for dry foods, for example.

How clean they are is up to you, since no one else will know. We all hope your comfort level is on the side of pretty darn clean, but in the end it is up to you. The exception is in the Deli, where containers have to be clean and dry, since the Deli workers cannot handle them if they aren't. Common sense. If you reuse your own we do not use water or energy to get them out on the shelf.

The mantra for those who bring containers back for sanitizing and general reuse (the Other Way) is: A container put into the cage outside the store should look like what you want to find on the shelves inside the store. You do not want to find one with food or mold or oils or anything else in it. You do not want it to be wet. You want the lid to be on and well fitting.

The sanitizer is not a dishwasher. All it does is expose its contents to hot enough water, for long enough, to insure that they are sanitized. The magic temperature for this is the same as HTST pasteurization (161°F for 15 seconds) and the sanitizer spikes up well above that. It gets everything wet and hot and that is all. There is no soap or scrubbing action. The upshot is that what goes in dirty comes out dirty, or oily, or disgusting or whatever.

Thus, if you bring a dirty container to the Co-op we have to either wash it, or recycle it or throw it in the garbage to end up in the aforementioned landfill. This weighs terrifically on our collective karma. It also wastes a lot of time for the sanitizers. Hand washing takes on the order of 4 times longer than dealing with clean containers. If it isn't dry it is too hard to tell if

it is clean. If the lid is not on it will almost certainly be contaminated, from sitting in a garage or outside in the Co-op cage or from any number of causes. And sanitizers waste a lot of time trying to find lids to fit containers missing them (the same demonic power that loses your socks in the wash will also confound stray lids and lidless containers in the cages).

Admittedly, the mantra up above, while attractively similar to the Golden Rule, may be a little unwieldy for daily meditation so I would like to suggest a more chant-friendly version:

I would like to suggest this mantra:

CLEAN

DRY

MATCHING LIDS ON



CLEAN / DRY / MATCHING LIDS ON

This isn't Grammy material but should suffice for general use.

Here's a few more issues for Container Devotees:

- Smells from strong foods (e.g. Kim-chee, pickles, peanut butter etc.) have to be washed out of the containers if the Co-op is to reuse them. Soap is necessary.
- Glass jar lids are prone to grossness. Check and wash them carefully. We have to toss them if they aren't pretty nice looking and that means tossing the jar too. Any rust and we toss. A little light staining is usually not a problem, like a tomato product might leave behind. Remove any detachable liners from inside any lid. Common sense.
- Narrow-necked containers usually cannot be sanitized, since we cannot be sure that the hot water will thoroughly wet the inside. Which ones can or can't be reused by the Co-op is a judgement call for the sanitizer, but if they are not spotlessly clean and dry they are recycled immediately. Cleaning requires a bottle-brush and too much time for us. Take a look at what's on the shelves and you will have a pretty good idea of what we can sanitize or not. Again, you may reuse them for your own shopping in whatever condition you are comfortable with. I have used the same oil containers for years, only rinsing them out with boiling water from time to time.
- When containers start to look funky we take them out of the stream. Dishwasher detergents abrade the containers, glass or plastic, dulling their surface appearance and inviting permanent staining. Handwashing, especially of plastics, will prolong their usefulness in the Co-op stream.

Okay, enough. I hope this will help to improve the quality and quantity of bulk containers at the Co-op. Individualized containers for every last little thing are not the wave of the future. Embrace a container today.

letters

LETTER TO THE EDITOR POLICY

- Not all letters will be published.
- Letters over 250 words will be edited for length. All letters are subject to editing for length, spelling, grammar and clarity.
- All letters must include the author's name, street address and daytime telephone number. Addresses and phone numbers will not be published.
- The decision regarding the appropriateness of the topic will lie with the Editor.
- Letters concerning First Alternative Cooperative issues will take priority over those concerning more general issues.
- Letters regarding local food, environment and sustainability issues will take priority over national issues.
- Letters regarding political issues as they pertain to local food, environment and sustainability issues will take preference over those that do not.
- Letters concerning timely issues or events will take priority over those that are in regard to past events.
- Letters containing personal attacks or offensive or inappropriate language will not run.
- Letters are limited to one letter per person per discussion item.
- Letters are limited to one letter per person per month.
- Owners are given priority over non-owners.
- Opinions expressed are not necessarily supported by the Co-op board, staff or owners.

Send letters by email to thymes@firstalt.coop or mail them to 1007 SE 3rd St. Attn: Thymes. Deadline for submissions is the 15th of the month prior to the publication date.

