



Bay View Forestry Club listens while Scott Alsleben (Scott also works at WFC in the produce department) gives a lecture.

Bay View School snacks on healthy treats from your Co-op on their Forest Walks. Students, parents and friends meet and learn about all things woodsy!



Searching for art materials.



Making forest art.



The finished project.



## Halloween 2006 the winds did blow

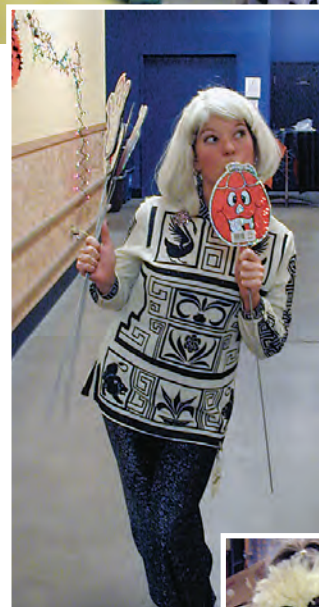
Halloween is long past, but the memories linger on. With great anticipation of the return of our outdoor Annual Halloween party, the 40 mph winds put a wrinkle in our plans at the last minute. Scrambling ensued.

Staff pitched in and the whole party was moved inside. Briana Lowrie was the "Fright" elevator operator, bringing groups of ghouls and goblins into the Co-op dungeon. Board Member Jeri Brysch served cider and coffee, Board Member Theresa Koenig and Member Volunteers Gail Olson, Don Brewington, Darcy Seezaday and Becky Alberston ran games like old carny hands. Terrance Smith and his special brand of

sing along, play along, dance along music kept things merry in the receiving area. Shift Leaders Jackie Bradley, Chris LaGraves, Steve Perry and Jay Newkirk all lent a hand. If you missed

the little skit put on by Steve and Jay, you missed quite a show — truly frightening!

More and more WFC Staffers jumped in to help: Julia Holmblad and Rose Anderson from Produce, Necia Cochlin and Jean Marie Johnson from the Front End (with extra help from the Customer Service Counter), Debbie Manhart, Store Manager, Raelynn Monahan, Assistant Merchandising Manager, Colleen Kelly, HR Manager, Jill Holmen, Training Coordinator, Chris von Rabenau, former IT Manager, and of course your Marketing and Member Services Team; Anni Friesen and Shannon Szymkowiak. Super Member Kathy



Hermes helped to tear down along with a whole crew of helping hands. To you, and the multitudes of others who dressed up and decorated and turned this joint into a Halloween haven, thanks for a great time. We'll see you here next year! GG



Michael "Scotsman" Karsh says...  
**the back 40**  
will be back in March.







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## In this issue

Gourmet to Go <sup>2</sup>

Herb Lore <sup>3</sup>

Savor the Season <sup>4</sup>

Board Report <sup>5</sup>

New Products <sup>6</sup>

New Members <sup>7</sup>

Fresh Perspectives <sup>8</sup>

Dean's Report <sup>9</sup>

Gonzo Gourmand <sup>11</sup>

WFC-U Class Schedule <sup>12 & 13</sup>

Management Report <sup>14</sup>

## Blood Drive

The next Co-op Blood Drive will take place in the Bloodmobile in front of the Co-op on Wednesday, February 7 from 9 am – 4 pm. Donations are always needed for all types of blood. If you are interested in donating at our drive, please contact Shannon at 728 –0884 x181. Thank you for saving lives!

## Time to Plant!

Every good gardener is dreaming of greener days as soon as the seed catalogues pile up in the mailbox, usually well before New Year's. Well, good news is in your inbox right now: Barb Holliday of Barb's Greenhouse will be offering certified organic vegetable, herb and flower transplants at Whole Foods Co-op for the coming growing season. For your convenience these plants will be available during open shopping hours in the Produce department through the early planting season. Watch for details in the store. For the coming season your best organic garden choices are at WFC: High Mowing Seeds and Barb's Greenhouse bedding plants!



# gourmet to go

by Jane Herbert, Deli Manager

**G**rowing up in southern California I really had no concept of a true winter season. I could see snow in the distance in the occasional freak cold snap in the mountains miles away. However, when I moved to the Midwest in the early 80s I soon realized what winter truly was and how important it was to develop new coping skills. It required learning new skills I hadn't had to consider

when living my southern California lifestyle such as driving in extreme slippery conditions, snow shoveling, etc. Cooking and paying attention to the fuel foods in cold weather were also new concepts.

Seasonal foods provide the right type of fuel to nourish us through the climate and lifestyle opportunities of



root vegetables such as carrots, beets, potatoes, onions, and garlic. It is also the season for including dairy foods and meats, but they should not dominate the diet. More fish and high mineral seaweeds are good in winter, as is poultry. Winter fruits

like citrus, are high in the vitamin C we need to boost immunity.

Winter is the end of all seasons. To unify with winter we emphasize the yin principle to become more receptive, introspective, and storage oriented; one cools the surface of the body and warms the body's core. Cold and darkness drive one to seek inner

warmth. It is time to rest, meditate deeply, refine the spiritual essence, and store physical energy in the form of a little

the moment. In winter we crave warming and sustaining foods. Like Autumn, the mainstays of the diet should be complex carbohydrates found in whole grains, squashes, and

added weight. For the cold season—even though the slow yin processes are predominate, one must stay active enough to keep the spine and joints flexible.

“...I soon realized what winter truly was and how important it was to develop new coping skills.”

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Fully Insured - References

Warm hearty soups, whole grains, and roasted nuts sound good on cold days. Dried foods, small dark beans, seaweeds and steamed winter greens fortify the kidneys in winter.

### Winter Sunshine Soup

Serves 8

1 C Yellow Split Peas, soaked  
1/2 Onion, cut in crescent moon (optional)  
8 C Water  
1 5" piece of Kombu (seaweed), soaked  
2 Carrots, cut in rounds  
1 C Winter Squash, diced  
1/2 C Parsley, chopped  
1/4 t Salt  
Miso to taste

Place kombu and peas in a pot with water and onions, bring to scald, then reduce heat. Simmer 30 min.

Add carrots, squash, parsley, and salt. Simmer until tender.

Add Miso diluted in stock and simmer 5 min.

Excerpted: from *Healing with Whole Foods*

### Buttercup Pecan Muffins

1/2 C Sweet Butter, softened  
3/4 C Brown Sugar  
1/4 C Maple Sugar  
1 large Egg  
1 C mashed Buttercup Squash or Winter Squash, cooked and strained  
1/2 t Vanilla  
1 1/4 C Flour  
1/4 C Wheat Flour  
1/4 C Wheat Germ  
1 t Baking Soda  
1/4 t Baking Powder  
1/4 t Salt  
1/2 C Pecans, toasted

Preheat oven to 375°. Grease muffin tin.

