

THYMES

COMMUNITY MARKET MONTHLY
MARCH 2015 VOLUME 36 • ISSUE 3



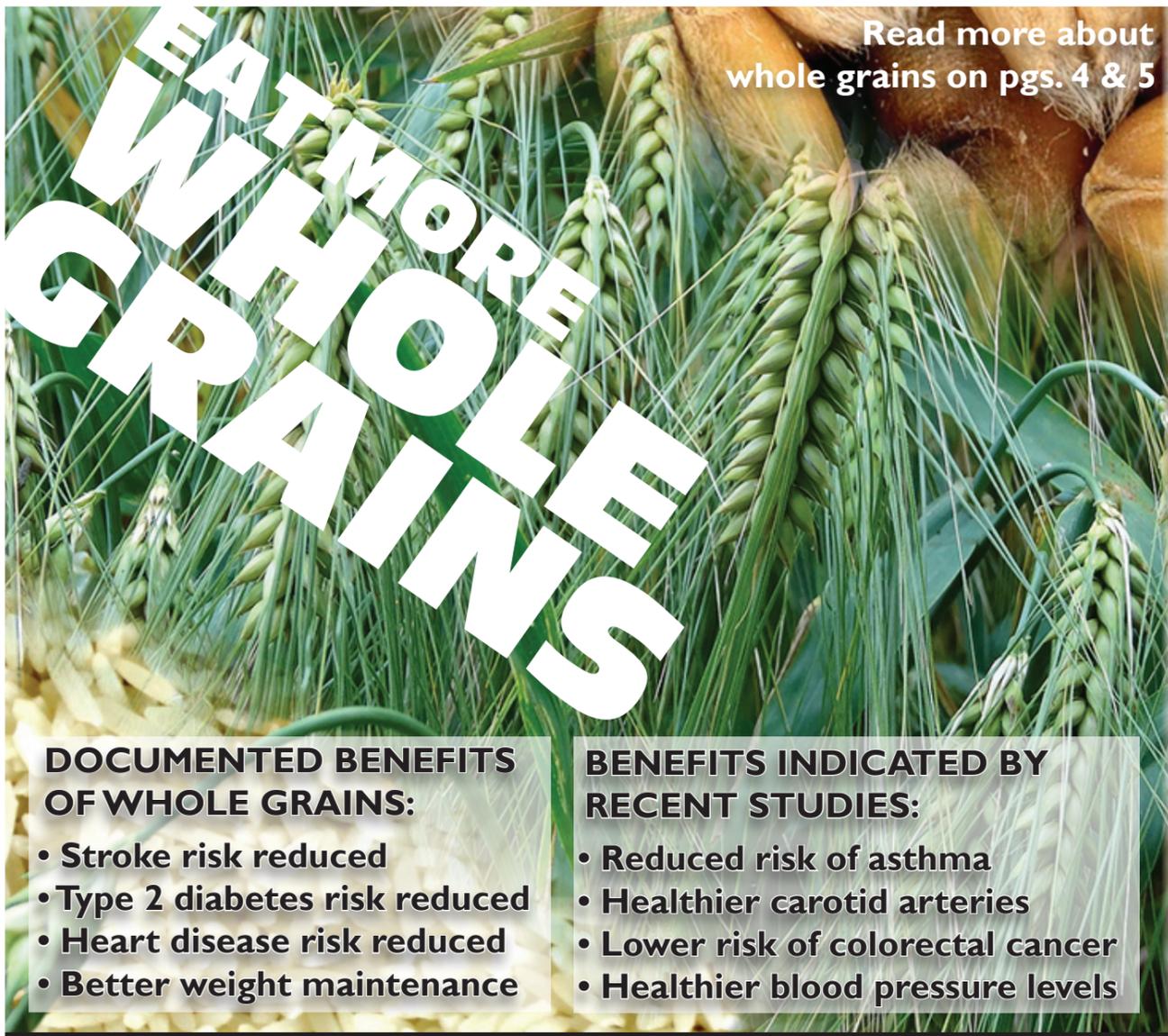
Exploring
Cooperative
Principle #2
pg. 3

Sustainability
Fair & Town Hall
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Happy st. Paddy's CO-OP GO BRAGH

Kickstart
Independence
Creamery
pg. 7

Natural Easter
Egg Dyes
pg. 12



Read more about
whole grains on pgs. 4 & 5

EAT MORE GRAINS

DOCUMENTED BENEFITS OF WHOLE GRAINS:

- Stroke risk reduced
- Type 2 diabetes risk reduced
- Heart disease risk reduced
- Better weight maintenance

BENEFITS INDICATED BY RECENT STUDIES:

- Reduced risk of asthma
- Healthier carotid arteries
- Lower risk of colorectal cancer
- Healthier blood pressure levels

Sugar is added to nearly
75% of all packaged foods.

Americans consume 66
pounds of added sugar
per year, on average.

Excessive amounts of
sugar can cause long
term damage to organs,
and fatal diseases.

So...

EAT LESS SUGAR

Read more about reducing
sugar intake on pg. 4

Facts courtesy of wholegrainscouncil.org

Facts courtesy of sugarscience.org

www.firstalt.coop

End here. Us then. Finn, again! Take. Bussofthee, memormee! Till thousandsthee.
Lps. The keys to. Given! A way a lone a last a loved a long the / riverrun, past Eve
and Adam's, from swerve of shore to bend of bay, brings us by a commodius vicus
of recirculation back to Howth Castle and Environs.

—James Joyce, *Finnegan's Wake*
pg. 628 line 13 to pg. 3 line 3





from the Board of Directors

Blanche Sommers
Co-op Board

Greetings from the Board. It is starting to feel like spring outside. I know we need more snow in the mountains to ensure our summer water supply, but it is hard not to love these beautiful days. Of course, by the time you read this we may be back to the rain. Let's hope we do get some more snow in those mountains. It is still winter, after all, but spring is coming.

Things are sure feeling spring-like at the Co-op. The last quarter of 2014 showed significant financial improvement and January continued that trend. The Management and Staff have all been working hard to improve our operations and our stores. Every aspect of the operations are being examined for ways to improve our ability to track expenses and even out our cash flow.



Significant work has been done to streamline our operations and give us the chance to be a thriving business again. Processes and organization are all under review to ensure the long term strength of the Co-op. In addition to organizational improvements, the physical look of the stores is being examined. The reset at the South Store has opened up the space around the deli counter. For those of us who shop mostly at the North Store, it's fun to check out the South Store once in a while to see what kind of changes have been made. The same goes for those who shop mostly at the South Store as revisions are made at North.

And speaking of spring, it is time for us (the Board, that is) to think about this year's Board Election. Although the actual election doesn't happen for a couple of months, we are gearing up for it already. One of the benefits of Co-op ownership is the right to vote for candidates for the Board of Directors.

I encourage everyone to vote. It is a small way to stay involved and support this local business that you own.

In addition to being a basic tenet of the cooperative business model, democratic control is one of the goals set out in First Alternative's Ends Statements. The relevant End Statement reads "Owners will have a

sense of connectedness via our programs, facilities, and opportunities to participate." Voting is one of your opportunities to participate so I urge everyone to take that opportunity and make your voice heard. (Ed: More on cooperative democracy on pg. 3.)

Ballots will go out in the mail in May, so please ensure First Alternative has your current mailing address. If your address has changed, someone at Customer Service in either store will be happy to assist you in filling out a change of address form.

If you are looking for a way to get more involved in your Co-op, think about running for the Board of Directors. Any Owner can run for the board, but it must be the named Owner. We are particularly interested in someone with legal experience, experience

with policy governance, or experience on a board of directors, but we would love to hear from any owner with an interest in the Board. We have a packet available on the Co-op's web site for anyone interested in running: firstalt.coop/about-2/board-elections/.



If you would like more information please contact the chair of the Board Recruitment and Elections committee, Toni Hoyman at hexagon@exchangenet.net. Once we have received all of the candidate applications, we will post information about the candidates in the stores and on the web site. Stay tuned for that.

When you receive your ballot in the mail, please take the time to mail it back or drop it off at a ballot box in the store. We would really like to have your participation. 🗳️

One of the ways we know we can create a great strategy to increase our sales and to strengthen our business is by listening to you, our Owners and shoppers.



