



FA THYMES

JANUARY 2013
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ISSUE 1

First Alternative Co-op
Community Monthly
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www.firstalt.coop



In these dark days of winter, we sometimes find ourselves settling down and being quiet and introspective. In these moments, we can celebrate ourselves, our accomplishments, and what we've done that we feel good about. We also traditionally think about what we'd like to do differently in the coming year. First and foremost, let's remember to be gentle with ourselves, no matter our resolution. On page 13, you'll find an article which can help you to achieve your goal in a more structured way.

In 2013, I resolve to...

be kind to myself • be kind to others • dance • read a story to a child • see a play • sing • play an instrument • eat food that no one was harmed in the production of • make new friends • play with a baby • take better care of myself and my family • look on the bright side • remember my true self • remember to breathe • re-connect with a long-lost friend or family member • be silly • know my priorities • remember my priorities • live by my priorities • be present with myself • be present with others • apologize • say "please" and "thank you" every day • express my joy to the world • admire something positive in every one • ride a bike • let love in • spend more time with people I like • explore new places • explore nature • simplify my life • eat local foods as much as possible • rest when i need to • get dirty • find my bliss • invite friends over • focus on the now • laugh more • smile at strangers • try a new fruit or veggie • find a new hiking trail • spend more time with dogs • dress up and walk down the railroad tracks • look at the world through a child's eyes • get more doggie kisses • allow myself to feel upset when I need to • play in the waves • be loving and compassionate with myself and others • get more rest • jump! • mediate • get out of unhealthy relationships • volunteer • cut out sugar • eat healthier • bike more often • buy more organic food • nurture my inner child • sing to my kids or partner before going to bed • sing to myself before going to bed • lose weight • quit smoking • quit drinking • do my estate plan • go to the doctor • go to the dentist • get a professional family portrait • light a gratitude candle every night • visit an elderly person • make friends with a horse • make more conscientious choices about my food, especially chocolate and coffee • create a family tradition • have hope • print out my favorite photos from my computer and put them in an album • back up my computer regularly • say "no" sometimes • respect "no" • get out of debt • get organized • take time to just watch the river go by • explore hidden places • eat mindfully • explore nature • forgive myself • forgive others • trust my intuition • tie up loose ends • celebrate my life • celebrate my family • laugh • feed someone else's expired parking meter • set boundaries • respect boundaries • write down something I'm grateful for each day, put it in a jar, then read them all at the end of the year • do yoga • hire a homeless person • accept myself as I am • accept others as they are • recycle my styrofoam • buy things with less packaging • respect myself • respect others • plant a garden • listen • trust • keep it simple • be honest with myself • be honest with others • do the right thing • create more downtime • don't overextend myself • ask for what I need from others • go camping alone •



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 CORVALLIS, OR 97333

PRSR STD
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 SALEM, OR
 PERMIT #178

10% OFF

Good for one day only during January 2013.

Owner Name: _____

Owner #: _____

January 2013 owner sale day coupon

Date used: _____

Cashier initials: _____

Details on page 3 and at Customer Service

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 & Lisa Yagoda

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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

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VISION STATEMENT

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

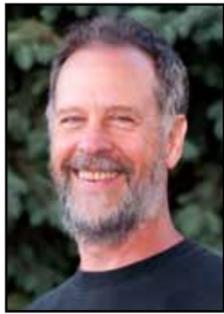
MISSION STATEMENT

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

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

THE INTERNATIONAL COOPERATIVE PRINCIPLES

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



Robert Williams,
Board Secretary

when we're happy with a result. It's an emotion expressing appreciation for what one has. It is very much in keeping with the season. I would like to express a little gratitude for the busy workers at the Co-op, at all levels. I have always found every one of them to be cheerful, knowledgeable and helpful. I would like to express gratitude for all the support and owner-workers who work at the Co-op as well as other Local 6 organizations that help provide the wonderful products offered at the Co-op. I would like to thank all the friendly shoppers at the Co-op. I recognize that you are busy and might more easily shop at a big box or one stop store. But you come to the Co-op instead. Thank you all.

December Board Meeting

The December meeting of the board was relatively uneventful. We reviewed the financial state of the Co-op, received a statement of our environmental protection actions over the last year, and improved some of our governance rules.

Financial happenings

Even with 2 power outages and 7 owner sale days in the last 3 months the Co-op is showing year-over-year gains in sales. A power outage like the one in October at the South Store lost \$15,000 in sales. 5 owner sale days in October provided \$34,748 during that month along in discounts to owners. That's quite a dividend to be paying out in these difficult times and another cause for gratitude. On the other hand, staff projects that the new "Choose Your Own Owner Sale Day" will result in savings to the Co-op, and increase sales. Good news indeed. Details are available in the Board's minutes, which are available to all owners. The Board accepted the General Manager's statement of non-compliance with several financial indicators along with an explanation of the situation and what is being done to correct it.

Sustainability action

One of our guiding statements says:

"FA shall conduct business as a responsible steward of the environment in a manner that honors, protects and supports the Earth's productive and regenerative capacities."

the board's month in review

gratitudes and updates



Ahhh, 'tis the season of joy, togetherness, gatherings, and gratitude. Let's look at that last one just a little. Gratitude is what we feel

In addition to an extensive list of other actions the Co-op takes to achieve sustainability, the Board received a water efficiency document. The Co-op, the Water Action Team of the Sustainability Coalition, and the Furthering Committee in particular have made amazing strides in staking out water efficiency standards. The goal is 50% reduction in water use and storm water runoff. Actions to date include seven water catchment tanks at the South Store raising our runoff capture capacity to over 14,000 gallons. This water is used for irrigation during dry months. In addition, a grey water filtration and reuse system has been installed and is operating well. The South Store has reduced tap water usage approximately 35% through individual tap monitoring, awareness education and more efficient facilities.

Gratitude is an emotion expressing appreciation for what one has.

The Co-op works with other environmental organizations, the city and others to improve our environmental footprint.

One example is the gray water project at the South Store. The Co-op and the Water Action Team worked extensively with the city to get approval for this first of its kind project in Corvallis.

Here's wishing you a happy and fulfilling holiday season and cooperative New Year. ❄️



Thank you so much to our generous shoppers who donated so many gifts for families in need being served through the **Parent Enhancement Program**. Thanks to you, at least 45 Benton County families benefitted from your generosity and had a happier holiday.



WELCOME, NEW Co-op OWNERS!

In November, 26 new people became Co-op owners, totaling 8111 active owners.*

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



The Benefits of Ownership...

- Monthly Owner Sale Day Discounts
- Owner Specials
- 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

general manager report

new year, exciting new changes at the Co-op

This month I thought I would give you a taste of what our staff has in store for you in the New Year.

We're kicking off January with the new **Choose Your Own Owner Sale Day** program! This enables all Co-op owners to

determine which day of the month they choose to receive 10% off everything in the store. It can be a different day each month, whatever is most convenient for you.

All you have to do is clip the coupon on the front of the Thymes – front page lower right hand corner – and present it to your cashier during the check-out process. If there aren't any Thymes around, cashiers will have a reserve of coupons for you at the register when you check-out. Write name and owner number on the coupon. The cashier will date the coupon, give you the discount and then hand the coupon back to you so you can shop at the other store or even later in the day at the same store if

10% OFF Owner Name: _____

Good for one day only. Valid January 2013. Owner #: _____

jan 2013 owner sale day coupon

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

Cashier initials: _____



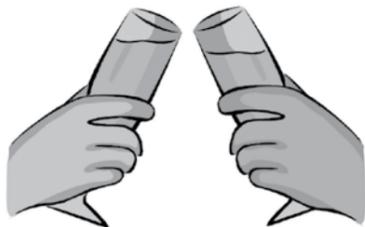
you wish. **The discount is good for all day.** Remember it is one day per owner number – if you have more than one owner in your household (with different owner numbers) they will also be eligible to use a coupon on the day

of their choice.

This process will be as new for us as it is for you and it may take us a bit of time to adjust our ordering processes to make sure we are keeping up with all your shopping needs. We will try to make sure we have all the popular items in stock for you and will make adjustments on the fly to do that. Using the special order process will be a good way to make sure that if you want a larger quantity of an item — like 48 rolls of toilet paper — we will have it ready and waiting for you. If you haven't used our special order system yet, ask our friendly Customer Service agents to give you the low down on how it works! The special order system gives you the extra added benefit of an additional case discount for even more savings on your Owner Sale Day.

While you will still receive the case discount on your Owner Sale Day, other discounts – such as coupons for percentages off and special promotional discounts (like a 10% off wine and chocolates the day before Valentine's Day) – will *not* be added to your discount. You can use those opportunities to save and then use your Owner Sale Day coupon on a different day of your choice.

Our Marketing Team is excited to let you know that they are in the midst of preparing to host another **Wine Soirée** on February 22nd. This year's theme and venue will be the "Wine



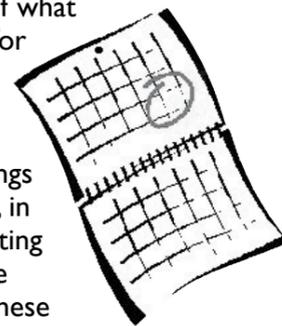
Soirée at the Theatre", and our co-hosts will be the wonderful Majestic Theater. Save the date and look for more information coming soon!

