



3 Rivers Food Coop

January 2008

Currents

1612 Sherman Blvd Fort Wayne IN 46808 (260) 424-8812

Hours: Sunday 10-8, Mon-Sat 7 am-9 pm

Digestive Enzymes: Go With Your Gut

By Diane Dickson

Enzymes are specialized protein molecules that regulate biochemical reactions in our bodies. They are involved in all aspects of metabolism, and are essential to cellular function and health. Natural enzyme production decreases with age, so supplemental digestive enzymes can be beneficial for anyone over 35 years of age. With the newer enzyme supplements that are available, you can alleviate digestion problems; help lose weight; support heart health; and aid in conditions such as candida albicans and gluten intolerance.

The most common use for enzymes is for proper digestion and effective assimilation of nutrients from any source, whether it is from whole foods or supplements. The idea is to get the nutrition from food into our bodies as efficiently as possible to build lean muscle mass and optimal health, rather than passing through unused. Poor digestion may cost our bodies more nutrients and energy to process food than we gain from eating in the first place.

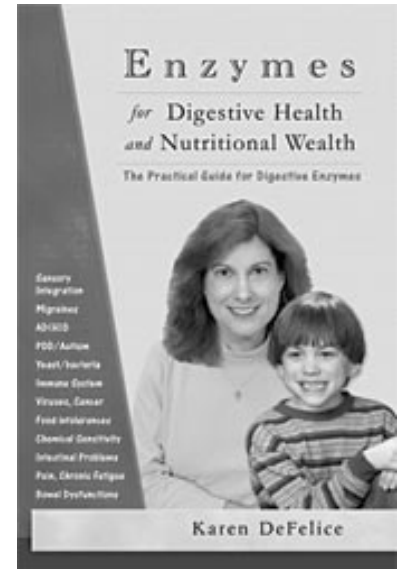
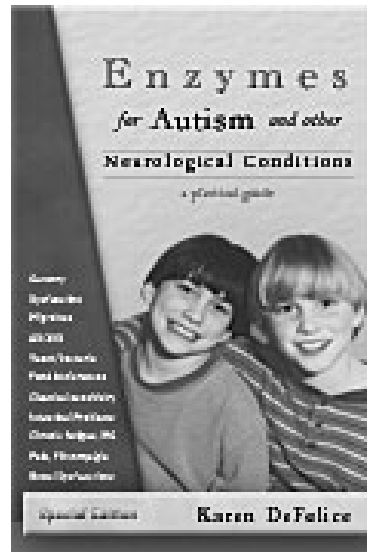
Supplemental enzymes can greatly improve the success of a gluten-free diet, and can also reduce the stress of accidental gluten exposure. The enzymes help to break down the large gluten molecules into much smaller pieces before they leave the stomach. Once broken down, those gluten fragments can't provoke an adverse reaction when they reach the small intestine.

Plant based enzymes are the most popular choice of enzymes. Supplementing with plant-based enzymes is preferable over animal derived ones because they are much more stable at different pH levels and temperatures.

It is very important to understand the differences between the enzyme types in order to use a product that will meet your particular needs. The Co-op carries the four shelves of digestive enzymes including complete line of Enzymedica digestive and therapeutic enzymes. There is Digest Gold, for digestive distress; Gluten Ease, for gluten intolerance; Lacto, for lactose intolerance; Lypo, for fat metabolism; Natto-K, for cardiovascular health; and Candidase and Pro-Bio, for helping candida albicans. If you are looking for a good overall formulation of enzymes to improve digestion and increase energy, Source Natural is a good

choice.

The book currently carries two books on enzymes; *Enzymes for Digestive Health and Nutritional Wellness: The Practical Guide for Digestive Enzymes*, dealing with how enzymes can help with yeast, viruses, chemical sensitivity and many other issues. *Enzymes for Autism and other Neurological Conditions: The Practical Guide for Digestive Enzymes and Better Behavior* addresses the use of enzymes with children. There will also be some new books about digestive enzymes coming soon to the Co-op book shelf. Also on the shelf with the enzymes are several literature sheets and CDs, all free. For an independent source of information, check out www.enzymestuff.com, a site devoted to education on enzyme use. Although the site doesn't recommend specific brands, it does have excellent information on how to choose a product. If you want to know more about the enzyme products at the Co-op, be sure to ask for Lydia or Joanne.



A WORD FROM THE BOARD

Toward a New Vision

This coming February, you will be voting for more than who will be next to join the Board of Directors. You will vote to decide how much of the future of our Cooperative will take shape. In seeking to ensure our continuance, the board has looked at models of what other cooperatives are doing to better position themselves against the rising tide of competition that is the new reality in the natural foods market. Across the nation, the industry standard has become equity ownership. Members are choosing to become owners through financial investment. They are committing to their co-ops.

Our cooperative is a financially sound and thriving business. We have well withstood the competition that has entered the Fort Wayne market. But with a view to the coming years, the board sees the need to do everything possible to increase our financial stability as well as enable the Co-op to continue to offer a broad spectrum of entertainment and education along with the best edibles in town. We wish to best secure the community we know as the Three Rivers Natural Foods Cooperative.

For those of you with the vision to become owners, the board thanks you. Your financial commitment will be used to lower debt. We have a mortgage and a relocation loan that we desire to be free of as soon as possible. A strong base of loyal shoppers in tandem with low overhead is a formula for success. Reducing debt lowers the cost of operations and allows us to keep our prices competitive. It allows for future profit to be used for the improvements that many of you have let us know you want. The vote to move from membership to ownership is important. Please consider what you can do for your coop. Vote for ownership and then become one!

—Joyce Bassett, Board President

BYLAW CHANGE VOTING & BOARD ELECTIONS

Don't forget! There are two important items to vote on during the month of February. There are important changes proposed to our bylaws. There are also seats open for the upcoming Board election in February.



Applications are available in the store and online at www.3riversfood.coop. Applications must be received in the store by 9 pm on January 15. A campaign statement is required as part of the application. The statements and candidate photos will be in February newsletter and help members make educated choices when voting.

The Board meets the third Monday evening of each month and operates under the guidelines of policy governance. The terms are for three years, and deadline application is January 15.