We want to make sure we are providing all of our Owners and shoppers with what you want to buy. We want you to consider us as the place not only to do a big shop on your Owner Sale Day, but the go-to place for those small shopping trips you might make in between your stocking up trips and as a great place to fulfill all your holiday and special occasion shopping needs throughout the year.

In order to make this possible we need to hear from you about what you might want to see the Co-op have available, within our Product Selection Guidelines, that we presently do not stock or what you shop for at other stores that we may be able to provide at a more competitive price.

We also want to know if you have ideas of what we can do to increase our sales.

At the recent Board Open Houses we had Owners who came with their lists of ideas. We know that there are many more and we're excited to have Owners and shoppers who are so savvy about their needs and wants.

We have already made the decision, based on feedback and analysis of sales, to extend our hours at both stores until 10 pm beginning April 1st.

Please feel free to suggest products through our comment board, or let any of our Staff know and we'll be happy to write it down for you!

We're ready, we're listening and we have our pencils sharpened to take notes! 📝



Cindee Lolik
General Manager



Peg Nolan
NCG



Frank Worrell
NCG

REVISED STORE HOURS
Beginning April 1st, 2015
North & South will be open everyday from 7am-10pm

OPEN HOUSE

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March 14 🌸 10am -12pm



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1123 Main St, Philomath
541.929.2672

Sundborn Children's House
1015 7th Ave SE, Albany
541.924.9480

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.

Editors. Donna Tarasawa, Adam Payson

Design/layout. Adam Payson, Jessica Brothers

Photography Adam Payson, Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115
NORTH STORE 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

HOURS: Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop • **Email address:** firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop • **FA Board's email:** faboard@peak.org

CO-OP BOARD MEETINGS

Owner Relations Committee
Tuesday, Mar. 3rd - 12:15 pm
South Store meeting room

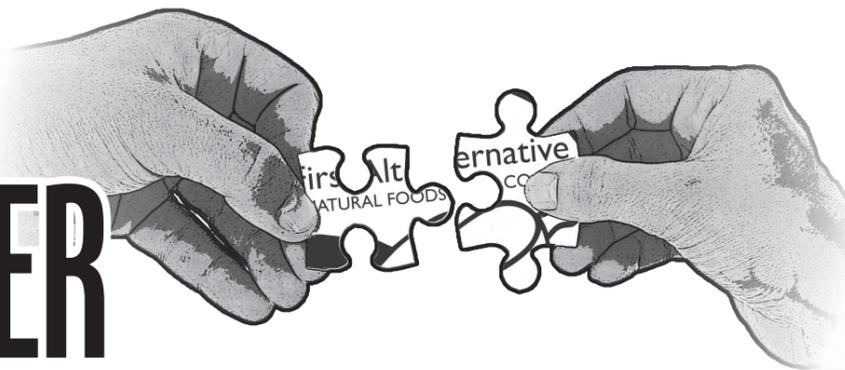
Board Recruitment & Elections Committee
Thursday, Mar. 19th - 6 pm
North Store meeting room

Finance Committee
Wednesday, Mar. 11th - 5:30 pm
North Store meeting room

Board of Directors
Tuesday, Mar. 24th - 6 pm
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 and information
 6. . . . Cooperation among cooperatives
 7. Concern for community

DEMOCRATIC MEMBER CONTROL

Examining the second Cooperative Principle

Last month we kicked off our examination of the seven cooperative principles with a look at number one, Voluntary and Open Membership. This month we move on to number two, Democratic Member Control.

The second principle

The National Rural Electric Cooperative, or NREC (*Ed: The more you look, the more co-ops you find everywhere, fighting the good fight*), defines the second principle thusly: "Cooperatives are democratic organizations controlled by their members who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner."

Here at the Co-op, a primary co-op as defined above—and hopefully your primary food co-op—we like to say, "a vote, a voice, each Owner gets an equal share."

As an Owner you get to elect our Board of Directors, the people who guide our future. You can even become one of them (*Ed: See the call to action below, potential Board Candidates.*) Owners vote annually on our Beans for Bags recipients and referendums.

The road to cooperation

While the Co-op made a point of observing the seven principles since day one, we weren't technically a cooperative until 1999. It was a member vote that finally made us that way.

From the *Thymes*, February, 1999, when we were ramping up for the historical vote:

"Presently we are a non-profit corporation, organized for member benefit." And there were benefits, but not to the degree a true cooperative would have. As a true Co-op we have the benefit of being able to raise tax-exempt capital from our member-Owners.

The article continues, "The Board of Directors organized a committee to study the issue of organizing as a cooperative under Oregon cooperative statutes, ORD 62. The Board of Directors, Member Equity Ad Hoc committee and our legal counsel have researched and discussed this conversion for over a year. After looking at the pros and cons of cooperative vs. non-profit incorporation and, based on the merits of the committee's finding, the Board of Directors unanimously recommends a 'yes' vote on the conversion of First Alternative from non-profit status to cooperative, as well as proceeding with the associated changes in bylaws and operations."

We'd long since operated like a co-op, it was time to become one. The mailing went out, and the votes poured in. 97% of the returns were in support of the co-op conversion.

This is what democracy looks like

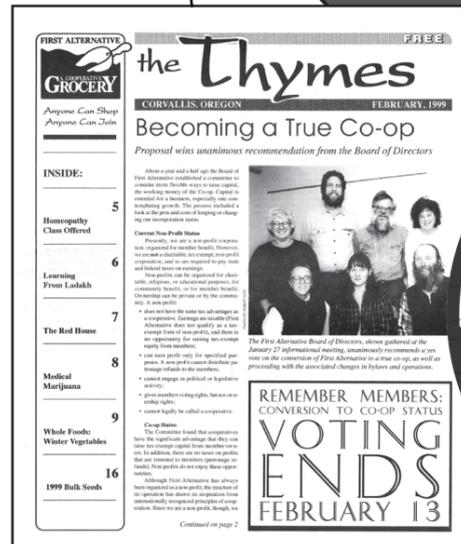
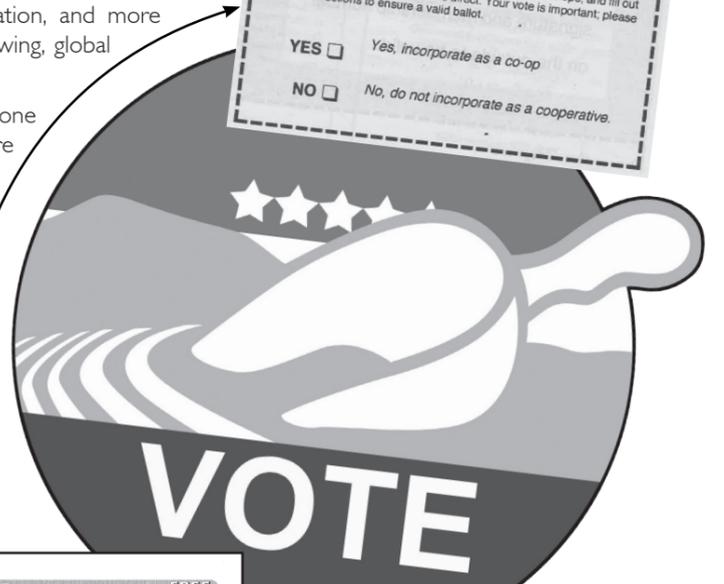
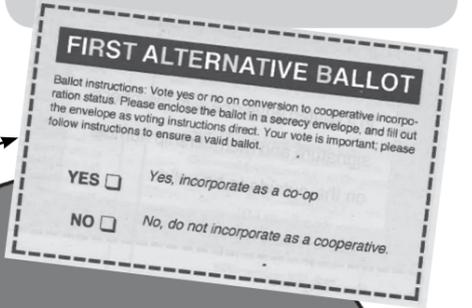
We've come a long way. The Co-op is entering its 16th year as a true co-op, and, incredibly, its 45th year in business. While we may not have always been a true cooperative, we've always been a truly democratic collective.

It's the power of democracy that allowed us to get where we are today, not just as

a Co-op, but as a nation, and more importantly as still-growing, global society.

Voting gives us, each one of us, a voice. The more of us that vote, the louder we can shout, the easier we're heard, the harder we are to ignore.

Together we'll let the world know the power of cooperation.



BOARD SEEKS NEW DIRECTORS

A chance to help develop the future of First Alternative

If you think you would be interested in a job that is challenging, demanding, and very rewarding, you may want to consider a position on the First Alternative Board of Directors. Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to stand for election to the First Alternative Board. Our Directors operate under a system known as Policy Governance.