The **February 2013 Thymes** will contain educational pieces for our owners and customers on the **topic of GMOs**. In conjunction with this, we will be labeling all of the Non-GMO Project verified products to make avoiding GMOs easier for everyone who is concerned about them and providing information in the stores about GMOs and where you can find even more educational materials. This will be the first of a series of Thymes issues that are dedicated to education about a specific food related topic.

In February, we will also debut our **Demonstration Calendar** in the Thymes.

This will give you a preview of what recipes we will be preparing for your tasting pleasure over the month and which days we will be serving them. We will be doing two recipe tastings per store location each week, in addition to our beer/wine tasting evenings. Recipes in the queue include: Chocolate Fool, Lebanese Roast Chicken and Pilaf, Miso Ginger Stir-fry with Sea Vegetables and Orzo Pasta with Olives and Feta as well as a selection of our Budget Bites and Thymes recipes. We will have recipe cards available for you at each demo so you can add the recipe to your own repertoire.

And that's just the first two months of the year! *



Choose your own Owner Sale Day

All day, one day a month, at both stores
Owners save 10% on all purchases!

Here's how it works:

1. **Cut out your coupon** from the front page of the Thymes or get one at any register when you check out. Fill in your name and owner number and start shopping!

2. **Hand your cashier the coupon and your owner card** when you're checking out. (If you need a replacement, swing by CS). The cashier will fill in the date used and their initials.

3. **You'll get the coupon back** because you can use it at both stores for the remainder of the day.

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.



north store manager report

deli improvements sure to delight!

To celebrate the closing of 2012, the awesome North Store team made improvements to our Deli layout. We hope you like the new design as much as we do.

Our new layout gives us the ability to offer an increase in **hot food bar selections**. Each day we plan to offer four hot food selections (two additional) made from scratch in our Co-op Kitchen including natural meat entrees, vegetarian proteins, and side dishes. A few days a week we will offer side dishes made by Eugene's Holy Cow. We are so excited about this opportunity to share more of the amazing food our talented cooks make in our very own Co-op Kitchen. As staff, we share your love of an easy meal when the day is busy and we are crunched for time. Our increased options will be sure to please our every day hot food bar customers as well as the guests you bring to the Co-op to share delicious meals at our community-owned store.

In addition to increased hot food bar selections, we have made **improvements to the layouts of our cheese, meat, and bread sections**.

You can now find all of our delicious cheese in one case. We hope that you find your current favorite cheese next to one you haven't tried yet, but is sure to become your new favorite. Our sliced and cured meats are now neighbors with cheese. This pairing should make your sandwich and appetizer tray ingredient shopping easier and more delicious. In the chill case, where the packaged sliced meats

used to live, you can find refrigerated bread. These breads have moved out of the freezer and onto the cooler shelf. We hope you enjoy the convenience of having more bread available in the same location and the ease of being able to enjoy bread right out of the cooler instead of waiting for it to thaw. The meat case has welcomed ready to eat sausages to its shelves. We love the way the new meat case layout looks. We hope that our meat customers find new products that they enjoy. An amazing crew of staff people worked late nights and long hours to see our vision through. I have a deep appreciation for our Deli team leader, Jeannie, and our Grocery team leader, Brian. They are wonderful examples of the spirit of cooperation. With the support of their teams and all the staff at the Co-op we continue to make our North Store a destination for food that nourishes your body and a community that nourishes your soul. Thank you for your support of the North Store and your Co-op. *



Evelyn Hall,
North Store Manager





tip of the month
 easy, money-saving tips from Donna's kitchen
save your scraps for a savory soup!

What do you do with tiny amounts of leftovers like 8 or 10 green beans, a small potato, a spoonful of gravy? Keep a container in your freezer and put those small amounts into it, one on top of the other. You may add the liquid from cooking vegetables, too. When the container is full, start another. On a day you want a pot of soup, take these containers out of the freezer and put the contents into a stockpot. Add

broth to desired consistency, some chopped onion, canned tomatoes, other leftovers you have in your refrigerator that would be appropriate for soup and simmer it all together. Add salt and pepper to taste, maybe a little marjoram or oregano or parsley. Voilà! Delicious vegetable soup!



nourishing soups and stews
 made even better with local meats

When I was growing up in the wintry highlands of northeastern Washington state, January was filled with snowdrifts and icicles, and even a short trip to the barn or the chicken house was enough to chill a body right to the bone. I was surprised to find out that the rainy January storms of the Willamette Valley in Oregon have a way of doing that too! Back then, my mom always had a delicious soup or stew simmering on the wood cookstove to warm me up again. Today, I'm grateful for the Co-op meat department's local flavor that makes grains and veggies come alive, and nourishes the body too! My three favorites from the old days can be made with delicious Willamette Valley meats. For extra flavor in the stock, I like to use "Better than Boullion" soup bases and of course, tons of herbs and spices from our bulk department to make it taste just right. Experiment to find your favorites!

Walker Chicken & Dumplings: every day, Co-op shoppers are saying that Walker chickens are the juiciest, most tender chickens they have ever tasted. Use it to make chicken and dumplings, and you'll have a feast fit for a king's feast!
Lonely Lane Beef Burgundy is richly flavored and hearty. When it's made with Lonely Lane Farms beef stew meat, you'll know you've hit the jackpot!
Deck Farms Sausage with white beans and kale will convert anyone to loving greens! See recipe below. Like Mom always said, soup tastes even better on the second day! So, be sure to make a big batch so there's plenty to savor. Your Co-op meat department has lots to offer and we can't wait to help you make your selection!
 ~Jeannie Holiday and the Deli Team

grab some goat cheese

It's January again, that post-Holiday time of year when we all promise to start eating better... after all, spring will be here before we know it. Here in the Co-op cheese department we are making it easy to eat right! For healthy eating **goats' milk cheese** is the way to go. It is a great bang for your buck, not just when it comes to texture and taste; it's also a nutrient dense food! Goats' milk, as opposed to cows' milk, is higher in protein and calcium, and it contains less fat, calories and cholesterol. Nutrients such as the amino acid tryptophan, phosphorus, riboflavin (Vitamin B2), potassium, vitamins A and B6, niacin, and the anti-oxidant selenium are some of the healthy benefits of goat cheese snacking. Additionally, many people who cannot tolerate cows' milk do well, or at least better, with goats' milk cheeses. There

are anti-inflammatory compounds within goats' milk cheeses that make them easier to digest, and they aid your body in the absorption of minerals within the digestive tract. This month at the Co-op, be good to your body and try something new for the New Year. We have several varieties of goat cheeses on sale including blue, feta, crumbles, colby jack, and mild cheddar. Pick up a few varieties of goat cheese at a great price and share with friends!
 ~Valori George, South Deli Assistant & Makenzie Kaiser, North Deli Assistant



new check-out procedure

Cashiers at the Co-op will soon be asking if you have a Co-op card at the **beginning** of your transaction, instead of at the end as they have traditionally done. The reason for this is to more easily catch mistakes in entering numbers. **Having your owner card or key tag scanned is the best way to make sure your purchases are credited to your owner number** (and if you have tied a school number to your owner number, to have those purchases always credited correctly to your favorite school). Many shoppers prefer to recite their number. There

is more chance of error with this method, but always beginning the transaction with your owner number gives us the opportunity to confirm with you that we have entered it correctly and to start over if we did make a mistake. Once we have started ringing in your groceries, starting over takes valuable time. So, next time you're shopping, feel free to hand your card to your cashier or tell them your number at the beginning of your transaction and help us make a smooth transition into this new zone. Thanks for supporting your Co-op!
 ~Donna Tarasawa, Marketing Manager

resolve to eat healthy, save money, and save the planet
 by shopping in bulk

Some of the most common New Year's resolutions involve healthy eating and saving money. If this rings true for you, a resolution to shop in bulk ties in perfectly. The bulk department is filled with everything from healthful whole grain hot and cold breakfast items like steel cut oats, rolled kamut, or muesli, to snacks of dried fruits, nuts, and trail mixes. Pick up some whole wheat flour for bread baking and making

sandwiches which will be part of healthy lunches. We have lots of whole grains for dinner too, from locally grown teff, to millet, to sorghum, to protein-rich quinoa, and on and on. We even have bulk kombucha to wash all those good eats down, and all at a great value. So if your resolutions involve healthy eating or saving money, resolve to shop in bulk.
 ~Gabe Pallastrini, Bulk Manager

sausage with white beans & kale
 made with Deck Farms Garlic Pork sausage

- | 1 pkg Deck Farms Garlic Pork Sausage
 - | 1 Tbsp olive oil
 - | 1 small onion, diced
 - | 3 cloves garlic, minced
 - | 1 carrot, diced
 - | 1 small parsnip, diced
 - | 1 can navy beans, drained
 - | 1/2 cup chicken broth
 - | 1/2 cup white wine
 - | 1 bunch organic kale, chopped
 - | 1 Tbsp apple cider vinegar
- salt and pepper to taste
 Cut sausages into rounds and brown both sides in olive oil. Remove sausage from pan and sauté onion and garlic until translucent. Add carrots and parsnips and cook a few more minutes. Add wine and chicken stock and simmer about 20 minutes. Add beans and chopped kale and simmer another 5 minutes or until kale is wilted. Mix in apple cider vinegar just before serving.

