

# THE CO-OPERATOR

a monthly newsletter of the East End Food Co-op

Pittsburgh, PA

## STORE NEWS

### MEMBER BONUS!

Get 10% off the order of your choice, now until March 31, 2012. The next quarter goes from April 1, 2012 through June 30, 2012.

### BOARD OF DIRECTORS MONTHLY MEETING

ALL MEMBERS ARE WELCOME.

Check meeting times in store entrance for next meeting.

Check out the weekly deals for MEADE STREET MADNESS on our website:  
[www.eastendfood.coop](http://www.eastendfood.coop)

### CO-OP ORIENTATION

Join us for an orientation and learn the secrets every member wants to know — Tuesdays at 7pm.

Call 412.242.3598 ext. 103 to register.

## INSIDE THIS ISSUE

CO-OP NEWS.....	2
MEMBERS SPEAK OUT .....	3
NEW IN THE AISLES .....	3
THE FOOD YOU EAT .....	4
IN YOUR COMMUNITY, ON YOUR PLANET .....	5
EMPLOYEE OF THE MONTH .....	7
CO-OP BULLETIN BOARD .....	8

### SPECIAL INSERTS:

2/1 - 2/14 CO-OP DEALS  
2/15 - 2/28 CO-OP DEALS

### EAST END FOOD CO-OP

7516 MEADE STREET  
PITTSBURGH, PA 15208  
412-242-3598  
[www.eastendfood.coop](http://www.eastendfood.coop)

## FEBRUARY IS AMERICAN HEART MONTH

### A Heart-Healthy Diet: Preventative Care at its Best

Co-op News Service

Hardly a day goes by that we don't hear of the high risks of heart disease. And for good reason. According to the American Heart Association, one in three American adults has cardiovascular disease, which accounts for more deaths annually than any other cause.

Fortunately, there's plenty you can do to cut your risks and keep your ticker ticking. By making smart choices in the kitchen—like those that will reduce the buildup in your arteries of the fatty substance known as plaque—you can help lower your risk of heart disease, including heart attack and stroke. (A heart attack occurs when plaque narrows and hardens the arteries, blocking the flow of oxygen-rich blood to the heart. A stroke occurs when plaque blocks a blood vessel that brings blood to the brain.)

Plaque, high blood pressure, and obesity (which can tax the heart) are built and reinforced by a diet high in calories, cholesterol, salt and saturated fats. You'll want to maintain a healthful weight and choose a diet that contains a variety of foods that are high in complex carbohydrates, fiber, vitamins, and minerals. Good choices include a variety of whole grains, fruits, vegetables, low-fat or non-fat dairy products, fish, legumes, poultry and lean meats.

**Go with Whole Grain.** Eat six or more servings of grains each day, and make sure at least half of these are whole grains, such as whole wheat, whole oats, whole grain corn, brown rice, wild rice, whole rye, buckwheat, bulgur, millet, quinoa, and whole grain barley.

**Stock up on Produce.** Include five or more servings of whole fruits and vegetables in your diet each day. Mix it up, and be sure to include plenty of "powerhouse" produce, those that are dark green, orange, and yellow.

**Know the Skinny on Fats.** There's no need to banish all fats from your diet. In fact, some fat is necessary—even beneficial—for a healthy heart. In the course of a day, shoot for 30 percent or less of your total calories from fat. But not just any fat; you'll need to distinguish between the "good" fats (polyunsaturated and monounsaturated fats) and the "bad" fats (saturated and trans fats).

Less than 7 percent of your total calories each day should be from saturated fat. Saturated fat is found in butter, lard, fatty cuts of meat, whole dairy products, many sweets, coconut oil and palm oil. In addition, eat as little trans fats as possible. Trans fats are found in processed foods like cakes and cookies, pies, crackers, chips, and stick margarine. If you use margarine, choose those labeled "trans fat free." ("Partially hydrogenated" on a label indicates that the food contains some trans fat.)

Omega-3 fatty acids are a type of mono-unsaturated fat that has been shown to lower the risk of heart disease by lowering blood fats called triglycerides. Omega-3s are found in fish and shellfish, canola oil, soybean oil, walnuts, ground flaxseed and flaxseed oil. The fish with the highest omega-3 counts are those with more oil, like mackerel, anchovies, sardines, herring, salmon, and trout. (Lean fish like cod, haddock, and catfish are not as high in omega-3s.) Shoot for at least two servings of fish (which also has less total fat, saturated fat and cholesterol than meat and poultry) each week.

Easy substitutions can make a big difference: choose unsaturated vegetable oils—like canola, olive, and corn oils—when cooking, for example. Use plain, low-fat yogurt in place of sour cream (atop that baked potato, for example), and use fruit spreads in place of butter on bread.

**Focus on Low-Fat Proteins.** Consume less than 300 milligrams each day of dietary cholesterol in your diet. (Cut that to 200 milligrams if you already have high cholesterol or take medicine to lower your cholesterol.) Read labels, and keep in mind that all animal products contain cholesterol. This includes meat, poultry, fish, eggs, and dairy products. Especially high in cholesterol are organ meats, like liver, and some shellfish, like shrimp and lobster.

Choose low-fat versions of your protein sources, like skim or low-fat dairy products, fish, skinless poultry, and lean meats in place of proteins that are high in fat and cholesterol. Enrich your diet with legumes (beans, peas and lentils) and soy products (like soy

burgers, tofu, and tempeh), which are good protein sources and contain no cholesterol.

Some foods actually work to lower your low-density lipoprotein (LDL or "bad" cholesterol). These include foods with soluble fiber, like oatmeal, kidney beans, apples, pears, psyllium (similar to oats and wheat), barley and prunes. Walnuts and almonds have also been shown to lower blood cholesterol. And olive oil, high in antioxidants, lowers "bad" cholesterol while leaving your "good" (HDL) cholesterol unchanged. Use it as a base for salad dressings and marinades, and as cooking oil.

**Shake the Salt Habit.** Too much sodium (salt) can contribute to hypertension, or high blood pressure, and this can increase the risk of heart disease and stroke. Limit your daily sodium to 2400 milligrams a day, keeping in mind that most of the salt you eat may come from processed foods rather than your saltshaker. (Make that 1,500 milligrams if you have, or are at risk for, hypertension.) Once you start scanning labels for sodium content, you may find that you have little or no leeway for salting food at the table. Substitute spices for salt when cooking and try a no-salt seasoning in the saltshaker.