Changes in the by-laws of the 3 Rivers Co-op will be available for members to view during the month of January. These changes incorporate the proposed shift to tiered vested equity ownership. Along with 2 open board seats, these changes will be on the ballot during the February elections.

Owners, let your voice be heard on these important issues!

What's What: Product News at Your Co-op

WINE & BEER: WHAT'S BUBBLY & BREWED

- La Rocca Merlot, organic and sulfite free from Sierra Mountain California
- Stellar Reserve Merlot, organic and sulfite free from South Africa
- From Alsace France this Gewurztraminer from Domaine Eugene Meyer is Biodynamic
- Nina Bonita Red Sangria is an organic Sangria from Spain
- Italian Chardonnay and Rosso from Puglia Agrinatura, both organic.
- Boxed Red or White wines from Badger Mountain, organic and sulfite free.
- New Brews from Bison Organic Brewery; Gingerbread Beer and Golden Bock
- Belgian lambics from De Troch Brewery in a variety of fruity flavors
- Biere de Miel, an organic honey ale from Dupont Brewery
- A Foret Organic Saison from Dupont Brewery

We continue to fine-tune our selection of organic wine and beer. We have discontinued some of the slower sellers and added some new and exciting selections. New selections of beer from St. Peter's brewery and Green's gluten free beer will be added in early January. The above mentioned additions are in stock now.

Of course, always drink responsibly. —Janelle

COLD & FROZEN: WHAT'S CHILLIN'

- Yves Veggie Slices
- Stonyfield Yogurts
- Smoked Cheeses
- Superbowl Meats
- Frozen Fruits

Refrigerated

Ring in New Year with great deals in the refrigerated department.

Yves Veggie Slices are on sale this month, and are a great source of protein, cholesterol free, and low in fat. These are a great Vegan alternative to meats so that your favorite sandwiches and snacks are healthier. Also from Yves is the Veggie Ground Round in a 12 oz package and with 0 total fats and 0 cholesterol, this meat alternative should catch your eyes as well as your hunger.

Also this month Stonyfield Fat Free and Soy Yogurts are on sale. There are some really great flavors like the Mocha Latte, Maple Vanilla, and Wild Blueberry. These are a tasty way to continue your healthy eating into the New Year.

Organic Valley Soy Milk is yet another outstanding product excellent for a milk alternative. With a name like Organic Valley you know that you get good quality and great nutritional value.

We are now offering smoked cheeses for all you cheese lovers out there. There is a Smoked Mozzarella and a Smoked Cheddar that is full of delicious smoked goodness. These cheeses taste so good you might find yourself just eating them by themselves. Straight from Britain we now offer Huntsman cheese, which is a traditional layered cheese – prime Blue Stilton is sandwiched between mild Double Gloucester giving a layer cake look to this savoury cheese. —Jeff

Well, we have made it through another holiday season... now we can relax, take inventory and plan for the upcoming year. Many among us are making New Year pledges to become healthier, exercise and lose weight. January is the month for personal commitment and resolutions. It is time to incorporate lighter fare into our diets!

Cascadian Farm has its line of organic frozen fruits on sale this month offering choices from sliced peaches, raspberries, blackberries, blueberries, strawberries, dark sweet cherries and harvest berries. Create your own smoothie, yogurt topping, light dessert or simple snack chuck full of vitamins and antioxidants. Combine with Stonyfield Farm frozen yogurts for an after-dinner treat that the whole family will appreciate!

This is also the time of year for the infamous Superbowl tailgate- parties. Don't forget to include Seven Sons ground beef or steaks, Shelton's turkey or chicken hotdogs, Applegate Farm's beef hotdogs or Boars Head meat in the deli for your cookout and backseat barbeque! (Not only is it better for you, it tastes so much better!)

We have relocated our grocery markdown products to the rear of the store near the bulk counter. This is to provide more room in the freezer aisle for sale items as well as provide a better display for reduced items. Be sure to check them out on your next visit!

Thank you for your patronage and I look forward to seeing you all in this next year!

-- Julianne

DELI & CAFÉ: WHAT'S COOKIN'

- Grab-and-Go Options
- Featured Café Sandwich
- Featured Café Drink

In the Deli, look for several varieties of mini quiches (muffin sized) both on the hot bar and in the Grab-and-Go cooler. Some will be vegetarian, and others will have ingredients such as cheese, turkey bacon, and mushrooms. We're looking

to "beef" up the Grab-and-Go selections – check it out!

In the Café, January's featured sandwich is a delicious combination of guacamole, tomatoes, red onion, and cilantro on toasted white bread. To warm up, try a Teccino Twist, a caffeine-free coffee with dairy-free Silk soy creamer.

—Shawn & Kayla

GROCERY: WHAT'S ON THE SHELF

- Shady Maple Maple Products
- Agave Sweetener
- Zero Sweetener
- New Annie's Dressings
- Lars Crispy Onions
- Steaz Diet Sodas

Happy New Year! It's time to reflect upon the year that has passed & to think of ways to further enrich our lives (mind, body & spirit) throughout the New Year. Maybe you are looking to make changes in your diet. You could start by using sugar alternatives.

Sweeten things up with maple syrup instead of using traditional sugar. Try **Shady Maple maple butter** or **maple spread**... so yummy in oatmeal or try it on biscuits & muffins. The possibilities are endless. **Agave nectar** is a sweet, low glycemic alternative...great for sweetening your drinks or cereal. Agave is great for baking too. **Wax Orchard** sweetener is made from fruit – just fruit! There's a new zero calorie sweetener that has zero glycemic index from **Wholesome Organic Sweeteners**. It's called...you guessed it...**Zero**. Zero

is made from Erythritol: a naturally occurring sugar made from fermented cane juice. Life is Sweet!!!

What's new on the shelves? Look for two new flavors from **Annie's Dressings: Maple Ginger** or **Asian Sesame**. We have new salsa & queso dip from **Xochitl**. Look for it on display. We also have Xochitl yellow and organic white tortilla chips to go with them.

After a long wait... we now have **Lars Crispy Onions**. Top off your green bean casserole, soups & salads.

Lower calorie beverages include Steaz diet soda in 3 new flavors, Blueberry Pomegranate, Orange and Raspberry. These sparkling green tea sodas are sweetened with stevia for just 20 calorie a serving.

