



First Alternative  
NATURAL FOODS CO-OP

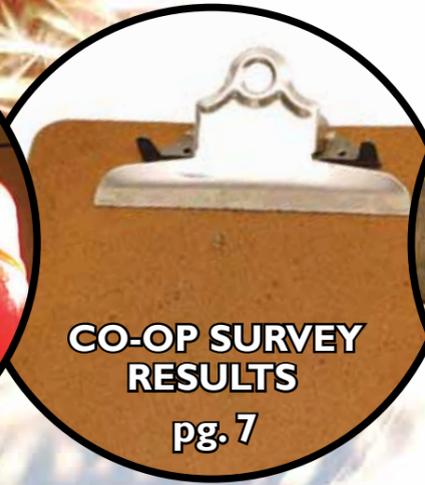
# THYME

COMMUNITY  
JULY 2015

MARKET MONTHLY  
VOLUME 36 • ISSUE 7



CONDIMENT  
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FILL IT AND GRILL IT  
RECIPES  
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# Happy 4th of July, USA

## OWNER Rendezvous at the Osborn Aquatic Center's Otter Beach

Owner Rendezvous is our annual celebration of the people who make the Co-op such a spectacular place to shop, work, hang out, and learn—our Owners. This year we're going to treat you to something new, a pool party!

The Co-op is taking over *Osborn Aquatic Center's Otter Beach* for an evening of family fun in the summer sun. We'll have live music, Coconut Bliss ice cream, games for the whole family (in and out of the water.)

We hope to see you there, Owners.

Bring your families and your sunscreen. It's going to be a blast. A sopping wet blast.

## Sunday, August 2nd 5:30-8pm

Join us for the North Store Block Party, July 24th —pg. 5

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



North Corvallis: 2855 NW Grant Ave. | South Corvallis: 1007 SE 3rd St. | Open daily 7am-10pm



Cindee Lolik  
General Manager



Peg Nolan  
NCG



Frank Worrell  
NCG

# from the Board of Directors

Melissa Hartley  
Board of Directors



## from the Managers

Six months into the year and it's time for a check-in to see how things are going at First Alternative. We use check-ins as a way to evaluate our progress on goals, and to discuss and work out solutions for any bumps in the road. Being the only cooperative grocery store in Corvallis, and dedicated to providing our community with the best food and shopping experience in the Valley takes a lot of work, and we want to make sure we do it right.

Our Store Managers will be checking in with several of the folks who stepped into management roles at the tail end of 2014 and setting their goals for the next six months and beyond. The new management structure is a big win for our Co-op. Staff are able to devote themselves more fully to giving excellent customer service even as they, and their Managers, are creating new systems to help us sell an even greater abundance of fresh, local, and organic food.

In other news, we've succeeded in making the South Store's café area more comfortable and welcoming to customers. It's amazing how a little spring cleaning and moving of furniture (or a check stand, in this case) can make an area more inviting. That really cool bar seating at the back of the café is fun too!



With register 6 moved, South Store's café has a great new look and an open feel



South Store's new Salad bar and hot bar arrangement makes scooping easier

We decided to place the bar there because we didn't want to block the natural light coming in through the windows.

So, of course, just like with moving a big piece of furniture at home, it creates a domino effect—we moved the coffee bar in line with the Deli case, put the bakery case where the coffee used to be, then moved the hot food bar parallel to the salad bar, making it easier to scoop that delicious food onto your plate or to-go container.

We're in the midst of a big interior paint job at the North Store and so far, it looks incredible. It's so much brighter! We'll be enhancing that paint job by clearly marking overhead areas with awesome department signs sometime in the near future. We have big plans for the North Store eating area as well, but they will take a little time to come to fruition as we need to make some bigger changes to open up seating and make that area more customer friendly.

If the summer ends up anything like the beginning of June, I know I will be visiting the Deli hot bars and grab & go cases at both stores on a consistent basis. It's a great time to take home some cold fried chicken, potato salad, and coleslaw and have a wonderful refreshing meal without having to cook! Top it all off with a fruit galette and some bourbon vanilla ice cream and life is so very good! In fact that sounds like exactly what I did one night last week. Life is good. I love the Co-op!



Bright, freshly-painted white walls at the North Store are just the beginning

Make hay while the sun shines. As a child, this proverb struck me as both practical and profound. Not only is this good advice for the hay farmer, but it also applies to other aspects of life. When you have to do something, and conditions are favorable, go for it. So, here is my report of the May meeting of the Board of Directors. We covered a lot of fertile ground.

**The Finance Committee Report:** The 2014 audit should be available for discussion at the July Finance Committee meeting.

**The General Manager's Executive Limitation Report on Financial Condition:** The Co-op is making good financial progress. The North store continues to prosper, and twice recently South Store's daily customer count exceeded previous numbers for the year. The Co-op's relationship with NCG, and the negotiating skills and hard work of Frank Worrell are showing significant, positive results. The General Manager, Cindee Lolik shared a report from the NCG Spring meeting that she attended: "Fresh, Local, Organic is the Path Forward for Food Co-ops."

**Procedures for Acknowledging and Tracking Owner Correspondences to the Board:** The Board Secretary will send acknowledgment emails or letters soon after the receipt of communications to the Board. The Secretary will also determine if replies are needed, and track letters and responses. The Board discusses letters at their monthly meeting. Responses are sent afterward.

**Letters Regarding Board Support of Benton County Local Food System Ordinance, Measure 289:** A total of 19 letters and comments from Owners were received on this issue. Some Owners commented in person at Board meetings. Approximately 80% of comments received were in support of the Board's endorsement of the measure. The Board endorsed the measure because we felt that it was clearly in alignment with our mission and product selection guidelines. The Board is happy that our Owners showed strong support for the endorsement. Interestingly, a similar measure passed last year in Jackson county with 80% support, while results in Benton County were reversed. The Jackson County measure clearly exempted OSU Extension, which may have been a factor.

**A Budget for a New Point of Sale System:** This has long been on the Co-op's wish list. A presentation on the recommended system and a plan for financing it was given by Frank Worrell and Cindee Lolik. The Board asked questions and discussed whether this is the best system for us. Questions about ongoing costs and other concerns were answered. It is a good, medium-priced system. An impending legal requirement to upgrade peripherals makes replacing card readers necessary; you have probably noticed the first stage of this changeover at the registers already. The rest of our current POS system is also out of date. The new system will accommodate more

flexibility for reports and save Staff time, as well as get shoppers through the checkout line faster: Gift card transactions will no longer cost the Co-op anything, and the system accommodates online payment technologies. A recent refund from the Joint Liability Fund will go toward the down payment, with the rest coming from other savings measures.

**Update on Co-operative Board Leadership Development (CBLD):** Board Members participate in monthly conference calls with Art Sherwood, our CBLD liaison. Sherwood has extensive experience presenting, teaching, writing, and facilitating Co-op boards, and may facilitate the First Alternative Board's annual retreat this fall.

**The Recent Election and Respective Roles of the Board and Management:** After a preliminary debriefing of events surrounding the recent Board endorsement of the local food ballot measure, the Board agreed to explore the topic of political endorsements further; in order to clarify the Co-op's existing policies. The First Alternative Board of Directors uses policy governance to help guide our decisions. Our policies will continue to change as needed, always putting the good of the Co-op first. Respective Board and Management roles, decisions, and actions may be added to existing policies for clarification. The goal is to improve communications between the Board, Management, Owners, and Staff. In recent months, the Co-op's Board of Directors endorsed Benton County Measure 289, Oregon GMO labeling legislation, and recently wrote a letter to the Oregon legislature in support of OSPIRG's effort to limit the use of medically unnecessary antibiotics to increase the weight of farm animals.

Newly elected Board Members will begin their terms in July. Welcome! A former Board member observed the May meeting. Guests are always welcome to comment or observe at Board and committee meetings. Please check the First Alternative website or the Thymes for the scheduled days and times of meetings. We welcome your participation.

Have a great summer, make some proverbial hay while the sun shines, and thank you for supporting your local food Co-op.