Cream butter and brown sugar. Blend in syrup, egg, squash, and vanilla until thoroughly mixed.

In a separate bowl, mix the dry ingredients together with all but 2 T of pecans — fold the dry ingredients, into squash mixture just to combine.

Scoop into muffin pan filling 3/4 full and sprinkle with pecans.

Bake 20-25 min.

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# Herb Lore

get “comfey” with comfrey

by Stacey Rautio, WFC member & member of the Lake Superior Herbalist Guild

**C**omfrey (*Symphytum officinale*) is a fuzzy broad-leaved plant that grows prolifically in our region. It has a long history in folk medicine dating back to at least 400 B.C.

Its scientific name *symphytum* is derived from a Greek word meaning “to knit together”.

It has long been cited as a useful herb in the healing of broken bones. One of its common nicknames is “knit bone”. It can sometimes be confused with another herb called bonset (*eupatorium perfoliatum*) which is much more specific to bone healing. The combination of these two plants offers fantastic fracture healing potential.

Comfrey is high in allantoin, a substance that stimulates healthy tissue formation.

As a result, it is very effective for a variety of soft tissue healing. It has amazing healing powers for skin, wounds, burns, sunburn, swollen and inflamed tissues. It works well to heal skin and keep it healthy and intact. It is very soothing to strained muscles and connective tissues. The slightly warming properties are comforting.

Several studies have been done on persons with severely sprained ankles. The studies used comfrey vs. other well used anti-inflammatory lotions. After one week, the comfrey users had a 91% drop in their pain, compared to 84% in the other groups.

Many people use comfrey for relief of symptoms associated with chest colds. The mucilaginous effects of the plant help to soothe and heal irritated tissues, particularly the respiratory tract. Using the doctorate of signatures we can identify the broad leaf in relation to the wide expanse of lung tissue, and the fine hairs that cover the leaf surfaces relate to the fine cilia that cover the inside surface of the lungs.

Comfrey has properties that soothe the digestive tract and aid the pancreas in regulation of blood sugars.

There has been some controversy as to the ingestion of comfrey, based on studies done with an alkaloid called pyrrolizidine, which is sometimes present in the plant.



Studies done on laboratory animals linked liver changes suspect of being pre-cancerous, to the alkaloid. However, the studies used massive doses of the alkaloid by itself — 30 to

60% of the animals' total diet — and did not use pyrrolizidine that had been extracted from comfrey plants.

Other research completed on comfrey plants grown in Washington state has found that comfrey plants have very little to no amounts of the alkaloid in them. The minute traces were more likely to be found in the root as compared to the above ground portion of the plant. Plants that are harvested in the late summer and fall have even less present.

It is important to bear in mind that high concentrations of many food like substances over a prolonged period of time, will eventually reveal some minor toxic components that would not occur with normal consumption. As with all medications, supplements and food, it is always wise to be aware of the precautions and the benefits. Use within moderation and within the wisdom of your own body. Women who are pregnant and nursing need to take extra care.

It important to point out that the possible toxicity of comfrey only

applies to the internal ingestion of the plant and not to its most valuable external use as a poultice or a salve.

I have personally seen amazing results on many occasions, for nearly all of the conditions listed above, when the plant is employed as an external healer. **GG**

References: *The Way of Herbs*, Michael Tierra, C.A., N.D.  
*Healing Wise*, Susan Weed  
*Prevention Magazine*

Contributed by Stacey Rautio, COTA/L-CHTP, Energy for Life Connections and member of the Lake Superior Herbalist Guild.

Herbs are medicine and their use must be taken with care and respect. Each individual is different and may react differently to certain herbs such as allergic reactions. Self-treat at your own risk. Consult a physician should symptoms persist.

For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: [/www.diamon-naturals.us/Guild.htm](http://www.diamon-naturals.us/Guild.htm)

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## Garbanzo Gazette

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The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Thursday, February 1st. Refer submissions and questions to [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).

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The information in the Garbanzo Gazette is also available on our website at [www.wholefoods.coop](http://www.wholefoods.coop)

**BEFORE RECYCLING THIS COPY** of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.

**MOVING?** Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

# savor the season resolutions

by Shannon Szymkowiak, Marketing & Member Services Manager

**I**s this a regular article or true confessions? Inevitably I end up spilling the beans about how I eat too much sugar or how I don't like Christmas much and inevitably, some customer mentions it to me on the sales floor, much like today. Fortunately for me, this person was cheering my confession about the near past holiday. For those of you who didn't get enough, never fear. There are only three hundred some-odd shopping days left until Christmas!

The disadvantage of the holiday rush being over is that now we all have to look Old Man Winter square in the eyes and let him know that the dark and cold, window scraping and bad TV re-runs won't get the best of us. We are hearty Northlanders. We're made of more than thin-blooded Southerners. We have character. Many of us ARE characters. We have substance.

That's the real problem with January, isn't it? Seeing "too much substance" when we get on the scale. It seems like the whole media scene is about losing weight for the New Year. "Lose those unsightly pounds for the upcoming swimsuit season!" I'm sorry, but for me, this is not a motivating factor. After all, for those of us who don't go to Mazatlan in February, swimsuit season is still six months away. One more cookie can't hurt when it's that far away, right?

Here's where the true confessions portion of the article begins. I am on a journey to better health. Several years ago, I gained quite a lot of weight with a medical issue. As a person who was always thin, this was a completely foreign land I suddenly found myself in. Over the span of three months, I gained forty pounds and there was nothing I could do about it. Clothes were suddenly hard to find and even harder to wear. People I met after the weight gain treated me differently. More like a friendly matron and less like the hip chick I imagined myself

to be. Then more weight gain. How eye opening this experience was. How aware I suddenly became of body image and what the media hits us with every day. Thinner is better. Sexier. Deserving of more.

Although I see improvements, the media shouldn't be saying that thinner is better, but rather being in shape is better. Staying active is better for your heart, your joints, your immune sys-



tem. The bonus is that you look and feel better, too.

Over the past year, I have finally found a medication that is working for me and I've kicked it into gear work-out-wise. Since my heaviest, I have lost forty-five pounds. With the exception of the usual "I'm not as young as I used to be" aches and pains, I feel better. I get sick less. I sleep better. In short, I feel more like I used to.

But here's the tough part. I still have more to go. Although I'm on the downside of the total pounds I have to lose, I'm still staring at another twenty-five pounds and that's sounding like an awful lot to me right now. When I'm at my most chipper, I say, "Hey, it took you ten years to correct this health issue, it's not coming off overnight." And I feel grateful. Then I look at myself in the mirror, and I know that I'm still not the media ideal of a white-hot babe. I never will be. I'm no longer twenty. I'm almost six feet tall, so I'll never be a size two. And I don't have a desire to have my sternum and elbows cut their way through my clothes. That's no healthier than being obese.