Eating food rich in potassium can cut the harmful effects of sodium on blood pressure. Foods rich in potassium (aim for 4,700 milligrams a day) include tomato products, orange and grapefruit juices, raisins, bananas, dates, prunes, white and sweet potatoes, lettuce, and papayas.

**Curb your Sweet Tooth.** Eating too many sweet treats adds calories without nutrition. Lots of added sugars can also contribute to Type 2 diabetes, which may increase the risk of heart disease and stroke. Scour labels for added sugars like: corn syrup, corn sweetener, fructose, glucose, sucrose, dextrose, lactose, maltose, honey, molasses, raw sugar, invert sugar, malt syrup, syrup, caramel, and fruit juice concentrates.

When you do want to indulge, consider dark chocolate, a valuable antioxidant that has been shown to help lower blood pressure. For maximum benefits, avoid eating it

SEE HEART, PAGE 2

ALL MEMBERS ARE WELCOME TO ATTEND THE CO-OP BOARD MEETINGS.

Check the bulletin board in the front vestibule for dates, times and agenda items. Check meeting times in store entrance for next meeting.



Dated Materials — DO NOT DELAY

East End Food Co-operative  
7516 Meade Street  
Pittsburgh, PA 15208  
[www.eastendfood.coop](http://www.eastendfood.coop)  
and Vegetarian Cafe  
FOOD • CO-OP  
EAST END

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PITTSBURGH, PA  
PERMIT NO. 1800



Rob Baran,  
General Manager

## rob's corner

Hello Co-op members, welcome to the heart of winter. As you read this I will probably be in State College for the Annual PASA Conference (Pennsylvania Association for Sustainable Agriculture). Of all the things I experience as General Manager of the Co-op, this is the one I get the most juice from. The PASA family is a particularly rich one - not only of people with tremendous skill and experience, but a very educated and deeply caring group of folks who share an incredible passion for what they do. It often seems as if the air itself nourishes the soul in such an environment. Everywhere you look are healthy, happy smiling folk, completely stoked to be once again in one-another's presence, leading the charge to toward a more sustainable and just farming future.

I will likely never forget my first PASA Conference 5 years ago. At the time, I had no idea that one of the world's leading events in Sustainable Ag was being held every February here in Pennsylvania. I was amazed at the incredible workshops, the wonderful, healthy, and happy people, the inspirational speakers, and of course, the great food. That year, conference goers poured in from 44 states and 11 countries, to the tune of over 2000 people. One of the lead speakers was farm activist and raw milk pioneer Mark McAfee. His story helped build our commitment to the raw milk category that has outgrown pretty much every other product line in our Co-op these last few years. We might never have built this business up if not for McAfee's presentation.

Last year's singular memory is of dinner with some of our farmer and distributor friends at Elk Creek Café and Aleworks in nearby Millheim. A dozen of us made it out that night. Not only was the company exceptional, and the locally brewed ale outstanding, but most agreed the cream of mushroom soup was the best ever, and sourced exclusively from Pennsylvania ingredients!

Who knows what the conference holds in store for us this year, but hopefully it will be another inspirational and educational experience that will lend great value to the staff and members of East End Food Co-op.

## A Heart Healthy Diet: Preventative Care at its Best

HEART, FROM PAGE 1

with milk, which can interfere with the absorption of the antioxidants, and don't overdo it.

**Hold your Liquor.** Too much alcohol can raise your blood pressure and damage your heart. But a small amount—one drink (for women) or two (for men) a day is fine. In fact, some research shows that those who drink moderately are less likely to develop heart disease than those who drink too much or not at all. Red wine, in particular, contains flavonoids that can prevent the buildup of plaque. Flavonoids are also found in red grapes, berries, apples, and broccoli.

**Look it Up.** Routine label reading is mandatory for heart-healthy shopping. For foods that don't contain a label, the U.S. Department of Agriculture's (USDA) National Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search/index.html>) is a valuable tool to learn about the nutritional content of various foods.

In addition to eating well and maintaining a healthy weight, to keep your heart healthy you'll want to exercise (30 minutes a day most days is ideal), stop smoking if you smoke, and regularly have your cholesterol and blood pressure levels checked.

Implementing a heart-healthy diet and lifestyle can not only help prevent the risk of heart disease but can also contribute to your overall health and keeping you feeling your best!

## bottom line with the board

### Living our Ends: Promoting and Sustaining a Healthy Community

by Christine S. Allen. Board of Directors, East End Food Co-operative

#### Community Food Security versus Food Deserts

To enjoy good health, people need proper amounts of a variety of high-quality healthful foods. Yet, as a community many of us lack adequate access to affordable, nutritious and culturally appropriate foods. We lack community food security; perhaps our neighborhoods qualify as "food deserts."

We want community food security: a condition in which all community residents obtain a safe, culturally appropriate, nutritionally sound diet through an economically and environmentally sustainable food system that promotes community self-reliance and social justice.

We seek to eliminate food deserts. The 2008 Farm Bill defines a food desert as: "...an area in the United States with limited access to affordable and nutritious food, particularly such an area composed of predominantly lower income neighborhoods and communities."<sup>1</sup>

#### Wrapping Our Arms Around the Situation

During our EEFC Annual Meeting, October 15, 2011, we were fortunate to learn about a new tool for use in addressing this social justice issue from our keynote speaker Dr. Audrey J. Murrell. Dr. Murrell is Director for the David Berg Center for Ethics and Leadership within the University of Pittsburgh.

Last year, the Berg Center announced development of the Food Abundance Index (FAI) — a scorecard that measures food security within a neighborhood or geographic area.<sup>2</sup>

"While awareness of the growing number of communities that are impacted by low food security has increased, existing tools to detect the presence of food deserts and measure the levels of food security have numerous limitations," said Dr. Murrell, "the FAI attempts to combine the strengths of existing measures of food access and availability and to examine food security based on five criteria: access, diversity, quality, density, and affordability."

This new availability of reliable data measurement tools is exciting in that it provides a better understanding of the food environment — it benchmarks status and changes in food security and identifies opportunities for reducing food deserts.

#### Living Our Ends

Working towards achieving community food security and eliminating food deserts aligns with our reason for existing as a Co-op. As Mark Frey, Secretary, Board of Directors, EEFC, pointed out in last month's Board Corner, our Ends Policy Statement "...defines our Co-op — what it does, how it does it and who it impacts."

#### Our Ends policy Statement:

"East End Food Co-op, a member-owned business, exists to create, promote and sustain a healthy, strong and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward these ends."