Thank you from Monroe High School

Thank you for your donation! We had over 60 people run/walk in the Monroe Country Fun Run. The money we raised will go toward purchasing new equipment for the Monroe High Track and Field and a portion of the money will go into a fund for the Monroe High Honor Society to use when local families need financial assistance.

We look forward to the 8th annual Monroe Country Fun Run next spring!

Thank you from Corvallis Spring Roll

Thank you for your generous support of Corvallis Spring Roll. This was our third annual community kids' bike and trike event, and its success showed that this bike-friendly community knows how to have fun! More importantly, it demonstrated that Corvallis is invested in the health, safety and spirit of its children. Volunteers, sponsors and partners alike, we couldn't have done it without you.

234 kids participated, a 53% increase from last year. Our youngest riders were 2 years old and our oldest riders were 11. We distributed bike safety materials to all participants and more than 30 people volunteered at the event.

All proceeds go toward Corvallis Spring Roll activities, including next year's event. Our mission is to get kids out and active, one bike at a time.

- Alesa Rural Health Care, Inc.

serve on a board committee



Take your Co-op ownership to the next level!

The Owner Relations Committee (ORC) is looking for new owner members!

- Monthly meetings & outside projects
- Receive a discount on your groceries
- Get involved in your Co-op
- Share your special skills

Meeting times and more at firstalt.coop/about-2/board-committees/

Please email faboard@firstalt.coop for details!

MOM MAGAZINE

Check out the next issue for helpful tips in the Healthy Living MOM feature editorial from

www.mommag.com

First Alternative
Thymes, First Alt. Coop

Introductory Special
30 days for \$50
unlimited classes
over 35 classes a week



Live Well
Yoga • Pilates • Dance

541.224.6566

971 NW Spruce Ave, Corvallis
livewellstudio.com

AUGUST CALENDAR FREE COMMUNITY HAPPENINGS FREE EVENTS

2ND ANNUAL CO-OP COMMUNITY GARAGE SALE

Saturday, August 3rd
10 a.m.-4 p.m.
South Parking Lot
South Store Co-op
1007 SE 3rd. St.
ONE DAY ONLY!



CHOOSE YOUR OWN OSD!

MORE SAVINGS FOR CO-OP OWNERS!

Save 10% on your purchases on one day of your choice each month! Receive the 10% case discount in addition to your owner discount when you special order a product by the case and purchase it on your Owner Sale Day.

Case discount not applicable on sale prices

CLASSES AT THE CO-OP!

WANT TO HOST A CLASS OR EVENT?

Check out our Outreach page (pg. 6) for our monthly events and classes! Interested in hosting a community event or teaching a class?

FMI: yadira@firstalt.coop

WINE & BEER TASTING

WITH LIGHT APPETIZERS

NOTE: Wine tastings and times are subject to change. Please check www.firstalt.coop for updates, schedule changes, and cancellations.

1ST & 3RD THURSDAYS

NORTH STORE 5-7 P.M.

wine + cheese + crackers

2ND & 4TH THURSDAYS

NORTH STORE 5-7 P.M.

craft brew + cheese + crackers

EVERY FRIDAY

SOUTH STORE 5-7 P.M.

wine + cheese + crackers

BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

No meeting in August

North Store meeting room

FINANCE COMMITTEE

Wednesday 7th 5:30-7 p.m.

South Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday 6th - Noon

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday 20th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

EVENTS THIS MONTH

THIRD C2C TRAIL DAY HIKE Mon., Aug. 5th, 8:30 a.m.-4:30 p.m. Meet @ Bi-Mart on 53rd for the 8:30 a.m. departure. Hike a four-mile segment of the Corvallis-to-the-Sea Trail just S.W. of Harlan. A "cross-country" hike through Coast Range forest to show potential volunteers what the route will be like and what work will be needed to keep the trail open. For experienced hikers. FMI: chapman@proaxis.com

MEDICAL FUNDRAISER FOR STEPHEN TRINITY Mon., Aug. 5th, Papa's Pizza, 1030 SW 3rd St. 11 a.m.-midnight. With the flyer, 50% of your purchases that day will go towards the medical fund for Stephen Trinity who is uninsured and battling late stage Lyme Disease. You must bring a flyer with you. Please e-mail themamatrinity@gmail.com to request one. FMI: www.gofundme.com/11g310