So I'll keep plugging along. With the help of my friends, I'll be out on the slopes learning how to snowboard this winter. I'll keep doing pushups and punching that bag at six in the morning. I'll keep my days to a one-treat maximum. And eventually, that last twenty-five pounds will go away like the rest. Until then, I'll celebrate the small successes

in my journey to health and try to learn from the failures. I'll keep piping up when I see unhealthily thin women on television and in the movies. I'll encourage my more sedentary friends to go on a walk and try to be an example of what's possible. I'll ignore those who treat me differently because I'm still not 'thin'. I'll enjoy my food and not make it an issue, because after all, we're here on this earth to live.

To that end, I'll share one of my favorite tasty-yet-calorie-conscious recipes. I have made this many times for classes, potlucks and just to have around. It is power packed with protein and is very economical (less than \$2.00 per serving using organic ingredients!) Wherever you are on your journey to health, try to be OK with where you're at. It doesn't happen overnight, and every little bit helps. I wish for all of you this 2007, good health.

## Mayan Quinoa

— courtesy Organic Valley

### For the salad:

- 2 C Quinoa
- 5 C Water
- 25 oz can Black Beans, drained and rinsed
- 1/4 c Green Onion, minced
- 1/2 Med. Green Pepper, minced
- 2 Med. Tomatoes, chopped
- 4 oz Pepper Jack Cheese (I like Organic Valley)
- 1/2 Med Jalapeno Pepper (optional)
- Cilantro (optional)
- Garlic, minced (optional)
- 1 C avocado cubes (optional)

### For the dressing:

- 3 T Orange Juice
- 3 T Lemon Juice
- 1/4 t Lemon Zest
- 3 T Sunflower or Olive Oil
- 1 t Cumin powder
- 1/2 t Sea Salt
- 1/4 t Black Pepper

Rinse quinoa under the faucet for one minute or so prior to measuring. In a heavy saucepan, combine 2 cups quinoa with 5 cups water. Bring to a boil uncovered. Reduce heat to low and cover. Let simmer until tender (about 25 minutes). Remove from heat and allow to steam (covered) for another 10 min. Fluff with fork and transfer to metal bowl and place in refrigerator to cool down.

While the quinoa cools, make the dressing: In a small bowl, whisk together orange juice, lemon juice and zest, sunflower oil, and spices.

Rinse and drain the black beans. Wash and chop all veggies. If you are planning on using avocado (highly recommended!), please add them as the final ingredient or garnish.

In a large bowl, combine prepared quinoa, dressing, beans, and chopped veggies except tomatoes and avocados. Mix well. Once well mixed, fold in the tomatoes and avocados.

Cover and chill for at least 1 hour prior to servicing. Enjoy!

Servings: 16 **GG**



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# board report

## keep in touch

Each year at this time, the WFC Directors go on an all-day retreat. We work with a Board trainer from Cooperative Development Services, get refreshers in policy governance and finances, and learn how to be more effective servant/leaders. We also set goals for the year. Some goals are nose-to-the-grindstone, like "evaluate and update the wording in our Articles of Incorporation." Some are more difficult, like "find out who our members are." With nearly 4,000 WFC Member-Owners ... well, it's not like we can invite you all over for coffee (I'd offer, but I have a cat and I know some of you are allergic).

In this year's Board performance

survey (included with the annual election ballot), we asked, "How would you prefer to communicate with the Board?" and "How would you prefer to learn about Board activities?" The high scorer was the Board Report in the good old Garbanzo Gazette, but there was also an e-trend: many of our Members prefer to check out Board activities on [www.wholefoods.coop](http://www.wholefoods.coop), or receive an e-newsletter. We don't have an e-newsletter, but someday we might. We might also communicate with our Members in ways which have not yet been invented. One thing will remain the same, even if this internet thing turns out to be a passing fad and we go back to the days of Chart-Pak and the mimeograph machine, we can't communicate with you if we don't have your current contact information.



Jean Sramek, your  
Board President

# board of directors

## Jeri Brysch

[jeri@wholefoods.coop](mailto:jeri@wholefoods.coop)  
Treasurer  
Finance Committee (Chair)  
GME Committee  
Term expires 2008

## Lynn Fena

[lynn@wholefoods.coop](mailto:lynn@wholefoods.coop)  
Vice President  
Finance Committee  
GME Committee  
Membership Committee (Chair)  
Term expires 2007

## Erik Hahn

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Secretary  
Bylaws Committee  
Food Policy Committee  
Membership Committee  
Term expires 2007

## David Helf

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Food Policy Committee  
Term expires 2008

## Theresa Koenig

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Board Recruitment Committee  
Bylaws Committee  
Term expires 2007

## Jean Sramek

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President  
Bylaws Committee (Chair)  
Food Policy Committee  
GME Committee (Chair)  
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Board Recruitment Committee  
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## Sharon Murphy, General Manager

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## mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

## co-operative principles

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2. Democratic member control.
3. Member economic participation
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5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community

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## staff news

### STAFF ANNIVERSARIES

#### JANUARY:

Jennifer Zoretich	1 yr
Karen Johnson	1 yr
Debbie Manhart	7 yrs
Andrea Foro	1 yr
Jean Marie Johnson	2 yrs
Eriq Reed	2 yrs

#### FEBRUARY:

Joseph Woodcock	1 yr
Kala Edwards	1 yr
Rianna Reiter	1 yr
Justin Hemming	7 yrs
Shannon Szymkowiak	4 yrs

Jean Marie Johnson, FE Coordinator, has a new addition at her house — an aging Pug who goes by the name of Roy. Look how happy he is to be in his new home!



Lupita Marchan (former FE Assistant), is a new mom. Adan joined this world and is the apple of his parents' eyes!

Charlotte Van Vactor, Stocker, is back in school as a pre-pharmacy student at LSC, with plans to pursue a pharmacy degree at UMD.

**STAFF TRAINING** — Rounding the turn on our one-year anniversary, we realized that attendance at our staff training classes was dwindling as, thank goodness, our turnover rate slowed and our class completion rate reached 100% in even the largest departments. A new structure of required classes will be implemented in January 2007. Thanks to the employees who submitted restructuring recommendations and/or worked with the Management Team on this project: Cindy Hutchinson, Lindy Sexton, Maria Lopez, Jill Holmen, Anni Friesen, Jill Hall, Brad Rozman, Jesse Hoheisel, Jim Richardson, Dan Sauter, and Management Team Instructors Michael Karsh, Debbie Manhart, Shannon Szymkowiak, and Chris von Rabenau.