Using Policy Governance frees our Directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles have been put into

practice? The Policy Governance system also means that the Board does not participate in the day-to-day operations of running our stores. The Board creates policies that guide Management in the operations of the stores. Our Management team is free to implement these policies in any reasonable way and the Board monitors practices and updates the policies as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make a truly meaningful contribution to the success of the Co-op now and in the future. Board members annually set goals at the strategic planning retreat.

The Directors are elected in June. A full Board is composed of 10 Directors elected to three-year terms, with 3 or 4 positions coming up for election each year. This year there are 4 three-year positions open. The Board Recruitment and Elections Committee endorses candidates with the skills needed to do the work of the Board.

The primary responsibilities of the Board of Directors fall into five main categories:

- To insure the financial stability of the organization
- To set long and short-term goals for the organization
- To hire, supervise and evaluate the General Manager
- To insure the perpetuation of an effective Board
- To provide linkage to the Owners

Requirements for service on the Board of Directors are as follows:

- Be a voting shareholder of First Alternative
- An interest in the organization's mission and goals
- A willingness to further your knowledge through orientation and training
- A willingness to represent the organization to the community

- 10-15 hours of service per month, distributed approximately as follows:
 - 6-8 hours Board meetings on the 4th Tuesday of each month (preparation and attendance)
 - 2-4 hours Committee Meetings (preparation and attendance)
 - 1 weekend retreat and 2-3 hours annual meeting/year
 - Optional attendance at conferences and trainings

Each Board member will receive a 15% in-store Co-op Support Discount at the register as well as a delicious dinner before each Board meeting. Training, conference opportunities and related travel expenses are covered.

Want to know more?

If you would like more information, or would like to request an application packet, please contact Board Recruitment and Elections Committee member, Toni Hoyman, by phone at (541) 929-5452 or by e-mail at hexagon@exchangenet.net.

An application packet can also be downloaded from www.firstalt.coop or picked up at the customer service desk. Please note that all interested applicants must have their application turned in to Customer Service or by e-mail by March 31.



First Alternative's 2014/2015 Board of Directors. Do you have what it takes to join them, and help guide the Co-op into the future?

ditch the refined sugar, cooking with whole grains

FOR A SWEETER LIFE, DITCH THE REFINED SUGAR

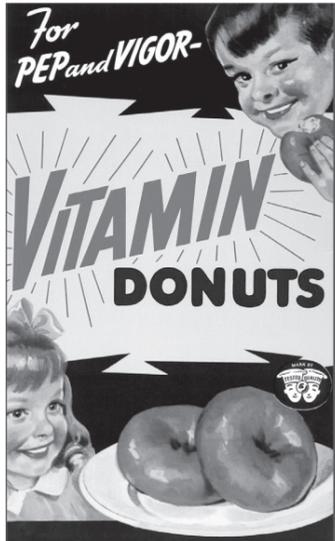
Here's a quiz question for you: What single dietary factor predisposes people to obesity, cancer, chronic pain, cardiovascular disease, infections, fatigue, Alzheimer's, mood and cognitive challenges, ADHD, poor stress handling, erectile dysfunction, premature puberty in girls, acne, and more?

If you guessed refined sugar, you're right!

Sugar is a socially acceptable but dangerous drug.

Multiple researchers have demonstrated that sugar (from cane, beets, and high fructose corn syrup) is as or more addictive than cocaine. And the food industry is doing everything it can to keep us hooked by adding sugar to approximately 75% of packaged foods, including some products at the Co-op. Read those labels!

Today, the average American consumes anywhere from a quarter to a half pound of sugar a day. The sugar in a single can of soda might be more than most of our ancestors would have consumed in an entire year. The sweet craving that once offered a survival advantage now works against us—with dire consequences.



America has a long history of normalizing excessive sugar consumption.



It's time we started making wiser choices when it comes to sugar.

Resolving sugar cravings and addiction: What can I eat?!

The single most dominant cause of sugar cravings is...eating sugar! So, get it out of your house! When you eat out, make sure it's not hidden in your food.

Here are other tips to reduce the amount of sugar you crave and consume:

- Eat meals that are nutrient dense, colorful, and provide a balance of protein, fats, and high-quality carbohydrates (mostly vegetables, some colorful fruit, and some starchy carbs such as root vegetables, legumes, or whole grains.)
- Use much smaller amounts of sweetener in your baked goods and other sweets, and use sweeteners that are more nutrient dense and less sweet: fruit, dates, or very small amounts of maple syrup or honey.
- Increase the healthy fat in your diet, especially saturated fats (coconut oil, and eggs and animal fats from free-range and organically raised animals).
- Eat mineral-rich foods (kale, collards, and other dark green leafy vegetables, as well as root vegetables).
- Increase your B vitamin intake (nutritional yeast, whole grains, legumes, eggs, meat, and poultry) probiotic foods, or supplements.
- Supplemental magnesium, low-dose chromium, as well as omega 3 fatty acids (walnuts, flax, hemp, and chia; cold-water fish and fish oil) can be very helpful for sensitizing insulin receptors and reducing cravings during a transition off sugar.
- Reduce stimulants, drink only with food, and increase exercise and meditation.



- Find other sources of joy in your life.
- If you're going to have a sweet treat, do so after a balanced meal, and never on an empty stomach.

Here's to a sweeter life for you and your loved ones.

—Virginia Shapiro, DC, DACBN
Integrative Chiropractic and Functional Medicine
Board certified in clinical nutrition,
certified in Functional Medicine
Committed to the health of my patients, community, and the biosphere 🌱



SIDE BY SIDE COOKING WITH WHOLE GRAINS

A "whole" grain is one that contains all its original parts—the germ, endosperm, and bran. A "refined" grain has all but the endosperm removed. (Ed: People often used "refined" and "processed" interchangeably, but there's a difference. Read about it on the next page.)

The premise of cooking with whole grains is simple: eat all of the plant and get more nutrition. It's an old concept that became a bit passé for a few decades when "refined" was the belle of the ball. But like most belles, we eventually learn that the glass slipper is just an illusion.

Just because it might seem easier or look prettier, it may not necessarily be better in the long run. Refined foods made their way into the hearts and kitchens of so many because of their "polished" look and the appeal of being faster. It simply doesn't take as long to cook the refined, nutritionally deficit foods that have been stripped of the heartier components.

Yes, whole grains may take a little longer to cook but they can be beautiful, delicious, and are indeed more nutritious than their refined relatives.

These days, we have become more conscious of the affects of gluten. Whole grains are now often categorized as glutenous or gluten-free. The following chart from the *Whole Grains Council* shows which grains fall into each category.

Grains with gluten	Gluten-free grains
Wheat (G)	Amaranth
(Spelt) (G)	Buckwheat (G)
(Kamut)	Corn
(Farro)	Job's Tears (Hato Mugi)
(Durum)	Millet (G)
(Bulgur)	Montina (Indian rice grass)
(Semolina)	Oats* (G)
Barley (G)	Quinoa
Rye	Rice
Triticale	Sorghum (G)
	Teff (G)
(varietals of wheat)	Wild Rice (G)

(G) Grown locally, available in Bulk.

*Oats are inherently gluten-free but unless processed in a gluten-free space, they cannot be sold as such.

There are so many ways to prepare whole-grains—too many to get into here—but it's important to note that all whole-grains can be ground into flour so you aren't just limited to working with the grain in its original form.

The Co-op carries most of the grains listed on the chart in our Bulk Department! A number of them are grown locally, indicated by the Local 6 icon next to their names.

Local farms also grow amaranth, corn, and quinoa, just to name a few. These farms are often smaller and cannot supply large amounts, making it difficult to make them available here at the Co-op.

Since there are so many applications for whole-grains in cooking, here are some things to keep in mind:

Texture: Grains are milled to different levels of coarseness, this detail can greatly affect the outcome of your recipe. Take corn for example, if milled coarsely, it can be used to make polenta. If milled finely, it can be used for "masa" (the Spanish word for flour used to make tortillas.) If milled somewhere in between, it can be used to make corn bread. So, make sure you know what your recipe calls for.

Taste: Each type of grain has its own unique flavor. This is important to keep in mind when mixing grains, especially if you are using milled grains for baking flour. If you are purchasing a flour mix, pay attention to which grains are listed as ingredients. Some gluten-free flours use garbanzo bean flour which can have a fairly strong "beany" flavor.