Lakewood light juices are sweetened with Erythritol and come in Pomegranate or cranberry. They have only 12 grams of sugar and 45 calories per 6 ounce serving.

Happy & Healthy Eating! Have a great New Year! —Jennifer & Dan

WELLNESS: WHAT'S ESSENTIAL

- Probiotics
- Secure Denture Cream
- Sprinkle Fiber 35
- Cleanses

We have several new products this month. Probiotics are the good bacteria your intestines need every day to help fight things like Candida. We have two new probiotic products. From Renew Life, we have Ultimate Flora Critical Care, a probiotic with 50 billion cultures per capsule. It is available in a 30-capsule bottle. Enzymatic Therapy now has Pearls I.C., a probiotic with more types of probiotics than the original Pearls. It comes in a 30-capsule bottle.

Secure is a denture bonding cream that comes in a 1.4 oz. tube.

Sprinkle Fiber is a new powder from the Fiber 35 Diet Company. It adds fiber to your diet without affecting the flavor of your food. You can sprinkle it on cold foods such as cereal, or you can add it when you're cooking and baking.

Don't forget to check out our line of cleanses and the new books on cleanses we now have in stock. During cold and flu season, remember that we have an extensive line of products, including homeopathic, to prevent and treat these illnesses.

—Shawn, Tiese, Lydia, Anneliese and Joanne

PRODUCE: WHAT'S FRESH

- Citrus Fruits
- Leafy Greens

This is the time of year to enjoy citrus fruit, and we have oranges, grapefruit, and lemons. Apple varieties include Fuji, Gala, Red Delicious, and Pink Lady. We still have local squash, including butternut and acorn, available as well.

Winter is a great time to boost your immune system by eating plenty of greens. You'll find Lacinado kale, as well as the curly kale, rainbow chard, Romaine lettuce, red and green leaf lettuce, red and green cabbage, Chinese cabbage (Napa), bok choy, leeks, and broccoli. All of these veggies are packed with nutrients, so enjoy!

– Frank

Helpful Tips from people in the field...

Looking for snacks that are healthier than potato chips, candy or cookies?

Looking for quick snacks to keep you out of the fast food drive-thru?

Here are some of the ways we snack with a little health.

- A yogurt and a handful of walnuts
- Drink lots of water
- A cheese “stringle” and a small bag of trail mix
- Apple slices spread with almond butter
- Fresh orange slices and a few almonds
- Pears sliced and then spread on a little cashew butter
- Chunks of energy (bulk dept.)
- Crackers and hummus
- Broccoli florets, cauliflower and red pepper slices with salsa for dipping
- Frozen strawberries - I eat ‘em right out of the bag with saltine-like crackers to wash down the sweetness
- Canned peaches or apricots (it’s better than a pint of ice cream)
- Fruit salad; a variety of cut fruits with a bit of yogurt
- Celery and carrot sticks
- Date nut rolls - I eat these instead of a candy bar
- Celery and peanut butter
- A rolled up slice of Boar’s head meat with mustard or your favorite condiment



Customers are always asking us which products we like, so we’ve decided to make “Staff Picks” a regular feature in the newsletter. Here are some of their Co-op favorites.

Look for the Staff Picks logo on the shelf - pointing out the products we like.

MANDY, has been loving our new organic ice cream, **Alden’s**. It’s creamy, and the chocolate flecks make it really yummy. It’s so good, she keeps eating it until it’s gone. It’s good for breakfast, lunch, dinner and anytime in between. (*in the freezer.*)

MELISSA, Front End, LOVES the **Greek Gods Yogurt**. The honey flavor is her favorite, but the pomegranate is a close second. Unlike regular yogurt, it’s thick and melts in your mouth. It satisfies the taste buds and has lots of nutritional value. Overall satisfying! (*Greek Gods Yogurt, 3 flavors, \$1.49 in the refrigerator*)

Stocker, **OSIRIS**, has been buying the **Frontera Deep Dish Pizza Singles**. The **Spinach with Poblano Peppers and Ricotta** are spicy from the peppers, garlic and cilantro. Topped with ricotta and spinach the two pack makes great meal on a really hungry night. (*Frontera Deep Dish Singles \$3.99 in frozen*)

JULIANNE, Grocery, has been using the bulk **Taste Adventure Split Pea Soup** for a high fiber, high protein snack. It has 16 grams of fiber and 16 grams of protein! Just add water for a quick, anytime, anywhere snack.. (*\$5.99 a pound in the bulk bins*)

Grocery Buyer, **JENIFER**, has been buying the **Nile Soup Cups**. They’re cheap and make a hot, quick lunch. She buys stacks for lunch for herself and her loved ones do avoid the boring sandwich. Her favorite flavor is tied between the **Lentil Curry Couscous** and the **Split Pea**. (*9 flavors in Aisle 2, \$1.09*)

JEFF, Refrigerated Buyer, likes the **Wallaby Yogurt**. The vanilla is his favorite. It’s thin and goes well with granola. It makes him “feel better”. It comes in the big size for more eatin’. (*Wallaby Yogurt Vanilla, 27 oz. \$3.25 6 oz.container in 9 flavors for 99 cents in the refrigerator*)

General Manager, **JANELLE**, has discovered a quick, easy to fix dinner.. She sautés mushrooms, garlic and onion until the mushrooms are just about cooked. Then she adds a jar of the **Seeds of Change Vodka Americano Pasta Sauce**, add to pasta and it’s super fantastic crumdiddly-delicious! Pair that with the **Alexia Garlic Bread** for a 20 minute quick as a flash delicious dinner. (*Seeds of Change Pasta Sauce, \$6.55 Aisle 2. Alexia Garlic Bread \$1.89 in the freezer.*)

BELLE SANTE MEDICAL SPA WILL BE OFFERING
AN ANTI-INFLAMMATORY LECTURE AND TOUR
BY DR. ANGELA LASALLE (DOCTOR OF INTEGRATIVE MEDICINE)
WITH FORT WAYNE ENDOCRINOLOGY.
SATURDAY, JANUARY 26, 2-4 PM

What’s What: Product News at Your Co-op (Cont’d from pg 2)

BULK: WHAT’S IN THE BAGS & BINS

- Master Cleanser Ingredients
- Grains
- Split Pea Soup Mix

January is time for resolutions, & it’s time to get healthy. Get all you’ll need for your healthier dietary needs at the coop. In the bulk department, we have the Maple Syrup B grade & in herbs we have Cayenne available for your master cleanse needs.