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WELLNESS

- New to the Co-op are **PACT Socks**. These beautiful patterned and plain socks are made with wind power and a purpose!! They are soft and durable and most of all FUN!!!
- **Terry Naturally** (EuroPharma) has finally made it to First Alternative and we are super excited! Most known

for their popular Curcumin products, they have many other items that are amazing, powerful and have results. We have brought in many new items, for example: **Curcumin** for pain management, **Vectomega**, a once a day fish oil and products to support Thyroid and Adrenal function. Check them out!

-Jen Luck, Wellness Assistant Manager



warmth in your cup

teas and hot cocoas

One of my favorite things about the cold weather is finding new and exciting hot beverages. Here's a few to consider this month:



Yogi Teas are on sale for \$2.99 January 2 -15. Whether you need the Echinacea Immune Support Tea for the cold

season, something from their Detox line of teas to aid in your new year resolutions, some St. John's Blues Away Tea to help you through the dark



rainy months of Oregon's winter or a nicely

spiced Chai to enjoy by a fire, Yogi has something to fit the bill.

Choice Organic Teas are on sale for \$2.79 January 16-29! Their Irish Breakfast Tea is a my standard that I always have in my cupboard. Lately I have really been digging their Rooibos Tea, an earthy, caffeine-free herbal tea from South Africa.

Finally, I cannot talk about winter warming beverages without giving a shout-out to **Equal Exchange's Hot Cocoa**. At \$5.99, this is a great time to try out this seasonal delight! I especially enjoy the spicy cocoa mix with chili and cinnamon.

-Brian Peat, Grocery Manager



don't just wait for weight loss do something about it!

One of the most popular New Year's Resolutions is losing weight. If you are looking for assistance in reaching your goal, the Co-op carries several alternative supplements that may help you get the results you seek. To increase your metabolism, try **Green Coffee Bean Extract** by Source Naturals, **Reserveage**, and **Terry Naturally**. To help curb your appetite, look for **SafSlim** by Re-Body.

If you have weight gain related to stress, **Perfect Weight** by Garden of Life might help. Finally, if you're looking for consistent energy throughout the day, **CocoaWell** by Reserveage could be your best friend. Happy New Year! -Jen Luck, Wellness Assistant Manager



eat healthier and detox with real food from produce

Happy New Year! The time for New Year's resolutions is upon us! If your resolution includes eating healthier, living cleaner, losing weight, or detoxifying your body, our produce department is a great source for the organic fruits and vegetables that you need to put your plan into action! This time of year, I like to increase my consumption of foods that help my organs to detox after the indulgences of the holiday season. We have a variety of fresh produce widely considered to have cleansing properties, such as **cilantro, burdock root, garlic, fresh turmeric, beets, artichokes, fresh lemons, and apples**.



Vegetable soups, fresh juices, and green smoothies are all easy ways to cleanse your body and increase your consumption of fresh produce. I love to juice **citrus fruits**, which are particularly delicious and plentiful this time of year. They are an excellent source of vitamin C, which may need replenishing after the party season

and will also help to keep your immune system strong. This is also the time of year that availability of locally grown produce decreases and eating locally and seasonally takes on a different tone. We make every effort to provide as much local produce as we can, but a lot depends upon the temperament of mother nature. Farmers need vacations too, so some of them take a break during the coldest months to recuperate after a long season of hard work and to plan for the next growing season. We hope to have consistent sources of **local salad mix, hearty greens, cabbages, roots, onions, potatoes, etc**. When we don't, I take it as a reminder of how fortunate we are to have such amazing fresh, local food sources here in the Willamette Valley and to express my gratitude for being able to eat so well all year long. -Kate Griffin, Produce Stocker



Computer Problems?

I offer fast accommodating solutions for IBM and Mac systems

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

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

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

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buyer's briefs: fresh news from around the Co-op

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register by calling 541-753-3115 at least 48 hours in advance unless otherwise noted.

January

5 Benefits of the Paleo Diet

Sat, Jan. 5, 10-11am

in the South Co-op Meeting Room

Learn how to transform your life in 2013 with Nadine Grzeskowiak, the Gluten Free RN! Feel better, lose weight, fight disease, and get healthy with the Paleo Diet. Join us for an informative look at how the Paleo diet can benefit you, what you can eat, and how it can positively affect your health and exercise routine.

Cost: \$25 for community, \$20 for Co-op owners. Pre-registration required. Please e-mail: nadine@glutenfreern.com

mondays 7, 14, 21, 28

English for Beginners

Multiple Sessions: Mondays, January 7, 14, 21 & 28 6-6:45p in the South Co-op Meeting Room

FREE! Non-perishable food item accepted for donation to food bank. Practice and improve your English skills in a friendly, supportive environment. Pre-registration required. Come to one or all sessions. Please e-mail Lauretta Prince to register: laurettaprince@gmail.com

English for Intermediate/Advanced Speakers

Multiple Sessions: Mondays, January 7, 14, 21 & 28 7-7:45p in the South Co-op Meeting Room

FREE! Non-perishable food item accepted for donation to food bank. Practice and improve your English skills in a friendly, supportive environment. Pre-registration required. Come to one or all sessions. Please e-mail Lauretta Prince to register: laurettaprince@gmail.com

8 Food Sensitivities Class

Tues, Jan. 8, 5:30-7 PM

in the South Co-op Meeting Room

Please join Brook Jenson, Certified Wellness Practitioner, to discuss substitutions for many common food sensitivities, such as: wheat, gluten, and dairy. You will learn what is available and where to find it at the Co-op. We will be focusing on foods you CAN eat, including great food combination ideas!

For questions, please contact Brook at (503)501-6218

Cost: \$12 for community, \$10 for Co-op owners

12 Wellness Fair FREE!

Sat, Jan. 12, 3-8 PM in the South Co-op Meeting Room

Come join us for a day of relaxation and wellness. Many practitioners offering a wide variety of holistic modalities like Reiki, reflexology, massage and more. FMI: Brook, 503-501-6218

FREE ENTRY! \$15 for 20-30 minute treatments.

20 Foodie Folks Tasting Bee Grain-Free Baking

Sun, Jan. 20, 2-4 pm

in the South Co-op Meeting Room

Explore grain-free baking with almonds, flax, coconut, lentils, and beans. Group members make assigned recipes (including Mark Bittman's awesome farinata!) and bring samples to share at our tasting bee. Please contact Susan Hyne to sign up for this session and get your assigned recipe.

FREE!

E-mail: susanhyne@gmail.com

donations

NOVEMBER 2012

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 November, donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share\$4604.10

SMALL DONATIONS

Corvallis High School Vegetarian Meals Demo.....\$30
Waldorf Winterlight Festival\$60
Philomath Middle School'\$30
The Corvallis-Benton County Public Library "Complete the Block" Effort.....\$500

November's total donations: \$5,224.10



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.

January-March Recipients

Ten Rivers Food Web Corvallis Environmental Center
Habitat for Humanity Senior Dog Rescue

Ten Rivers Food Web

We work with communities in Linn, Benton, and Lincoln Counties to build resilient food systems that provide healthy food for all. We believe everyone should have access to fresh, local foods. Our vision is a foodshed where at least 30% of the food consumed in our region is locally grown, processed, and distributed. We are funded through public donations and federal and private grantors.

Benton Habitat for Humanity

We seek to eliminate substandard housing and make home ownership affordable for low-income families in our community. Our partnership with volunteers, businesses, and organizations allow us to achieve this mission.

Alternative Transporter of the Month Torsten Pihl



"I like to bike or walk for exercise, dog walks, to bump into friends, and to not pollute more than necessary."

beds for kids donation

Thank you for your support of our Beds for Kids program! During December, for every 10 locally printed t-shirts sold, the Co-op donated \$40 to Furniture Share, which provided a child in need with their own bed, pillow, sheets and blankets.

Thanks to you, we donated enough to provide 4 more children with a warm comfy bed this winter!



EVERGREEN
Indian Cuisine

136 SW Third
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Oregon 97333
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www.evergreenindianrestaurant.com
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Eugene, Oregon 97403
Call : 541-343-7944
Fax : 541-343-7866

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★ 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

Benton Soil and Water Conservation District

Native Plant Sale

Deadline for Orders
Friday, Jan 31

Order pick-up date
Saturday, Feb 16

Plants must be pre-ordered! - Order online at
<http://plantsale.bentonswcd.org/pages/index.html>
Or call 541-753-7208

67 varieties
\$0.50 - \$4 each

BUDGET Bites

Each monthly 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. Stop by Customer Service at either store to get your copy each month.

With the new year comes a sense of renewal, of new beginnings and fresh starts. If you're thinking about starting a food budget in 2013, let us help!