Density: Some grains have a bolder, stronger bran (the outer, protective shell on the grain). This means that they will be more dense as a flour. You may need to adjust your recipe to help lighten it up.

—Yadira Ruiz, Sunbow Produce 🌱

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look for us at your Co-op

WHOLE GRAINS: THE WHOLE PACKAGE

Whole grains are the only way to go. They are, well, good for you. Maybe, you have heard that processed grains are unhealthy and should be banned. That sounds right...or does it?

Well, there is much more to the story, and I will tell that story here. At the risk of losing all credibility, I will venture to say that *processed grains are good*. Yes, I know that sounds a bit blasphemous, but you can't go away now. Please, I beg of you, don't leave yet. Hear me out.

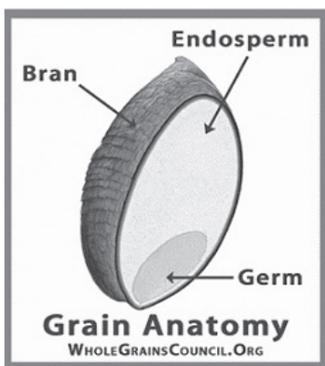
A grain is...

It all starts with the little grain. What is a grain anyway? If you ask Merriam-Webster they will tell you that it is "a seed or fruit of a cereal grass."¹ Great. We have a definition. But that didn't really clarify anything, did it? Hmmm, to simplify it further, a grain is a plant's seed that we eat. Some examples are wheat, rice, corn, rye, barley, sorghum, millet, amaranth, quinoa, and buckwheat. Ok, now it is clear-er what a grain is, but what is a whole grain?

What is a whole grain?

To talk about a whole grain, you must first understand the not so mystifying anatomy of a grain. Refer to the picture on the right as I continue.

The outermost portion is called the bran. The bran layer contains fiber, antioxidants, and vitamins.² Then you have the germ that contains fat, protein, vitamins, and minerals.² And finally you have the endosperm—which is what makes up regular flour—that contains carbohydrate, protein, vitamins, and minerals.²



A "whole grain" is a grain that still has all of its parts, in the *original proportions* that you find in nature. A whole grain can be processed in different ways, and still remain a whole grain. Whole, cracked, split, flaked, and ground are some words that manufacturers use to describe this processing.

Processing is good!

Processing grains can make them easier to cook—think whole oat groats versus rolled oats. It can make them easier to eat and digest. And it allows you to use them in more ways—could you imagine making a pie crust out of whole wheat berries instead of flour? Go ahead and give it a try, then get back to me on that.

"Process" vs. "Refine"

Processing is good, so why does it have such a bad reputation? When people hear the word "processing" they are probably thinking of what is actually referred to as *refining*. This is when the whole grain is broken up and the bran and germ portions are stripped away.³ The result is your run-of-the-mill (pun intended) flour. You lose some important nutrients like fiber, vitamins, minerals, and antioxidants when this happens.



Identifying whole grains

So how do you know if a product contains whole grain? Can't you tell by looking at the fiber on the label? No. Fiber can be added to products, so high fiber does not equal whole grain. And keep in mind that fiber from natural sources, such as a whole grain, is probably better for you than a boat-load of added isolated (or "free-standing") fiber ingredients. Remember, whole grains offer vitamins, minerals, and antioxidants along with their fiber.

To identify whole grains look carefully for one of these things:

Look at the ingredients list on the package. If you see any of these terms listed, you know that the listed grain is whole grain: Whole grain *grain name*, whole wheat, whole *grain name*, stone-ground whole *grain name*, brown rice, oats, oatmeal (including instant oatmeal), wheat berries.

Manufacturers may print on the package "100% whole grain name" or the number of grams of whole grains that the product contains.

A package may contain one of these Whole Grain Stamp labels from the Whole Grains Council, indicating how much whole grain is in the product. Read these stamps carefully to find out how much whole grain is in each serving. As you see, there is more than one version of this label, and each version



tells you something different!

To recap

You can still have a whole grain, even after it has been processed, as long as it has the bran, germ, and endosperm still present in the original proportions. Processing is a good thing. Processing is not the same as refining. Whole grains have more to offer than fiber. And look for whole grains in the product in addition to fiber on the label when purchasing whole grain products. Did you get all that?

References:

1. Grain | Definition | Merriam-Webster www.merriam-webster.com/dictionary/grain
2. Whole Grains Council: Whole Grains at Every Meal wholegrainscouncil.org/
3. McGee H. *On food and cooking: the science and lore of the kitchen*. New York, NY: Scribner; 2004.

—Lynette Iseli, Dietetic Intern



Thanks to the Moore Family Center at OSU for their cooperation and contribution. Read more at: blogs.oregonstate.edu/moore/

CHEESE CHANGES

As part of a recent reset at the South Store, we made some changes to the cheese section. While lots of folks are excited about all the extra room at the north end of the store, the new Grab and Go, and the new home for the salad bar, others have expressed misgivings about the consolidation of the cheese. We're listening, and we'd like to take a moment to address those concerns.

Firstly, it's true that there is less cheese than before. But we didn't drop all that much, instead we've been striving to stock and arrange it more efficiently.



South Store's cheese display, a work in progress

When it came time to decide what would stay and what would go, we looked at the numbers and dropped the lowest sellers. Our selection is still fantastic, and, as with anything here at the Co-op, we're always open to suggestions.

Maybe you're not seeing your favorite cheese anymore. If so, please let us know by making a product request with one of our Customer Input forms!

CUSTOMER INPUT	
Store: North ___ South ___ Date: ___/___/___	
<input type="checkbox"/> PRODUCT REQUEST Please write specifics on Comment line, to the right.	If you would like us to contact you, give us your name and phone/email. If you are interested in special ordering this product, Customer Service can assist you.
<input type="checkbox"/> GENERAL COMMENT Please write specifics on Comment line, to the right.	Replies from staff will be posted in the store. If your comment is routed to the Board, they will reply directly to you. Only Co-op Owners may address the Board.
<input type="checkbox"/> RECEIVED GREAT SERVICE	Please write specifics on Comment line, to the right.
<input type="checkbox"/> RECEIVED POOR SERVICE	Please write specifics on Comment line, to the right. These comments will be handled.
Name of person who helped you: _____	
Department: _____	
COMMENT: _____	
(continue on back)	
Name (optional) please print: _____	
Phone or email (optional): _____	
Owner #: _____	
CUSTOMER: Place form in envelope and insert into slot at Customer Input board.	
<small>Co-op STAFF: Route form to Donna T (S) or Phil (N), initial where entered. Prod Request, Customer Issue, Service, Cheese Board</small>	

A Customer Input form.

They are always available at Customer Service, and at the entrance to our stores. We take your requests seriously, and are always looking to improve our selection, as well as the layout of our stores. Look for the new cheese arrangement to get better and better in the coming days and weeks. Thanks for your all your help along the way, and your patience. We're stronger together.

PASSOVER PREPARATIONS

The annual celebration of Passover commemorates the emancipation of the Israelites from slavery in ancient Egypt. During the eight days of celebration—starting this year on April 3rd—Jewish Kosher laws are tightened.

As with every year, we'll be bringing in a selection of special kosher for Passover foods. Items like Matzah breads and Kedem's 100% Pure Kosher Grape Juice.

Look for Passover items to begin appearing on store shelves around the middle of March.



WINE & BEER TASTING WITH LIGHT APPETIZERS

NORTH STORE

1st & 3rd Thursdays, 4:30-6:30 pm
wine + cheese + crackers
2nd & 4th Thursdays, 4:30-6:30 pm
craft brew + cheese + crackers

SOUTH STORE

Every Friday, 4:30-6:30 pm
wine or craft brew + cheese + crackers
visit www.firstalt.coop for updates, changes, cancellations.

Have you talked to
MOM MAGAZINE lately?

Like us on Facebook.com/lovemommag. Tell us what digital tool you use to help keep it together—meal planning, scheduling, scrapbooking, etc. We may include your comments in an upcoming issue!



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editor@mommag.com
www.mommag.com



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IN THE KNOW ON THE NEW

BULK

Camas Country Mill Whole Spelt Berries



Camas Country Mill is dedicated to bringing whole grains from the heart of the valley to your table. These whole spelt berries fluff up when you cook them and make a great addition to salads and pasta dishes.