## new products

### HBC (Health & Body Care)

- **Natural Factors**
  - 12/12 Ultimate Probiotic
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  - Whey Factors, Vanilla & Chocolate, Non-denatured and microfiltered
  - Cholesterol Formula with Sytrinol
- **Nature's Plus**
  - Vita Gels Multi with EPA & DHA for Kids
  - DHA for Kids, chewable
  - Kid Greenz, chewable
  - Glucosamine Chondroitin MSM Ultra Rx-Joint Cream
- **BACH**
  - Rescue Sleep
  - Travel Relaxation Kit
- **Oregon's Wild Harvest**
  - Kava
- **Living Harvest**
  - Hemp Oil
- **Giovanni**
  - Hazelnut Vanilla Lotion & Body Wash
  - Bamboo Birch Lotion & Body Wash
- **Tiger Balm Patches**
- **Merry Hempsters**
  - Cool Hemp Muscle Rub
- **Better Botanicals**
  - Ayurvedic Lip Therapy
- **Tea Tree Therapy**
  - Eucalyptus Chest Rub
- **Neem Aura**
  - Concentrated Neem Cream
  - Neem Seed Oil
- **Stacey's (LOCAL)**
  - Comfrey Lotion
  - Comfrey Balm
- **Aura Cacia**
  - Natural Perfumes, 5 scents
  - Essential Solutions, 6 new essential oil blends
- **Dr. Bronner's**
  - Orange Lavendar Lotion
  - Patchouli Lime Lotion
- **Desert Essence Toothpastes with Xylitol**
  - Cinnamon Burst
  - Citrus Fresh
  - Sparkling Sea

### GROCERY

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  - Irish Breakfast\*
  - Rooibos\*
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- **Envirokidz Cereal**
  - Cheetah Chomps
- **Annie's Dressing**
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  - Shiitake\*
  - Balsamic\*
- **Dr. Kracker Klassic Crackers\***
- **Zambezi Honey\***
- **Baji Papadums**
  - Tandoori
  - Mango Chutney
- **Shelton's Turkey Broth**
  - Original\*
  - Fat Free/Low Sodium\*
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  - Carrot Cashew Ginger\*
- **Muir Glen Soup**
  - Southwestern Black Bean\*
  - Creamy Tomato\*
- **Natural Value**
  - Diced Green Chilies
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  - Ranch\*
  - Shiitake\*
  - Creamy Italian\*
  - Lemon Tahini\*
- **Knudsen Sparkling Juice**
  - Grape
  - Cranberry
  - Apple

### BULK

- **Goji Berries\***
- **No-salt Roasted Nut Mix**
- **Fair Trade Cane Sugar\***
- **Fair Trade Sucanat\***

### HERBS & SPICES

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- **Oregon's Wild Harvest**
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  - Rene's Essiac Tea

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- **Sunbeam Candles**
  - Soy and Beeswax pillars 3"x4" and 3"x6"
  - Beeswax votives
  - Beeswax tapers
- **NewWave Enviro Products**
  - Bath Filter

### COFFEE

- **Peace Coffee**
  - One Pound bag Ethiopian
  - One Pound bag Colombian Dark


### COOL

- **Stonyfield Kid's Yogurt\***
  - Strawberry/Banilla
- **Nancy's Fruit on Top Yogurt**
  - Raspberry
  - Blueberry
  - Peach
  - Cherry
- **Smoke & Fire Smoked Tofu\***
  - Lemon Garlic
  - Barbeque
  - Thai
- **Bolthouse**
  - Mocha Cappucino
- **Organic Valley Eggs\***
  - Extra Large
- **Uncle Matt's Orange Juice\***
  - With Calcium
  - With Pulp
  - Pulp Free

### FROZEN

- **Ling Ling**
  - Vegetable Potstickers
- **Health is Wealth Twice Baked Potatoes**
  - Cheddar
  - Sour Cream & Chive
- **PJ's Burritos\***
  - Chicken
  - Breakfast
  - Beef
- **Wholly Wholesome Pies**
  - Apple
  - Blueberry
  - Pumpkin
- **Grandma Ferdon's**
  - Lemon Bars
  - Cinnamon Rolls

\* Organic GG



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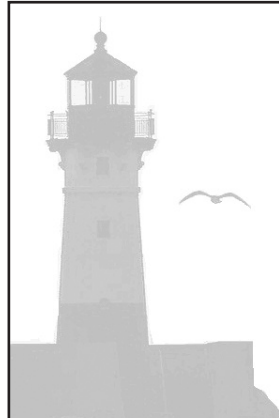
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# welcome, new members!

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| Karl Anderson          | Karen Franczyk       | Patricia Larson    |
| Sara Brustad           | Rachael La Friniere  | Holly Gruber       |
| Meredith Atchison      | Pamela Latson        | Greg Jubera        |
| Angie Meillier         | Adam Depre           | Cynthia Graham     |
| Bonnie Summers         | Rose Englund         | Laurel Curran      |
| Dawn Wicklund          | Zoran Savic          | Floyd C. Olson     |
| Mary Dangelo           | Deborah Coffman      | Marylou Gilbertson |
| Sharon Wolfe           | James Richardson     | Eugenie Dunder     |
| Bruce Solem            | Gail Gilliland       | Lori Lahti         |
| Karen Lushine          | Michael Harnois      | Cory Konsti        |
| Susan Connor           | Walter N Sipila      | Cora Knutson       |
| Charles P. Cadigan     | Laura Rocamontes     | Timothy Rahn       |
| Nancy Powers           | Donna Jones          | Judy Blanck        |
| Chere Bergeron         | Tammie Cramey        | Scott Austin       |
| Peg Robertsen          | Jessica Sterle       | Lavonne Garin      |
| Robert Andrews         | Stephanie Devlieger  | Alice Beckman      |
| Marianne Thiry         | Colleen Hoppe-Kluzak | Vickie Ross        |
| Deanna Cich            | Steven Thoreson      | Teresa Bulen       |
| Robert Archer          | Callie Brorson       | Douglas Sabo       |
| Lisa Rutkowski         | Michael Cloutier     | Patricia Watson    |
| Brenda Gatlin          | Randall Scholten     | Jennifer Little    |
| Anita Walker           | Jason Eisenach       | Margaret Handley   |
| Shirleen Hieb          |                      |                    |
| Alana Butler           |                      |                    |
| Douglas Ferley         |                      |                    |
| Bret Pence             |                      |                    |
| Eleanor Christensen    |                      |                    |
| Savannah Villa         |                      |                    |
| Mary Caprioli          |                      |                    |
| Joel Headley           |                      |                    |
| Julie Feiring          |                      |                    |
| Debbie Tasson          |                      |                    |
| Patricia Behning Oakes |                      |                    |
| Robert Herling         |                      |                    |
| Paul Nelson            |                      |                    |
| Judith Borrell         |                      |                    |
| Jeremy Ehlert          |                      |                    |
| Bill Lyth              |                      |                    |
| Beverly Davidson       |                      |                    |
| Rebecca Ann Deyoung    |                      |                    |
| Carol Edwards          |                      |                    |
| Sharon Johnson         |                      |                    |
| Lee Johnson            |                      |                    |
| Dave Vanwyk            |                      |                    |
| Kathy Jones            |                      |                    |
| Elizabeth Sobczak      |                      |                    |
| Joan Engstrom          |                      |                    |
| Brad Gustason          |                      |                    |
| Mary Klints            |                      |                    |
| Connie Vandriessche    |                      |                    |
| Sharon Lidberg         |                      |                    |