COHOUSING COMMUNITY TOURS Sat. Aug. 10th Explore cohousing options at CoHo Ecovillage in Corvallis & Oakleigh Meadow Cohousing in Eugene. Tour @ 10:30 a.m. in Corvallis & 3:00 p.m. in Eugene. FMI: cohoecovillage.org or oakleighmeadow.org

OSUSED STORE 3-DAY CLEARANCE Aug. 21-23, noon-4 p.m. OSUsed Store, 644 SW 13th St. We're open for extended hours with 25-75% off many marked items throughout the store. We carry used furniture, computers, household items, office supplies and more. Visit our website for a calendar of our regular weekly schedule! FMI: (541)737-7347, surplus.oregonstate.edu

FOURTH C2C TRAIL DAY HIKE Sat. Aug. 24th, 8:30 a.m.-4:30 p.m. Meet @ Bi-Mart on 53rd for the 8:30 a.m. departure. The last installation of the Corvallis-to-the-Sea Trail show-and-tell hikes for 2013. Hike is on old logging roads west of Mary's Peak and includes the Sugarbowl Creek hike. The hike rates easy to moderate and is about 6 miles in length. FMI: chapman@proaxis.com

OUTDOOR YOGA Mon., Aug. 26, 4-8 p.m. Join us at Live Well Studio for outdoor yoga! The scheduled Monday classes will all be held outside in the back of the studio instead of indoors. In addition, these classes will all be free for everyone and will be all levels flow classes. Register at tinyurl.com/ntw8e4z FMI: (541)224-6566, www.livewellstudio.com

ONGOING EVENTS

STARKER FORESTS TOURS Every Wednesday thru Sept. 18th. Meet at Comfort Suites Inn lobby, 12:45 to group ride to Starker Forests. Dress appropriately & wear comfortable walking shoes! We'll be back in Corvallis at 4:30pm.

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

INTRODUCTION TO THE ART OF BEING Healthy, Abundant, Playful & Peaceful You Workshops, with Traci Merritt FMI: 541.760.8557, www.radiatelifebefore.com

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

LIVE MUSIC @ 'FIREWORKS' Fri-Sun nights, Mon open mic. 1115 SE 3rd St. FMI: 541-754-6958, www.fireworksvenue.com

CULTIVATE SPIRITUAL GUIDANCE Schedule TBA, Discover how to cultivate a personal relationship with your own inner spirit with the Urantia Book. All welcome. Some loaner books available. FMI: Doug, 541-207-6333 or David, 541-929-6358

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, corvallisveg@gmail.com

SUNDAYS

ALL BODIES DANCE Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. An exploration of dance for play, pleasure, sport, health, and transformation. Explore movement using different forms of dance. Donations gladly accepted. FMI: www.livewellstudio.com

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

SELF REALIZATION FELLOWSHIP MEDITATION CIRCLE 435 NW 4th St. 10 a.m.-12 p.m. All are welcome! FMI: Lynn, 541-602-8704, www.corvallismeditation.org

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

MONDAYS

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

MINDFULNESS MEDITATION Taught in the tradition of Zen Buddhist Master Thich

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

WELLMAMA PREGNANCY & POSTPARTUM STRESS SUPPORT GROUP Mondays 12:30-2 p.m. Corvallis Multicultural Literacy Center 128 SW 9th St. Our services accommodate the whole spectrum of reproductive emotional and mental health concerns. FMI: Csilla Andor, 541-231-4343 or www.wellmama.net

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

TUESDAYS

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

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

"A COURSE IN MIRACLES" STUDY GROUP Tuesdays 7:30 p.m. Call for location. Anyone familiar with this book may join our friendly study group. We read and discuss after a brief meditation. Kindly bring your own copy. FMI: George, 541-754-9051, call anytime after 11 a.m.

MARY'S RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. Monthly board meeting. All welcome! FMI: Xan Augerot, 541-758-7597, coordinator@mrwc.net

DINING FOR WOMEN Corvallis Chapter Third Tuesdays. 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

WEDNESDAYS

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>

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

LA LECHE LEAGUE SUPPORT meetings for women who are breastfeeding or pregnant and interested in breastfeeding. Call for meeting times. First Congregational

Church, 4515 West Hills, Rm 7. FMI: 541-766-0055

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

SELF REALIZATION FELLOWSHIP world wide prayer circle 435 NW 4th St. Thursdays, 7-8 p.m. All Are Welcome! FMI: 541-602-8704, www.corvallismeditation.org

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 conscious exploration Thurs. evenings.