Camas Country Mill Whole Spelt Flour



When Camas Country Mill opened it was the first grist mill in the Valley in nearly eighty years. It was an idea on the verge of being forgotten: mid-sized farms growing and processing grains for the local and regional market.

Spelt is rich vitamins, minerals, and protein, and adds a wonderful texture to breads. Add some to your diet today.



Picklopolis Green Jalapeño Hot Sauce

Portland pickle purveyors and consonance encouragers, Picklopolis bring us this surprising hot sauce.

Portland Monthly ranked it as a top 5 local hot sauce in a recent article, saying it, "holds a gentle heat, and appropriately, tons of concentrated, salty brine...It has an almost beefy quality...incredible, like a pickle."

Mt. Rose Herbs Habanero Powder



Looking for something a little more serious? Okay, a lot more serious. This stuff is near weapons-grade at 190,000 on the Scoville Heat Unit scale.

A little sprinkle is all you will need to set your food on fire. Keep a hose on standby. You're likely to need it.

Habanero Powder currently available only at the South Store

Grocery DeLallo Gluten Free Whole Grain Pastas

Authentic Italian pasta made with brown rice flour—a whole grain. These pastas are wheat-free, certified gluten-free, and non-gmo. DeLallo sources only the highest quality ingredients from Northern Italy, and they process it all in their dedicated wheat-free facility. Peace of mind from a bowl of pasta.



Glutino Gluten Free Toaster Pastry

Glutino is dedicated to bringing gluten-free consumers the best possible products, without the gluten. They've done it again with their new toaster pastries. Informal quiz, do you know what Glutino's most important gluten-free ingredient is? Why it's you!



Wellness Andalou Naturals 1,000 Roses Facial Care Line



This new line of facial care products from Andalou Naturals are made to refresh and nourish your skin. Made with rose stem cells, and richly scented, they're, 100% non-GMO, verified gluten-free, made without parabens or sulfates, entirely vegetarian, and never tested on animals. Once you see how soft it makes your skin, you'll have a hard time using anything else.

First Alternative Supplements

First Alternative's Wellness Department works closely with family-run Vitamer Laboratories to bring these products to you.

Some recent additions to this fantastic line of health-boosting supplements include **Querticin**, a plant pigment taken for heart health, our **Ultimate Sleep Formula**, a botanical blend aimed at supporting healthy sleep, **Pure Organic Whey Protein**, and available for the first time in bulk, our **Vegan Protein Powder**, made from hemp, chia and mushrooms.

Excuse the old logo on our labels. We've got a supply of them to work through before we put out the new ones. We wouldn't dream of just tossing them out.



Better Life Cleaning Products

Make the world a cleaner place while you do the same to your home.

Created by two dads dedicated to getting conventional, toxic cleaners out of their homes and away from their families. They came up with a line of cleaners made from renewable resources that are readily biodegradable. Start Spring Cleaning early with their **Even the Kitchen Sink** bathroom cleaner, **Simply Floored!** floor cleaner, and **What-EVER** all purpose cleaner.



World Centric Paper Products

Made from 100% wheat straw, a by-product of wheat grown for food. The line includes **unbleached tissues, lunch napkins, and toilet paper.**

World Centric is committed to raising environmental awareness and reducing waste. These new products even come with compostable packages.



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Grass Fed • Natural Meat

"If you don't grow good grass, you won't grow good beef."

—Ken and Bette McKibben

Your traditional St. Patrick's Day feast begins here at the Co-op.

Right now we have beautiful, ready-to-cook Corned Beef Brisket, and Beef Brisket from Dallas Oregon's McK Ranch.

Ken and Bette McKibben have been supplying the Co-op with their superb beef for years. We're honored to be able to provide customers and Owners the opportunity to eat only the best, every day.

Lovingly raised on 200 acres of pasture, their cows are fed and finished on nothing but grass, with no added hormones or antibiotics. After harvesting the beef is then dry-aged for a minimum of 21 days.



Some more of McK Ranch's great, 100% grass-fed beef

THE COMPLETELY ORGANIC GARDENING COURSE

Growing your own food can be empowering, economical, and just plain fun—and Corvallis has a bounty of resources to help the home gardener. Our town is ripe with garden tours, garden clubs, and garden resource guides. Yet while reaping the rewards of a successful home-grown harvest is undeniably satisfying, getting started can be overwhelming and failed efforts discouraging. For those who dream of growing a garden of food but need a little help, the Corvallis Environmental Center's *Complete Organic Gardening Course* might be just the resource you are looking for.



Organic sprouts

This comprehensive, month-long course is designed for the beginning and intermediate gardener. The course focuses on giving practical information to the home gardener by pairing hands-on garden days with evening discussions. Topics include home vegetable production, perennials, pruning, edible weeds, integrated pest management, soil health, grafting, seed saving and more.

Developed by the Corvallis Environmental Center's *Edible Corvallis Initiative* in cooperation with Oregon Tilth and OSU Extension, the *Complete Organic Gardening Course* specifically focuses on home scale food production in the mid-Willamette Valley.

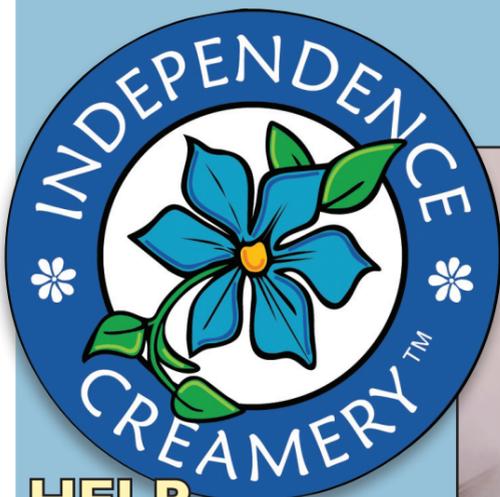
Inspiring people to grow their own food is part of the mission of the *Edible Corvallis Initiative*, which also operates SAGE, the Starker Arts Garden for Education, a unique production garden offering gardening classes, workshops, school field trips, summer camps, and community events. Community members also join in weekly work parties to help produce the 3 tons of food SAGE donates yearly to local hunger relief agencies.



The *Complete Organic Gardening Course* starts April 1st and runs through April 25th. The cost is \$250, plus a \$25 materials fee.

Scholarships are available.

For more info visit:
www.corvallisenvironmentalcenter.org
 or email:
deanna@corvallisenvironmentalcenter.org



HELP KICKSTART A CREAMERY

Last year's heavy snows caved in the roof of Kate and Brian Humiston's **Full Circle Creamery** in Scio, putting a stop to their fresh cheese production. Since then, they've continued to provide the Co-op with fantastic, aged cheeses, but nothing fresh.

Without a working creamery, they can't make things like their incredible, squeaky-fresh Cheese Curds, or their creamy Fresh Mozzarella. They're ready to begin production again, as **Independence Creamery**, in a newly constructed building. But they need our help.

All through March, you have the chance to contribute to their Kickstarter, and help turn their newly constructed building in Independence, Oregon into an efficient and sustainable creamery.

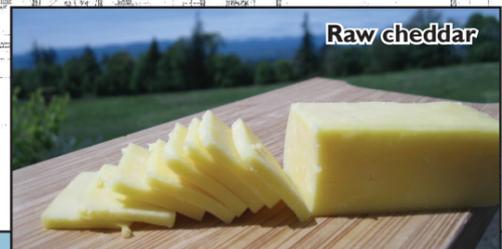
I'm contributing, because I want these cheeses back on our shelves. There are some great rewards in store for backers (like cheese!), but greater benefits for everybody when they succeed (like even more cheese!)

visit www.fullcirclecreamery.com to get all the details and make a contribution.

—Adam Payson, Thymes Editor



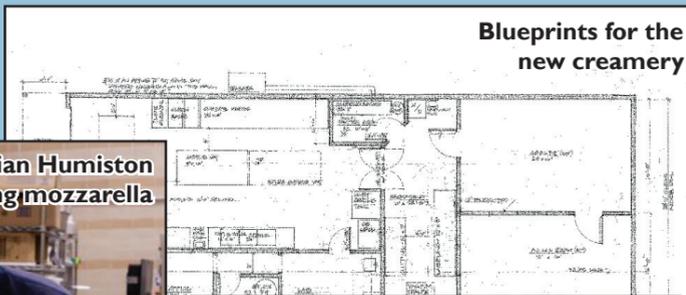
Brian Humiston making mozzarella



Raw cheddar



Help bring back these curds!