We're currently implementing a major remodel for our store to better serve our growing membership. Additionally, we're engaged in an urgent and ongoing conversation about expanding to a second location so that we can grow as a Co-op and provide more people with access to the delicious, healthy natural and organic foods we offer.

#### What do you think?

Now is an important moment in both EEFC's life and your own life. As a member-owner of the EEFC, how do you live your ends? How would you like to see us live our ends as a Co-op? Where do you fit in to help the Co-op live our ends?

#### Let's Keep Talking & Working Together

There are many ways to involve yourself in the Co-op's governance process. A good way to learn more is by coming to our next monthly Board Meeting.

Monthly Board Meetings, typically held the third Monday of each month from 7-9 pm, are open to all members; we welcome your participation. During the member's Open Session part of the meeting, you can directly voice your thoughts and suggestions: we're listening. At the same time, speaking isn't required. Attending a Board Meeting won't put you on the spot. If you prefer to participate by observing but not speaking, no problem.

Can't make the Board Meeting?

Send mail, or email us at [boarddir@EastEndFood.coop](mailto:boarddir@EastEndFood.coop)

<sup>1</sup> <http://www.fsa.usda.gov>

<sup>2</sup> <http://www.business.pitt.edu/berg/research/abundance.php>





### ENDS POLICY STATEMENT

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong, and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end. Adopted by the EEFC Board of Directors, January 24, 2005

### STATEMENT OF COOPERATIVE IDENTITY

#### Definition

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural need and aspirations through a jointly-owned and democratically-controlled enterprise.

#### Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

#### Seven Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

#### 1: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political and religious discrimination.

#### 2: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and Women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.

#### 3: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

#### 4: Autonomy and Independence

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

#### 5: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their co-operatives. They inform the general public-particularly young people and opinion leaders- about the nature and benefits of co-operation.

#### 6: Cooperation among Co-operatives

Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through national, regional, and international structures.

#### 7: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

Source: ICA News, No. 5/6, 1995.  
Last updated: 2 June, 1996.

## MEMBERS SPEAK OUT

*I was wondering if you ever considered asking customers if they would like to donate the bag credit.*

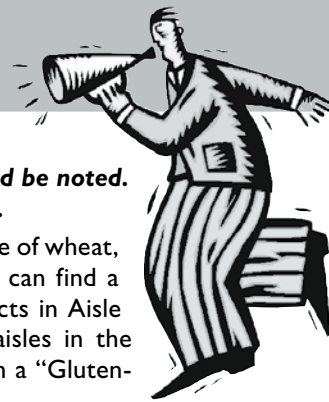
That's a great question. We have considered that option, but found that our POS system doesn't make it easy. Maybe we'll find a way to work around that. Until then, we ask shoppers to come out en masse to support our 5% days that benefit community groups. Look for the next one coming up soon!

— Kara Holsopple, Member Services Manager

*If Kamut is Gluten-free, it should be noted. Maybe have a Gluten-free area.*

Unfortunately, Kamut is a type of wheat, and is not Gluten-free. You can find a variety of Gluten-free products in Aisle Three, as well as in other aisles in the store. Most are marked with a "Gluten-free" shelf tag.

— Kara Holsopple, Member Services



COMMENT CARDS and the Comment Card Box can be found at the CUSTOMER SERVICE DESK.

## Speaking Food

by Luke Ohlson



In looking for a subject for this month's *Co-operator* article I stumbled upon "International Mother Language Day." The event has been marked by the United Nations for the past ten years in honor of the right of all peoples to speak their mother tongue. The day is meant

to encourage people of all cultures to reconnect with their linguistic roots and become more aware of the languages spoken around them.

In addition to bringing us in close contact with our local food choices the Co-op allows us, sometimes unknowingly, to access languages and cuisine from around the world. We have access to Thai noodles, Indian spices, and can make our own burrito at the hot bar. But it's not just that we can have increasingly global food choices but

SEE FOOD, PAGE 8

## book review

### Feelin' the Love this February in the 'Burgh and Beyond!

by Claire Westbrook

Ah, February....the amorous month.....filled with cold days and even colder nights. It may be challenging for some to stay warm, or to even think warm thoughts, but with a certain holiday approaching, I know it's easy for me to get caught up in the romantic milieu regardless of the temperature outside.

One of the ways I keep the home fires alight is to snuggle up with a good book and a hot drink. While there seems to be a never-ending supply of great books to choose from on the Co-op's book department shelves, the offerings in this article touch on, well, that which is close to the heart (and soul, skin, etc.) So brew up something good and settle in!

#### The Secret Pleasures of Menopause

by Christine Northrup

Possibly most well known for her popular *Women's Bodies*, *Women's Wisdom*, Northrup's latest on harnessing the energies of the menopausal years to make the most of your life is something I'm looking forward to when I get there. For now, the premise of it sounds good: to make the most of every day, think positively, eat well

#### Dr. Tatiana's Sex Advice to All Creation

by Olivia Judson



This is a comical but informative romp through the evolutionary biology of sex via the pseudo advice columnist Dr. Tatiana. And it's animals writing in rather than people. Caution: Highly entertaining in an interesting, not-so- raunchy way!

#### True Love: A Practice for Awakening the Heart

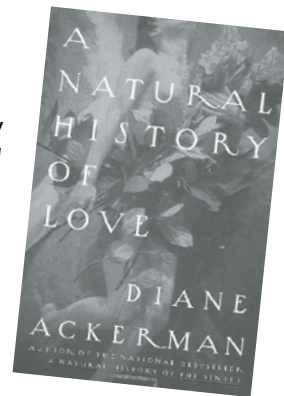
by Thich Nhat Hanh

Ah, love. Love of self, of others, of the earth. Yes, it's another short and simple way to just be with this 100-page meditation on loving kindness, compassion, joy, and freedom. Read this one out loud with a loved one.

#### A Natural History of Love

by Diane Ackerman

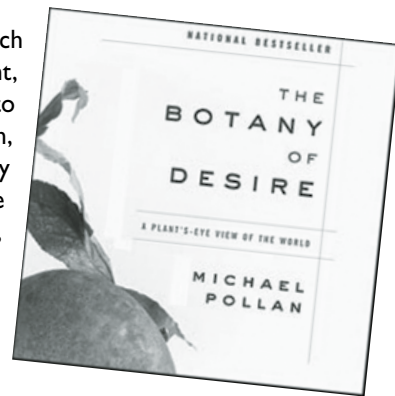
*A Natural History of Love* is, oh, how shall we say, the sister to her *Natural History of the Senses* and is written in the same flowing style as her previous work. In this book, though, she delves into the history, psychology, philosophy and chemistry of the ages old feeling that we all enjoy experiencing, as so many have done before her, and make some sense of possibly the most complex emotion of all.