FRIDAYS

CORVALLIS UKULELE CABARET First Fridays, 7-9 p.m. First Alternative Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam & singalong. Free, fun for all ages & skill levels. **May meet outside August 2nd, bring a chair.** Hosted by Suz Doyle & Jeanne Holmes of Ukes of Hazard. FMI: 541-753-8530

SATURDAYS

PLANET BOOGIE, 3RD SATURDAYS Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: www.facebook.com/groups/planetboogie

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

AUDUBON FIELD TRIPS 2nd Saturdays. 7:30 a.m. The trips are great for beginner birders and birders new to Oregon's mid-valley area. We visit the valley National Wildlife Refuges and other local 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

GLUTEN FREE SUPPORT GROUP 4th 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



LOCAL 6 SPOTLIGHT

Beetanical Apiary

Jason & Elizabeth Rowan

“Food should be good for you and good for the earth. It just makes sense to take care of the One who is taking care of us.”

Staff size: Three part-time employees

Location: Our business is home-based in Kings Valley, but our hives pollinate crops and flora in Linn, Lane, and Douglas counties.

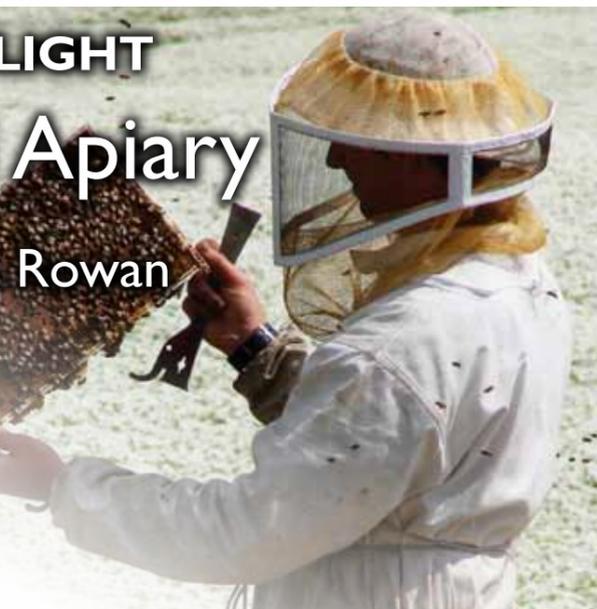
How long have you been in business? Eight years

What products do you produce/distribute? Local honey, wax, and pollen

What does the Co-op buy from you? Honey

How long have you sold to the Co-op? We began selling our bulk honey at the South Co-op in early 2013, when Heike and Kenny Williams of Wild Harvest Honey went into semi-retirement.

What steps have you taken to be sustainable? We do our best to keep the bees healthy and productive with as little input as possible. We focus on providing a natural well-balanced diet of local flora and use organic medications, only using conventional methods when absolutely necessary. Our carbon footprint is low for all the plant-promoting we do.



The Beetanical Apiary Story:

We got started beekeeping when our neighbors moved and left their three hives behind. We added a few more each year until we had a few hundred (now many hundreds) and realized our place as full-time keepers of the bees. We love most to be so close to the natural world and all its wonder.



Jason and Elizabeth's daughter Eva, age two, in the meadowfoam.

Sweet Thing: 4 delicious beverages to enjoy this August



Honey Hibiscus Iced Tea:

Combine Mountain Rose bulk herbs, local water, honey and sunshine in a jar. Add a little time and you've got a tasty cooler!

Combine your favorite herbs (we like ¼ cup hibiscus, 2 Tbsp mint, 1 cinnamon stick, and 1 Tbsp orange peel) in a gallon glass jar. Add hot water and set in the sun for 2 hours.

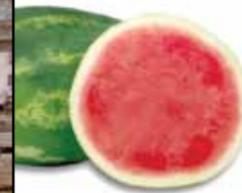
Strain into a pitcher and add ¼ cup local honey. Chill and serve over ice.



Minty Agua Fresca:

Combine 4 cups cubed watermelon and a handful of mint in your blender and puree until smooth. Pour into a serving pitcher and top with 3 cups sparkling water. Add

honey and lime to taste and serve over ice.



Coco-Hazelnut Iced Coffee:

Fill a glass with ice and add one cup cold brewed coffee with 5 drops Medicine Flower Hazelnut Essence. Top with ½ cup coconut milk, shake and serve!



Basil Bubbler:

Muddle 4-6 basil leaves with lime juice in a glass. Fill to the top with ice and add 1 part mango nectar to 2 parts chilled sparkling wine or tonic water.