These recipes are fast, easy and fresh and include as many local and organic ingredients as are available.

Start your new year right, with Budget Bites!

-Emily Stimac, Marketing Assistant



Simple, delicious Budget Bites tuna melts

Here's a sneak peek at Saturday's and Monday's recipes:

Tuna Melts

Simple and delicious. A comfort food for cold winter days.

- 1 can tuna
- 2 Tbsp mayo
- 1 pickle, minced
- 1 stick celery, minced
- 1 Tbsp minced onion
- 2 buns
- Swiss cheese slices for melting

Mix tuna, mayo, pickle, celery and onion together. Spread on buns and top with cheese. Broil until golden and serve.

January Menu:

Saturday: Low Cal. Veggie Soup

Sunday: Hot Mustard Chicken

Monday: Tuna Melts

Tuesday: Chicken Fried Rice Wraps

Wednesday: Root Burgers

Thursday: Rachel & Fries

Low Calorie Veggie Soup

Delicious and nourishing! Perfect for a cold wintry day.

- 1 Tbsp oil
 - ½ onion, chopped
 - 1 carrot, diced
 - 1 stick celery, diced
 - 1 beet, diced
 - 1 can diced tomatoes
 - 1 cup green beans
 - 2 cups veggie broth
 - 2 cloves garlic
 - 2 bay leaves
 - 1 tsp dried dill
 - dash vinegar
 - salt & pepper to taste
 - 2 cups cabbage, shredded
- Saute onion and carrot in oil. Add remaining ingredients except cabbage and cook until veggies are tender. Add cabbage and serve.



Nourishing Budget Bites veggie soup

PROBIOTICS

Add new life to your diet!

Probiotics are microorganisms that are believed to have positive effects on their host. Our digestive system has naturally occurring flora, or microbes, which aid digestion and keep your digestive tract healthy. Overeating, stress, age and antibiotics can lead to a decrease in your probiotic levels, which in turn can cause problems such as gas, bloating, and irregularity.

Some foods are natural sources of probiotics, like yogurt, kefir, kombucha, raw sauerkraut and kimchee. Here's a primer for those new to probiotics; some of our favorite probiotic foods to help get your new year on the right track!

Cultured Dairy: Yogurt, kefir and sour cream are a great source of probiotics as well as calcium and protein. Readily available and lots of varieties to choose from. How to use: beyond the basic yogurt and fruit for breakfast, you can get "cultured" by substituting sour cream for mayo on sandwiches or in salads, adding yogurt to smoothies, or simply enjoying kefir au natural.

Kombucha is cultured tea, with a slightly fermented flavor and effervescence. Available bottled in the cooler and in bulk at both stores! How to use: sip after meals for a probiotic boost.

Raw Sauerkraut: Traditional sauerkraut is cabbage is soaked in brine for weeks until it ferments. A very simple process. Today you can choose from an exciting selection of krauts with additions such as seaweed, curry, or coriander. Available in bulk at both stores, and in the cooler section. How to use: serve as a side or on sandwiches, salads, and soup.

Kimchee: A variation of sauerkraut, normally cabbage based with hot peppers and spices. A vital part of many Korean meals. How to use: enjoy as a side, add to soups or add to sushi rolls.

Apple cider vinegar: Raw apple cider vinegar is another great source of probiotics. A tonic of 2 Tbsp cider and 12 oz water before meals can aid digestion and help you avoid overeating. How to use: add to dressings, salads and beverages.

Miso is fermented soy bean paste that brings a wonderful savory flavor to recipes. Albany's Sybaris Chef Matt Bennett uses miso in his vegetarian dishes to add a depth of flavor that would otherwise come from slow-cooking meat based broths. How to use: In soup, marinade, dressing, or as a spread.

Probiotics are living foods. To enjoy their benefits, avoid cooking them—add just before serving.



Get your meal started right with a satisfying bowl of miso—available in bulk or grocery!

Quick Miso Soup

- serves 1
- 1 cup warm broth
 - 1 tsp miso
 - 1 green onion
 - 1 mushroom

Slice the mushroom and green onion as thin as possible. Place in bowl with miso and pour in warm broth.

Stir gently and enjoy.

White Miso Ginger Dipping Sauce

- Elizabeth Kerle, Denison Farm
- 2 Tbsp white miso
 - 2 Tbsp freshly minced young ginger
 - 2 Tbsp fresh lemon juice
 - 1 Tbsp orange juice concentrate
 - 2 Tbsp rice vinegar

Combine all ingredients and stir.

This dipping sauce can be served with any sushi roll, or make a quick dinner with frozen pot stickers and freshly-made White Miso Ginger Dipping Sauce.

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BOIRON
www.boironusa.com

* thru 2/26/13

BULK GOODS

PRODUCE

WELLNESS



First Alternative
NATURAL FOODS CO-OP

Special Order Deadline
Jan. 25th

COOP deals

Sale Periods & Special Order Deadlines

Flyer A: Jan. 2nd - Jan. 15th
S.O. deadline: Jan. 11th

Flyer B: Jan. 16th - Jan. 29th
S.O. deadline: Jan. 25th

Prices on these pages good
Jan. 2nd - Jan. 29th

Wellness

GARDEN OF LIFE
Entire Line
LIVE, RAW & Probiotic!
20% off

BOIRON
Select Items
Cold-n-Flu Fighters!
30% off

FIRST ALT BRAND
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The sunshine vitamin!
'Tis the season to support your immune system!
reg. \$9.59 **Sale \$8.19**

FIRST ALT BRAND
Basic Multis 15% off

Great for **nutritional support and antioxidant protection!**

Throwing a Party?
Stock up on your favorite treats in our bulk section!

SUNRIDGE FARMS

Organic Blueberry Almond Granola
reg. \$4.69/lb. **Sale \$3.89**

Yogurt Raisins
reg. \$6.69/lb. **Sale \$5.29**

Organic Dark Chocolate Espresso Beans
reg. \$18.59/lb. **Sale \$16.99**

BULK

Organic French Green Lentils
\$1.99/lb. **Sale \$1.79**

BULK

Organic Yellow Split Peas
\$1.29/lb. **Sale 99¢**

ANCIENT HARVEST

Organic Quinoa Corn Elbows, Pagodas & Rotelle
\$5.79/lb. **Sale \$5.19**

BULK

Red Sour Organic Cherries
\$20.69/lb. **Sale \$17.19**
Make your own trail mix blend!

LUNDBERG

Organic Wild Rice Blend
\$4.49/lb. **Sale \$3.59**

MERIDIAN FARMS

Organic Filberts
\$10.29/lb. **Sale \$8.99**

Organic, Fair Trade Coffee

ZAIDALIA Organic Roasted Coffee
Winter Blend, Firenze, Breakfast Blend, French Roast, & Decaf
reg. \$9.59-11.97/lb. **Sale \$8.79- 9.79/lb.**

FIRST ALT BRAND
Digestive Enzymes
reg. \$16.99 **Sale \$14.49**

Looking for an eco-conscious bag choice?
We have Fair Trade, reusable bags!
ONLY \$6.99
for a limited time!
A great deal on Fair Trade, handmade & custom block printed bags!

Don't forget your **BAG!**

Our bulk food department has an outstanding selection of over 700 different products!
DID YOU KNOW? When comparing packaged spices vs. bulk spices, you can save up to 60% by choosing bulk!

Produce Supporting local, *good-for-you* food since 1970!



NOW is the perfect time to focus on healthy and mindful eating. Rather than deciding on what not to do, introduce something healthy and positive into your life! Eating nutritious fruits and vegetables is a great addition to the New Year!
It's never too late to eat good-for-you food!

FRESH LOCAL ORGANIC GOOD-FOR-YOU FOOD

MEATS

KERRYGOLD Reserve Cheddar 7 oz. reg. \$4.79 ea. *Sale \$4.19*
An extra year of aging adds a sharp strong flavor!

KERRYGOLD Dubliner 7 oz. reg. \$4.79 ea. *Sale \$4.19*
An Irish original with sweet, nutty tones of parmesan, cheddar, and swiss

MONTCHEVRE Chevre in Blue reg. \$15.19/lb. *Sale \$13.39*
Perfect crumble for salads or sliced on a cheese board

MONTCHEVRE Goat Milk Feta 7 oz. reg. \$5.19 ea. *Sale \$4.69*
Mild in flavor, with a rich creamy texture

MONTCHEVRE Goat Cheese Crumbles 4 oz. reg. \$3.99 ea. *Sale \$3.59*
Great topper for pizzas and salads! Original flavor only.

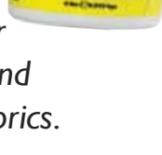
MONTCHEVRE Bucheron reg. \$12.69/lb. *Sale \$10.79*
Naturally soft-ripened with bloomy rind

NATURAL VALLEY Goat Colby Jack reg. \$10.39/lb. *Sale \$9.19*
At long last, a goat's milk colby jack!