#### The Botany of Desire DVD (based on the book)

by Michael Pollan

This one is a bit of a stretch in the romance department, but given the name, I had to check it out. Sure enough, there's plenty in this visually stunning exploration of the plant world to get your, er, umm...senses aroused. From tulips to cannabis, this is one you won't want to watch by yourself.



#### Eco-Sex: Go Green Between the Sheets and Make Your Love Life Sustainable

by Stefanie Iris Weiss

*Eco-Sex* is exactly what it sounds like, and if you're interested in where to find "green" items (ranging from beauty products to bedding) then this is a good start for the amateur. More experienced environmentalists need not waste their time, as this book doesn't necessarily have a thorough listing of any one item in the varying subjects that the author addresses. However it is a good attempt at getting a large quantity of information to the public about a number of resources for those inclined to practice eco-sex.

#### Women's Sexual Passages: Finding Pleasure and Intimacy at Every Stage of Life

by Elizabeth Davis

This rounds out the list with a total look at understanding everything from hormones and menstruation to menopause and aging and all the changes in between. Thought you knew everything about what to expect with your body? Not me, which is why this is one enlightening compendium for all women no matter what age or stage of life you're in.



Specializing in Heathy Dishes, Raw Vegan Cuisine and Fresh Juices  
Open for dinner  
Mon, Wed-Sat and Sunday Brunch

735 Copeland st. Pgh Pa 15232  
412 802 7070  
edenpitt.com

# THE FOOD YOU EAT

## what's cookin' in the co-op café kitchen!



Soup for dinner, soup for lunch—this time of year, we can't get enough of it. And neither can our customers. So many shoppers have asked for the recipe for this classic Co-op Café soup over the last few months. We couldn't disappoint you. You can find the spelt flour in the Bulk department, or use any flour you already have in your pantry. Same with the soymilk—feel free to use any grain or nut-based milk, or go with dairy milk. You can also experiment with the types of mushrooms. Plain old button mushrooms are delicious here, but try Baby Portobellos or even your favorite dried mushroom mix. Enjoy!



### Mushroom Barley Soup

Serves 4-6

#### INGREDIENTS

7 cups water  
1/3 cup tamari soy sauce  
1/2 onion, medium diced  
2 ribs celery, medium diced  
3/4 pound mushrooms, sliced  
1 cup barley, rinsed

#### THICKENER

1 teaspoon pepper, to taste  
1 teaspoon salt, to taste  
4 Tablespoons nutritional yeast  
4 Tablespoons white spelt flour  
1 1/2 cups vegan mayonnaise  
1 cup soymilk



#### INSTRUCTIONS

1. Start the water and tamari mixture in a large soup pot.
2. Add the onion, celery, mushrooms and barley. Bring this to a boil.
3. In a separate bowl, mix the thicker. Use a whisk and be sure to eliminate all lumps. Set aside.
4. Once the soup pot comes to a boil and the barley is tender, add the thickener slowly while stirring the soup.
5. Let it simmer, stirring as to not burn the soup, for about 15 minutes.

## NEW IN THE AISLES

### Valentine's Day Treats

#### Produce

Cut open a **Blood Orange**, and let your passion for produce flow! Juice for a glass of unique breakfast OJ, or mix in a blender with ice, frozen raspberries and yogurt for a delicious smoothie that says "I love you" like no other.

#### Deli

Recipe for a romantic dessert: One slice **Co-op Café Vegan Chocolate Cake**, Two forks. No one can believe that this rich chocolate cake, topped with chocolate ganache is vegan. Add a scoop of your favorite vegan ice cream for an extra decadent treat.

#### Gifts

Light a spark with the **Aloha Bay Love Chakra Energy Candle**. Spruce and rosemary are meant to stimulate our sensuality, emotions and intuition.

#### Aisle 5, Health and Beauty

Give the gift of a fun bath to you or someone else you think is pretty special with **2 Sisters and a Farm Almond orange Bath Candy Bon Bons** (packaged in a cute candy box) or **Sizzling Bath Salts**.

**Badger** makes a full line of massage oils in classy bottles and scents, including Vanilla Orchid and Ginger.



## The Co-operation Corner:

### WHAT WE CAN DO TOGETHER!

#### Bringing you information outlets and action items for food freedom and beyond:

The Institute for Responsible Technology is a one-stop information and action base for all things having to do with Genetic Engineering, with action items, downloadable brochures, interviews, videos and more:

<http://www.responsibletechnology.org/>

Check out Food Democracy Now and sign on to their campaigns:

<http://www.fooddemocracynow.org/campaigns/>

An update about supplement freedom from Alliance for Natural Health:

<http://www.anh-usa.org/senators-give-supplements-a-lifeline/>

For action items and information about all things organic, go to Organic Consumers Association:

<http://www.organicconsumers.org/>

There's a lot you can do at the Fluoride Action Network. What's fluoride got to do with it? Find out here:

<http://www.fluoridealert.org/>

Sign up at OpenCongress.org for an easy, efficient way to get messages to your congressional representatives and to find out who's funding who:

<http://www.opencongress.org/signup>

Have you heard of Roostrikers.org? They're organizing to fight against the GMO problem, bank bailouts, big-pharma, and every other ill of our society by striking at the root: the corruption of money in politics. Learn more and join here:

<http://www.rootstrikers.org/>

Public Citizen is the "People's advocate" in Washington to counterbalance the corporate lobbyists' power. Find out more and sign on to action items here:

<http://www.citizen.org>

And if you don't know what the National Defense Authorization Act (NDAA) is and haven't heard of the Stop Online Piracy Act (SOPA), then please do type those into your favorite search engine and learn about them. If you're interested in protecting our civil liberties and constitutional freedoms, then get active on these items.

## Local Food Showcase, A Grower / Buyer Event Announces New Location In Third Year

Penn State Extension is proud to announce the third annual "Local Food Showcase: a Grower / Buyer Event," co-sponsored with Shadyside Academy. This event will bring together Western Pennsylvania food producers with consumers and food industry professionals. *If you grow food, cook food or eat food, this event is for you!*



The heart of the event is a dynamic, expo-style networking session. Local farmers and value added producers will be on hand representing their products and businesses. These producers will have information on their products, availability and businesses. This is a great opportunity to source locally made and distributed products for retail, restaurant, CSA (community supported agriculture), wholesale and home use.