Massive Bee Deaths Becoming Commonplace

Just weeks ago in Elmwood, Canada, local beekeeper Dave Schuit lost 600 hives, or a total of 37 million bees. Another Canadian farmer lost eight of his 10 hives.

The bees started dying in droves just after corn in the area was planted, an alarming red flag since corn seeds are often treated with neonicotinoid pesticides, which are known to kill insects by attacking their nervous systems.

Some governments are finally taking action against these toxic chemicals, but clearly not fast enough. How many more millions of bees have to die before protection is granted to these invaluable creatures?

There are about 100 crop species that provide 90 percent of food globally and, of these, 71% are pollinated by bees.

In the US alone, a full one-third of the food supply depends on pollination from bees ~ so if bee colonies continue to be devastated, major food shortages will inevitably result.

- Dr. Joseph Mercola, mercola.com, July 23, 2013

For related articles and more information, please visit the Organic Consumer Association's Genetic Engineering page, Millions Against Monsanto page and Honey Bee Health pages, organicconsumers.org

Saturday, August 17th

National Honey Bee Day

Visit our produce department on Saturday, August 17th at 10am for a visual demonstration of the importance of honey bees on our food system, and learn about current threats to their well-being.

Restore the joy of living.

Benefit from our 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and many other conditions.



Integrative Chiropractic Care

Finally...the long-term relief you've been looking for.

(541)738-2711 • www.virginiashapiro.com

Most insurances accepted

Natural Choice Directory™

The Healthy Green Pages for Willamette Valley
Calling for Sustainability...Everyday

2013/14 Edition Now Available

Pick up your FREE copy at First Alternative Co-op or at one of many locations around town!

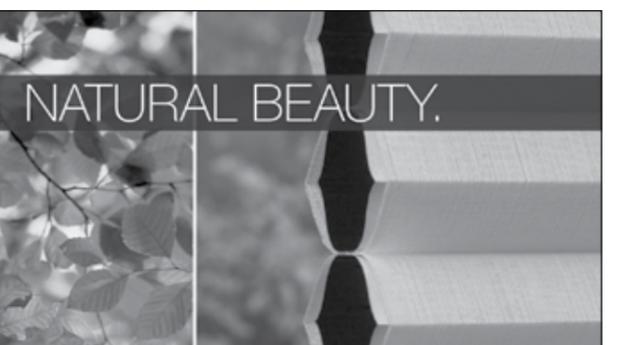
Your Local Resource for Healthy & Green Living:

- Natural Healthcare Practitioners
- Organic Food Markets & Coops
- Green Building & Remodeling
- Solar, Wind, & Green Power
- Organic & Vegetarian-Friendly Restaurants, Cafés & Delis
- Socially Responsible Investing
- ...and So Much More!

twitter.com/ncdgreenpages

facebook.com/naturalchoicedirectory

(541) 484-3773 • HealthyGreenPages.com



Introducing eco-friendly Duette® Architella® Batiste Bamboo and Architella Batiste Textured™ fabrics in opaque.

- > Made from sustainable and recycled materials.
- > Superior energy efficiency with four layers of insulating fabric.
- > Added light control — great for media rooms and bedrooms.

To learn more, call or stop by today.



235 NW 2nd St
Corvallis OR
9:30-5:30 M-F / 10-3 Sat
541-753-8039
www.corvallissfloorcovering.com



36419



Follow Us On Facebook

©2012 Hunter Douglas. © Registered trademark of Hunter Douglas.



A LOCAL FEAST

LAYERED POTATO TART

1 block Surata tofu
 2 Tbsp. olive oil
 2 large Denison heirloom tomatoes, seeded and chopped
 1/3 cup Springhill basil, chopped
 1/3 cup Springhill fennel, thinly sliced
 1/3 cup GWO spring onion, chopped
 1/3 cup Springhill chard leaves, chopped
 1/3 cup Oregon broccoli, chopped
 2 Tbsp. red wine vinegar
 5 small Carmen's flour tortillas
 5 Denison red gold potatoes, cooked, cooled, cut into 1/8" slices
 Chopped chives, if desired
 Kalamata olives, pitted, sliced, if desired
 1/2 cup Rogue Creamery blue cheese, crumbled
 Cut tofu into 1/2" dice and sauté in olive oil until lightly browned. In small bowl combine tomatoes, basil leaves, fennel, onion, chard, broccoli and vinegar. Add tofu and mix gently. Heat oven to 400°. Place tortillas on cookie sheets. Top each tortilla with potatoes and tomato mixture. Bake for 5-8 minutes. To serve, sprinkle with chives, olives and cheese and pass hot sauce at the table. 5 servings