Along with that, we have a much greater selection of “Health Foods” &

the raw grains for a superior eating habit than ANY other store or grocery in the Fort Wayne area.

Better products for better intake leads to a better self-being.

Also, to combat the cold weather of January we as always have a fantastic selection of delicious soup mixes from the North Bay Trading Company and as always our quick & easy “Split Pea Soup Mix”.

—Jeffrey

KITCHEN TOOLS: WHAT’S CRAFTY

- Orange Peelers
- Chop Chop cutting mats
- Nutmeg graters
- Bamboo spoons
- Folding Mandoline
- Whisk (stainless steel)
- Stainless steel measuring spoons
- Curved spatula (bowl scraper)

- Baster/injector

All these gadgets are available at our co-op. These nifty tools are used quite often on cooking shows on television and by some of the best chefs out there. If you are looking for something hard to find that we don’t carry, let me know we’ll try to get it in.

- Janelle

Healthy Snacks

by Susan Sims

When you’re hungry and need something quick, grab a nutritious snack from the Co-op. Healthy foods improve the brain’s ability to function. Organic fruits, whole grains, and protein help prevent mental foginess. Trail mix is a great energy-dense food, and the Co-op has several different varieties in the bulk area. They include nuts, dried fruit, and some have chocolate, and the student trail mix is a great value. Packaged trail mixes can be found in the refrigerated case as well. The rice cracker mix and wasabi mix are great crunchy treats. Granola, granola bars, energy bars, and energy chunks are also delicious ways to provide several nutrients in one package, and the Co-op carries a wide variety of these foods.

If you are in the mood for a sweet treat, try one of the whole grain baked goodies from the Deli bakery. Check out the Deli’s nutrient, power, and fruit bars, along with granola, cookies, and the Orient Express mix for other nutritious goodies. In the bulk area, we have carob-coated treats, including peanuts, raisins, almonds, rice cakes (original, mint, and peanut butter), and coconut clusters.

You can find roasted mixed nuts, cashews, and pistachios in the bulk area. Raw nuts (some of which are organic), including almonds, Brazil nuts, filberts, walnuts, pecans, roasted peanuts, and sunflower seeds, can be found in the refrigerated case. Our snack aisle has a great variety of snacks including chips (potato, rice, and corn), cookies, crackers, fig bars, pretzels, rice cakes, cheese puffs, sesame sticks, and soy nuts. Whole grains add important B vitamins and fiber to your diet.

Nut butters are a quick and easy protein choice. In addition to peanut butter, you’ll find almond, cashew, and hazelnut butter for greater variety. Rice noodle bowls, soup packages, or ramen noodles make a quick hot snack or light meal. At the Co-op you’ll find healthy snack choices that are quick and convenient as well.

Mine. Yours. Ours.

Owner comments and suggestions can be dropped in the suggestion box or emailed to us gm@3riversfood.coop

What's the Deal?: Answers to Your Questions

Marcia's product request: Could you carry the Tru Whip all natural whip topping, it's 70% organic.

Julianne, Frozen Buyer replies: Yes, this product is available to us organic and natural; look for it in the dessert section of the frozen department.

Anne's product request: Sami's Millet Flax Chips in the Cinnamon Sugar flavor.

Julianne, Grocery Buyer replies: The Sami's Millet Flax Chips are very popular! I will bring in the cinnamon flavor with the next order. Thanks for your suggestion.

Heather's product suggestion: Sheese, please. It's a spreadable cream cheese like spread that is non-dairy.

Jeff, Refrigerated Buyer replies: Our current suppliers don't carry this product line, we will research the product ingredients and check out other avenues of distribution.

Jill's product suggestion: Can you get Maple and Banana Wallaby yogurt please?

Jeff, Refrigerated Buyer replies: We are currently reevaluating our Wallaby yogurt selection and will be adding some new flavors, Look for the Maple Banana and other new flavors on the shelves soon.

Lisa's product request: Could you please carry Pacific Almond Chocolate Low-Fat milk in the 4 pack of individual servings? These are great for my kids..

Dan, Grocery Buyer replies: Sounds like a great idea. Look for them on our shelves soon.

Carol's product suggestion: Glad Corn in flavors please. Jalapeno, Barbeques or Gourmet Cheddar.

Dan, Grocery Buyer replies: We are trying to bring in these tasty

sounding flavors for you. Because our weekly supplier doesn't offer these flavors we'll be looking for other delivery methods which could take some time. Thanks for the suggestion.

Marcia's product request: Kozy Shack Real Chocolate Pudding. This gluten free pudding is great, comes in a 4 pack.

Jeff, Refrigerated Buyer replies: After reviewing the ingredients of this product we have decided not to bring this in as a shelf stocked item. We can special order it for you in a case.

Donna's product request: Could you carry more variety of the Mrs. May's snacks? These gluten free snacks are so yummy. I would buy the Cran-Blueberry crunch, Sunflower crunch and the Strawberry Pineapple crunch if you carried them.

Jenifer, Grocery Buyer replies: These look like great flavors, we are trying to get them in. Keep your eyes on next month's newsletter and we'll give you an update on the progress of adding them to the shelf stock.

Anonymous request: I have been looking for chicken livers. I know you carry meats from Blackwing could you carry their organic chicken liver?

Julianne, Frozen Buyer replies: Yes! Thanks to you I have just discovered that organic chicken livers are available from Blackwing Meats (They were not listed in the order form). Look for them on our shelves in the freezer soon.

Heidi's product request: Leahey Foods gravies, they are gluten free and vegan.

Jenifer, Grocery Buyer replies: I cannot get this brand, try Road's End Gravy Mix, it is also gluten free and vegan.

Sue's product requests: Could you carry organic tapioca flour and organic potato flour?

Jenifer, Grocery Buyer replies:

I am sorry to report that organic selections in tapioca and potato flour are not available from our vendors at this time. If we find out that they are available in the future we will add them to the shelf stock.

Jo's product request: The Ginger candies you used to carry in the tins? I believe the brand name was St. Claire's. These were very tasty. I'd like to buy them again.

Dan, Grocery Buyer replies: We had replaced them with Newman's mints, but several requests have us bringing them back in. Thanks for the request.