Michael Villiardos stocking bulk, back in the old days. Your monthly blast from the past

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

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

Editors. . . . . Adam Payson, Jessica Brothers

Design/layout. . . . . Adam Payson

Photography . . . . . Adam Payson, Emily Stimac

### STORE LOCATIONS & HOURS

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

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

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

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

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

### CO-OP BOARD MEETINGS

**Owner Relations Committee**

Tuesday, July 7th - 12:15pm  
South Store meeting room

**Board Recruitment & Elections Committee**

Thursday, July 16th - 6pm  
North Store meeting room

**Finance Committee**

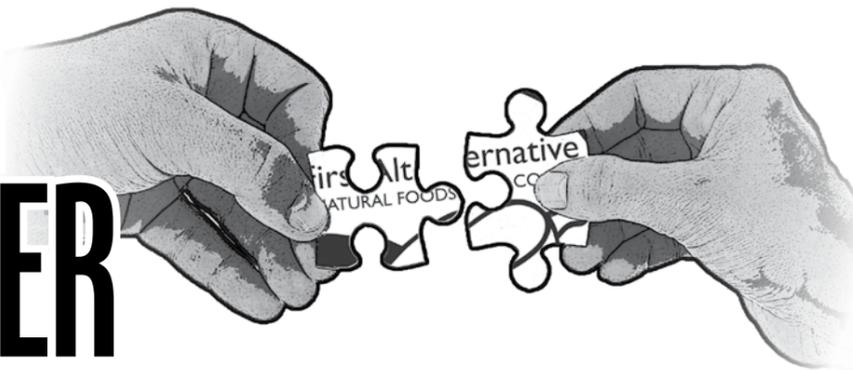
Wednesday, July 15th - 5:00pm  
North Store meeting room

**Board of Directors**

Tuesday, July 28th - 6pm  
South Store meeting room

Owner comments welcomed in first 10 minutes.

# STRONGER + TOGETHER



- The Seven Cooperative Principles:**
1. . . . . Voluntary and open membership
  2. . . . . Democratic member control
  3. . . . . Member economic participation
  4. . . . . Autonomy and independence
  - 5. Education, training, information**
  6. . . . . Cooperation among cooperatives
  7. . . . . Concern for community

## EDUCATION TRAINING AND INFORMATION

Through education, revolutions move forward rather than just returning to where they began

Back after last month's election-induced hiatus, it's Stronger Together, your guided tour through cooperative history!

### Take Five, Everybody

This month we're taking a look at the fifth cooperative principle: education, training, and information. In the words of the International Cooperative Alliance (ICA), "Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public—particularly young people and opinion leaders—about the nature and benefits of cooperation."

### They Don't Need No Education

In the early days of the cooperative movement the wording of this principle (then "Promotion of education") and its intent were broader, because educational systems early in the 19th century—like society—were less open, more stratified.

While England was home to some of what are still the most prestigious educational institutions in the world (looking in your direction, Cambridge and Oxford) these institutions weren't open to just anyone.



The Keble College Chapel at the ancient and prestigious University of Oxford

In those days, someone who worked in a mill, factory, or on a farm was likely to have spent little to no time in a classroom. Primary education wasn't compulsory, if it was even available, and it wasn't free. Working class families could hardly afford it, let alone the greater financial outlay involved in sending a child to university. Sending a child away meant losing precious income they could be making working in the factory or mill.



The industrial revolution's "dark satanic mills," to borrow a turn from William Blake



It's estimated that in 1833, 10-20% of the workforce in textile mills were under 13

The state began partially funding schools for poor children in 1833, though there were exceptions for those among them who were employed.

Reforms were happening, but too slowly. The working class had to push hard for even incremental improvements to their situation.

### Don't Tell Anyone I Taught You This...

"Promotion of education" didn't appear in any Pioneer documents prior to 1854, because until then the cooperative had been forbidden from setting aside money for education. In the meantime, the Pioneers did what was right and necessary by secretly going about educating their members.

Once they had official permission, their educational outreach was extended, through classes for adults, a library, lectures, and even a newspaper. (A co-op with its own newspaper? That's crazy!)

### Getting Better All The Time



An early 20th century schoolhouse, a better place for children than a factory

Today, our public education system does much of the heavy educational lifting the Pioneers were having to do for themselves.

We should be grateful it's no longer a Co-op's duty to teach its employees basic arithmetic or how to conjugate tenses. We should be even more grateful for all of the people who realized the importance of a free and open system of education, and who fought long and hard to make it happen—and those who are still fighting hard in both the developed and developing worlds to maintain and continue this tradition of progress.

Thanks to them, the fifth principle is what it is today—focused on the cooperative enterprise. These cooperative education obligations are threefold:

### A Cooperative Educates Itself

That means keeping our staff up-to-date on everything they need to know. Our education never stops. It includes the basics, like selecting the best produce, providing great customer service, keeping the shelves stocked, and the keeping the store looking lovely. It goes beyond that too.

For example, we recently hosted a training with Theo Chocolates, open to all employees. Staff had an opportunity to learn the process of making fair-trade chocolate, from bean to bar with a company dedicated to doing right by the world, not just making a profit.

Several of our department heads recently returned from a trip to the UNFI Tabletop Show, where they learned about the latest and greatest in healthful foods from leading organic and natural foods providers.

The First Alternative Board of Directors aren't excused from class either. You can read about a trip several members took to the Consumer Cooperative Management Association conference on the previous page

Our partners in the National Cooperative Grocers (NCG) also provide us with endless educational resources and training opportunities, many of them just a click away thanks to the internet and a portmanteau I love to loathe—webinar:

### A Cooperative Educates Its Owners

You're reading one of our educational tools, the Co-op Thymes. Turn to these pages to learn about upcoming local natural foods and sustainability-related events, keep up with our Board of Directors and General Manager, learn great new recipes, and see what community classes are upcoming.

In addition to the Thymes, we do in-store educational events, and send regular email newsletters to fill you in on breaking Co-op news and hot new deals. If you aren't on our list and would like to be, drop me a line at [marketing@firstalt.coop](mailto:marketing@firstalt.coop) and I'll add you.



A bread making class at the Co-op provides hands on help for the knead-y

Follow us on Facebook and Twitter and we'll point you to interesting, education opportunities around town and on the internet. And don't forget to keep an eye on our class schedule, printed in the Thymes, and hanging up around the stores.

There's always something interesting going on, from beer brewing to book discussions and classes on cooking or healthcare. Classes are usually free. If there is a fee, Co-op Owners usually get a special discounted rate.

Our classes are open to everyone, Owner or not, which brings me to the third fold—those who are potential Co-op shoppers and Owners.

### And It Strives To Educate Others

In order for us to thrive in a market that has ballooned in popularity and consequently attracted corporate competition, it's important that we are always reaching beyond our present station. Education and growth are inextricable, after all.

This means getting out and spreading the word about the Co-op. We distribute the Co-op Thymes to locations all around town, because anyone walking into Nearly Normal's or the Book Bin could be our next shopper or Owner; and because it can help turn people on to the potential and vibrance of a locally-owned market stocked with fresh healthful foods, as opposed to bland national supermarket chains and their endless abundance of poor choices.

We get out there and press the flesh too, making ourselves a presence at local events, big and small.



Honey Bee Day: the covered produce indicates what couldn't grow without bees.

Fall Fest is quickly approaching, and we'll be teaming up with the Corvallis Sustainability Coalition to bring the Co-op Kitchen's incredible food to the community at large. A portion of proceeds will go to help the Sustainability Coalition's educational mission.

Earlier this year we teamed up with OSU's Memorial Union Program Council for Grocery Bingo, an event focused on getting dorm-bound college students to make healthier food choices. Lucky winners went home with bags stuffed full of healthful Co-op groceries. And just recently, we attended the Babies, Birth, and Families Wellness Fair, sponsored by the Mid-Valley Doula Network. There were workshops on birth, health, and nutrition for expectant mothers. The Co-op was there to get the word out.