GINGER CHIVE GREEN BEANS

1 1/2 cups water
 1# green beans, trimmed
 3 Tbsp. butter
 2 Tbsp. Diane Arney's fresh chives, snipped
 2 tsp. grated, fresh lemon peel
 1/2 tsp. finely chopped fresh ginger root
 1/4 tsp. pepper
 1/8 tsp. salt
 In 10-inch skillet, bring water to a full boil. Add beans. Cook over medium heat until crisply tender (9-14 minutes); drain. Return beans to skillet; add all remaining ingredients. Cook over medium heat, stirring occasionally, until heated through. 4 servings

BLACK BEANS WITH ARTICHOKES & PEPPERS

13 oz. artichoke hearts, drained
 1 - 15 oz. can Truitt Brothers black beans, rinsed and drained
 1 cup chopped 1/2-inch mixed peppers (red, yellow and orange)
 1 bottle Nearly Normal's Tamari Ginger Vinaigrette
 4 tsp. Diane Arney's fresh chives, chopped
 6 cups GTF Mesclun mix
 2 oz. Fraga Farms goat cheese, softened
 In large bowl, combine all ingredients except salad greens and cheese. Arrange salad greens on 4 salad plates; spoon bean mixture over greens. Sprinkle with cheese. 4 servings

FRUIT SKEWERS

This elegant appetizer is simple to prepare! Cut in-season, local fruit into bite sized pieces and skewer 1-2 per person. Tip: Brush apples and other fruit that browns with lemon juice to keep it pretty. Serve with fresh whipped cream or vanilla yogurt for dipping.

BLACK BOTTOM COCONUT BLISS CAKES

FOR BROWNIES:

Arrowhead Gluten Free Brownie Mix
 2 Lorrain's Golden Eggs
 1/4 cup local applesauce
 1/4 cup water
 2 pints Luna & Larry's Coconut Bliss

Adding local foods to your diet is easy this time of year with so many delicious local products are at your fingertips at the Co-op!
 - Donna Tarasawa, Marketing Manager

FOR GANACHE:

3/4 cup dark chocolate chips
 1/4 cup Lochmead heavy cream

FOR WHIPPING CREAM TOP:

3/4 cup Lochmead heavy cream
 1 Tbsp. powdered sugar
 1/4 tsp. vanilla extract

For brownies:

Make brownies according to package directions. Line 2 cupcake pans with cupcake papers. Into each paper scoop 1 Tbsp. brownie batter. Bake at 350° for 8-10 minutes, until brownie is cooked through. Let cool in cupcake pans to room temperature. Place in freezer (in cupcake pans) for 30 minutes. Remove the Coconut Bliss to soften while brownies freeze. After 30 minutes, remove brownies from freezer, but leave in cupcake pans to help retain shape when Coconut Bliss is added. Run an ice cream scoop under hot water and working quickly, place a small scoop of Coconut Bliss into each cup. Quickly smooth the scoops of Coconut Bliss with the back of small spoon that has been rinsed in warm water. Return cupcakes to freezer for 45 minutes to 1 hour.

FOR GANACHE:

Put chocolate chips in a small bowl. Bring cream to simmer in a small heavy saucepan. Pour cream evenly over chocolate. Let stand for 1 minute to soften then stir until smooth. If it is too loose to spread, let sit at room temperature for 10-30 minutes, stirring occasionally until desired consistency is reached. Scoop by the teaspoon full onto cupcakes. Spread and refreeze until ready to serve.

FOR WHIPPED CREAM:

Whip heavy cream until soft peaks form. Add powdered sugar and vanilla and continue to whip until thick whipped cream forms. Remove cupcake papers and pipe onto cupcakes just before serving. Sprinkle a few chocolate chips or shavings on top.



MEET
FARMERS & ARTISTS

TASTE LOCAL **SAVOR NATURAL**
FOOD & WINE **THE BEAUTY**

A BENEFIT FOR
STRENGTHENING
RURAL FAMILIES

www.BountyofBentonCounty.com

LABOR DAY WEEKEND



AUG. 31 & SEPT. 1 & 2

BUY PASSPORTS AT

- ☆ VISIT CORVALLIS
- ☆ GRASSROOTS
- ☆ BOUNTY SITES

Sponsors ...