NATURAL VALLEY Goat Mild Cheddar reg. \$10.89/lb. *Sale \$9.19*
Hand crafted with goat milk from small Amish Dairies

GINA MARIE Cream Cheese Chubs 8 oz. reg. \$4.19 ea. *Sale \$3.69*
Light, fluffy texture and fresh creamy flavor

MITICA Cana de Cabra reg. \$12.69/lb. *Sale \$10.79*
Soft-ripened goat log with a satisfying taste!



Fresh from the
Co-op Kitchen

Feast Alternative **Citrus Dressed Yams with Greens**

Citrus, crunchy pecans, and a robust roasted garlic vinaigrette bring new life to winter yams and mixed greens. Look for it in your Co-op Grab & Go Case!

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



Meat | ANTIBIOTIC FREE
HORMONE FREE

RANGER Boneless Chicken Breasts
reg. \$8.89/lb. *Sale \$7.99*



RANGER Bone-in Chicken Thighs
reg. \$3.89/lb. *Sale \$3.49*

Grocery

EARTHBOUND FARM Organic Sweet Dark Cherries

10 oz. reg. \$4.79 *Sale \$2.99*
Sweet organic cherries, frozen at their flavorful peak! Convenient and ready to use in your favorite recipes.



KETTLE Lightly Salted Baked Potato Chips

4 oz. reg. \$3.39 *Sale \$2.29*



LILY'S SWEETS Stevia Sweetened Fair Trade Chocolate

3 oz. reg. \$4.49 *Sale \$3.29*
25% fewer calories and 100% indulgence!



MAPLE VALLEY CO-OP Organic Grade B Maple Syrup

32 oz. reg. \$29.99 *Sale \$19.99*
Great value! Recommended brand of the "Master Cleanse"!



NAPA VALLEY NATURALS Organic Extra Virgin Olive Oil

25.4 oz. reg. \$14.29 *Sale \$9.99*



ONCE AGAIN Organic Sunflower Seed Butter

16 oz. reg. \$7.39 *Sale \$5.49*
Once Again is an employee owned co-op!

ENJOY LIFE Crunchy Flax Cereal

10 oz. reg. \$4.19 *Sale \$2.99*
Gluten Free! Wholesomely satisfying and crunchy through the last spoonful.

EQUAL EXCHANGE Hot Cocoa

12 oz. reg. \$7.19 *Sale \$5.99*
What's better in the winter than a nice cup of organic, fair-trade hot cocoa?

Household

EARTH FRIENDLY Oxo Brite

2 lb. reg. \$8.39 *Sale \$5.99*
Harnesses the incredible power of oxygen to whiten, brighten and deodorize your laundry and fabrics.

GREEN SHIELD ORGANIC 4X Laundry Detergent, Free & Clear

38 oz. reg. \$6.99 *Sale \$4.99*
The only line of USDA Certified Organic laundry detergents and hard surface cleaners in the world.

Chill & Frozen

HILARY'S EAT WELL The World's Best Veggie Burger

6.4 oz. reg. \$3.69 *Sale \$2.69*
Hilary's Eat Well™ makes delicious, convenient, and amazing food that is always FREE OF GLUTEN, DAIRY, CORN, EGG, SOY, YEAST, and NUTS!



C2O Pure Coconut Water

17.5 oz. reg. \$2.39 *Sale 2/\$3*
Contains no artificial sugars and zero additives/preservatives.



NATIVE FOREST Organic Coconut Milk

13.5 oz. reg. \$3.59 *Sale \$2.49*
Rich, creamy coconut milk for soups, sauces and baking.

YVES Meatless Hot Dogs

6 pack, reg. \$4.49 *Sale \$3.49*

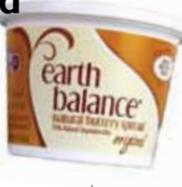


EARTH BALANCE Natural Buttery Spread

15 oz. reg. \$5.39 *Sale \$4.29*

ORGANIC VALLEY Organic Sour Cream

16 oz. \$3.59 *Sale \$2.99*



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.

=Certified Organic Product



=Gluten Free Product



Don't forget your BAG!



plastic bags banned in corvallis

new city ordinance in effect january 1

Beginning January 1, Corvallis will join Portland and other cities around the nation to enact policy to limit single use plastic bags. Beginning in 2013 all stores in Corvallis will be required to charge 5¢ for any paper bag used at the register, and single use plastic bags will be banned for carry out with one exception: restaurants will still be allowed to use single use plastic bags for carry out food. Under the city ordinance Corvallis

businesses may offer heavyweight/ reusable plastic bags for carryout or charge a minimum of 5¢ for a paper bag. Lightweight plastic and paper bags for items like bulk and produce are still good to go as long as they are not offered at the point of purchase. What does this mean for First Alternative shoppers? Well, not much in the way of change, thank goodness! **At the Co-op, responsible bag use has been a part of our longstanding policy.** We're proud

of the fact that we've never offered plastic bags for checkout, that we promote reusable bags through our Beans for Bags program, and that we were the first store in Corvallis to begin charging for bags at the register in 2009. We hope that this step to limit single-use items is one of many in our path to sustainability. The only change with this new ordinance is that we will offer only our two largest sizes of bags at the register and will charge 5¢ for either

size. Those two sizes of bags will no longer be available in bulk or produce, but smaller paper bags and plastic bags will be. So if you like to carry home a sack full of potatoes or 5 pounds of flour in a paper bag, you'll be able to purchase one at the register or bring your favorite bag from home. Beyond that, it will be business as usual at the Co-op. Thank you for being a part of a city that is truly committed to sustainability!



rock your reusable bag!

The Co-op is your reusable bag headquarters

The Co-op has many options for you to express your style while saving our planet. Here is just a sampling of our vast selection of reusable bags for every style and budget.



Allafia Handwoven African Grass Baskets come in many sizes and shapes. Baskets keep your items from getting squished together.



Just in! Peter Grimm bags are durable, strong, and colorful. They're made from recycled polymers and come in a wide variety of sizes and colors.



Closeout! Only \$6.99 while they last. Custom FA certified organic cotton bags. Nice size, great handle, fair trade!



Chico Bags fit in your pocket or purse. We have many styles to choose from!

It feels good to feel good about your Handmade Expressions bag!

selections vary per store

The Co-op's Beans for Bags program has been in effect since 2006. We give you one bean for each bag that you bring and use to carry out your groceries and you choose between 4 local non-profit organizations to donate your bean to. We turn that bean into a nickel for that organization, donating \$8000 per year to the community. It is estimated that we have saved over 1.5 million bags since the program's inception.



tips to remember your bags

Now that you've found some bags you love, how can you remember to bring them with you every time you shop? Here are some tips to help you until it becomes a habit:

- Immediately after you empty your groceries, hang the empty bag on the doorknob to the garage or front door so you remember to put it in your car or pannier.
- Get a Chico bag or mesh bag that takes up very little space so you can keep it in your purse or jacket pocket.
- Get pretty bags that you enjoy using.
- Keep backups in your car or pannier.

It takes time to establish a new habit, so be gentle with yourself!

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CCB #93128

NEW LINOLEUM & CORK LINES!

More than 90 new Linoleum colors from Armstrong and 16 new cork patterns from Kraus.

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THE MAJESTIC THEATRE PRESENTS:

WANDERLUST CIRCUS
JANUARY 11 & 12
7:30PM • TICKETS: \$14-\$20

THE PORTLAND CELLO PROJECT
THURSDAY, JANUARY 24
8:00PM • TICKETS: \$14-\$25

Shock Twins
THURSDAY, FEBRUARY 14
7:30PM • TICKETS: \$13-\$15
COUPLES PACKAGE \$40:
2 TICKETS, A BOTTLE OF WINE & DESSERT

Hell's Belles
21+
FRIDAY, FEBRUARY 15
9:00PM • TICKETS: \$14-\$17

THE MAJESTIC THEATRE • 115 SW 2ND ST. CORVALLIS
TICKETS: WWW.MAJESTIC.ORG OR BOX OFFICE: 541.758.7827

Peace Begins Within...
Learn how to expand and deepen your Mind-Body Practice
January 18th 6:30pm Mandala Studio
www.radiatelifeforce.com

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Staff Favorites

Inka Plantain Chips

"Crunchy, salty and delicious... these are addictive!"

-Carli Landucci
Produce Stocker



Bulk Date Nut Rolls

"Delicious! And they're healthier for me than chocolate."

-Jake Wren
Grocery Stocker



Staff Spotlight

CARLI LANDUCCI



What do you do at the Co-op and how long have you been working here? I've worked in the produce department, here at the Co-op, for a little over 4 years now.

What brought you to the Co-op? I had just moved to Oregon from Minnesota and it was the first grocery store I stopped in. The people were really nice and I loved all the organic food, so I decided to apply.

What do you like best about your job? The atmosphere. I've never worked anywhere so great!

How has working at the Co-op affected your life? Working at the Co-op has allowed me to be a part of the Corvallis community. I have met a ton of great people and learned a lot about what is important and what it means to be involved in a successful community.

What are some of your favorite products at the Co-op? The Inka Plantain Chips and all the yummy colorful produce. I'm pretty happy with our Bulk Department as well, it's got lots of goodies!