In addition to the networking session there will be demonstrations, tastings and educational information on local farms, biofuels, composting and gardening. Many area organizations will be on hand to contribute to this event.

Pennsylvania agriculture yields an amazing variety of food. The full spectrum of locally produced foods will be represented including fruits, vegetables, meats, eggs, cheese, baked goods, sauces and salsas.

The goal of the "Local Food Showcase: a Grower / Buyer Event" is to foster economic development through business relationships between farmers and chefs, retailers, wholesalers, institutions, for the upcoming 2010 growing season and beyond.

**Where:** Shadyside Academy, 423 Fox Chapel Road, Pittsburgh, PA 15238

**When:** March 20, 2012. Morning workshops 10-12 and afternoon expo from 1-4pm



BIRMINGHAM  
ACUPRESSURE  
CENTRE

SHIATSU THAI YOGA BODYWORK  
412.401.7447 theacupressurecentre.com  
82 S. 15TH St. SOUTHSIDE

## What more do you want from your house?

Improve comfort and efficiency.  
Create more living space.



**AJ Stones**  
Master Green Remodeler

Older houses our specialty • Consulting and Remodeling



**ajstones.com**  
412-241-6042



# IN YOUR COMMUNITY, ON YOUR PLANET

## Low-Effort Backyard Compost

by Hannah Reiff

**What is compost?** It is organic matter.

Organic matter is plant parts decomposed by microscopic organisms. Composting happens naturally on the forest floor as things that were once alive accumulate there. Compost is plant parts (organic matter) decomposed by microscopic organisms.

**What does compost do?** It feeds soil.

- It feeds the millions of beneficial organisms in your soil. These tiny bacteria and fungi keep soil healthy by strong-arming some soil pathogens and making minerals and nutrients available to plant roots.
- It improves the texture of the heavy clay soils of our area, helping them retain water and nutrients without becoming waterlogged.

### Slow & Easy Composting Considerations:

1. **Location:** Sunny and well drained is best but work with what you've got.
2. **Bin/Container:** You can make or buy containers or simply pile your compost but in an urban setting, raccoons are often interested in what you are making. Cover your pile or use a lid to protect from the rain. I use 2 containers: a black plastic bin with lid (purchased at Construction Junction) and a wire bin made by rolling a scrap of wire fencing into a 3' x 4' tube.
3. **Layer Green and Brown: This one is important.** You can think of green ingredients as your nitrogen sources and brown ingredients as your carbon sources, though both lists contain both carbon and nitrogen in varying ratios — green grass clippings, manure, hair clippings, coffee grounds, garden plants, vegetable scraps
4. **Browns (carbon):** Dried weeds and grass (no seeds), leaves, sawdust or wood shavings (a little goes a long way), straw, shredded black and white newspaper, broken up egg cartons
5. **NoNos:** animal products, fats, weeds with seed heads, diseased plants, the contents of your cat box, color and glossy newspaper, sticks (sticks are fine but take a long time to decompose)
6. **Starting with a layer of brown stuff in the bottom of my black bin**, whenever I have a container full of kitchen scraps I dump them in and cover with a layer of brown stuff. Repeat whenever kitchen scraps or other "green" ingredients are added, ideally building the pile to at least 3' x 3'.
7. **Stockpile Ingredients:** My main source of green stuff for compost at home is kitchen scraps and I find I never have enough brown stuff on hand when I need it. (If you have ever experienced the common "Stinky Compost Pile" sitting by your back door, the culprit may have been too many wet kitchen scraps. Next time your pile emits an odor, add brown stuff, mix well, and top off with more brown stuff.) I use my **wire bin** to stockpile and store brown stuff whenever I come across it. I grab bagged leaves at the curb (if they have come off a lawn, not the street) and throw weeds that I pull in there to dry.
8. **Turn your pile:** After 6 months to a year, I "turn" my pile by lifting up and moving over my black bin to expose the pile and using a spading fork to put the top layers back in, adding the compost found at the bottom of the pile to my garden. You can "screen" this finished compost, or simply add this "rough" compost right to your garden. Slow, but easy!

### 5 ways to speed up your compost:

1. Turn your pile more often
2. Water your pile (just a bit) if dry but don't let it get soggy or compacted
3. Smaller bits are better: shred leaves or hay
4. Add some manure (cow, horse, or chicken)
5. Look up carbon to nitrogen ratios of your ingredients in a composting book and get more exact with how much of each you add.

Check out *The Rodale Book of Composting* for in depth information and [www.homecompostingmadeeasy.com](http://www.homecompostingmadeeasy.com) for techniques and worm bin plans. Best of luck!

**Garden Dreams Urban Farm & Nursery**  
806 Holland Ave, Wilkinsburg PA 15221  
[www.mygardendreams.com](http://www.mygardendreams.com)

## Tree Tenders Course to be Offered in Wilkinsburg

Saturday, March 3 — 9 am to 3 pm

Have you noticed the new trees that have been popping up all over the borough? These all count towards the Wilkinsburg TreeVitalize Project: Rooted in Wilkinsburg, with a goal to plant 500 street trees by fall 2012. Trees young and old need care in order to survive and thrive, and we need your help to keep them growing for years to come. Tree Pittsburgh will present the skills required to tend our urban forest in Wilkinsburg this spring and we invite you to participate.

Tree Tender training will take place in Wilkinsburg on Saturday, March 3 from 9 am to 3 pm at South Ave United Methodist Church, 733 South Ave. Training is offered at a special discounted fee of \$10 for Nine Mile Run watershed residents and \$20 for residents outside the watershed. Scholarships are also available. Participants will receive lunch and a Tree Tender shirt.

To register, visit <http://ninemilerun.org/tree-tenders-course/>. For more information, please contact Alicia Donner, GreenLinks Coordinator, at the Nine Mile Run Watershed Association by calling 412-371-8779, ext. 116 or emailing [alicia@ninemilerun.org](mailto:alicia@ninemilerun.org).

The Wilkinsburg TreeVitalize Project: Rooted in Wilkinsburg – 500 Tree Initiative is a partnership with TreeVitalize Pittsburgh, the Nine Mile Run Watershed Association, the Borough of Wilkinsburg, and the Wilkinsburg Community Development Corporation.

TreeVitalize Pittsburgh is a joint project of Allegheny County, the City of Pittsburgh, Tree Pittsburgh, PA Department of Conservation and Natural Resources, and the Western Pennsylvania Conservancy.