# Farewell, Friend!



**G**oodbye, so long, farewell, adieu — After 20 amazingly varied and challenging years from Clean-up Worker to Membership Coordinator to Bulk Buyer to Front End Manager to IT Manager, Chris von Rabenau has accepted an IT position with the National Cooperative Grocers Association. Chris has served us well in so many different roles and now he will be serving the entire co-op grocer community. We are happy and proud for him, and relieved to know NCGA will be meeting its technology goals! We'll miss you!

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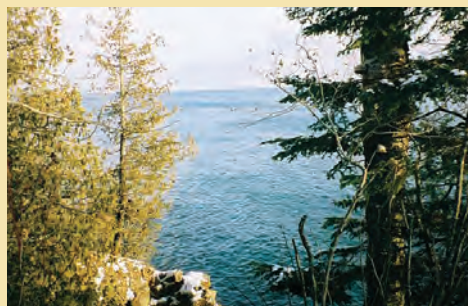
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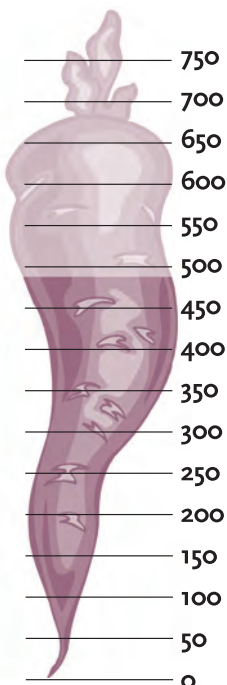
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We have set a goal of 730 new members before July 1, 2007. An additional 98 new members brings the total to date to 486. We're halfway there! Thank you, new Members!



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See the 2006-2007 concert schedule at [www.dssso.com](http://www.dssso.com).



Just because the holidays are over doesn't mean that you have to stop eating well. As a matter fact, if you maintain a good diet and exercise program it's good to have some savory treats every now and then.

Did you buy some pecans for the holidays? If so, here is a great recipe from the Sept. 2006 *Gourmet Magazine* to use the last of them up. If you don't have any around the house there still should be plenty of the fresh crop pecans left in the bulk department to buy.

Are you worried about the fat in nuts after all of the rich food you've eaten over the past few months? Well check this out: over 90 percent of the fat in pecans is unsaturated, heart-healthy fat. So have a few nuts for your heart's sake.

Besides that, pecans contain more antioxidants than any other nut. As a matter of fact, according to a

report published in the *Journal of Agriculture and Food Chemistry*, they rank #13 among all high antioxidant foods, which is higher than sweet cherries, black plums, Russet potatoes, black beans, plums, and Gala apples. Besides pecans, the other key ingredients in this recipe are crimini mushrooms. They are more flavorful than the white button variety and also are better for you. In a recent study, Penn State researcher N. Joy Dubost, Ph.D., measured antioxidant capacity in several kinds of mushrooms. She looked at brown crimini mushrooms (which are actually a small portabella mushroom), white button, shiitake mushrooms and oyster mushrooms, and you may be surprised at what she found. Believe it or not, brown crimini mushrooms have more antioxidant capacity than tomatoes, green peppers, pumpkins, zucchini, carrots or green beans. They were even higher in antioxidants than shiitake and oyster

mushrooms, which is nice, especially since criminis are usually up to two-thirds cheaper than the exotic varieties.

What's all the fuss about antioxidants? Studies show that eating foods



that are rich in antioxidants is one of the best ways to ward off chronic dis-

Put oven rack in middle position and preheat oven to 400°F.

Trim ends of mushroom stems and carefully separate caps and stems, reserving both. Arrange caps, stemmed sides up, in a buttered

13 x 9-inch shallow baking dish.

Finely chop stems, and then cook with garlic and oregano in butter in a 10-inch heavy skillet over moderate heat, stirring frequently, until lightly browned, about five minutes.

Stir in pecans, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook, stirring frequently for one minute.

Stir in 1/3 cup cream and bring to a simmer, then remove from heat. Sprinkle insides of caps with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper, then divide filling among caps.

Drizzle mushrooms with remaining 2/3 cup cream. Bring to room

banned in the United States and Canada for the past 30 years) is still having damaging effects on the songbirds.

According to the report, male robins showed up to a 30 percent reduction in the size of the brain region responsible for song production to attract a mate, compared with males exposed to lower levels. The robins from British Columbia's Okanagan Valley ate earthworms in soil containing high levels of DDT, which have persisted since the 1960s. The soil had relatively low levels of other chemicals. "Given the magnitude of these changes in the brain and the fact that environmental DDT exposure was restricted to early development, we conclude that both humans and wildlife that live in DDT-contaminated environments may be at risk of neurological damage."

A University of Florida study published in March 2006 found that Mayan girls whose mothers were exposed to heavy agricultural spraying did not develop the mammary tissue necessary to produce milk and could not nurse their children. Daughters of mothers in the region who were not exposed to agricultural sprays did not have the same problems. So the next time someone argues that there is no proof behind pesticides being dangerous or whether there are benefits to farming with organic agriculture, let them know about the findings above and then tell them what Elliott Coleman said recently at the 2006 Ecological Food and Farm Association conference: "People who consider it normal to spray poison on food are not rational thinkers." Now that's food for thought.

References this issue: *Gourmet Magazine*, September 2006, [www.epicurious.com](http://www.epicurious.com); *Mushrooms As Good an Antioxidant Source as More Colorful Veggies*, Dr. Dubost, Penn State News, June 26, 2006; *Quantification of Polyphenols and Ergothioneine in Cultivated Mushrooms and Correlation to Total Antioxidant Capacity Using the ORAC and HORAC Assays*, Institute of Food Technologists meeting in Orlando, Florida; [www.psu.edu/ur/2006/mushroomantiox.htm](http://www.psu.edu/ur/2006/mushroomantiox.htm); *Pecans are Power Food*; [www.ilovepecans.org](http://www.ilovepecans.org); *Bird Brains Shrink From Exposure To Contaminants*, Univ of Alberta, Dr. Iwaniuk, Faculty of Science; [www.expressnews.ualberta.ca/](http://www.expressnews.ualberta.ca/); [www.news-medical.net](http://www.news-medical.net); *Mushroom Facts, Selection, and Storage* <http://homecooking.about.com>; Atrazine, [www.pesticide.org/](http://www.pesticide.org/)

## fresh perspectives

### don't stuff yourself, stuff mushrooms!

eases and sickness so you want plenty of them in your diet.