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 Thursday April 2nd, 4-5pm
 Visit www.the-magic-flute.org
 CALL 541-602-4140

March Community Calendar

UPCOMING EVENTS

Sustainability Fair & Town Hall Thurs., March 12, CH2MHill Alumni Center, 725 SW 26th.

Local talent, local food, and local stories are among the highlights of this year's Sustainability Fair and Town Hall Sustainability Fair 5-7pm; Town Hall 7-9pm. Register online by March 9th! FMI: sustainablecorvallis.org

Graphic Novel Book Club

Tues., March 3rd, 6:30-7:30 p.m.
New Morning Bakery
219 SW 2nd St.

we will be discussing Beautiful Darkness by Fabien Vehlmann. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: bonnie.brzozowski@corvallisoregon.gov

Threat of Oregon Pipelines

Wed., March 4th, 7 p.m.
CBC Public Library

You've heard of the Keystone XL pipeline, but did you know about Oregon's own Pacific Connector Pipeline? This forum will discuss why natural gas is not a solution to climate change and the dangers and risks of two proposed Oregon export projects. Speakers: Dan Serres, Columbia Riverkeepers, Ted Gleichman, Sierra Club, Charlie Miller, Oceanographer. FMI: Jean Townes, townesj@peak.org

Cowspiracy Documentary

Friday March 6th, 7 p.m.
Unitarian Universalist Fellowship
2945 NW Circle Blvd

Learn why all of a sudden meat really does matter. What are its greenhouse gas equivalencies when compared with transportation? Join us for this thought-provoking documentary! FMI: kjoseph@spiritone.com

Winter Wildlife Field Day

Sat., March 7th, 9 a.m.-1 p.m.
Finley National Wildlife Refuge
26208 Finley Refuge Road, Corvallis

Bring the kids out for an outdoor field day and learn about local ecosystems and wildlife! Participants will receive a naturalist workbook and earn a naturalist patch upon completion! Geared towards Boy Scout Naturalist requirements but open to all community groups, kids, and young adults! Sponsored by Corvallis Audubon. FMI: Educationaudubon@gmail.com

Silk Road Music

Sat., March 7th, 2 p.m.
Corvallis Public Library

Enjoy the musical styling of Silk Road Music, a multicultural music duo. For over twenty years, Silk Road Music's pioneering musical fusions have merged Chinese folk and classical music with Brazilian, jazz, Celtic, Spanish, Arabic, Aboriginal, and blues music. Sponsored by the Corvallis Multicultural Literacy Center and the Friends of the CBC Public Library. FMI: bonnie.brzozowski@corvallisoregon.gov

Saturday Dialogues: Racism in Corvallis

Sat., March 7th, 11 a.m.-noon
First Alternative South Co-op
1007 SE 3rd St.

First in a series of monthly community conversations. This month: White People Break Silence about Racism in Corvallis. Everyone is welcome. Sponsored by Corvallis Showing Up for Racial Justice (SURJ). FMI: fer@caleyreidenbach.com

The Other Camino de Santiago

Thurs., March 12th, 7 p.m.
Corvallis Public Library

Join Randy Selig and Joanne Fitzgerald as they describe highlights of their forty-three day, 1000 km trek through Spain on the Via de la Plata, starting in the sun-baked fields of Andalucia, through the rain drenched greenery of Galicia, to Santiago de Compostela and the Cathedral of Santiago, the burial place of St. James. FMI: Marcia Shapiro, 541-758-5255

Pay 2 Play: Democracy's High Stakes

Mon., March 16th, 7-9pm
CBC Public Library

This John Ennis film explores the relationship between money and politics, which is, of course, the basis of most of our environmental problems. Group discussion will follow. Sponsored by Corvallis Area Move to Amend, which will answer questions and provide a brief update on progress in Oregon. FMI: boboz@peak.org

ONGOING EVENTS

FREE or by donation listings • To submit your free event, visit 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 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

DINING FOR WOMEN

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

GLUTEN FREE SUPPORT GROUP

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

SPIRITUAL

BUDDHIST PRACTICE SGI-USA

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

BAHA'I DEVOTIONAL PROGRAMS

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

CORVALLIS INSIGHT MEDITATION

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

MINDFULNESS MEDITATION

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

CORVALLIS MEDITATION COMMUNITY

Learn meditation techniques to relax and recharge body and mind. 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, RASALiLA2@yahoo.com

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

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Sunday 10-10:45 a.m. Meditation & 11-12 p.m. Inspirational Service; Thursday 7-8 p.m. Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, Autobiography of a Yogi. FMI: corvallismeditation.org

FALUN Dafa GROUP

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

CORVALLIS ZEN CIRCLE

weekly meditation. FMI: www.corvalliszencircle.com

WELLNESS

TAI CHI CLASSES

5:30-6:30 p.m. 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. @ 8p.m.; Thurs. @ 9p.m.; Sat. @ 1:30PM & Sun. @ 5:30p.m. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rhall@peak.org, 541-758-9340

FREE TEEN YOGA

Tuesdays, 4 p.m. Live Well Studio, 971 NW Spruce Ave. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. FMI: 541-224-6566

CHAIR YOGA

Tuesdays, 3 p.m. 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., or those with other physical limitations. Sliding scale donation. FMI: 541-224-6566

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

REIKI HEALING CIRCLE

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

FREE TEEN LAUGHTER YOGA

Wednesdays 4-5 p.m. FMI: Energy9Studio.com

YOGA FOR RECOVERY

Sundays 12:30 p.m. Live Well Studio, 971 NW Spruce St. Perfect for people recovering from substance abuse, addiction, eating disorders and codependency. \$5 suggested donation. FMI: livewellstudio.com

HEART OF THE VALLEY BIRTH NETWORK

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

PEACE

CORVALLIS SECULAR SOCIETY

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

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

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: nfo@vfpcorvallis.org

AMNESTY INT'L WRITERS GROUP

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

COMPASSION CAFE

Every 1st & 3rd Monday, 7-9 pm, 2255 NW 25th St. Support in living the Compassionate Communication model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co,

DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30 p.m. 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

MUSIC

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

FIRST SUNDAY VOCAL IMPROV JAM,

Every first Sunday of month, 2-4 p.m., Old World Deli, 341 S.W. Second St., Participatory improv singing in polyphonic groove, for all ages and skill levels. Free. FMI: 541-760-3069.

COMMUNITY SINGING LESSONS

Every Thursday, 12-1p.m. 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

CORVALLIS UKULELE CABARET

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

PLANET BOOGIE

Every 3rd Sat. Dec 20th, 7:30-9 p.m. 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

ENVIRONMENT

MARY'S RIVER WATERSHED COUNCIL MEETING

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

OSUSED STORE PUBLIC SALES

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

AUDUBON FIELD TRIPS

Field trip every 2nd Saturday. Meet at 7:30 a.m. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

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

Health Services Guide

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

ARIENE CLARK OD – FUNDAMENTAL VISION

We provide eye exams for any age, vision therapy evaluations, sessions, and vision rehabilitation services in an upbeat, friendly environment. Areas of special interest include: Learning and developmental issues, head injury, and dizziness. Call: (541)-752-9428 or stop by 402 NW 5th Ave Corvallis Oregon.

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. Leyna Jensen L.Ac. (541) 753-8000

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LYMPHATIC DRAINAGE * VISCERAL MASSAGE * CRANIOSACRAL THERAPY

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

ENCORE PHYSICAL THERAPY OFFERS COMPLEMENTARY THERAPIES AT ITS CORVALLIS OFFICE

With decades of experience, Lynn Kirschner, CPT(commonsensepilates.com) and Marybetts Sinclair, LMT (marybettssinclair.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.



Un-classifieds

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

ARTIST'S RETREAT? SLEEPS HOW MANY!?

Beautifully appointed Blodgett/Summit home on 4.66+/- private acres has multiple structures to accommodate so many needs. Main house has great living space with one bedroom and a loft. A second building has an additional bedroom and loft. Both have fantastic spa-style bathrooms. Yet another building has plenty of open space to use as a studio, office or whatever you need. Then there's the shop! \$369,000. Want to know more? Please contact Christine Hauser, Principal Broker, Town & Country Realty at (541) 740-8990 or christine@christinehauser.com

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OVEREATERS ANONYMOUS Sundays 4pm, North Co-op Meeting Room. Info: Beth (541) 220-4682

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BOOKBINDING CLASSES: Learn to bind hardbound books. Make 3 journals. CYRANO'S Books 361 SW 2nd street. 10am-3pm, 2nd & 4th Saturdays. \$85 per class, all material included. Call or email - (541) 286-4661 stpcyrano@gmail.com. Groups welcome - package price.