Hungry, impressionable youth, attending OSU Grocery Bingo, winning groceries

### Now the sell

If only we could be everywhere, screaming Co-op from the mountaintop, whispering wellness into every ear. But those shelves, they need stocking, and this paper, it needs writing. That's where you come in. Proselytize for us. Be our advocates. Represent your Co-op. Educate your neighbors—not just about the Co-op, either, but about the importance of eating healthful foods, buying local, and being a good steward of the earth. Heck, educate us, too. We've all got a lot to learn, and we'll be smarter together.

—Adam Payson, Thymes Editor

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# WELLNESS STAFF SUMMER TIPS!

Beat the heat and be well with these hot hints



Sara likes to keep **Alaffia's Every Day Coconut Face Toner** (on sale July 1st-21st), in the fridge and use it as an instant cool down on hot days

Morgan likes to put a single drop of **Aura Cacia's Cooling Peppermint Essential Oil** in her water bottle in the summer for feeling fresh



Anne likes to use a spray bottle filled with water and a couple drops of **Aura Cacia's Cooling Peppermint Essential Oil** to use as a refreshing body spray, use it everywhere except your ampits! Keep it cool in the fridge for a better chill-off.



Susie soothes those pesky bug bites with some **B&T Ssssting Stop**, (on sale July 1st-21st) keep it in a travel bag for summer adventures and don't let bug bites stop your fun this summer!

## SIDE BY SIDE

### KETCHUP

**Muir Glen Organic:** The "back to basics", most "tomato-y" ketchup. A great buy, also available pre-packaged in the grocery department. • Bulk price \$2.39/16oz

**Portland Ketchup Company Organic Ketchup:** It's tempting to "Put a bird on it", Portlandia references aside, this is a great, crowd pleasing ketchup! We found ourselves serving up more fries so we wouldn't be caught eating plain ketchup. • \$5.29/14oz

**Red Duck Spicy Ketchup:** a locally (Eugene) made, small batch ketchup that also comes in "original" but the spicy one has such a nice kick, we just had to tell you about it. This is the kind of sauce that you add to push the flavor envelope. Amazing on eggs. Yum! • \$6.29/13oz



Some foods are so good that they can stand alone, no sauce needed. Some foods are so good that we want to push the envelope further and see "what if" by adding sauce. Some foods we add sauce to because that's just what you do!

Summer foods go hand in hand with condiments, and most of us have our favorites already, but if you've been curious about "that other brand" or wondering if cage-free eggs or non-gmo oils really make a difference, here's our take on it.

—Yadira Ruiz, Sunbow Produce, Thymes Contributor

### BBQ SAUCE

**Woodstock Organic Hickory:** Smoky with a hint of sweet maple. Great as a marinade or dipping sauce, has a thin consistency so it doesn't stay put very well. • \$5.59/18oz

**Annie's Organic Original BBQ:** If you aren't crazy about BBQ sauce but love ketchup, you'll love this super mild, sauce that focuses on the tomato flavor. Not too thick, not too runny. Goldilocks would be pleased. • \$4.39/12oz

**Hak's Chipotle Bourbon:** This spicy, sweet and rich sauce has a chocolatey, dark molasses flavor. It's very, very thick and has a bold flavor that we found is more suitable for cooking with and not so great for dipping or as a topping. This sauce compliments pork and chicken very well. • \$7.39/15.5oz



### MAYONNAISE

**Spectrum Naturals Canola Mayo:** the best buy in the mayo arena. Has a nice tangy flavor, no oily or eggy after-taste. Good creamy texture. Made with "whole" ingredients, including eggs Also available pre-packaged in the grocery dept. • Bulk price \$3.99/16oz

**Sir Kensington's Classic Mayo:** Egg, rich with a light fluffy texture. Made with "whole" ingredients, including cage free eggs. Non-GMO and gluten-free certifications It's the fanciest of our mayos. • \$6.39/10oz

**Just Mayo:** the vegan version of mayo. Thick texture, smooth, creamy and sweet. If you grew up with "salad dressing" style mayo, you'll love this egg-free take on it. It's soy-free, dairy-free, egg-free, lactose-free, gluten-free, non-GMO and has no cholesterol • \$4.49/16oz



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-Andy Dufner, Director, Nestucca Sanctuary

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-Louise Tippens, Director, Environmental Federation of Oregon

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look for us at your Co-op

## NORTH STORE BLOCK PARTY FRIDAY JULY 24TH

Party down and fill up, from 5-7pm

This is shaping up to be one celebratory summer at First Alternative. Like the cover says, we've got our annual Owner Rendezvous coming up August 2nd at Osborn Aquatic Center. But that's just not enough party, if you ask us.

Come to the **North Store on Friday, July 24th from 5-7pm**, when we'll be celebrating summer with free tastings from **2 Towns Ciderhouse, Spindrift Cellars,** and **Lagunitas Brewing Company.**



Those delicious drinks will be paired with exciting food samples: breads, crackers, cheeses, charcuterie, fruit, and more. We'll also provide vegetarian and gluten-free options.

We're firing up the grill too, and putting the char to some local, humanely-raised meat products and fresh, local vegetables.



No party is complete without music, so while you drink, chat, and snack, you can swing to the sounds of acoustic duo, Rusty Hinges.

It's all fun, and it's all free. We're even giving you chances to win and chances to save.



Everyone gets 10% off on purchases of the drinks we're sampling during the party, so if you try something you like, you can take it home for less and keep the party going all evening long.

Attendees will also be entered to win one of several gift baskets, valued at over \$50!

So don't fall into the summertime doldrums, head over to the North Store and join the party. It's your chance to save, win, and get down. We'll see you there. 🍷



## PRODUCE IN JULY

More colorful by the day, our produce section is beginning to look like a fireworks show

With summer officially underway, local growers are beginning to bring us more and more of these colorful treasures they coax from the earth.

First and foremost, local tomatoes are here and they are fantastic. As I write this we've got a great supply of cherry tomatoes, slicers, and heirlooms coming to us from Denison Farm. We expect more of our local growers to be bringing us their tomatoes as the month progresses. Eat as many as you can while the getting's good.

Speaking of brief windows of availability, let's talk cherries. We recently got the first locals of the season from La Mancha Ranch and Orchard—Rainiers. They look beautiful, taste amazing, and it's just the beginning.

Cherry season is just long enough, that if you try really hard, and dedicate yourself to it, you can maybe, just maybe, eat enough to sate yourself before the season ends. It's one of the best problems.



Likely owing to our mild winter, we're seeing lots of produce a little earlier than we normally would. Local blueberries, typically arrive in late July/early august, but this year we expect to see them in the first week of July. That's exciting.

Less locally, we've got delicious California-grown watermelon, corn, and yellow and white peaches. They're all juicy and waiting to be enjoyed.

Summer is definitely in full swing here at the Co-op. Come in and have a taste. 🍷



Local tomatoes and basil from produce. Combine them with fresh mozzarella, (available in bulk) and you've got a bowl of pure summertime freshness

## BOARD OF DIRECTORS ELECTION

The votes have been counted, and here are the results

The Board Recruitment and Elections Committee is reporting that with 470 votes cast, all candidates have been elected and the referendum change passed easily. Thanks to everyone who did their duty and cast a vote. And congratulations to our winners:



**KATHY BERG**

Newly elected



**RICHARD CUNARD**



**ROBERT WILLIAMS**

Re-elected



**BLANCHE SOMMERS**

## 230 WORDS OR LESS

Co-op Owners tell us why they chose to increase their equity in First Alternative

Our community's treasures, including First Alternative, deserve and need our support.

—Martha Anderson *Co-op Owner*

I invested an additional \$230 in the Co-op because I believe in the Co-op, and wanted to back this up with a small additional amount. I believe the return on my investment benefits not only myself but the entire community.

—James Smith, *Co-op Owner*

We would love to see the co-op use its financial stability to ensure its workers earn a living wage with strong benefits.