Tasty and nutritious — now that's a great recipe for a good start to the New Year.

### Pecan Stuffed Mushrooms

You'll need:

24 (1 1/2- to 2-inch-wide) Crimini or Baby Portobella Mushrooms with stems (it's OK if they are starting to open because mature mushrooms have more flavor and you are stuffing them anyway.)

2 T unsalted Butter, plus additional for buttering dish

1 lg Garlic Clove, minced

1 1/2 t fresh Oregano, finely chopped

1 C Pecans, finely chopped

1/2 t Salt

1/4 t Black Pepper

1 C Heavy Cream

temperature before baking. Bake until filling is browned and caps are tender, about 30 minutes. Serve mushrooms drizzled with pan juices.

Note: Stuffed mushrooms can be assembled, but not baked, one day ahead and chilled, covered.

Makes 8 (first course) servings. Enjoy!

### They just won't go away.

No, not the loud neighbors who live next door.

Pesticides and the adverse affects they have on humans and the environment, and the latest news confirms it. The first report comes from the Mayo Clinic published in the June 2006 *Journal of Movement Disorders*. Researchers found "that the men with Parkinson's were 2.4 times more likely to have had exposure to pesticides than those who did not have Parkinson's."

Also, researchers in Canada found that DDT (even though it has been

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# Dean's Report

by Anni Friesen, Member Services Coordinator

While my "first semester" of classes was a bit of a challenge, I'm really excited about the new changes that are arriving on the classroom front. In our first year of WFC-U, we have grown to learn many things. The first, and most important, lesson is that cooking classes are the trend. Considering the growing interest in food and cooking in general, and in organic foods specifically, this isn't shocking. Because of our experiences in the first year, WFC-U will now primarily offer cooking classes. After talking to many customers, members, and class participants, we are proud to introduce a new monthly series that will provide you with the skills that will make your friends and family think you've had gourmet training. The "Cooking 101" classes, taught by Debbie Manhart, are structured on the idea that cooking should be both fun and easy. In

January, we begin our monthly classes with the dish that begins a gathering: hors d'oeuvres! (After all, isn't the New Year about new beginnings?) February leads us to the base of most cooking: sauces. Learn how to make a few different sauces that can be altered into making many different dishes. Not only will you gather great new recipes, but experienced chef Debbie Manhart will also provide useful food tips for any time or occasion. This is definitely the series to look for in 2007!

Because seasonal food is so important to us, another regular addition to our cooking class schedule is the new "Perfect Produce" series. One or more classes a cycle (depending on the season) will be offered by members of our incredibly knowledgeable produce department. These classes will feature delicious and unique dishes that help you shop and cook with ingredients that are in

season. If you were fortunate enough to join us for Lynne Rosetto Kasper's talk in November, you know that seasonal produce is the best tasting and the healthiest for you. Not only that, but you may even discover your new favorite veggie or fruit.

We will continue to offer an informational/lecture-based series once a cycle that is based on holistic health. In January, we welcome owner and practitioner at Northland Health and Wellness, Dr. Virginia Shapiro. She will be giving a series of Monday night classes that focus on whole body health. In Part I, learn how food affects your brain and mental health. In Part II, Dr. Shapiro will focus on women's hormonal health and natural ways to ease the trails of menopause. In the final part of her series, Dr. Shapiro will lecture on the affects the environment and your lifestyle choices have on your body and your health. This is a

fantastic series for anyone who is interested in important health factors that they may not be hearing about from their physicians.

Please support us in our second year so we can continue to offer our community classes. Remember: a WFC-U class can expand your cooking repertoire and enhance your shopping experience at our store. Plus, where else do you get to taste dishes made with organically grown food? **GG**

Find class schedules in the new Garbanzo Gazette Event Calendar on page 12 & 13, in the store vestibule, or online at [www.wholefoods.coop](http://www.wholefoods.coop). If you would like to have class information e-mailed to you, please e-mail me at [anni@wholefoods.coop](mailto:anni@wholefoods.coop).

## Lynne Rosetto Kasper



To celebrate our first year in the store, we invited MPR host Lynne Rosetto Kasper to speak in our classroom. Seating was limited and the waiting list was long, but 30 lucky Co-op shoppers joined us on November 4 for an informative talk on organics, GMOs, local food supplies and all things good to eat! She was particularly interested in the LEED building certification and the link to organic food. Following the informal talk, Lynne signed cookbooks upstairs, chatted and posed for pictures with shoppers and staff.

We feel fortunate that she trekked to Duluth for our anniversary. Look for Debra Madison on next year's calendar!



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Peace Church invites the Duluth community to join in a study to determine how we can fulfill the "Just Peace" mandate to "oppose war and understand the relationship of justice to security from violence."

- Jan. 28 - **GLBT issues** - "Marriage Equality"
- Feb. 25 - **Global Justice**  
Philippines Sister Church
- March 25 - **Domestic and global nonviolence** -  
"The Expanding Circle of Nonviolence"
- April 22 - **Earth Day** - "Climate Justice:  
A Christian Perspective on  
Global Warming"
- May 27 - **Just Peace** - "Makers of Peace"

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# health & body care

## your HBC department

by Jill Hall, HBC Buyer

Being your own nutritional 'program director' takes a good share of research, trust, and a well-balanced sense of personal intuition. At home, I've got a cupboard full of bottles, powders, liquids, & topicals. It is the breeding ground for jokes from guests looking for a simple glass for water, and a piece of my "apple" that keeps the doctor away. (Note: those same guests usually come back inquiring more seriously...)

I haven't used an antibiotic in over 7 years, thanks to Dr. Virginia Shapiro (and about a gazillion books written by doctors, nutritionists, herbalists, homeopaths and naturopaths) giving me the trust that most infections can be handled appropriately without them.

Anyone who chooses to supplement their diets or respond to typical human ailments nutritionally with 'pills and potions' (little insider work joke, keeps our days light) is not placing trust in some strange voodoo science or unqualified new age philosophy. They are placing their

trust in the basics of human biology, the power of plants, the history and advancements in nutraceutical research, and their own inner guidance.