Joyce's suggestion: I really like the Ecco Bella mascara that you used to carry, please get it back in stock.

Lydia, Acting Wellness Manager replies: Thanks for the request. We will order it in and have it on the shelf for you.

Bob's product request: I used to buy Rapunzel chocolate bars from you and haven't seen them in stock in a really long time. What's the deal, when will you be getting them back in?

Dan, Grocery Buyer replies: These bars were very slow sellers. We would be happy to special order you a case of 12 bars.

Rhonda's product request: Could we get any bagels that are plain or whole wheat? As opposed to the super stupendously healthy sprouted grain spelt flax added kind. Just a bagel... a plain bagel please.

Julianne, Frozen Buyer replies: Unfortunately thus far I have not been able to locate a regular, plain ol' bagel. I will continue to look and welcome any suggestions from our owners of potential companies.

Anne tells us: We appreciate the water center. Why did you stop the "water card"? We appreciated the savings.

Janelle, General Merchandise Buyer replies: I am glad you are

happy with the Ultra Pure water station. Dyna-Pro, the company that supplies us with the water center, offers special campaigns throughout the year to help generate sales and to offer customer appreciation cards and/or coupons. They usually offer the "water card" once a year, usually starting in the Spring time. Look for the "water cards" in March or April. Thanks for asking.

The Quick Answers and Comment Section:

You should offer customers a coffee card for frequent coffee shoppers. *We have coffee cards! If a cashier does not offer you one with your coffee purchase be sure to ask for one.*

The Crofter's Pomegranate jelly is fantastic, I use it for thumbprint cookies.
-Joan

This place is like a second family to me. I love it here. -B

Please get fresh whole leaf sage - I use it a lot in cooking wintery homestyle dishes. *It is available for sale in the Produce department while supplies last.*

Your Bakery goods are to die for - Donna

Hot Bar was great today, lots of veggie dishes - Paula

Please carry Health Valley Oatmeal Raisin Cookies. *They are in stock, thanks..*

Please carry Nature's Path Original Oatmeal Packets. *We have added them to the shelf stock.*


Great Store. -T

I like being able to try out the foods at the sample center, it helps me with my shopping. -GG

Your hot bar keeps me eating healthy food, thanks for making it available. -L

More Chicago Spice House spices, they are fresh for dried spices. *We will be adding a few new spices from the Chicago Spice House. Our spices offered in our bulk jars are pretty darned fresh too, they come from Frontier Natural Products.*

Thanks to all the folks that took the time to ask or comment. Your input is much appreciated.



Suggestion or Comment Form

Date _____
 Comment or Suggestion _____

If we address your suggestion/comment in the newsletter would you want to remain anonymous? yes _____ no _____

If no, your name _____

Tear out this form and stick in the suggestion box when you'd like to have your voice heard. We listen!

Look for this sign marking the products on the shelves that we have added because of customer requests!



Shopper Suggestion!

This product has been added to our shelves as a result of a customer request or product suggestion. Some Co-op shopper out there likes it, you might too. Suggestion box located at the front of the store.

Winner of \$50 gift Card drawing is....
 November: Betty Feay
 Congratulations! (Look for your name here!)



FIRST FRIDAY READINGS

featuring

Larry McFadden
& Deanna Price

3 Rivers Natural Grocery Co-op & Deli
1612 Sherman Blvd Fort Wayne, IN
(260) 424-8812

January 4,

7:30 pm

New Occasional Series from Primrose Theatre Project

Hear My Story

One World Café, January 25, 7-8:30 pm



Primrose Theatre Project presents "Hear My Story", thought-provoking tales told in many voices. Join us for an evening of readings and monologues.

Did you know you can contribute to the newsletter?

The "Spotlight on Local" section is intended to be an owner contribution. Let us know about your favorite local eatery, place to shop, or thing to do that "fits" with the co-op philosophy. Don't keep your favorite spots to yourself. We'd also love to get conversation going about issues covered in "Co-op Corner" on this page. Email to news@3riversfood.coop.

Clear Waters Serenity Center & Shoppe

Fort Wayne's Stress Reduction, Alternative Healing & Learning Center

After Christmas Sale!

Come check out our New & Larger Store & Center

12-7 Monday-Sat. ~ Many services and Classes & Events

Give a gift certificate even after Christmas,

a gift that keeps on giving with love!

10% off Books, CD's, DVD's 20% off all other Merchandise

Our Regular On Site and On Staff Services Include:

- Aura Photography • Certified, Experienced Alternative Healers
- Tarot/Palm/Angel Readings (also by Phone) • Workshops/Classes

"The Chair" Sound-wave stress reduction/Alignment chair

- Soul Retrieval & Soul Rememberings and More!

Meditation Group, every Tuesday at 7 p.m.

Spiritual & Abundance Round Table Group, first Friday of the month at 7 p.m.

Call Julie for Details

Lecture Night with guest speakers, last Wednesday of the month, 7 p.m.

Also, monthly Reiki Night and Journey Nights and Practice activity Day Open House

Everyone welcome • \$5 Love Offering requested

Be sure to check out our Web site calendar for classes, workshops and special events.

Clear Waters Serenity Center & Shoppe

Please visit our new location:

3207-3209 Covington Road, Fort Wayne, IN 46802

260.459.9200

www.fortwayneserenitycenter.com

Time Savers

Errands & More



Time Savers services include, but are not limited to:

Personal Services

- Grocery Shopping: from your preferred market.
- Pick-Up / Drop-Off : dry cleaning, prescriptions, mail, videos, packages, UPS / Fed-Ex, large purchased items, etc.
- Special Occasion: gift shopping, gift wrapping, returns.
- Household Chores: assembly / installation, rearrange furn, pack or unpack a move, stow / retrieve stored items, etc.
- Handyman Services: maintenance, repair, remodel, replace
- House Sitting: for all your vacation / business trip needs.

Small Business Support

- Courier Service: documents, parts, supplies, equipment, etc.
- Errands: post office, UPS / Fed-Ex, shopping for clients

Call 579-1212

Did you know...

Seniors save an extra 5% on Wednesdays?