HELP ME FIND A COMMUNE.

LOOKING FOR A FAMILY Middle-aged man starting over. Rescue me from the city. Can a dream come true? What I have to offer: Self-sufficiency skills (including Farming, Food production and preserving, Beekeeping, Large seed collection.) Construction, maintenance, some mechanical. Health conscious, early riser, yoga, cook, non-drinker, strong back, two good hands. Respectful of the Earth, animals and children. Can help home school, love books, science, history. Home business plans, earth and family friendly, easy start. Realistic view, not a freeloader. Let's get together. I will be an asset. Farmer Jack (970) 208-3524, earlyup13@outlook.com

Beans for Bags

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

Recipients for January-March 2015

- Coastal Range Food Bank
- Community Outreach
- Philomath Community Gleaners
- Ten Rivers Food Web

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

Friday, March 20th is the first day of spring

Take the stress out of entertaining with the

coop kitchen

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

CONNECT! AT THE SUSTAINABILITY FAIR & TOWN HALL ON MARCH 12TH

Local talent, local food, and local stories are among the highlights of this year's Sustainability Fair and Town Hall on **Thursday, March 12, at the CH2M Hill Alumni Center on the OSU campus.** "Connect!" is the theme, and event organizers invite members of the public to connect with each other, with our community, and with our planet at this free annual celebration.

The Sustainability Fair, which begins at 5 pm, will feature more than 50 hands-on exhibits, each representing a partner organization or action team of the Corvallis Sustainability Coalition. For the first time, the Fair will include a Kids' Activity Room, where children will be invited to take part in activities to help connect them to the earth and to our community.

A fabulous spread of delicious local food will be provided by Valley Catering, and the entire event will be waste-free, with recycling and composting stations located throughout the facility. Fair attendees will delight to the sounds of String Rain, a gypsy-inspired folk group featuring Rosalie Bienek on violin, Roy "Raven" Crowe on guitar and trombone, and Gabriel Surley playing percussion.

At 7 pm, the focus will shift to the Alumni Center ballroom, where participants will be seated at tables of 8 for a fast-paced, interactive Town Hall. The program includes three parts, each with a presentation from the main stage followed by discussion and activity at the tables.

In Part 1, we will "Connect to Community" through the annual Community Scrapbook, a slide presentation highlighting the sustainability

achievements of local organizations and businesses during the past year – actions that are moving our community toward our goals of environmental quality, social equity, and economic vitality.



Marys Peak, some of what we're sustaining

Keynote speaker Sean McGuire will lead participants through Part 2, as we explore what makes for a healthy community. Sean is one of the country's foremost experts on well-being indicators -- alternatives to the GDP that include not only true economic health, but environmental and social health, as well. The focus of Sean's talk and follow-up discussion will be developing measures of community well-being.

Local innovations on the path to sustainability will be highlighted in Part 3, as two of our fellow community members share their inspiring stories. CHS teacher Julie Williams will tell about the challenges and joys she has experienced in creating a unique organization called Seeds for the Sol. Christine Dashiell, mother of two young children, will follow with the story of how she came to create two highly successful local models of the emerging "sharing economy" – the Corvallis Family Clothing Swap and the Corvallis Family Gift Economy.

Attendees are encouraged to help make this a sustainable event by using energy-efficient

transportation to get to the event: walk, bike, or take the bus. First Alternative will offer a punch on your Alternative Transportation Card to those who do. Bring your own card, or pick one up at the Co-op's table at the Fair. If you choose to drive, car-pooling is encouraged.

The Fair and Town Hall are being organized by the Corvallis Sustainability Coalition, a network of 325 partner organizations and hundreds of individual volunteers working together to create a sustainable community. Primary sponsors of the Town Hall are the OSU Sustainability Office, Block 15, First Alternative Co-op, Good Samaritan Regional Medical Center, Les Caves, CrawfordDesign, and the Corvallis Chamber of Commerce. Additional financial support is being provided by dozens of Coalition partner organizations and individual "Town Hall Heroes".

This event is free and open to the public. All are welcome, but space at the Town Hall is limited. Register by March 9th at www.sustainablecorvallis.org. For more information, call (541) 230-1237. 🚗



Keynote speaker, Sean McGuire

March Anniversaries

Staff Anniversaries:

- 1 year:** Jason Swanson, James Beck, Sam Booth
- 2 years:** Sam Powers, Sara Spencer, Katie Hann
- 3 years:** Brian Peat
- 7 years:** Valerie Jordan
- 8 years:** Chris Johnson, Kristana Burt
- 9 years:** Aron Christianson
- 25 years:** Donna Sirmans

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

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

230 WORDS OR LESS

Owners tell why they chose to increase their equity in the Co-op

Our Co-op is important to me because

- it's a community well where people draw water and connect with each other. People easily smile and laugh in the Co-op.
- it's my pantry, the source of much of what I need to live a healthy life.
- I trust the people there. I trust what is there. I trust what goes on there.
- I appreciate what isn't at the Co-op that is at other places and what doesn't go on there that goes on at other places.
- It's a genuine alternative to some of the significantly down-spiraling, unhealthy parts of everyday life.
- Co-op people are interested in me and are open to my input.
- I like how I feel when I'm in the Co-op.

—Oak Freed, Owner



staff spotlight Bridget Chipman

What do you do at the Co-op and how long have you been working here? I'm a Stocker for the Grocery Department. I'll have been here a year this April, so about 10 months.

What's it like working in the Grocery Dept? Never a lack of things to do! At work I feel like I'm always buzzing around getting things done.

What do you like best about the department? I enjoy the physicality of working in grocery, I get to be very active. I also enjoy the sense of satisfaction that comes with bringing order to the store.

What are your favorite products here at the Co-op? I'm quite infatuated with all the seasonal citrus right now. I feel like I fall in love with a new one every week. Have you tried those honey grapefruit or cara navels? Amazing! In addition I really like the kombucha we offer in bulk, it's a great afternoon pick-me-up!

Where did you grow up/where have you lived in your life? I grew up in the easternmost part of the Portland Metro. I've been in the Mid Willamette Valley for about 8 years now.

Tell us something about yourself others might not know: I learned how to sew when I was 6 years old from my mom who's a wonderfully accomplished quilter and seamstress. A lot of ladies in my family quilt. There's a great picture of me at 7 with a gap-toothed smile posing with my first quilt stashed away somewhere.

What are some things you like to do outside of work? I'm starting my second season as co-owner of a small diversified farm in NE Albany. That eats up a lot of my outside-coop work time.

What are some of your favorite places? I thought about this one for awhile. I have a long list of beautiful places I've visited while I worked as a field botanist in Oregon, particularly in SW Oregon. I miss getting to ramble around the wildest corners of the state. However, right now I have to admit my favorite place is my farm. I know it's sappy, but it took a long time looking to find the right place. It feels so much a part of me. Even for the long (and ever growing) list of improvements that need to be made. I'm so proud of the work we've accomplished in a year, and look forward to see what Goosefoot becomes.



Bridget, basking in the spotlight

Can you tell us a little about your farm? Goosefoot Farm is located NE of Albany, almost to the town of Jefferson in Linn county. We are at the start of our second season managing about 16 ac of an 82ac property and are transitioning towards organic certification. We currently market a wide array of vegetables, chicken and duck eggs. Along with a breeding flock of geese and a handful of pigs makes for a diverse little farm. We have a regular season CSA for members in the Corvallis/Albany area. We were at the Albany farmer's market last year, and hope to make a showing at Corvallis and Salem markets this season 🐔



It's pretty tough to see a double rainbow in black and white, but it's there. What's it mean?!

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MARCH Co-op Classes

Register for classes online at www.firstalt.coop



Saturday March 7th • 11am-12pm

South Co-op Meeting Room

Showing up for Racial Justice—Saturday Dialogues: Racism in Corvallis

Cost: FREE

First in a series of monthly community conversations. This month's topic: White People Break Silence about Racism in Corvallis. Everyone is welcome. Sponsored by Corvallis SURJ: Showing Up for Racial Justice. FML: fer@caleyreidenbach.com, (541) 609-8420.