What do you like to do outside of work? Snuggle with my kitties! I like to go to live music shows and hang out with my wonderful friends as well.

Where did you grow up/ where have you lived in your life? I grew up in St. Cloud, Minnesota and lived there for 21 years. After traveling in South Africa for 6 months and returning to MN, I realized I

needed to keep moving. My sister grew up in Oregon so I decided I needed to check it out.

Tell us something about yourself others might not know. My natural hair color is not actually pink.

If you had three wishes... The Oregon Country Fair was everyday life, money wasn't an issue for people, and we all live happily ever after!

Where are some of your favorite travel destinations? I love visiting the Oregon Coast. Oregon is extremely beautiful, I feel lucky to live in such a magical land!

Where do you see yourself in 10 years? Traveling.

What music is playing in your car, home, or head? Trampled By Turtles, Wookiefoot, SOL, Lafa Taylor

What are your top 5 favorite things about Corvallis? Easy bike riding, the peace vigil, the Co-op, my kitties that I got at Heartland, and that it seems to attract a lot of friendly, happy people

What is one thing you would change at the Co-op? The entire ceiling should be a sunroof.

Staff Anniversaries:

January

- Raspberry, 2 years: *Cindee Lolik*
- Blackberry, 4 years: *Amy Bassett*
- Kumquat, 5 years: *Kiki Love*
- Strawberry, 6 years: *Inseon Ahn*
- Apricot, 8 years: *Cam Rudolph*
- Fig, 9 years: *Evelyn Hall, Sue Bailey*
- Lime, 11 years: *Jim Adams*



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 | |

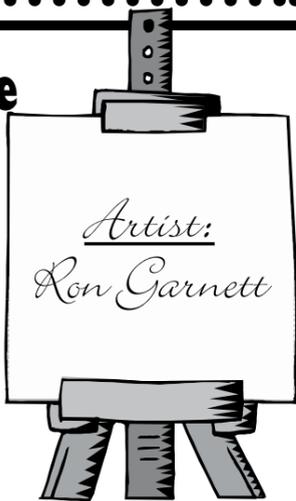
After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year. etc.

YOU MAKE THE CO-OP A NATURAL FOODS WONDER!

Art at the South Store

Ron Garnett has been a photographer since the mid 1970's. He earned a scholarship to go 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 Feast Café.



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

Our letterpress & printmaking studio is open for membership! Join us today at www.themerryinksters.org

THE MERRY INKSTERS

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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.virginia Shapiro.com.

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ART THERAPY COUNSELING FOR ADULTS integrates psychotherapy and the creative process to enhance physical, mental, and emotional well-being. Artistic skills NOT necessary. Dian Seslar Svendsen, LPC, ATR-BC, River Crossing Art Therapy Counseling, offers individual counseling, groups, self-care workshops. Willamette Wellness Center, 6735 SW Country Club Dr. (at Philomath Blvd), Suite 101, Corvallis. 541-231-8664. www.rivercrossingcounseling.com.

NADINE GRZESKOWIAK RN, CEN, of RN on Call, Inc offers professional nursing care in your home. Serving adults and seniors in the Willamette Valley since 2007, RN on Call is available 24/7 for medical support and management. For professional healthcare in your home contact RN on Call today! 541-602-1065 www.RNOnCall.com.

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

SUFFER FROM ANY PERSISTENT HEALTH ISSUES? Perhaps it's celiac disease. Nadine Grzeskowiak, RN, CEN Presents: Introduction to Celiac Disease/ Gluten Intolerance Class every Tuesday 12-1 PM and 6-7 PM at the Gluten Free RN office - 215 SW 4th St., Corvallis. Cost: \$25 To register: (541) 602-1065 or Nadine@GlutenFreeRN.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.drLintegral.com.

ACUPUNCTURE CLINIC OF CORVALLIS (AKA Whole Health Clinic) Dean Johnson L.Ac. - I can help you get rid of your pain without drugs or surgery. I can improve your quality of life by finding and correcting imbalances. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.



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

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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.

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

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

MULTI-PURE WATER FILTERS FOR SALE. Ken, 541-929-4296.

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

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

WALK THROUGH THE GRADES AT CORVALLIS WALDORF SCHOOL and experience this amazing education firsthand. January 23, 8:45am. Preschool, K-8. 3855 NE Hwy 20. (541)758-4674.

FREE DETOX FOOT BATH, WITH THE PURCHASE OF 3. Restore your Health and Vitality Naturally with the Detox Foot Bath. Image Makers 308 SW Monroe Ave, Corvallis 541-754-0355 www.imagemakers2.com.

WEST AFRICAN DRUM CLASS WITH MAMADON THIOUB AND IBRAHIMA SYLLA. Wednesdays 7pm-8:30pm at the Wake Robin Storage Facility #9. \$20 a class. For more info contact Ibrahim 541-231-4890.

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.

CERTIFIED WELLNESS PRACTITIONER: Brook Jenson. Holistic Health Coaching/Consulting and NLP (Neuro-Linguistic Programming), Reflexology, Reiki. Please call 503-501-6218 Thank you and be well!

"MORE THAN A FACIAL" now at beautiful NEW Corvallis location in the "Oasis Room" at Willamette Wellness Center. Call to book your appt. today and get started to glowing healthy skin! 10% discount with this ad (first time clients). Caite Sagehorn owner operator 40 yrs. and loving it! By appt. only 541-487-4060 or email caite@morethanafacial.com www.morethanafacial.com

DISCOVER HOW PEACE BEGINS WITHIN... and experience your radiance! Workshop/presentation January 18th AND Every Fourth Wednesday at Mandala Studio 6:30pm, www.radiatelifeorce.com Traci Mc. Merritt (541-760-8557)

PREGNANT OR PLANNING? Growing Family Birth Center in Lebanon offers prenatal care, waterbirth, birth center and home birth, childbirth classes, infant massage and monthly movie nights. To meet with a midwife, call 541-259-2500. www.growingfamilybirthcenter.com

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.

THE QUIET HOUSE Shared living in our 4000 sf, 5 bedroom home. No smoking, drinking, or drugs. Waterfall, pond, deer, hot tub. Quiet hours from 9 pm to 9am. www.futonman.com/1415.htm. For more information, call Bill 541-753-6395.

HERBAL MEDICINE CLASSES start February 10. Medicinal plant identification and cultivation will be introduced as well as medicine making, ethical harvesting, weekly tea tastings and more. Contact Jaci of Sunnyside Herbs for more information. and to schedule your interview. jacimck@hotmail.com or 541-758-9156.

strategic planning 101: craft a lasting wellness resolution for 2013

Lisa Lindner, Wellness

It's a new year, and I have great resolutions I'd like to make! In the past, though, I haven't succeeded and I wasn't sure why, until now. In a nonprofit management class, I recently learned a method that will help me - and hopefully you, too- achieve this year's resolutions. Do an internet search for "SWOT Analysis" to learn more.

Here are the steps I learned and how I've applied them to my personal 2013 wellness resolution.

1. Identify your time period. Organizations usually create three- and five-years plans. I'm going to be realistic and plan for six months and then revisit my mission.

2. Develop your mission statement. My mission, which can be thought of as a personal mantra, is "to cultivate all forms of wellness in my daily life." What's yours?

3. Develop your vision, or the future results of a successful mission. My vision is a version of me that has abundant energy; a calm and centered demeanor; clear eyes and skin.

4. Name your values. These exist as core reminders for what you believe in. Simply remember them so they become self-conscious and inform your strategy. My wellness values include patience, forgiveness, and intuition.

5. Create a strategy. This is a detailed breakdown of how you'll uphold your mission, vision, and values. An easy way to organize your strategy is by listing goals (what), objectives (why), and actions (how).

For example:

Issue: My energy peaks and dives throughout the day.

Goal: To have abundant, consistent energy all day.

Objective: I'd like to feel good all day, without dives

Action: 50% of my diet will be raw produce. When defining your actions, use specific, measurable amounts. Avoid being vague like by saying "I'll eat more raw produce."

Action: Take my supplements each morning.

Action: Instead of eating sugary snacks when I'm feeling an energy dive, I'll eat fresh fruit.

Objective: to think clearly

Action: Drink 1 gallon of water and a cup of herbal tea that supports mental health each day.

Objective: to feel well rested

Action: Exercise at least 45 minutes, 5 days per week to allow detoxification, positive fatigue, etc.

Action: Make sure I get to bed by 11 pm so I can get enough sleep.

Apply this formula for all of your goals. At the end, you'll have a lot of actions, but they'll be simple and tangible things, plus they'll likely be the same dozen simple steps repeated throughout the plan, since many of these simple actions affect wellness.