Co-op Corner

Crusin' for Answers

I just got back from vacation. I should be rested and feelin' fine. Vacations allow you to leave behind all your cares and regroup, right? Not this one. Way back in April, my California-based dad asked me if I would like to go on a 4-day cruise to Cabo San Lucas with him in December. I had to make up my mind right then and there so he could make all the arrangements. Hmm...most expenses paid? A trip to the sunny part of the world when mine would be grey and cold? Well...if I *have* to. I don't see myself as much of a cruiser, but I'd give it a try. I didn't think much of it. Last month, I flew out to California and we boarded the S.S. Elation out of San Diego on its way to Cabo San Lucas, Mexico. Hooray!

I'd never been on a cruise before. It was a big ship and it was a long ride to Cabo. We settled into our cabin on the seventh floor of the eleven floor ship. Apparently this ship was one of the smaller ones, holding only 2,082 passengers and 900+ staff. I had thought a bit about the environmental impact of this floating hotel, but it seemed as if the cruise line had thought about that and had lots of signs posted about being aware of our environmental impact. There was even a section in the info binder in our cabin. So I didn't feel bad on that end of things. Phew!

However, after just a few hours on the ship, I began to have some realizations about the staff. The crew was composed of 57 different nationalities! At first I was impressed. That's pretty cool. The diversity! Kind of a floating melting pot. I got to know our dinner servers. They were wonderful to us. As a vegetarian, I was warned when seemingly meat free soups contained meat broths. Special arrangements were made for extra veggies. I felt very cared for. As the days went on, I began to ask questions and discovered they'd both been at this a long time. One six years, the other twelve. Jessica was from Beijing. Hardee was from Thailand. It seemed like they had a great way to earn money to send home while seeing a bit of the world. Right?

Then I came to know the true situation. Each of the crew members signed six month contracts. Didn't seem so bad. Until I asked how long their days lasted. Since the cruise line is not American owned, labor laws were not imposed. So twelve hour days, seven days a week were perfectly acceptable. And seeing a bit of the world isn't easy when you don't have a day off. Dinner became harder to eat after that. As did general pleasure. Everywhere I went on the ship, I was confronted with the realities of the working conditions. All of the crew were more than friendly. And while I am sure they were more than happy to have the opportunity to work and send money home or save for their own dreams, I could not rest well with the knowledge of their employment. What did my relaxation require of them?

As I began to pay more attention to the crew, I also noticed the placement of certain ethnic groups in particular jobs. It seemed the Europeans staffed the higher ranking positions like the "fun patrol", captain's crew, etc. The Asians took care of the more interactive jobs like meal service and photography. The Hispanic staff cleaned our rooms. This is a bit of a generalization as these were not exclusive roles. However, the bulk of jobs seemed to be ranked this way. Wow. Another stomach knot for me.

And then to Cabo San Lucas, where the resort community included Marriot and Hilton on the beach fronts. Further into town, the essentials for the American resort guests—Walmart, Sam's Club and Home Depot. One simply could not exist without these staples. Right?

Sigh. So here I am back in Fort Wayne. I'm still mulling over all the ethical dilemmas of my trip. People ask how my vacation was. I hesitate. "Um...well...how much do you know about cruise ships?" I ask. Back at my co-op I feel a bit more grounded. But, the co-op is in the midst of changes in membership. I hadn't thought too much about it. I'm an equity member and all the changes are good for me. Until I was asked by an acquaintance what I thought about all these changes. He felt the co-op was "changing the rules". He hadn't signed on with this plan. He was already an equity member, but it didn't feel like he was going to get anything from these changes. Special member days? He rides his bike and might miss a particular day. What else was there? Why should he remain an equity member?

Since I hadn't thought long and hard about the changing rules, I was stumped for an answer. "Look at it this way", I said, "You're backing something you believe in, right? It's good to have the co-op around and I know I want to keep it here". He agreed. But that can't be the end of the story. What's in it for me? That seems to be the way we work today. We want \$30 of stuff for \$5. No matter whose back we must climb on to make it so. I do believe in the co-op. Things have changed drastically here just in the eight years I've been around. Little companies have been bought up by big ones. No longer can I assume that Little Bear Chips are from a small company. Nope. They're owned by Westbrae who's owned by Hain/Celestial who is owned by Heinz. Yup, that's Heinz 57 who now owns half the natural foods market. And unfortunately, companies are still being swallowed up. Our little co-op continues to search for small, unique companies to fill the void.

But I have faith in our general manager, who all those years ago, joined forces with me to try to keep a little distribution warehouse going by special ordering cases. I have faith in the vision of the co-op, that will prevail in the end; continuing to fight for the little guy. Looking for more suppliers, looking to fill the needs of our varied co-operative community—the vegetarians and vegans, the gluten and wheat free, the environmentally concerned, the hippies, the yuppies and everyone in between. And the Cooperative Grocers' Network that we are part of that continues to seek out new "deals" by speaking in one loud voice. I love the new slogan on the bags and t-shirts we've gotten through the co-op co-operative—"Go Co-op!" And so I pay my equity dues and my \$12 for next year's membership. But I know that I am helping my co-op GO! Where? Someplace better than Cabo San Lucas, now owned by Walmart. And not on the sweat of exploitation.

I want to be heard by someone. The world feels like a powerful force against me most of the time. Everyone is climbing on the back of another just to fill their pockets. The co-op, although asking a bit more out of your pocket, is paying off debt to move ahead and expand selections to meet the needs we speak. And your pockets made a bit heavier by change from sales and special member days. Not a bad trade. Mine. Yours. Ours. Go Co-op!

Thoughts in the changes at the co-op? Drop me a line. (news@3riversfood.coop) —Heather

Acai: King of the Berries

by Susan Sims

Acai (pronounced a-sa'i) berries are considered to be one of nature's most complete and healthy foods. Acai is a special Amazon palm tree from the Amazon rainforests of Brazil, and the royal purple acai berries taste like a delicious blend of berries and chocolate. The acai berry is loaded with antioxidants, amino acids, essential omega fatty acids, fiber, protein, and anthocyanins (approximately 20 times the amount in red wine), which are potent antioxidant compounds that neutralize potentially harmful free radicals.

Studies have shown that these little berries are one of the most nutritious and powerful foods in the world. Acai pulp contains a significant concentration of antioxidants that help combat premature aging, with 10 times more antioxidants than red grapes. Acai berries help promote cardiovascular and digestive health through the interaction of monounsaturated fats, dietary fiber, and phytosterols.