## The Journey Expo Pittsburgh 2012

### A Mind, Body and Soul Expo

May 5 & 6  
Holiday Inn North Hills  
McKnight Rd., Ross Twp.

**A Great Variety of Vendors Featuring Nutrition, Bodywork, Yoga, Crystals, Music, Astrology, Psychic Readings, Jewelry, Aura Imagery, Organics, and Much More!**

**The Journey Expo Pittsburgh 2012 Also Offers Lectures, Demonstrations and Workshops to Spark Attendees to Higher Levels of Consciousness.**

Featuring  
"Tantra - The Path of Ecstasy"

"An Energetic Approach to Nutrition"



with  
Mandi Babkes



with  
Psalm Isadora

"Soul Evolution: Kabbalah and Regression"



with  
Dr. Linda Backman

"2012: It's Why We're Here!"



with  
Tina Sacchi

"The Perfectionists Trap"



with  
Stephanie Charles

**Limited Vendor Space Available**  
Please Call Clyde Chafer at 440-223-1392

Sponsored by:



For More Information Please go to  
[www.thejourneymag.com](http://www.thejourneymag.com)



## un-classified ads

**SHORT-DISTANCE DRIVERS NEEDED** — Excellent pay. Local appointments and shopping in East End during day. Some evenings and occasional weekends. Willing to hire different drivers for different days and times. Must be reliable. Call 412-731-8214 with contact info.

**ORGANIC ARTWORK** — Bring the beauty, tranquility, and inspiration of nature into your home or office with an original 'Organic Mixed Media' painting. These paintings are created using natural materials such as sand, shells, stones, and flowers, and are infused with the love and energies of Mother Nature. To purchase or inquire about ordering a custom piece, please contact Jill at 412.513.5509 / jill.lena.ford@gmail.com / www.JillLenaFordArt.com

**DR. C. GARDNER PH.D, HD (R. Hom), D. Hom, C. Hom, MH.,** — is accepting new cases for chronic disorders in adults, children and animal companions. Contact: www.cindeegardner.com for information. 412-646-4151

**TIRED OF CHOOSING MAKING A LIVING OVER MAKING A DIFFERENCE?** Work from home supporting renewable energy. Your earning potential is up to YOU! Find out how: Allison / (412) 606-4169 / asburyam@gmail.com

**pittsburghcotours.com** — Five entertaining walks through the best of Pittsburgh's East End. Explore parks, gardens, shops, food, museums, architecture, history, lovely neighborhoods, culture & art in guided walking tours without cars.

**HOLISTIC PSYCHOTHERAPY, PERSONAL COACHING** — Natural, highly effective approaches (EMDR, TFT, plus more) to stress, anxiety, depression, panic attacks, trauma, PTSD, relationships. Over 15 years experience. CO-OP member discount. Michele Bertini, Med, PhD. 412-365-2020.

**DE-CLUTTERING FOR THE WHOLE YOU** — Creating openness and breathing space in your home and in your life. It's not just "straightening up" one more time. Co-op member discount. Jude Goldstein, M.A. in Counseling, 845.641.7908 / judegoldstein@yahoo.com

**JIN SHIN JYUTSU, BODYTALK AND BOWEN BODY WORK** combined in a "Light Up Your Wellness Session." One time intro rate \$40. 724-863-1183 stayingwell@comcast.net. www.lightupyourwellness.com

**PIANO INSTRUCTION**, children or adults. Also composition, harmony, musicianship. Curiosities fed, mysteries revealed, according to your needs. David Mahler, experienced, nurturing teacher. Squirrel Hill. 412-681-0575. dmahler@nwlink.com

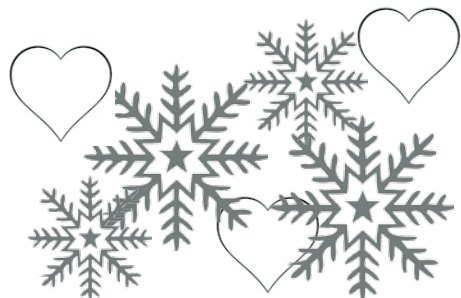
**GUITAR LESSONS IN POINT BREEZE**, two blocks from the Co-op. Let's tug on the roots of American music together! Call David at 412-812-8131.

**DR. DONALD MANTELL, MD, ND**, Natural Health Solutions, Treats All Cancers. Wholistic Approach for Optimum Health with 30 years of experience in wholistic medicine. 3495 Greensburg Rd. Murrysburg, PA 15668, 724-327-5604.

**EDGAR CAYCE**, Father of Holistic Medicine in U.S. — Lectures, classes and study groups on holistic health, dream study, meditation and spiritual growth. (412) 661-5947 or (724) 443-2576.

**GOT CLUTTER?** Get organized with the non-judgmental help of In Its Place...Specialists in organizing your stuff, optimizing your space, transforming your life. Call Jody Adams, Certified Professional Organizer® at 724.850.7282 or visit www.in-its-place.biz

**EDDIE SHAW, MASSAGE THERAPIST** — 5801 Beacon Street, Sq. Hill (next to Giant Eagle parking lot), es\_ssq@yahoo.com, 412-855-1532. www.squirrelhillmassage.com. My deep tissue massage and gentle stretching will relax and elongate tight muscles leaving you feeling balanced and at ease. Mention this ad to receive \$15 off your first massage.





Look who's raising  
a new standard in green.

Taking root at Phipps is a revolutionary new building, the Center for Sustainable Landscapes, conceived to achieve the world's highest green building and landscape standards. Learn more at [phippsCSL.org](http://phippsCSL.org).





**PHIPPS**

**fresh.local.milk.**



\*Our local farmers pledge:  
**NO ARTIFICIAL GROWTH HORMONES**

\*Proud to bring fresh, local, "rBGH free" milk to the Co-op.

[www.turnerdairy.net](http://www.turnerdairy.net)



### GENERAL MANAGER

Rob Baran

### BOARD OF DIRECTORS

Torey Verts, **President**  
Sarah Aerni, **Vice-President**  
Mike Collura, **Treasurer**  
Mark Frey, **Secretary**  
Guy Miller '12  
Mark Frey '12  
Dirk Kalp '12  
Cortney Seltman '14  
Christine Allen '14  
Dennis Schauer '14

### WHO WE ARE

The East End Food Co-op is Pittsburgh's only member-owned natural and organic food market, serving the community since 1977. We offer the finest in certified organic produce and herbs, bulk foods, vitamins and supplements, cruelty-free health and beauty aids, organic and natural packaged goods and hard-to-find items for special dietary needs.