Some pointers:

- Keep your plan simple by having **one** mission. Avoid "I'm going to do everything all at once" thoughts.
- Schedule **monthly strategy meetings** to check in with yourself. What's working? What's not working?
- **Hold yourself accountable** by telling people about your mission and goals. Now I have you *and* myself to keep me accountable! (Dang!)
- Remind yourself of your goals by placing **dorky reminders** all over your home, wallet, etc. Maybe the first thing you see when you look in the mirror in the morning is a picture of Mr. T demanding ten push-ups. My phone's alarm tells me every day to drop what I'm doing and drink a glass of water. The trick here is to create a daily environment that won't let you forget what you need to do to be successful.
- **Incentivize:** it sounds cliché, but consider rewarding small successes along the way. Also, after your mission is complete, do something elaborate for yourself, but only if you've met your goal. I'm looking forward to a professional massage when I meet my goal of having consistent energy, calmness, and healthy complexion!
- If you've done all your actions, but you still haven't met your goal, it's time to revisit your strategic plan. Maybe your actions aren't supporting your objective. Maybe you're trying to take on too many actions at once. Go easy on yourself.

Say you've done all this and, being the rock star you are, you've upheld your mission long enough that you've created healthy habits and it's no longer a mission but a way of life. The sweet taste of success is now stale. HA! *You're not done!* Once you've "completed" your mission, redefine it so you're striving to be an even better version of the person you've worked hard to become. That means you'll

create a new strategic plan. A sage woman I know says we should always strive to overcome what separates us from our highest selves.

We want to hear what your strategic plan is for the new year. What's your mission, vision, and values? How will you break this mission down into attainable goals through objectives and actions? Will Mr. T be your ally? How will you reward yourself? Who will you inform to keep you accountable? Shoot an email to thymes@firstalt.coop or post to our Facebook page to let us know your plans!



always strive to overcome what separates us from our highest selves



beef's raw edges

The Kansas City Star, in a yearlong investigation, found that the beef industry is increasingly relying on a mechanical process to tenderize meat, exposing Americans to higher risk of E. coli poisoning. The industry then resists labeling such products, leaving consumers in the dark.

The result: Beef in America is plentiful and affordable, spun out in enormous quantities at high speeds, but it's a bonanza with hidden dangers.

Also, doctors and the USDA say antibiotic overuse is leading to resistant bacteria in humans. And with consumption down, the big beef industry is fighting back with efforts to influence U.S. dietary guidelines.

We encourage you to educate yourself about this industry and how it can affect you. The following link brings you to many articles, videos, and infographics. Some of them are rather disturbing and startling. You'll learn more reasons to get beef from known and trusted sources, like our local ranchers of McK Ranch and Lonely Lane Farms. We feel this is such an important topic, we will be printing more about it in the Thymes in the next few months.

<http://www.kansascity.com/beef>

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.

appreciating the Co-op

To whom it may concern,

I am a former resident of Corvallis and faithful shopper of First Alternative Co-op. Recently I have moved to Boulder Colorado, where unfortunately, there is no such thing as a co-op grocery store. I am deeply disappointed by this and am writing primarily to let all of you at the Co-op know how special your store really is. I have never come across another store that is as eco-conscious, local-conscious, sustainably minded and overall just the right kind of business to patronize as the Co-op is. I want to sincerely thank you for being such a reliable and responsible business. I have no idea if it is possible, but the rest of the nation should know your recipe for success, I have some stores I could recommend in Boulder that would greatly profit from an idea share with the Co-op.

Thank you for all that you do and greatly miss shopping at your store!

~Grace Noel

INSIGHTS INTO GARDENING

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OSU Sat. February 9
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January Happenings

WINTER WINE SOIRÉE

at the
Majestic Theatre
SATURDAY,
FEBRUARY 22nd
6-9 p.m.

Join us for a night of wine,
chocolate, cheese, and good cheer!

FMI: Donna, 541-753-3115 ext. 328

OWNER SALE DAY

PICK YOUR OWN OSD!

MORE SAVINGS! Save 10% on your purchases on the **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 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? Have you been itching to teach a class? FMI: donnax@firstalt.coop

WINE & BEER TASTING

with light appetizers

SOUTH STORE: Wine
Every Friday, 5-7 p.m.,

NORTH STORE: Wine
1st and 3rd Thursdays, 5-7 p.m.
with live music!

NORTH STORE: Craft Brew
2nd & 4th Thursdays,
5-7 p.m., with live music!



BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE
TBA
held in the North Store meeting room

FINANCE COMMITTEE
Wednesday 9th 5:30 - 7 p.m.
held in the North Store meeting room

OWNER RELATIONS COMMITTEE
Tuesday 8th, Noon

BOARD OF DIRECTORS MEETING
Tuesday 15th, 6:30 p.m.

Owner comments welcomed in first 10 minutes.

Co-op owners are welcome to attend. All meetings are held in the South Store Meeting Room, unless otherwise noted.

EVENTS THIS MONTH

CORVALLIS COMMUNITY RHYTHM CIRCLE Sat., Jan. 5th, 7:30-9 p.m. 101 NW 23rd St., Free. Start the New Year off with community, rhythm and fun! All ages/levels of playing ability welcome. Instruments provided or bring your own. FMI: drumcircleconnection@gmail.com

FREE ACUPUNCTURE DAY Sat. Jan. 12th, 10 a.m.-2 p.m. Corvallis Community Acupuncture, 2151 NW Fillmore Ave. Get 2013 off to a great start! New and returning patients welcome. Experience acupuncture in our peaceful, community setting. Treatments are 30 mins. Appointments recommended, walk-ins as time allows. FMI: 541-753-8000

EXPERIMENTAL REINTRODUCTION OF NORTHERN WORMWOOD Monday, Jan. 14th, 7:30 p.m. Avery House in Avery Park. Lecture on restoring populations of Artemisia, a rare plant of the Columbia River Gorge. FMI: Alexis at 860-878-2049

SCIENCE PUB: WATER, ELECTRONICS AND ENERGY Mon., Jan. 14th, 6-8 p.m., Old World Deli, 341 SW 2nd St. Douglas Keszler, Director of the Center for Sustainable Materials Chemistry, focuses on the discovery of new compositions of matter, including water chemistries, and their integration into new electronic and energy devices. FMI: 541-737-4717

THE MEANING OF WILDERNESS AND THE RIGHTS OF NATURE Thurs. Jan. 17th, 4-5 p.m. MU Journey Rm, OSU. Examine the definition and origin of the concept of wilderness, trace its intellectual history from hatred and fear to appreciation and preservation and conclude with ideas about the importance of wilderness for the future of life on this planet. FMI: robert.peckyno@oregonstate.edu

PEACE BEGINS WITHIN Fri., Jan. 18th, 6:30 p.m. Mandala Studio. Deepen Your Mind-Body Practice: a presentation by Traci Mc. Merritt, FMI: www.radiatelifeorce.com

WAVE RIDER: OREGON'S ROLE IN OCEAN RENEWABLE ENERGY Thurs., Jan. 31st, 7 p.m., Corvallis Public Library. Dr. Belinda Batten of the OSU Northwest National Marine Renewable Energy Center will discuss ocean renewable energy, devices that extract energy from the ocean, and current research on how they might impact the ocean environment. Sponsored by Marys Peak Group, Sierra Club. Free; open to all. FMI: 541-758-5255

NEW SERIES EVENTS

GEARING UP FOR GARDENING Tuesdays in January: 8th, 15th, 22nd, 29th, 12-1 p.m. Corvallis Public Library. Gardening presentations each week on topics including root vegetables, hydrangeas, annuals, solitary bees, GMO crops, attracting birds, selecting landscape & fruit trees.. Free and open to the public. Bring your lunch! FMI: 541-766-6926, www.thebestlibrary.org

MERRY INKSTER'S MERRY HOUR Fridays, 4:30-6:30 p.m. Big Gray Barn, 845 1/2 NE Circle Blvd. Tour our letterpress studio, learn how to set type the old way, operate a cast-iron platen press and sign up for a workshop during our Friday Open House hours! FMI: themerryinksters@gmail.com

ALL BODIES DANCE Sundays, Jan. 6th, 20th, 27th, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. An exploration of dance for play, pleasure, sport, health, love, fear, elation, and transformation. Explore movement using forms of DanceAbility and Dance Improvisation. Donations gladly accepted. FMI: www.livewellstudio.com

CORVALLIS PARENTS & FRIENDS A place for parents and their kids to make new friends, and get support for parenting and pregnancy. FMI: www.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: rihall@peak.org, 541-758-9340

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

SUNDAY EVENTS

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

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

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

MID-VALLEY ENNEAGRAM CIRCLE, 2nd and last Sundays, 6-7:30 p.m. Mystic Mountain Center, 435 NW 4th St. FMI contact Kenny, 541-704-0135, inchinnan@comcast.net

FREE INTRODUCTION TO THE SEDONA METHOD Every 3rd Sunday, 2:45 p.m. Mandala Studio, 6227 NE Pettibone Dr. The Sedona Method is a simple and powerful tool which helps you let go of unwanted feelings and behaviors and renews inner peace. RSVP required. FMI: www.mandalawithlynn.com, Fiona@FionaMoore.com

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

MONDAY EVENTS

MINDFULNESS MEDITATION Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. Every Monday, 5:30-7p.m. 435 NW 4th St. Five Stones Sangha welcomes visitors. FMI: Ken at 541-760-9760 or Bob at 541-738-2528. www.fivestonessangha.org

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

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@vfp.corvallis.org

TUESDAY EVENTS

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 today. Roslyn Burmood, roslynburmood@gmail.com, www.diningforwomen.org

WEDNESDAY EVENTS

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 Wednesdays, 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

HEART OF THE VALLEY BIRTH NETWORK Every 3rd Wed. 6-7:30 p.m., Waldo Hall (rm 272) at OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org

THURSDAY EVENTS

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, http://www.drolmasamtenchuling.wordpress.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 Thursdays, 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.