Tuesday March 10th • 7-8pm

South Co-op Meeting Room

Hairbraiding for Beginners and Pros with Raychel Emmons

Cost: FREE (pre-registration requested) • Class size limited to 20 people

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

Monday March 16th • 7-8:30pm

South Co-op Meeting Room

Making Friends with Your Emotions

Cost: FREE

Do you ever feel that your emotional life is like being on a roller coaster? Would you like to be more at ease with, and enjoy your emotions?

In this presentation we'll explore the purpose of emotions, how to consciously flow emotional energy for increased emotional health and wellbeing, and how our emotional energy supports spiritual awakening.

Fiona Moore, Spiritual Mentor and Healer, teaches how unconditional love is a force for healing and transformation. She offers a deep presence of silence, gentle inquiry, and simple exercises to deepen conscious awareness. Her work attracts people from a range of contemplative, spiritual and creative backgrounds who want to embody and live from their heart's essence.

Monday March 30th • 7-8:45pm

North Co-op Meeting Room

"Waking Up White" Book Study

Cost: FREE (pre-registration required) • Class size limited to 12 people

Laws and attitudes have changed, but people of color in the mid-Valley still experience racism, both subtle and overt. What can a well-intentioned person do? This facilitated discussion of the book "Waking Up White" by Debby Irving will improve our ability to challenge racism within ourselves and our community. It's a project of the new local chapter of Showing Up for Racial Justice. At the North Co-op. Please commit to attending all sessions. Registration required by March 15. Contact Faith Reidenbach, fer@caleyreidenbach.com, (541) 609-8420.

LOOKING AHEAD

Saturday April 4th • 2-3:30pm

South Co-op Meeting Room

Mid-Valley Doula Event

Cost: FREE

Comfort Measures for Birth—Be prepared to welcome your baby more comfortably. The Mid Valley Doulas will help you prepare for a more comfortable labor and birth by showing you (and partners) a variety of great techniques and positions to help keep you more comfortable. There will be demonstrations and the opportunity to try-out some techniques if interested. This is a free class by the Mid-Valley Doula Network. Come meet some incredible doulas in the area and get prepared for a more comfortable birth!



FIRST ALTERNATIVE theSCOOP! YOUR WEEKLY CO-OP NEWS SCOOP!

ORGANIC OR LOCAL?

Sometimes it's one or the other



We are well acquainted with the words "organic" and "local", but have the concepts eluded us? Even though I've seen and been in the middle of many heated discussions on these topics, I think most people are still trying to sort things out.

The big food trend is organic. If it has an organic tag on it, most Pacific Northwesterners will feel inclined to buy the product. That's fair enough but when it comes to fresh food, organic is great but not always better than local.

There are the obvious pros to buying local, like being able to select produce when it's fresh and in season. But there are also environmental benefits to buying local that are often overlooked.

The distance food travels—referred to as food miles—is a key factor in choosing sustainable foods. Fuel used for transportation is the main reason why local might sometimes be a better choice over organic.

If a shipment of organic produce travels from Mexico to Oregon, the fuel used could cancel out the positive environmental effects of organic agriculture. "On average, produce in the United States travels anywhere from 1,300 to 2,000 miles from the farmer to the consumer."

That's a long way for fragile fruits and veggies!

But organic, as we all know, reduces the amount of pesticides we are exposed to. Organic farmers are held to specific standards set by the USDA. They must use methods of crop rotation and composting and the farms are inspected annually by a USDA representative.

This method is safer, but unfortunately organic farms do not produce as much yield as conventional. About 25% less, as a matter of fact.

But the information we have about organic and local food products is limited and often contradictory. That's why I believe we all have to make our own informed decisions. Our choices may not be 100% right, but either way a little informed consciousness isn't the worst thing that could happen.

Ed: Visit www.thescoop.firstalt.coop for a more in-depth version of this article, and lots more.

—Gabi Scottaline, Front End, The Scoop



MYSTERIES IN YOUR CUPBOARD?

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Select "Bulk Search" from the menu bar and enter your mystery PLU numbers

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

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**EASTER IS
SUNDAY,
APRIL 5TH**



NATURAL EGG BATIKING

If you'd like to forgo the disco-era neon of conventional food colorings and their "generally recognized as safe" ingredients, making dye with food is a great option.

The technique may be a little different but the results are beautiful and earthy and honor the wonders of the natural world. It's amazing the variety of hues that are waiting for you in the produce and bulk departments!

For this recipe we chose three fresh veggies to do our coloring for us. Don't stop there! Get creative and have fun trying other natural dyes like onion skins, dried hibiscus, berries, chili powder and coffee. There's a rainbow of color waiting for you!

INGREDIENTS:

- 18 eggs
- 1/2 head red cabbage
- 2 cups beets
- 1 cup turmeric
- 1 cup white vinegar

Supplies: Nylons, twisties, flowers & plants

DIRECTIONS:

Make the dye: Put each type of veggie in a small saucepan with 1 quart water. Bring to a boil and simmer, covered, for 30 minutes. Cool slightly, strain and discard solids. Return dye to pots.

Meanwhile, secure your flowers and leaves to the eggs by holding them in place and gently wrapping with pieces of nylon. Secure with twisties and trim extra nylon.

Return dye to a boil and add vinegar and eggs. Cover and simmer for 20 minutes, then remove from heat and transfer to refrigerator. At this point the color will not show up yet on the eggs. Do not despair! Leave them to soak overnight and come back in the morning for glorious results.

In the morning, remove nylons and plant materials from eggs. Pat dry and gently rub with vegetable oil for a protective sheen. Store in fridge.

BATIK

noun

1. a technique of hand-dyeing fabrics by using wax as a dye repellent to cover parts of a design, dyeing the uncovered fabric with a color or colors, and dissolving the wax in boiling water.

2. the fabric so decorated.

verb (used with object)

3. to hand-dye (material) using the technique of batik.

Assorted flowers and leaves, used for creating patterns



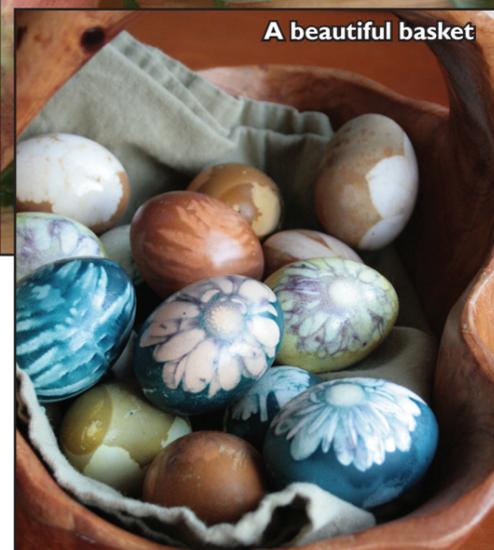
Clockwise from top: Cabbage, Beet, and Turmeric dyes



Flowers and leaves secured against eggs with twist-tied nylon



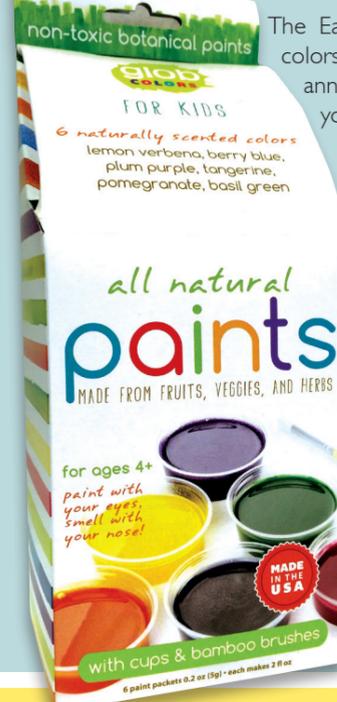
A beautiful basket



NATURAL EGG COLORING KIT

All natural paints for young Picassos

Back by popular demand! *Glob Colors* are on our shelves again. Artists of all ages can get creative with these safe, easy-to-clean, botanical-based paints.



The Easter Egg Coloring Kit includes 3 colors derived from radish, cabbage, and annatto, along with everything else you'll need to egg-spress yourself.

Expand your palette with the All Natural Paints kit. You get six natural colors, cups, and brushes.

Make playtime more colorful, the natural way.



—Article and photos by Emily Stimac