Co-op Owner

—Glencora Borradaile, *Co-op Owner*



## July Anniversaries

### Staff Anniversaries:

- 1 year:** Jim Beeler, Oz Martinez, Justin Mitzlaff,
- 2 years:** Allison Burr, Stan Horsey
- 5 years:** Phil Hochheiser
- 10 years:** Judy Thatcher

### Paid Sub Anniversaries:

- 2 years:** Ann Santich
- 3 years:** Janey Gaventa

### Owner-Worker Anniversaries:

- 7 years:** Breanna Fraser-Hevlin
- 9 Years:** Bob Smith

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

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

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

## THANK YOU ALL

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All Good Sunscreens are gluten-free, hypoallergenic, non-nano and vegan.



## Urban Moonshine Digestive Bitters

Bitterness used to be an important component of the human diet, associated with aid in digestion. We evolved eating bitter greens, roots, and barks. Rarely did we consume sweets. With processed foods this began to change, and our digestive systems suffered. Get that bitter back, help your digestion, and prime your palate with *Urban Moonshine Digestive Bitters*, available in citrus, maple, and chamomile flavors. Encourage digestive enzymes, soothe gas and bloating, and balance your appetite with a little taste of *Urban Moonshine*.



## Full Circle Fresh Air Compost Bin

A breath of fresh air in composting. Full Circle's patented design lets air flow through your counter-top compost, keeping decomposition in check until you take it outside and empty it into your primary compost.

It uses 2.5 gallon biodegradable bags that hold a lot of scrapes and make emptying it much easier. Toss full bags directly in the compost. Five bags are included, to get you started.

Made from dishwasher safe plastic, what little mess that does get on it will be easy to clean. It also opens with the push of a button.

## Co-op Kitchen Summer Salads



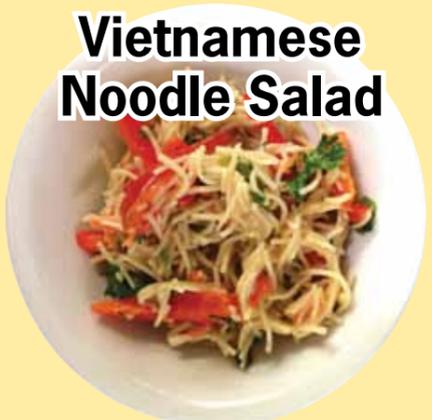
**Broccoli Cashew Salad**



**Ramen Cabbage Crunch Salad**



**Curry Lime Chicken Salad**



**Vietnamese Noodle Salad**

Last month we gave you a mouth watering look at the Co-op Kitchen's delicious takes on such picnic table standards as fruit salad, coleslaw, and fried chicken. But that's not all they're cooking up for the summer.

Check out this slew of new salads available at our Deli counter and in our Grab and Go coolers. There's a perfect side here for every potluck and picnic the summer has in store.

Feel free to ask for a sample of any of these next time you're in the store.



**Cucumber Feta Salad**



## Sir Kensington Condiments

Wax your mustache and polish your monocle, fancy folks, we've got condiments made just for you.

*Sir Kensington's* delicious *Ketchup*, *Mustard*, and *Mayonnaise* add a touch of class, and a bunch of flavor, to just about any dish. You don't have to be royalty to eat like a king or queen, you just need some *Sir Kensington*.



## Sei-Ki-Kan Sensei Sauce

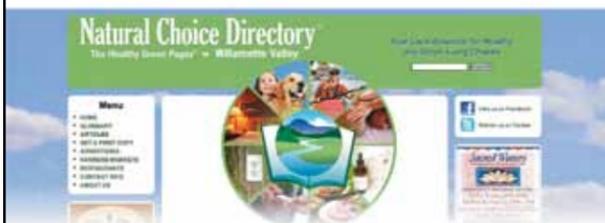
This master of all sauces is high-kicking judo for your food. Sick of the same old sauces, try the *Sensei* for something new.

Gluten-free, non-GMO, and handmade in small batches right up the road in Portland.

It started with a Korean marinade recipe, handed down and refined through the years into a versatile and elegant sauce made with fresh whole foods like oranges, garlic, ginger, and lemons. Every batch is toasted with sake, to make it that much more unique and delicious.

## Natural Choice Directory™

The Healthy Green Pages • Willamette Valley  
Serving Corvallis/Albany, Salem & Eugene/Springfield



Visit [HealthyGreenPages.com](http://HealthyGreenPages.com) today!

Interested in Advertising? 541-484-3773



## Klean Kanteen Co-op Water Bottle

The Co-op? I know some people who work there. They always have cool water bottles, and now they have the coolest.

Made just for us by Klean Kanteen, the laser-etched Co-op logo looks fantastic against the white. The bottle's no slouch either, made from high-quality, food-grade stainless steel. Keep yourself safe, stylish, and hydrated, Co-op style.

The Local Spotlight will be taking a month off so that we can publish excerpts from the recently completed and presented survey of Co-op Owners and shoppers by OSU Graduate Students.



# EXPLORING COMMUNITY PERCEPTIONS OF FIRST ALTERNATIVE CO-OP

A survey by the students of Sociology 519, Oregon State University

The below is excerpted from the report—a small sampling of this very in-depth survey. The entire report is available online at <http://firstalt.coop/publications/survey-report/>

## Reasons for the survey

As the Corvallis community continues to grow, the Co-op faces increased competition from other providers of locally sourced, organic products. It is important to continually re-assess elements of the Co-op's operations to remain competitive and retain the unique identity and benefits that set it apart from other grocery stores. As a result, students in the Oregon State University course entitled Sociology 519 "Applied Methods" met with the Co-op's General Manager to re-evaluate perceptions of the Co-op by its owners and members of the broader Corvallis community...Following this meeting, we developed two primary research questions:

- 1) Would you recommend ownership at the Co-op to a friend, and why?
- 2) How is the Co-op perceived in the community?



## Research Methodology

In an effort to answer these questions, we identified four research methods targeting different sectors of the Corvallis community with different relationships to the Co-op.

First, we developed three online surveys each targeted to owners of the Co-op, non-owners who shopped at the Co-op, and non-owners who had never shopped at the Co-op before. Online surveys were disseminated to the Co-op owner email listserv, posted on their website and social media pages, and supplemented by hard copy surveys collected by members of the research team at the Co-op and on the Oregon State University campus.

Second, we conducted a document analysis of online rankings and reviews of the Co-op on Facebook, Yelp, and Google. Following data collection, we created a database that we analyzed for emerging themes. Third, we conducted an ethnographic study of the North and South Stores through observation. Finally, we held two focus groups, one targeted towards owners and one focused on non-owners who had never shopped at the Co-op before.

## Survey Results

We collected a total of 567 surveys from owners, non-owners who shop at the Co-op, and non-owners who had never shopped at the Co-op before ("non-owners, non-shoppers"). The results of our survey are statistically significant, meaning that there is a small probability that the results or relationships are due to chance. In general, these surveys reveal that respondents have positive attitudes towards the Co-op and that 97% of surveyed owners, and 83% of non-owners who shop at the Co-op, would recommend the Co-op to others.

Key findings that emerged from the results of the surveys were that the primary barriers to ownership at the Co-op are the cost of ownership, high product prices, and identification as a temporary resident. Survey results also demonstrate that non-owners who have never shopped at the Co-op share similar values and purchase organic and local food. Respondents in this group are primarily students and affordability and convenience are the major factors that affect their buying behavior. Better targeting the student population is an important opportunity for the Co-op to capitalize on a new sector of potential members.

## THAT'S A (FREE)WRAP

A new frequent buyer card is a new opportunity to tell you about them

Many of you may not know about our prepaid frequent buyer cards. Those who do, seem to love them, and with good reason.

We have prepaid frequent buyers cards for coffee, oatmeal, muffins & scones, cookies, and beginning in July one more of your favorites—breakfast wraps.

So, what are they? Prepaid Frequent Buyer Cards let you pay ahead of time for some of your favorite deli purchases. The great thing is, when you pay ahead, you get more: Prepay for ten cups of coffee and get an eleventh cup for free; prepay for ten bowls of oatmeal and get your eleventh for free, and so on.