Our award-winning Vegetarian Café and Juice Bar offers a daily array of fresh, wholesome, hot entrées, soups, salads and vegan dishes.

While the Co-op is open to the public and membership is not required to make purchases, members do receive better prices, have access to the EEFC Federal Credit Union, and can vote and serve on the Board of Directors.

### MANAGEMENT TEAM

Rob Baran, **General Manager**  
Justin Pizzella, **Operations Manager**  
Jane Harter, **Administrative Manager/HR**  
Kara Holsopple, **Marketing and Member Services Manager**  
Allisyn Vincent, **Front End Manager**  
Thomas Murphy and Amber Pertz, **Café Managers**

### EAST END FOOD CO-OP

7516 Meade Street • Pittsburgh, PA 15208

Store 412.242.3598

Café 412.242.7726

Credit Union 412.243.7574

[www.eastendfood.coop](http://www.eastendfood.coop)  
[memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

**SHAKE IT UP, BABY.**

Introducing

**MANCHESTER-FARMS**

LOCALLY PRODUCED, ORGANIC  
**CREAM-ON-TOP MILK**





# THE CO-OPERATOR

**Kara Holsopple**, Editor/Advertising Sales  
**Linda Raden**, LR Design, Design, Layout & Production

**The Co-operator** is published twelve times a year and mailed to members of the East End Food Co-op. Additional copies are available at the Customer Service desk and at the entrance area to the store.

**The Co-Operator** is printed by Typecraft Press, Inc.

WRITE TO US ... We welcome letters to the editor!  
Send your message (250 words or less) to:  
Kara Holsopple, Member Services, East End Food Co-op,  
7516 Meade Street, Pittsburgh, PA 15208.  
Or e-mail to: [memberservices@eastendfood.coop](mailto:memberservices@eastendfood.coop)

## SUBMISSION DEADLINES

All submissions, articles and advertisements, must be received in the Co-op office by the first of each month for the following month. The East End Food Co-op does not endorse the views or products of the advertisers in this newsletter. Opinions expressed are the writer's own and do not necessarily reflect Co-op policy.

For information about submissions and advertising, please contact Member Services at 412.242.3598.

# STAFF NEWS

The Co-op salutes and thanks **Dan Denlinger** for over 20 years of service, and wishes him well in his next endeavors!

## NEW HIRES...

**Cindy Berkowitz, Health and Beauty**—Cindy is a graduate of the Institute for Integrative Nutrition in New York, and is a certified Holistic Health Coach. She's been married for 26 years, and has three children. Cindy loves to cook and travel.

**Dan Brown, Café**—Dan's most unique job has been eating fire at Renaissance festivals across the country. He's planning on getting married in April, and hopes one day to own a food truck.

**Evan Diamond, Stock**—Evan grew up near Baltimore City, and went to school in Toronto. He's been travelling a lot, and is looking to put down roots—maybe in Pittsburgh. Evan likes to bicycle and play music, and he brews beer.

**Eleanor Graham, Co-op Café**—Eleanor is a cellist, fiber artist, and Shiva Nata teacher. She's shopped at co-ops her whole life, and done some volunteer work on farms. She loves spending time with her husband, cat, and taking walks in Frick park.

**Dorrall Hall, Produce**—Dorrall has had a lot of different jobs, from service in the Marine Corps to work in pest control. Now he's a staff member in the Produce department, and a massage therapist. He's interested in a healthy lifestyle, including mountain biking and scuba diving. He also likes to keep bees.

# DID YOU KNOW...

This month the focus is on **PORTION SIZE**:

This month's packet includes valuable information for changing old eating habits sensibly and gradually, including portion sizes and daily serving recommendations for each of the food groups, depending upon your age, gender and activity level.

Did you know that 4 large olives= ½ tsp oil= 2 g of oil?

Building on last month's Step One: **GRAINS**, Choate includes information on everything from quick and easy breakfast choices to how chocolate can still be eaten and enjoyed on a healthy diet.

This month's Step Two: **PORTION SIZE** packet also includes recipes for Cold Weather Soup, Double Lemon Poppy Seed Muffins, and Ricotta Treat Spread.

You can find new recipes and great tips at the Customer Service Desk every month — part of the Better Eating for Life Program!

**Better Eating for Life** is a twelve-part educational program for incorporating healthy eating into any diet, created by Mary S. Choate, M.S., R.D., L.D., Food and Nutrition Educator at Co-op Food Stores, Hanover and Lebanon, NH.

## Employee of the Month

Congratulations to Jenny Kalinowski who was chosen as the Co-op staff pick for December 2011 Employee-of-the-Month!

**Q.** How long have you worked at the Co-op?

**A.** 2 years and 10 months

**Q.** What are your favorite things about working here?

**A.** All the great people I've met

**Q.** Are there things that you wish you could change?

**A.** But of course

**Q.** How did you feel when you were told that you'd won the contest?

**A.** It was a great morale booster after a tough day.



# REDUCE, REUSE, RECYCLE



## BermanChiropractic

Our office offers both:

**Traditional Spinal Adjustments**

and

**non-manipulative procedures as well.**

We work with you to provide a safe and comfortable Chiropractic experience.

**Give us a try!**

**412-521-3632**

**5819 Forbes Avenue  
Squirrel Hill**

Next to the Squirrel Hill Library  
**Most insurances accepted**

## WIND MAKES SENSE...AND DOLLARS

Join the Green Energy Collaborative (it's free) and switch to a **100% Wind Energy Plan** being offered by TriEagle Energy. It's the lowest electricity price available in Pittsburgh.\*

[www.citizenpower.com/gec](http://www.citizenpower.com/gec)



CITIZEN POWER



\* According to the PA Power Switch website (1/15/12). Not including introductory offers. Price fixed for two years.

The Green Energy Collaborative is a program of Citizen Power, Inc.  
For more information call 412-421-7029.

## JOB POSTING:

East End Food Co-op is seeking to engage a **TRAINER /HR ASSISTANT** to provide organization-wide trainings. Part time to full time in time.

**Purpose:** to plan, direct and/or coordinate training and development activities for staff at the East End Food Co-op, including in-house and outside training classes with an eye to providing excellent service to our shoppers.

### Basic responsibilities include:

- Institute key training programs with measurable results.
- Help to unpack our orientation training program.
- Work with departments to develop and maintain our employee's skills.
- Introduce proven training methods and systems across all departments.