How do we make the best choices with everything available to us as consumers? My advice is to try to make the choices that ring true with you. Trust plays a critical role. Work with a practitioner whenever possible; Duluth is full of fabulous professionals. Do your own research, ask around, and learn from the real experiences of others. Often times we are limited by our financial situations, so do what you can within any limitations, and feel great about what you choose to do!

I've been asked many times through the years what my opinion is about 'lower grade' supplements. I once believed that anything with synthetic vitamins should be strictly avoided. In that case, I'd have to be anti pre-natal vitamin (the typical Dr. prescribed type). And then the case studies started accumulating;

I've seen and heard plenty of amazing stories in the seven years I've worked wellness retail. For instance, there was the woman who reversed her 'permanent' diagnosis of cirrhosis and autoimmune hepatitis using (what I believed to be) sub-standard brands of milk thistle, daily vitamins, minerals, anti-oxidants and green foods; combined with so-so diet changes. When the doctor's report came back two years later that the liver was

at 90%, and she found herself counted as a survivor's statistic, I had to remind myself of the basic foundations of nutrition, fair and square, and toss out certain notions of purity being absolutely imperative. Stories as such can be seemingly 'miraculous', but are often the simple mechanics of what the body can do for itself with the proper raw materials. The innate desire and built-in function for sur-



vival in our physiology is a pretty powerful force.

That said, I still personally and professionally believe that choosing the highest quality supplements you can find and can afford is in your best interest. I am familiar with many, many high quality brands producing nutritional and specialty supplements. Plenty more exist that I haven't had direct experience with but are likely known to be fabulous companies. I get calls nearly every week from Members and non-Members alike requesting that we add their favorite lines to our shelves. I also get calls every day from companies trying to convince me to add their products to our set. I truly wish we had both the space and the viability to provide all of YOUR (and my:) favorites. The current reality is that we do not have either. I will however, keep everyone's suggestions in mind for future changes that will take place in HBC here at WFC. Remember, we're going to be here for a while.

Whenever I am looking to add a specific supplement, I look first to our house brand, manufactured by Vitamer, both for quality and affordability (being a private label eliminates

the oodles spent on marketing and competition, thereby keeping prices surprisingly low). Vitamer was new to me when I came to WFC a year ago, and it has won my trust and my faith. They have been in the nutrition biz since 1924, and, heroically, have never had a single recall! This says a lot about their standards and practices. They score an "A" per the GMP (Good Manufacturing Process) guidelines, a rating system designed by the National Nutritional Foods Association (now known as the National Products Association). They operate out of an FDA registered manufacturing facility, and abide by USP (United States Pharmacopeia) standards in many manufacturing processes. They disclose everything on their amber glass (yeah, no plastic!) bottles, providing complete ingredient listings, allergenic profiles, and they also provide many complete vegetarian formulas. Any structure or function claims made on the bottles have supporting documentation on file as required by the FDA. Their research and development teams keep a quick pace with current research and they are continuously striving to improve old formulas and design new ones as well. I really believe this company is worth trusting, and they're easy on the pocket-book as well, which really helps keeps the stress of practicing wellness down!

There is a lot to consider when tending to your biggest asset — you. Continue to be thorough and inquisitive in collecting information about any lifestyle decision. Selecting supplements you are comfortable with is just one part of the ongoing quest for wellness. It is sort of like finding that one special yoga class or work out place that really feels good to you. Keep in mind that many places on the internet provide interactive lifestyle support and natural healing guidance. Whole Food's Coop's own resource like this is Health Notes, go to [www.wholefoods.coop](http://www.wholefoods.coop), click on FAQ, then click on Health Information. Happy perusing! GG

Jill Hall, WFC's Health & Body Care Buyer, is studying to receive her Holistic Health Care Practitioner's License.

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# the gonzo gourmand

by Jim Richardson, Bulk Buyer

## new favorite WFC products

**Food For Life Brown Rice Tortillas:** These are so good. Made burritos one night with these and they blew my mind. They hold together a little less well than wheat tortillas but better than corn tortillas, also they were not dry as some corn tortillas can be. I still prefer corn to wheat because I try to keep gluten to a dull roar in my life; my suspicions of a low-level allergy aside, it makes sense to rotate your tortillas solely based on the idea that varying one's diet is a good way to consume a wide range of nutrients. Wheat tortillas hold together so well because they contain gluten, the long stretchy wheat protein molecule that makes wheat flexible enough to not break under the strain of holding in beans and rice and salsa. The absence of gluten makes corn tortillas somewhat less flexible and better for tacos, where they only have to bear one fold. Corn tortillas don't "wrap." These rice tortillas, however, can wrap with some confidence, even with no gluten. You don't want to overstuff them, but they will get the job done and they are tasty and have a great texture to boot. These are my new fave.

**Yves Canadian Veggie Bacon:** Did I say I try to keep gluten to a dull roar? Oh well. There is almost just too much yummy gluten out there, and this is some of it. Try this in a tofu scramble with a splash of tamari and some organic Muenster cheese, and you'll be eating gluten for life.

**Organic Goji Berries:** Wow. I got these in because they are the latest

superfood being hyped from one end of the natural foods industry to the other. Goji berries have high antioxidant levels including vitamin C; they also have high levels of B vitamins. There is a lot of lore out there about Goji berries and in my research I found it a little difficult to separate fact from fiction. For instance there is some confusion about whether or not they are the same thing as Chinese Wolfberries. But after much reading, turns out they are. There are two kinds of Goji berry/wolfberry, and one of them, lycium barbarum, is supposed to be higher in some nutrients. That is the kind we carry. Also let me mention that there are a lot of goji berries out there and all of them are from China. There is no escaping their Chinese origin and with that comes some small wariness of how they are farmed. Rumblings in the organic community indicate that the Chinese government may facilitate playing a little looser with organic rules and sustainability than many in this community would like. For instance there is a "green certificate" issued by the Chinese government that is supposed to represent some kind of eco-friendly farming standard, but this is met with some suspicion in general; for instance it is not recognized by organic certifiers and I have seen disparaging remarks on [organicconsumers.org](http://organicconsumers.org) regarding lax Chinese government standards and enforcement in general. For that reason I am proud to announce that our Goji berries are organically certified by

an internationally recognized organic certification agency, which actually means something. This is apparently the exception for goji berries, which usually only come with a green certificate or nothing. So we can feel good about that.