Purchase a card at any register, then next time you get a cup of coffee, present the card to the cashier. They'll initial one of the ten spaces and send you happily on your way. Once those ten spaces are initialed, you can redeem the card for a free coffee, scone, cookie, and now a free breakfast wrap!



Here's an example with our new Breakfast Wrap card. Whoever Mr. Adam P. is, he's used his card to get ten wraps, as evidenced by the ten initialed boxes. That means next time Mr. P wants a breakfast wrap, it's free! All he needs to do is hand this filled card over to the cashier, then go enjoy his free breakfast.

Pay once, enjoy often, that's the First Alternative prepaid Frequent Buyer Card way.

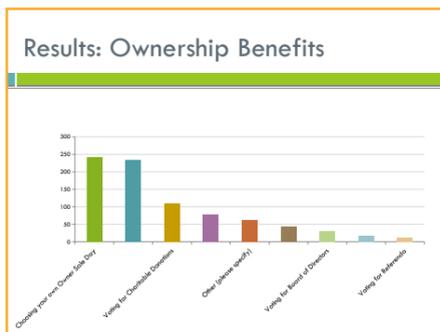
—Adam Payson, Thymes Editor

## Highlights from the Powerpoint presentation given on Friday, June 12th

Survey Methodology			
	Owners	Non-owner, shoppers	Non-owner, non-shoppers
Sample	2000 owners	In-store customers	OSU students and faculty
Administration	Online survey In-person pen and pencil survey		
Distribution	Flyers in store (QR code) Co-op Facebook page Email listserv	Flyers with QR code: - North and South stores - OSU campus and nearby locations Facebook pages and groups: - Co-op - ISOSU - Public Policy - OSU graduate newsletter	
Responses	338	104	124

Survey methodology and demographics

Survey Demographics				
		Owner	Non-Owner, Shoppers	Non-Owner, Non-Shoppers
Gender	Male	26%	30%	54%
	Female	74%	70%	45%
	Others	-	-	1%
Race/Ethnicity	White	94%	76%	44%
	All Others	6%	24%	56%
	Lower	17%	52%	59%
Income	Middle	52%	39%	25%
	Upper-middle	31%	9%	16%
	Young Adult	32%	78%	95%
Age	Adult	40%	16%	4%
	Senior	28%	5%	2%



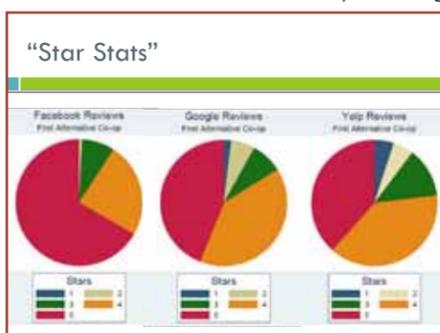
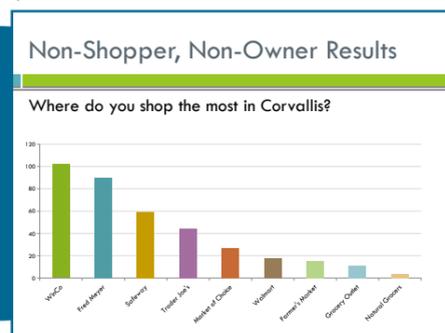
Benefits of Ownership and barriers to it



Co-op pros and cons in word clouds



purchasing concerns and shopping habits of non-shoppers/non-Owners

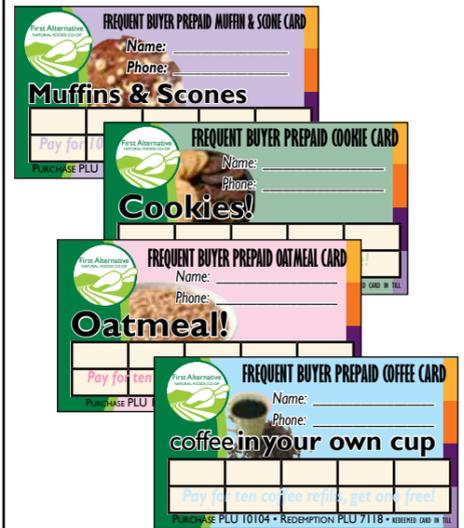


Comparison of social media ratings

- ### Key Themes
- Barriers to Ownership for Mid-Level Shoppers
  - Perceptions of high prices act as a barrier to ownership
  - There are underrepresented populations that are not currently targeted by the Co-op
  - A perceived atmosphere of exclusivity may deter customers
  - Poor customer service experiences at the Co-op may deter customers

Excerpts from final recap and recommendations

- ### Recommendations
- Emphasize the availability of local and GMO-free certified products available at the Co-op
  - Consider offering products and produce that are more culturally diverse
  - Develop strategies to better target the student population
  - Increase customer service monitoring and training
  - Improve the availability of information regarding Co-op programs, ownership, and store etiquette



Prepaid Frequent Buyer Cards are available at every register. Just ask your cashier



# July 2015 Community Calendar

## UPCOMING EVENTS

### Summer at Your Library for Adults: Read, Create, Celebrate! June 1st-August 31st at the Corvallis-Benton County Public Library (645 NW Monroe Ave)

Do awesome things, win awesome prizes. For every eligible activity adults 18 and over complete this summer, June 1st through August 31st, they can fill out an entry form to get entered into the library's end of summer grand prize package giveaways. Eligible activities include reading or listening to a book, reading to a child, using a library resource to create something, visiting a park, and many others. Prize packages include a Kobo, an iPod, dinner and a movie, arts and craft supplies, annual passes to nearby parks, and much more. Book and activity suggestions and community picks will be shared all summer long on the *Summer at Your Library* webpage to help keep you playing. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov), (541) 766-6965

### Graphic Novel Book Club Meeting July 7, 6:30pm at New Morning Bakery (219 SW 2nd St.)

Join the Corvallis-Benton County Public Library sponsored Graphic Novel Book Club at New Morning Bakery the first Tuesday of every month from July 7th we will be discussing *Can't We Talk About Something More Pleasant?* by Roz Chast. New members always welcome. Check out a copy of this

month's reading selection from the 2nd floor reference desk of the Library. FMI: [brzozowski@corvallisoregon.gov](mailto:brzozowski@corvallisoregon.gov) (541) 766-6965

### Food For Families: Healthy Cooking Class Wednesday July 15th, 5-7pm at the Old Mill Center for Children and Families; July 22nd, 5-7pm at the Chintimini Senior Center

Learn to prepare simple, healthy meals using fresh produce in this hands-on cooking class. Take home recipes, a tip sheet and resource list. Sliding scale donation appreciated, but no one will be turned away for lack of funds. Space is limited so registration is required [www.corvallisenvironmentalcenter.org](http://www.corvallisenvironmentalcenter.org). FMI: (541) 753-9211

### SAGE Summer Concerts July 9th & 23rd and August 6th & 20th 6-9pm at Starker Arts Garden for Education

SAGE Concerts are family-friendly outdoor concerts held every other Thursday in July and August. They highlight local bands, local eateries and local brewers--all while raising funds for SAGE. Suggested donation of \$10/family to help SAGE Garden grow. FMI: [Mida@CorvallisEnvironmentalCenter.org](mailto:Mida@CorvallisEnvironmentalCenter.org) 541-753-9211

### Energizers Training

July 15th, 5:30-7pm

Help spread the word about Take Charge Corvallis by becoming an Energizer, volunteers who are helping their friends and neighbors reduce their carbon footprint—and leading the way to make Corvallis the most energy-efficient community in the country! Sponsored by Corvallis Sustainability Coalition and Energize Corvallis/CEC FMI: [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org). Contact: Annette Mills, [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org)

### Graand Kinetic Challenge

Kinetic Sculpture Race July 18th,

9am-10pm; July 19th, 10am-3:30pm

Wacky human-powered all-terrain vehicles race through Corvallis over roads, sand, mud and water. For schedule details, see Facebook: Corvallis da Vinci Days GRAAND Kinetic Challenge. FMI: [Pamalotta@graandkineticchallenge@gmail.com](mailto:Pamalotta@graandkineticchallenge@gmail.com)