Acai berries contain essential amino acids, as well as valuable trace minerals, which are vital for proper muscle contraction and regeneration. Acai berries are rich in monounsaturated oleic acid (omega-9), which helps omega-3 fish oils penetrate the cell membrane, resulting in cell membranes that are more supple and allowing hormones, neurotransmitter, and insulin receptors to function more efficiently.

In traditional Brazilian medical practices, acai fruit and roots have been used for treating gastrointestinal problems. The seeds are a source of polyunsaturated and saturated fatty acids. With nearly one-third of its mass as dietary fiber (44.2 g), acai is an exceptional source of this valuable macronutrient. A 100 gram serving of acai powder would provide recommended daily fiber for adults (20-30 grams per day)

Acai Berries contain plant sterols, which have been shown to help control cholesterol. Acai is high in beta-sitosterol, a phytosterol that competes with dietary cholesterol for absorption and so may reduce blood cholesterol levels.

The intense pigmentation of acai has led to several experimental studies of its anthocyanins. A group of polyphenols that give the deep color to berries, other fruits, and vegetables, anthocyanins are high in antioxidant value, and they are being researched for potential health benefits. A recent study using a standardized freeze-dried acai fruit pulp and skin powder found the total anthocyanin levels to be 319 mg per 100 grams. A 2004 report found that this powder showed a high antioxidant effect against peroxy radical, approximately 10% more than lowbush blueberry or cranberry on a dry weight basis.

Furthermore, only 10% of acai's high antioxidant effects could be explained by its anthocyanin content, indicating that other polyphenols contribute most of the antioxidant capability. Researchers found that freeze-dried acai fruit have a higher value in fighting free radicals compared to the typical value of other fruits and vegetables.

Acai is rich in B vitamins, minerals, fiber, protein, and omega-3 fatty acids, as well as oleic acid. Acai berries are high in potassium, copper, and manganese. For the ultimate health boost in this new year, treat yourself like royalty with the King of the Berries. Acai berries are higher in anthocyanins than red wine, and you won't have a hangover the next morning.

At the Co-op, we have freezer packs of acai pulp, and in the juice aisle, you'll find acai concentrate, along with blends containing acai juice. In the cooler by the registers, we stock thick, rich juice from Sambazon, along with blended juices from Bossanova. The Crofter's Super Fruit spread has acai as an ingredient, as well. We have acai capsules from Solaray, and acai is an ingredient in the hemp protein shake. You'll find both of these products in the Wellness Department.



spotlight on local

Beadrageous

1111-1113 Broadway, Fort Wayne, IN 46802
(260)420-0562

Monday 5-9, Tuesday-Friday 11-9, Saturdays 10-4

I love beads. I don't just like them, I love them. Sometimes I think I like to buy them and organize them more than I enjoy creating things.

As a southside dweller, I don't like to venture much past Jefferson (the exception being the co-op, of course). So when my beading teacher, Faith Harless, was looking for a space to rent for a bead shop, I suggested the soon-to-be vacant Sage Traders space at 1111 Broadway.

After the co-op moved here to Sherman, and Sage Traders moved to its old spot, Beadrageous was born on Broadway.

Faith has been on Broadway for almost 4 years now. For the first few years, she was

open only in the evening and Saturdays to accommodate her full time work schedule. In late October, she extended the hours to include several daytime shifts.

Although Fort Wayne has several bead shops, Beadrageous is my absolute favorite. Faith has been beading for longer than she'd probably care to admit. She's tried just about everything. She's a great go to person when I'm stuck in a project. Even if she hasn't worked that stitch or used those

One of our commitments in our mission statement is to "seek growth through education of members and the larger community about healthful living and co-operative philosophy." This new column will spotlight eateries, stores and places of interest within a 40 mile radius that mesh with the co-op philosophy. In the future, we hope to get member input for this column. Have a spot? Drop in our suggestion box or email Heather at news@3riversfood.coop.

(Continued on page 7)

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Natural Grocery & Deli
1612 Sherman Blvd.
Fort Wayne, IN 46808
(260)424-8812
www.3riversfood.coop

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EARTH TALK

Questions & Answers
About Our Environment

Dear EarthTalk: My New Year's Resolution is to reduce my "carbon footprint" to help fight global warming. Do you have suggestions for ways I can make good on my promise? --
Carrie, via e-mail

From the Editors of E/The Environmental Magazine

There's never been a more urgent time to reduce your carbon footprint. With the U.S. government still opting out of mandatory emissions cuts, it's up to every individual, business owner and city or state government to take steps. So here are 10 ways to get you started in the new year:

(1) **Step-up Recycling and Composting.** Recycling prevents carbon dioxide (CO₂) emissions by saving the energy it takes to make products from new materials and by saving the energy it takes to incinerate or landfill what we discard. And composting food scraps turns organic material back into fertile soil, which itself is an efficient carbon "sink." To get started, see: www.earth911.org and www.howtocompost.org.

(2) **Stay close or stay put:** About half the CO₂ we generate comes from our car trips, so walk, bike or take mass transit instead. Air travel also produces huge amounts of CO₂, so the less you fly, the smaller your carbon footprint. See: www.culturechange.org.

(3) **Eat organic and local:** Stick to foods produced organically and you prevent harmful pesticides and fertilizers from polluting air, waterways, soils and family members. And if the food is grown nearby, thousands of pounds of CO₂ weren't emitted getting it to your grocery store. See: www.100milediet.org. Go co-op!

(4) **Buy green power.** Your power company might just source part of its supply from renewable sources like hydro-electric or wind, and will sell it to customers who know to ask for it. See: www.green-e.org.

(5) **Change out your lightbulbs.** A compact fluorescent lightbulb (CFL) uses less than a third of the energy of an incandescent bulb to produce the same amount of light—and it lasts 10 times longer. And some CFLs now have 3-way capabilities and can be dimmed. Visit Energy Federation, Inc. at: www.efi.org. (Available in aisle 4)

(6) **Upgrade and unplug:** Upgrading any appliances (including computers and TVs)? Be sure to look for the "Energy Star" logo, which only energy efficient models can wear. Also, turn off appliances when not in use to prevent wasting so-called phantom energy coming in off the grid. See: www.energystar.gov.