FRIDAY EVENTS

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. Hosted by Suz Doyle & Jeanne Holmes of Ukes of Hazard. FMI: 541-753-8530

SATURDAY EVENTS

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

PLANET BOOGIE, 3rd Saturdays, Downtown Dance, 223 NW 2nd St. Planet Boogie is a freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: 541-752-1997, www.facebook.com/groups/planetboogie

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 profile

Pacifica Coffee



Business Name: Pacifica Coffee Ltd

Owners: Greg Gorchels, Sarah Steffensen

Crew size: 2

Location: Corvallis Oregon.

Region and area of operation: We ship as far as South Dakota, but most of our business is right in Corvallis.

How long have you been in the business? We opened our first coffee business in 1991. The Corvallis wholesale coffee operation grew from that first shop.

What do you produce? We produce roasted coffee.

What does the Co-op buy from you? Coffee

How long have you sold to the Co-op? We began selling coffee at First Alternative in 1996.

What sustainable practices does your business employ? We try to use as little energy as we can. This takes the form of using our bikes and delivery bike whenever we can, working long single days to limit our commuting, and being efficient. We don't have regular garbage pick up. Our burlap sacks are used by local farmers and bee keepers. Our office paper and empty paper bags get reused as packing in our delivery boxes. We try to recycle everything. Our product is organically produced mostly in cooperatives. Behind the scenes and not well marketed, is our practice of finding coffee that we believe is sustainably produced and good for the people working in the country of origin. I am local and will happily talk about these topics if you see me shopping at the Co-op.

Please describe your business philosophy:

My business motto is that it is not good business unless it is good for every single person involved. To thank my customers, I try to find truly fantastic and rare coffee for them to enjoy grown and produced by people who are happy to do so. I am happy to do this job and am very thankful to my community for keeping me around to do this work.



Our Story:

This business began from a true love of coffee. I was a science teacher sometimes taking jobs very far from where I could buy fresh coffee, so I bought green coffee and learned to roast it. I learned to roast through experiment and sometimes literally paying a thousand dollars to have a question answered by experts. (thanks to Mike Sivetz who only charged \$1000 for answers I couldn't get anywhere else - it seems like a lot, but trust me, it was a bargain at twice the price, and to people like Alfred Peet who cheerfully just talked to me). I was getting up extra early to roast coffee before my teaching job and it occurred to me that my hobby was getting out of hand. One day I was on my way to a stressful day and my wife whispered in my ear "just think, we could be getting up to go work in our own coffee business right now." This was too seductive and sensible to resist.

We started business by opening a coffee shop in Sunriver, Oregon. Many would be happy to live there but my first and only love is Corvallis, Oregon. We moved

here in 1996 and opened another shop (currently Sunnyside Up Cafe). From these shops, we grew our wholesale business. When my wife went to nursing school, we sold our coffee shops and focused on just selling our fresh roasted coffee to local cafes, offices,



Greg Gorchels of Pacifica Coffee sampling some coffees he's considering roasting and selling.

and, of course, the Co-op. We also had 3 very young children at that time so I couldn't keep up with the shops and the wholesale business. It has been a really great 12 years of wholesaling our coffee.

My favorite part of what I do is when I get to share my enjoyment of our coffee with someone who is enjoying our coffee. I still like to talk about the nuances in flavor from crop to crop or share those rare coffees like our Bali Blue Moon with someone that was made happy by it. Sharing enjoyment of good coffee with people is so enjoyable it hard for me to say it's work.

-Greg Gorchels

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Soup SEASON

Drip. Drip. Drip.

The winter weather has really set in and there's no stopping the rain. But before you pack up and move to warmer climates, take a minute to embrace the warmth that the dark rainy days bring. Stop by the library for a good book about the tropics and get out your soup pot for a hot finish to a cold day.

These three easy soups are a snap to prepare and provide a spicy lift to winter evenings. I included lots of warming spices to get your endorphins going as well as great local ingredients like spicy chorizo from Deck Family Farm. The best part? You'll have these soups simmering in a matter of minutes, leaving you plenty of time for armchair travel!

- Emily Stimac, Marketing Assistant

TOFU MOLÉ SOUP

Serves 4
 1 block tofu, cut into thin strips
 1 Tbsp oil
 ½ white onion, quartered and sliced
 4 cloves garlic, divided
 1 red bell pepper, diced
 1 jalapeño or Serrano pepper, diced
 2 Tbsp chili powder
 1 Tbsp ground cumin
 1 tsp oregano
 ½ tsp cinnamon
 2 cups water
 2 tsp Better Than Bouillon
 ½ tsp finely ground coffee
 1 can diced tomatoes
 1 can green chilies, diced



1.5 oz. dark chocolate, chopped
 salt and pepper to taste
 4 whole wheat tortillas
 2 cups shredded cheese

In a soup pot, sauté tofu, onion, garlic, green pepper, jalapeño, chili powder, cumin, oregano and cinnamon for 10 minutes. Add water, Better Than Bouillon, coffee, tomatoes and green chilies. Simmer for 30 minutes. Stir in chocolate and add salt and pepper to taste. Serve with a dollop of sour cream and whole wheat quesadillas.



SMOKY TORTILLA SOUP

Serves 4
 4 cups water
 1 lb. boneless skinless chicken thighs, cubed
 ½ white onion, chopped
 1 can fire roasted tomatoes
 1 jalapeño, diced
 1 can black beans, drained and rinsed
 1 Tbsp veggie broth powder
 ½ tsp chili powder
 ½ tsp Yakima smoked salt
 ½ tsp paprika (or cayenne for a capsicum kick)
 2 cups tortilla chips, slightly crushed
 1 cup Queso Oaxaca, shredded
 1 avocado, diced
 ¼ cup cilantro, chopped

Bring water to a boil and add chicken, onion, tomatoes, jalapeno,

black beans, veggie broth powder and spices. Reduce to a simmer and cook until onions are translucent, about 20 minutes. Scoop into bowls and top with tortilla chips, cheese, avocado and cilantro.

YAM AND LENTILS WITH CHORIZO

Serves 4
 6 cups warm water
 2 tsp Better than Bouillon
 1 onion, chopped
 1 tsp cumin seeds
 4 Deck Farms chorizo sausages, diced*
 3 cloves garlic, minced
 2 garnet yams, peeled and cubed
 1 cup green lentils
 1 pkg. Mediterranean Pita bread butter
 garlic granules

Sauté onion, cumin and chorizo until onions are tender and browned. Add remaining ingredients and cook until lentils are tender, about 50 minutes. Serve with buttered garlic pita.

*Soyrizo is a terrific vegetarian option.



I ♥ Bouillon

Bring your next meal to a simmer with this pantry powerhouse!

Vegetable broth powder and bouillon have a lot going for them. They come in a variety of flavors and forms, they have a long shelf life, and you can use as much or as little as you need. Compared to ready-to-use broth, it is a great choice for sustainable eating because you can ship it with a fraction of the fuel you would need to ship broth. In fact, I would say veggie broth powder is one of the most important items in my pantry—the key to quick delicious braised kale or jazzy mashed potatoes.

At the Co-op we have an excellent assortment of bouillon. Here are a few of my favorites.

Seitenbacher Vegetarian Broth and Seasoning

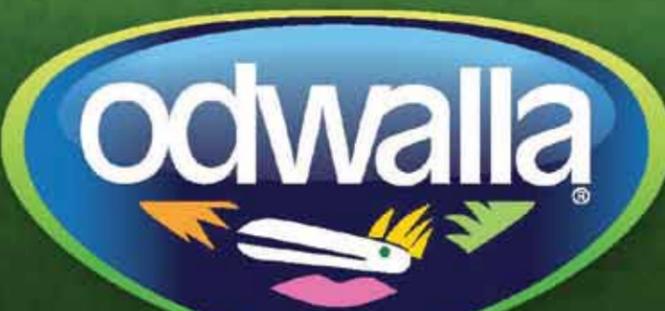
This dry powdered vegetable broth makes the perfect seasoning for soup, sauces and gravy. Its nutritional yeast base brings extra B-vitamins to your meal and the flavor melds well with other spices without overpowering your dish.

Better Than Bouillon

These organic bases are the Cadillac of soup base. The vegetable, chicken, or beef flavors are made with whole foods and are sure to kick your dish up at least two notches! Use sparingly and don't be afraid of the price. A little goes a long way. This is great as a hot drink, too!

Bulk "Chicken" Soup Broth Vegetable Powder

This vegetarian powder is available in bulk and has a really nice chicken flavor. It's great because you can buy a little or a lot! Sprinkle on popcorn or oven fries for delicious treat.



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