### Sustainability Coalition

Quarterly Gathering July 21st 12-

1:30pm at the Corvallis-Benton County

Public Library

Presentations by Coalition partners and action teams. Networking and light refreshments. See [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) for details. FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237

### Edible Front Yard Garden Tour

July 23rd, 6-8pm at 2110 NW Mulkey Ave

Join us for a free guided walking tour of food-producing front yard gardens. Meet at 2110 NW Mulkey Ave. Sponsored by Corvallis Sustainability Coalition's Food Action Team. Details at [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org). FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237

### Sean Gaskell Presents the West African Kora July 25, 2pm at the Corvallis-Benton County Public Library

Sean Gaskell will give a performance on the Kora, an ancient 21-stringed harp from West Africa, in the Corvallis-Benton County Public Library's Main Meeting Room on Saturday, July 25th at 2pm. He will feature traditional songs that are the heart and soul of the Kora's musical repertoire in addition to some of his own personal compositions. Co-sponsored by the Corvallis Multicultural Literacy Center. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov) (541) 766-6965

### Cohousing Tour July 26th, 10:30am at Ecovillage in Corvallis; 2:30pm at Oakley Meadow in Eugene

Take a tour of the CoHo Ecovillage in Corvallis at 10:30am, and a tour of Oakleigh Meadow Cohousing in Eugene at 2:30pm. To sign up email [cohocontact@cohoecovillage.org](mailto:cohocontact@cohoecovillage.org) or call Susan (541) 753-4453

## ONGOING EVENTS

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

## FOOD

### VEGAN AND VEGETARIAN OSU STUDENTS

Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: [vegansandvegetarians@gmail.com](mailto:vegansandvegetarians@gmail.com) to join the list serve or for more info.

### CORVALLIS VEG EDUCATION GROUP

Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: [Corvallisveg.org](http://Corvallisveg.org)

### DINING FOR WOMEN

Corvallis Chapter Third Mondays, 6pm Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: [www.diningforwomen.org](http://www.diningforwomen.org)

### GLUTEN FREE SUPPORT GROUP

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

## SPIRITUAL

### PLACE OF TARA

Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: [salvesonvideos@gmail.com](mailto:salvesonvideos@gmail.com)

### BUDDHIST PRACTICE SGI-USA

Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170

### BAHA'I DEVOTIONAL PROGRAMS

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

### CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: [maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)

### MINDFULNESS MEDITATION

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

### CORVALLIS COMMUNITY MEDITATION

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

### A COURSE IN MIRACLES

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

### CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Sunday 10-10:45am, Meditation & 11am-12pm Inspirational Service; Thursday 7-8 pm, Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, *Autobiography of a Yogi*. FMI: [corvallismeditation.org](http://corvallismeditation.org)

### FALUN DAFA GROUP

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

### CORVALLIS ZEN CIRCLE

weekly meditation. FMI: [www.corvalliszencircle.com](http://www.corvalliszencircle.com)

## WELLNESS

### AIKIDO OPEN MAT

Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. We invite anyone with an interest to try a class. Wear loose, comfortable clothing. FMI: [Joe.Canon.dojo@corvallisaiikikai.com](mailto:Joe.Canon.dojo@corvallisaiikikai.com)

### TAI CHI CLASSES

5:30-6:30pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328, <https://sites>.

### HEALTH AND HEALTHCARE FORUM

TV Wed. @ 8pm.; Thurs. @ 9pm; Sat. @ 1:30pm & Sun. @ 5:30pm. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: [rlhall@peak.org](mailto:rlhall@peak.org), (541) 758-9340

### FREE TEEN YOGA

Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com), (541) 224-6566

### CHAIR YOGA

Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: (541) 224-6566

### TRADITIONAL SHOTOKAN KARATE

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

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

### REIKI HEALING CIRCLE

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

### FREE TEEN LAUGHTER YOGA

Wednesdays 4-5pm. FMI: [Energy9Studio.com](http://Energy9Studio.com)

### YOGA FOR RECOVERY

Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: [livewellstudio.com](http://livewellstudio.com)

### HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) [google.com/site/wutantaiichi](http://google.com/site/wutantaiichi)

## PEACE

### CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, [CorvallisSecular.org](http://CorvallisSecular.org)

### AMNESTY INT'L WRITERS GROUP

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

### COMPASSION COMMUNICATION PRACTICE GROUP

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

### DANCES OF UNIVERSAL PEACE

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

## MUSIC

### CELTIC JAM

Every Tuesday, 7-9pm, Imagine Coffee Live Arts, 5460 SW Philomath Blvd. All levels of players are welcome. FMI: (541) 286-4340, [imagine.cof@gmail.com](mailto:imagine.cof@gmail.com)

### FIRST SUNDAY VOCAL IMPROV JAM,

every first Sunday of month, 2-4pm, Riverfront Park, 1st & Monroe St. Singing in polyphonic

groove, for all ages and skill levels. FMI: (541) 760-3069.

### COMMUNITY SINGING LESSONS

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

### PLANET BOOGIE

July 18th and August 15th, 8-9:30pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

### CORVALLIS COMMUNITY DRUM CIRCLE

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

## ENVIRONMENT

### MARYS RIVER WATERSHED COUNCIL MEETING

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

### OSUSED STORE PUBLIC SALES

5:30-7:30pm on 1st Wed. of the month; 12-3pm on all other Weds. 644 SW 13th St. FMI: <http://surplus.oregonstate.edu>, (541) 737-7347

### AUDUBON FIELD TRIPS

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

### NATURALIST ADVENTURES

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

### SAGE WORK PARTIES

Tuesdays, 3pm-dusk. SAGE Garden Starker Arts Park, SW Country Club and 45th St. Join us for gardening at SAGE! Drop in any Tuesday April-October. Gardening newbies and experts alike are welcome to join in! FMI: Laura Kleman (541) 753-9211, [SAGE@CorvallisEnvironmentalCenter.org](mailto:SAGE@CorvallisEnvironmentalCenter.org)

# Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) by the 15<sup>th</sup> of the month.

## ENCORE PHYSICAL THERAPY OFFERS COMPLEMENTARY THERAPIES AT ITS CORVALLIS OFFICE

With decades of experience, Lynn Kirschner, CPT([commonsensepilates.com](http://commonsensepilates.com)) and Marybetts Sinclair, LMT ([marybettsinclair.com](http://marybettsinclair.com)) offer Pilates mat exercise classes and therapeutic massage, to help you stay healthy and free of musculoskeletal pain. Keep your progress going when your rehab is over! Call Encore for an appointment: (541) 758-2235



**CORVALLIS COMMUNITY ACUPUNCTURE** offers personalized acupuncture in a peaceful, relaxing group setting. Sliding scale \$15-\$35, you choose what to pay. Reduce stress, relieve pain, improve sleep. Bring a friend and nap together! Learn more and schedule online at [www.corvalliscommunityacupuncture.com](http://www.corvalliscommunityacupuncture.com). Leyna Jensen L.Ac. (541) 753-8000

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# Happy Independence Day



# HERE'S THE DIRT ON COMPOSTING IN CORVALLIS

Who's doing it and how? Who isn't and why not?

It's easy to take composting for granted when you run with the Co-op crowd. "Where's your compost?" is a typical potluck question, "right over there," a typical answer. Turns out it's not as ubiquitous as we might like to think, though.

This spring, a group of OSU public policy graduate students, working in conjunction with the Sustainability Coalition's Waste Prevention Action Team, put together a detailed analysis of food waste composting in Corvallis. They recently shared their findings in a presentation called "The Dirt on Composting in Corvallis: Moving Toward a Zero-Waste Future."



perfectly compostable food scraps

## Here's what they learned:

**15% of respondents use a home composting system; 44% compost their food scraps in the municipal yardwaste bins; 49% throw food scraps in the regular trash.**

Nearly a third of the non-composters had tried composting in the past, and homeowners were more likely than renters to compost, either in municipal bins or with a home system.

## What motivates people to compost?

The primary reason is the belief that composting is good for the environment—a method of reducing waste in landfills.