**Qualifications:** excellent communications and teaching skills; experience teaching small and large group of adults, preferred; exceptional organization; skilled computer user, and flexible schedule.

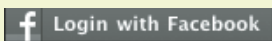
If you are interested, please fill out an Employment Application and submit it with a resume to Customer Service.

# BULLETIN BOARD



## NEW MEMBER BONUS QUARTER: thru MAR 31, 2012

**Don't forget to get your  
10% OFF discount on the  
order of your choice!**  
**The next quarter goes  
from April 1, 2012  
through June 30, 2012.**



Show how much you "LIKE" us  
on Facebook. Find our Fan Page  
by searching for East End Food  
Co-op, and give us the thumbs  
up today!



Follow us on Twitter  
@EastEndCoop for special  
deals, store news and Co-op  
community happenings!



Find us on Google+ and add  
us to your circles!

**WE OWN IT-**



## February 2012 ... hot bar specials

sunday monday tuesday wednesday thursday friday saturday



			1 Burrito Bar	2 Chickpea & Artichoke Stew	3 Pizza Dairy & Vegan	4 Greek Quiche
5 Chef's Choice	6 Cheesy Spinach Strata	7 Potato & Chickpea Masala	8 Indian Kitchen	9 Apple & Squash Gratin	10 Pizza Dairy & Vegan	11 Chimichurri Tofu
12 Chef's Choice	13 Broccoli Quinoa	14 Seitan alla Diavola	15 Pittsburgh Kitchen	16 Tempeh Adobo	17 Pizza Dairy & Vegan	18 Mean Green Pasta
19 Chef's Choice	20 Jamaican Jerk Seitan	21 Gumbo	22 Stir Fry Bar	23 Barley Risotto	24 Pizza Dairy & Vegan	25 Ginger Cilantro Tofu & Kale
26 Chef's Choice	27 Charmoula Tempeh	28 Roasted Vegetable Mac & Cheese	29 Country Kitchen	Serving DAILY vegetarian and vegan specials, vegetable and grain side dishes — all made from scratch in the Co-op Café. Also featuring fresh soups, a salad bar, and deli sandwiches and salads. Don't forget your made-to-order smoothie, juice or Fair Trade espresso drink!		

## café hours

**weekends**  
**WEEKEND BRUNCH BAR**  
**9 AM - 1:30 PM**  
**HOT FOODS**  
**1:30 PM - 7 PM**

**daily**  
**JUICE BAR**  
**8 AM - 7 PM**  
**SALAD BAR & SOUP**  
**8 AM - 7 PM**  
**HOT FOODS**  
**11 AM - 7 PM**

**Thanks for your patience  
and co-operation during our  
construction!**  
**More products, easier  
shopping and better  
service are in store for our  
customers and members.**  
**Bring on Spring!**

## Speaking Food

FOOD, FROM PAGE 3

that we are already entering, however minimally, into a diverse cultural and linguistic landscape. Though we may not know Italian we can navigate the differences between rigatoni, linguini, fettuccini, and a dozen other names for noodles. We may like our pasta, "al dente" and not realize that this translates in Italian to, "to the tooth" or "to the bite" noting the need to chew pasta prepared this way.

Even our English words hold fascinating etymologies. The word onion derives from the latin for "one" or "unity," noting the connectedness of all layers of the parts of the onion, in contrast to garlic cloves. It's no mistake that food companies use "tofu" rather than "bean curd" for the sake of appeal. They certainly wouldn't use the literal root translation from the Chinese doufu, which combines the Chinese words dou (beans) and fu (rotten)!

Within a single word there can be many variations of meaning. If we look up a recipe for tamales we'll find that the dish has incarnations in Mexico, Cuba, Central America, and South America. The Spanish word can have many, "translations." It will mean something different in each region. The meaning of a word to different peoples alerts us to a rich cultural diversity.

We can puzzle over the many spellings of hummus (hummus, houmous, hommos, humos, hoummos) without realizing that hummus translates from the Arabic word for "chickpeas" (garbanzo being the Spanish incarnation). The English word chickpea is derived from the Latin cicer, which is the namesake of the ancient Roman orator Cicero, who once said, "Cultivation to the mind is as necessary as food to the body." As Co-op shoppers we can cultivate our palates and our minds if we explore the culture of our food choices.

Perhaps, in honor of the UN's International Mother Language Day, you can take the opportunity to look into the language behind the food you eat and even branch out into new foods and cultures this month.

## Spring Workshop at the Co-op

TUESDAY, MARCH 13, 7PM

### Shamanic Healing

With David Park

Shamanism has been defined as the use of journeying and other techniques to gain information about and effect changes, such as healing, in the physical world. Every culture has a healing tradition that recognizes and works with the natural world in this way. In some cultures this traditional wisdom has been preserved or even built upon while in others, it has been effectively lost.

As first recognized by noted anthropologist Michael Harner, certain elements of traditional practices are common to traditions from all parts of the world. What's more, these common elements alone are very effective, easily accessible to even the most sophisticated urban dweller, and form the core of modern shamanism. Using modern shamanic techniques, it is possible to travel easily and safely between the waking world of everyday "reality" and spirit worlds, gain access to assistance and wisdom, and recognize and heal injuries and illnesses.

In this hour, we will discuss:

- the history of modern shamanism and how it differs from traditional modalities
- journeying and what it is
- three worlds that are commonly used in journeying – the Lower, Middle, and Upper worlds
- the twelve senses and how they can be used
- different types of spirit allies, such as power animals, plants, crystals, and fairies

Time permitting, we will also take a first journey into the Lower world to meet your power animal.

## ONE MONTH, TWO FLYERS, LOTS OF GREAT DEALS!

FIRST FLYER RUNS FROM  
**WEDNESDAY, FEBRUARY 1 TO TUESDAY, FEBRUARY 14**

SECOND FLYER RUNS FROM  
**WEDNESDAY, FEBRUARY 15 TO TUESDAY, FEBRUARY 28**

AND DON'T FORGET ABOUT  
**MEADE STREET MADNESS WEEKLY SALES** —  
TEN NEW ITEMS EACH WEEK, AT DELICIOUSLY LOW PRICES!

CHECK THEM OUT IN-STORE OR IN THE NEWS FEED ON OUR WEBSITE —  
[www.eastendfood.coop](http://www.eastendfood.coop)



SHOP CO-OP EVERY DAY — 8 AM - 9 PM / 412-242-3598 CREDIT UNION — WED 6 - 8 PM / SAT 11 AM - 3 PM / 412-243-7574