(7) **Adjust your thermostats:** If you don't need a sweater indoors, your heat is too high. Likewise, in hot weather turn down the AC. Also, keeping your hot water at no more than 120 degrees—the minimum temperature to keep the water bacteria-free—is another way to save energy, money and the environment.

(8) **Plant a tree...or 300!** An average tree stores 13 pounds of carbon per year; a mature tree can absorb upwards of four times that amount. Just 300 trees can counterbalance the amount of greenhouse gas pollution that one person produces in a lifetime. So get to work! See: www.americanforests.org/planttrees.

(9) **Buy offsets:** Many organizations sell "carbon offsets," whereby you pay a voluntary fee to offset your daily CO₂ emissions. The money usually goes to develop alternative, renewable energy sources, such as wind or solar. See: www.climatetrust.org, www.nativeenergy.com and www.my-climate.com.

(10) **Get involved:** Donate time or money to groups working to fight global warming. Just about all green groups devote some work to climate change, and they need your help. See: www.volunteermatch.org.

GOT AN ENVIRONMENTAL QUESTION? Send it to: **EarthTalk**, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.co//earthtalk/archives.php.

BEADRAGEOUS (Continued from page 6)

beads, she'll take the time to get into the project and help me figure it out. And when I do finish it, she'll pester me until I bring in the finished project to share.

Faith focuses on not just the beginning beader, but the serious stringer. While the middle of the store is filled with tables of individual stones and beads, along the walls there are strands of semi precious stones, pearls, fire polish Czech beads and glass in various sizes and shapes. The selection of seed beads is full in the range of size and color. There is a large selection of unique beads in vintage and stones. Sterling and high quality materials are the emphasis, allowing the shopper to select items that will make a long lasting gift or handmade treasure. The front case has beads from local artisans that may catch your fancy for a focal point of a project.

If she does not have what you need, Faith is always willing to search out the product and get it as soon as she can. A generous, kind soul, Faith has helped countless causes and organizations. She even donated a couple of gift baskets for co-op fundraisers. I, of course, outbid all to snag the chock-full-o-beads baskets.

Host to trunk shows occasionally and glass blowing demonstrations, Faith offers classes each month. There are always beginning classes for the basics, but also advanced classes for a challenge. The schedule is mailed out at the beginning of the month.

Novice beader or seasoned professional, stop in to Beadrageous sometime soon!

January Cooking Demonstrations

Sunday, January 6, 2 pm:
Fire Roasted Tomato Chili

Thursday, January 17, 2 pm:

Spicy Szechuan Noodles

Sunday, January 27, 2 pm:

Super Bowl Snacks: Oriental Mix & Mini Quiches





First Presbyterian Theater
presents
Jan 10-20

A new play to celebrate a 30 year partnership between FPC and the Korean Language Congregation. *1884* tells the true story of the first Presbyterian minister to make a significant impact on the Korean peninsula. It features lavish costumes and authentic Korean dance.
Rated: G



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Authentic Korean dinner served on opening night—reservations required

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(260) 424-8812 January 2008

3 RIVERS CO-OP

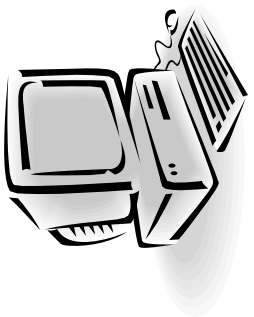
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January Café Events

Calendar of in store events including: classes, speakers, demonstrations, tours and entertainment. 3 Rivers Food Co-op 1612 Sherman Blvd. Fort Wayne In.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|--|----------|--|--|
| | | 1 | 2 | 3 | 4 Onsite massage for a fee: Janelle Franks, CMT 12-2 pm First Friday Readings 7:30 pm | 5 Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Dale Bender & Steve C. Hall 7-9 pm Folk, rock & blues. |
| 6 🎵 Sunday Café 12-2 pm: Cathy Serrano acoustic guitar & vocals— lots of original tunes. 2:00 Cooking Demo: Fire Roasted Tomato Chili | 7 | 8 | 9 Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm | 10 | 11 Onsite massage for a fee: Janelle Franks, CMT 12-2 pm 🎵 The Distractions 7-9 pm Get distracted by Molly, Craig, & John with some rock & Americana and folk style music. Originals and covers. | 12 Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm Going Gluten Free?! Join this support group to share ideas and learn from experience, Echo 1-2 pm 🎵 Point of Departure 7-9 pm Eclectic "string quartet" containing elements of jazz, blues, rock, pop & folk. |
| 13 🎵 Sunday Café 12-2 pm: Mark Linehan Original instrumentals on the 12 string guitar | 14 | 15 | 16 | 17 | 18 Onsite massage for a fee: Janelle Franks, CMT 12-2 pm 🎵 Rick Barton & Henry Lantz 7-9 pm Folk in the style of Stephen Sills and James Taylor. Native Flute too. | 19 Better Life Now Blood Study Voice Imprint Analysis (for a fee) 10am-2pm (By Appointment) \$85 charge Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Gilbert & Co 7-9 pm Bluegrass at its best! |
| 20 🎵 Sunday Café 12-2 pm: Ben Laatsch acoustic guitar & vocals— lots of original tunes. | 21 | 22 | 23 | 24 | 25 Onsite massage for a fee: Janelle Franks, CMT 12-2 pm Hear My Story 7-8:30 pm Primrose Theatre Project presents "Hear My Story", thought-provoking tales told in many voices. Join us for an evening of readings and monologues | 26 Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm 🎵 Red River Band 7-9 pm Family style bluegrass |
| 27 🎵 Sunday Café 12-2 pm: Towpath Plays Celtic & traditional songs on an assortment of instruments including dulcimer and Psalter. | 28 | 29 | 30 Onsite massage for a fee: Paul Castaneda, CMT 12-2 pm | 31 | <p>BELLE SANTE MEDICAL SPA WILL BE OFFERING AN ANTI-INFLAMMATORY LECTURE AND TOUR BY DR. ANGELA LASALLE (DOCTOR OF INTEGRATIVE MEDICINE) WITH FORT WAYNE ENDOCRINOLOGY.</p> <p>SATURDAY, JANUARY 26, 2-4 PM</p> | |