Another strong motivating factor is social. Most composters said it was common amongst their friends, indicating just how important social norms can be in influencing behavior.

Households that garden are also more likely to compost than those that don't.



A fresh layer of food waste on an outdoor compost

## What keeps people from composting?

The primary barriers were a lack of awareness that you can dispose of food scraps in Corvallis' yard waste bins; confusion over what can and can't be composted; and a lack of understanding the environmental and personal benefits of composting.

Concerns about odors, pests, and time consumption were also cited.

## How do we get more people to compost?

The presenters went on to outline five possible ways to get more people composting:

- Stickers for yard waste bins that would let people know they can use them to compost food scraps, and clarify what can and cannot be composted.
- Make kitchen bins (along with information on how to compost) available through Republic Services. The cost of the bin could be billed to the customer.
- Organize demonstrations at community events like the county fair, the farmers' markets, and in local schools, non-profits, and businesses.
- Expand the focus of educational efforts to businesses and workplaces instead of just residences. If people get in the habit of composting outside of the home, they're more likely to compost at home.
- Use small scale pilot programs to test these and other new ideas before wider implementation.

## Now get composting!

If you aren't currently composting, I urge you to please give it a try. It's cheap and easy.

Kitchen compost bins are available right here at the Co-op. (In fact, we've got a really cool new one—check it out on page 7.) Keep it under your sink, and put your kitchen scraps into it. When it's full, empty it into the yard waste bin, rinse it out, then start again.

If you're interested in top-quality and free soil amendments, you'll want to set up your own outdoor compost system. There's a variety of different types available at garden supply stores, or you can make your own. Here's an easy guide to get you started: [www.motherearthnews.com/organic-gardening/how-to-start-a-compost-pile](http://www.motherearthnews.com/organic-gardening/how-to-start-a-compost-pile).



Put food scraps in a kitchen bin (left) and when it's full empty it into your an outdoor bin (right)

If you ask me, one of the best things about composting is that it makes your garbage clean—I know, that sounds like an oxymoron, but without decaying food waste mixed in with the rest of the trash, I find that it hardly ever gets gross. And when I take it out, I never have to worry about the bag dripping nasty garbage juice onto my foot or the carpet.

If you're already composting, tell your friends, neighbors, and family members who aren't. And remember, it's not waste if it gets used.

—Adam Payson, *Thymes* Editor

# GRILLABLE CHEESE? YES, PLEASE!

Say hello to halloumi, a grill-master's favorite cheese

Halloumi is nothing new. It dates all the way back to the Byzantine era, when it was invented on the Greek island of Cyprus. Traditionally prepared with sheep's milk, it's not unusual to find it made with cow or goat's milk as well.

Our *Papouis Halloumi*, imported from Cyprus, is a blend of sheep and goats milk. They come together in a firm cheese that somewhat resembles mozzarella in its salty taste and slightly rubbery texture.

What sets halloumi apart is its high melting point. Throw a slab of halloumi on the grill and instead of the gloppy melted mess you'd get with any other cheese, you get hot grilled perfection in cheese form.

It goes great with watermelon (a traditional pairing,) and makes a killer substitute for mozzarella in a caprese salad. Next time you fire up the grill, why not give it a try?



Papouis Halloumi, fresh from the shelf and fresh off the grill

## Beans for Bags

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

### Recipients for July-September 2015

- Benton Hospice
- CASA (Court Appointed Special Advocates)
- Homeless Education Program
- Senior Dog Rescue of Oregon

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

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# JULY Co-op AND BEYOND Classes

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

**Thursday, July 2nd • 12-5:30pm**

**South Co-op Meeting Room  
Red Cross Blood Drive**

Cost: Free

Donating blood is a simple thing that can make a big difference in someone's life. You can visit [redcrossblood.org](http://redcrossblood.org) to make an appointment. Walk-ins are also welcome. Be sure to eat iron-rich foods a few days prior to donating, drink plenty of water on donation day, and wear comfortable, loose fitting clothes. Also bring a driver's license or two other forms of ID, and be prepared to provide a list of prescription or over the counter drugs that may be in your system. And remember, you may be saving someone's life.

**Tuesday, July 28th • 6:30pm-8pm**

**North Co-op Meeting Room  
Prepared Hiker Toolbox, Part I**

Cost: \$15/free for JessBfit South Sisters team members

Learn how to pack and what to wear for an all day hike or mountain climb. We'll cover the ten essentials and deconstruct a prepared hiker from head to toe. You'll have the opportunity to talk about and see a variety of technical clothing, equipment, shoes and backpacks. After this workshop you'll have a sense of what items in your closet are trail-worthy and what you'll need to put on a shopping list. Participants will get more information about joining a South Sister hike in September or be inspired to plan their own trip.

More information about this series at: [www.jessbfit.com/train-to-climb-south-sister/](http://www.jessbfit.com/train-to-climb-south-sister/)

**Tuesday, August 11th • 6:30pm-8pm**

**South Co-op Meeting Room  
Prepared Hiker Toolbox, Part 2**

Cost: \$15/free for JessBfit South Sisters team members

Learn about what types of food will sustain you on an all day hike in the mountains. Discover the difference between bars, gels, blocks and summit treats. Learn how much food and water you'll need in different conditions. Tease apart fact from food marketing hype. And of course, sample some tasty treats in class before you take them into the wilderness.

More information about this series at: [www.jessbfit.com/train-to-climb-south-sister/](http://www.jessbfit.com/train-to-climb-south-sister/)

**Tuesday, September 8th • 6:30pm-8pm**

**South Co-op Meeting Room  
Prepared Hiker Toolbox, Part 3**

Cost: \$15/free for JessBfit South Sisters team members

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

More information about this series at: [www.jessbfit.com/train-to-climb-south-sister/](http://www.jessbfit.com/train-to-climb-south-sister/)

## SUMMER AT SAGE

Support the SAGE Garden through classes and concerts

At SAGE, the Corvallis Environmental Center's Starker Arts Garden for Education, over 3 tons of vegetables are grown every year and donated to feed families in need. There are also classes, events and volunteer opportunities for all ages. Here's a look at what they have planned for the summer:

### Gardening and Cooking Classes from the Food for Families program:

A series of low-cost classes held each Wednesday from 5-7pm through October. Take individual classes, or register for the series. A sliding scale donation is suggested, with no one turned away for lack of funds.

**Gardening Basics:** 1st Wednesday of the month. Learn the basics to start growing your own food in this hands-on class. Participants will gain gardening skills and take home a tip sheet, resource list, and fresh produce. Classes are held at SAGE garden.



**Healthy Cooking:** 2nd and 4th Wednesdays of the month. Learn to prepare simple, healthful meals using fresh produce. Sample prepared dishes and gain new cooking skills. Take home recipes, a tip sheet and resource list. Classes are held at Chintimini Senior Center or Old Mill Center.

**Growing Food in Containers and Small Spaces:** 3rd Wednesday of the month. Learn to grow your own food in containers and small garden spaces through hands-on activities, class discussion and a garden tour. Take home a simple planted container, tips sheet and resource list. Classes held at SAGE garden.

Class size is limited. For more information and to register visit: [www.corvallisenvironmentalcenter.org/eci/sage/familyfood](http://www.corvallisenvironmentalcenter.org/eci/sage/familyfood)



### Summer Concert Series at SAGE:

What could make a summer evening picnic even better? How about live music and 300 of your closest friends.

The SAGE Summer Concerts highlight local bands, local eateries and local brewers—all while raising funds for SAGE.

**The 2015 SAGE Summer Concert Series will take place on two Thursday evenings in July (the 9th & 23rd) and two in August (the 6th and 20th).**

Suggested donations of \$10 per family will help support SAGE Garden



The crowd at Bruce Starker Arts Park Amphitheater

The concerts will be held at the Bruce Starker Arts Park Amphitheater, the perfect spot to spend a summer evening. Families can bring picnic blankets and enjoy their supper listening to music while children young and old dance and play on the grass. The venue is also right next to the SAGE garden, making a stroll through the garden part of the evening's fun.

For more info visit: [www.CorvallisEnvironmentalCenter.org](http://www.CorvallisEnvironmentalCenter.org) or contact Mida McKenrick at (541) 753-9211

## SOMETHING COLD IS BREWING

Hot out? The Co-op's got everything you need to keep cool, in bulk

This summer started out hot, and there's no sign of it stopping. Keep the heat at bay with a trip to the bulk department.

Try making iced tea with one of these loose teas from Portland's Jasmine Pearl Tea Co.: Lemon Hibiscus, Ruby Nectar, and Honey Cup. Hibiscus High from Mountain Rose Herbs in Eugene also makes a refreshing iced tea.

To make iced tea, first brew up a stronger than usual batch. (Experiment to find your perfect amount, generally it's about twice as much as you'd use for hot tea.) Brew it like normal, allow it to cool just a few minutes, then dump in a whole mess of ice and give it a stir. The ice will dilute the stronger-than-usual tea down to regular strength and give it a delightful, refreshing chill.

Looking for something stronger? Then we have just the thing for you. Newly arrived at the North Store, it's bulk cold-brew coffee from Stumptown Coffee Roasters in Portland!

We're really excited about this. Iced coffee is something we've been hoping to offer for a long time, and no one does cold brew better than Stumptown. Even better? One of the two taps is nitro. Just like with draft beer, a nitro pull adds a soft effervescence that lends the coffee a smooth, creamy texture. It also smooths out a cold brew's more acidic profile.

Chill out with First Alternative this summer!



Above: loose teas from Jasmine Pearl and Mountain Rose Herbs, perfect for cold brewing

Left: North Store's new Stumptown Cold Brew Coffee taps. Bring your own cup, or use one of ours

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July is a great month to get outside, invite friends for a barbeque, or head to the mountains with your tent and supplies for camping.

These delicious recipes are great for getting out and enjoying the weather. Minimal prep, easy cooking, and bold, bright flavors of summer come together in a feast you're going to love. All you've got to do is...



# FILL IT AND GRILL IT!

—Emily Stimac, *The Thyme Garden*, Co-op Thymes Contributor

## Thai Jalapeño Poppers

The filling in these delicious poppers is great as a spread on bagels or crackers too, if you happen to have any leftover!

- 10 jalapeño peppers, halved and seeded
- 1 pkg. cream cheese
- 1 cup shredded cheddar cheese
- 1 clove garlic, minced
- 2 Tbsp minced cilantro
- 2 tsp lime zest
- 1 tsp Thai & True red curry paste

Use gloves and a spoon to dig out the seeds and membranes from the peppers. Mix remaining ingredients and fill each pepper half.\* Place on a baking dish lined with foil and add 1/2 cup water. Grill over medium heat 15-20 minutes or until tender.



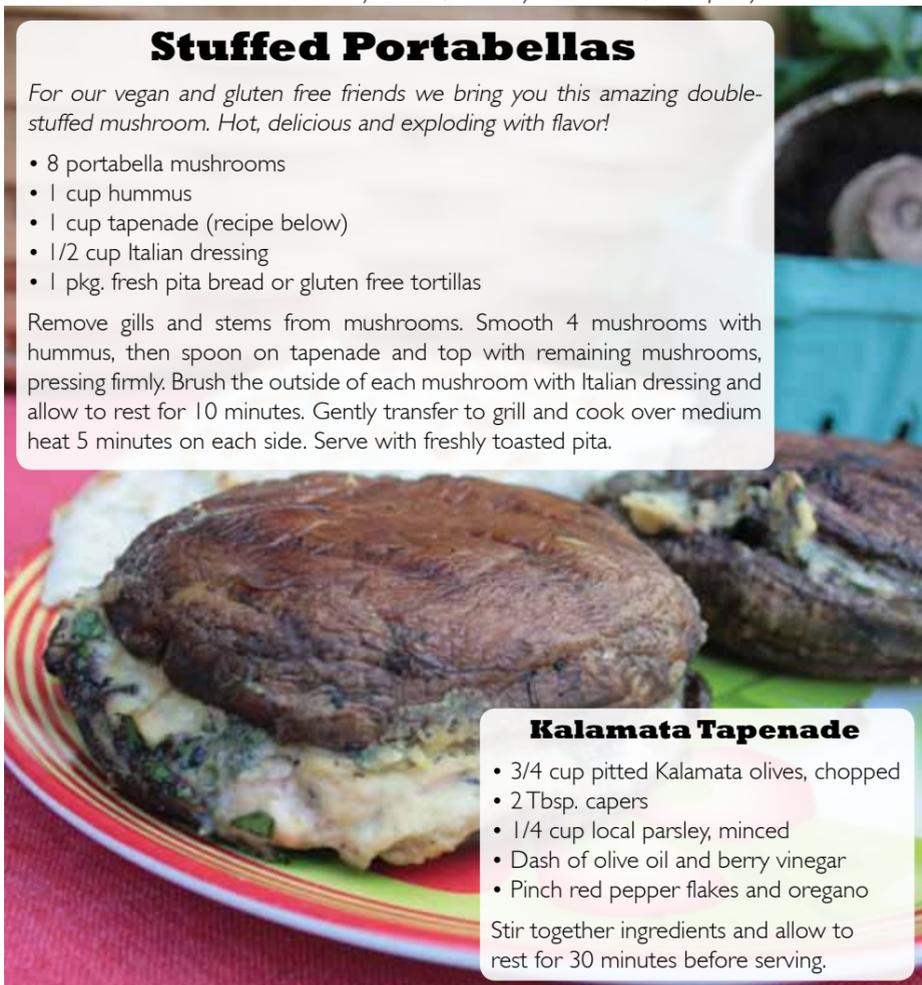
\*Make ahead: prep the peppers and the filling ahead of time at home if you're camping! It will make for easy appetizers at the campsite.

## Stuffed Portabellas

For our vegan and gluten free friends we bring you this amazing double-stuffed mushroom. Hot, delicious and exploding with flavor!

- 8 portabella mushrooms
- 1 cup hummus
- 1 cup tapenade (recipe below)
- 1/2 cup Italian dressing
- 1 pkg. fresh pita bread or gluten free tortillas

Remove gills and stems from mushrooms. Smooth 4 mushrooms with hummus, then spoon on tapenade and top with remaining mushrooms, pressing firmly. Brush the outside of each mushroom with Italian dressing and allow to rest for 10 minutes. Gently transfer to grill and cook over medium heat 5 minutes on each side. Serve with freshly toasted pita.



## Kalamata Tapenade

- 3/4 cup pitted Kalamata olives, chopped
- 2 Tbsp. capers
- 1/4 cup local parsley, minced
- Dash of olive oil and berry vinegar
- Pinch red pepper flakes and oregano

Stir together ingredients and allow to rest for 30 minutes before serving.

## Summer Squash & Pesto Calzones

These calzones take me back to the old Co-op Calzone Booth days, when we sold calzones at the Farmers' Market. These are just as good and easy to make at home.

- 1 pkg. Big River pizza dough (or make your own!)
- Flour for dusting
- 2 summer squash, sliced
- 1 pint local cherry tomatoes, halved
- 1 cup Pasta Plus pesto
- 2 cups Don Froylan Queso Oaxaca, grated

Bring dough to room temperature and divide into four balls. On a well-floured board, roll each dough ball into an oval and top with pesto, squash, tomatoes, and cheese in the center. Brush edges with water and fold in half. Brush edge with water again and make a small twist to seal. Preheat a pizza stone over high heat. Gently transfer calzones to the grill and cook over medium heat 7 minutes on each side or to your desired finish.



## Fruity S'mores Cones

- 1 pkg ice cream cones
- 1 pint fresh local berries
- 1/2 cup chocolate chips
- 1 pkg. Dandies marshmallows

Stuff the cones full of chocolate chips, berries and marshmallows. If you have big marshmallows, tear them into small pieces to fit down into the bottom of the cone. Wrap in foil and grill over low heat 10 minutes. Unwrap and enjoy.



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