How do goji berries taste? They are kind of like a tart raisin. My first bite, I didn't like them, but now I try to eat some small amount as often as I can. They are not quite like anything else I have ever tasted, which made me curious enough to keep eating them until I liked them. I eat them plain, I sprinkle them on cold cereal, and I have heard they are good in baked goods, or when you put three or four of them in a cup of hot tea to soak. Anyway, there is a general skepticism around here when bodacious health claims are made for the latest miracle foods, and goji berries fall into that category. But I'm a believer. The science is solid regarding their high levels antioxidants/vitamin C/B vitamins, and that's enough for me. They are spendy but if you get a handful to nibble on throughout the day (or to eat all at once) you will only be spending a couple bucks. Try'em. **GG**

**Jim Richardson,** Bulk Buyer, is a ten-year veteran of the natural foods industry, including eight years at Whole Foods Co-op.

### Editor's Note:

If you're looking for Better in Bulk, you're in the right place. Since Jim's tastebuds and musings often take him out of the Bulk aisle, we have changed the name of his article to better reflect the content.

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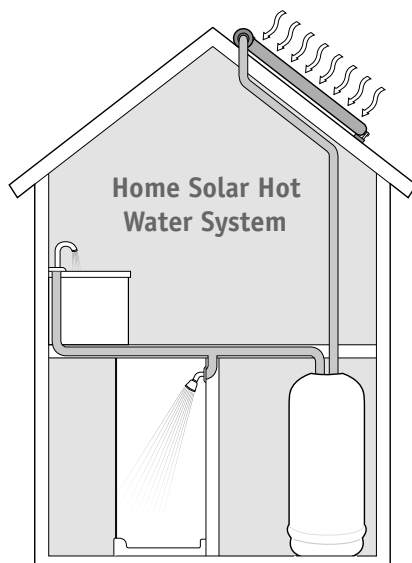


Whole Foods Co-op believes that everyone should have access to fresh, organic food. To help achieve that goal, WFC will again be offering organic herb, flower and vegetable seeds for sale this year from High Mowing.

Additionally, WFC will donate \$0.10 from the sale of each packet of High Mowing seeds to support the Duluth Community Garden Program. The mission of the Duluth Community Garden Program is to strengthen and foster self-sufficiency among the people of the Duluth area by providing education, tools and facilities for food production and preservation, and promoting sustainable gardening practices. Contact the Duluth Community Garden Program by logging on to [www.duluthcommunitygarden.org](http://www.duluthcommunitygarden.org) or emailing them at [duluthcommgarden@yahoo.com](mailto:duluthcommgarden@yahoo.com).

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## EGGACTLY WHAT WE NEED?

### Wanted: Local Eggs!

WFC is proud to offer local, free-range eggs. Unfortunately, the demand is far outpacing our supply, and we are having a very difficult time keeping them in stock. Even our not-as-local supply is unpredictable, at best.

Are you, or someone you know, looking for a place to sell your eggs? If so, WFC may be your place!

If you meet WFC's spatial requirements per chicken, use a non-medicated feed, and would like to sell WFC your eggs, please contact Brad Rozman (brad@wholefoods.coop or 728-0884, 7-1pm M-F), Cool Buyer, for more specific requirements, pricing, and sizing information.

We look forward to supporting you and your chickens!

## New Items On WFC's Web Site [www.wholefoods.coop](http://www.wholefoods.coop)

- Board agendas
- Comments from Member Linkage Survey/September 2006
- Fog City Café Menus

## THANK YOU!

With a year's worth of appreciation, WFC staff and Board thank our Green Team friends at LHB, Inc., for the custom-designed, locally-crafted (Karen Kraemer, [www.duluthpotters.com](http://www.duluthpotters.com)), ceramic wall clock in celebration of our one-year anniversary at 610 E. 4th Street. This beautiful piece is now on display in our classroom.

# WFC-U Class Schedule

for January & February

### Introducing...

#### Cooking 101 classes!

Check out our new series. These classes will be offered once a month. Throughout the year, learn various things about cooking. Instructor Debbie Manhart says, "Cooking should be fun and easy, and people often worry too much about the little things." In each class, you will learn basic cutting techniques, how to create recipes from items that you probably have around the house, and many other things. This series promises to both help improve your kitchen skills and show you that cooking is, in fact, FUN!

### January

**Monday, January 8th**

**7pm-8pm**

#### New Member Mixer

Please join us in the Brewery Creek Overlook (to the right of the check-out aisles facing the windows) for an informal and informative session on what it means to be a Member. We will start this session with tea, cookies, and a brief get-to-know-you. Then, find out about your Member benefits, how you can support your co-op, and go on a short tour of the store! FREE

**Wednesday, January 10th**

**6pm-8pm**

#### "Cooking Healthy on a Budget"

In this class, you will learn how to shop and cook in a way that eases your pocket book while still providing nutritious and delicious meals for yourself and your family. Recipes for 2 dinners — including Shannon's Cheap and Easy Thai Dish, 1 lunch, and 2 breakfasts will be presented along with shopping and storage tips to reduce waste, maximize your dollars and have fun in the kitchen!

#### Instructor Bio: Resident Marketing and Member Services Manager

Shannon Szymkowiak knows the importance of good healthy food, but also understands that families (and singles!) have budgets. After many years of experience working in the natural foods industry, she has gathered countless tips on ways to save money

while still eating healthy.

**Monday, January 15th**

**6:30pm-8pm**

#### "Lecture Series — Part I:

#### Food for Thought: Balancing Brain Chemistry Naturally"

We will discuss the profound influences of diet and nutrition on brain chemistry; and we will look at dietary and nutritional strategies that address depression, anxiety, short-term memory loss, hyperactivity, and other manifestations of brain chemistry imbalance. Please note: this class is not a substitute for medical care.

Presentation, handouts, and time for questions.

**Instructor Bio: Virginia Shapiro, DC,** is a holistic chiropractor and the founder of Northland Health and Wellness, a natural health care clinic in Duluth ([www.yourhealthandwellness.net](http://www.yourhealthandwellness.net)). Dr. Shapiro has been a highly committed practitioner since 1985, and she has extensive training and experience in clinical nutrition, functional medicine, and chiropractic. She offers a compassionate, intelligent, and highly integrative approach to health care.

**Thursday, January 18th**

**6pm-8pm**

#### "Low-cost Grains with Kay"

Scared of the bulk aisle? Not getting enough fiber in your diet? Worried about money after the holiday season? Instructor Kay Turk will guide you through some new and interesting dishes that are healthy, delicious, and cost efficient. Included in these recipes are: Roasted Red Pepper Hummus, Grain Stuffed Acorn Squash, Three Grain Pilaf, and Mediterranean Quinoa.

**Instructor Bio: Kay Turk,** a favorite local cooking instructor, returns for her second Co-op class. Kay started her cooking career working as a private chef. Eventually, she changed careers, but her love of cooking lives on. Now, we have the privilege of picking her brain as she teaches us about all the interesting things we can do with grains!

**Monday, January 22nd**

**6:30pm-8pm**

#### "Lecture Series — Part II: Women's Hormonal Health at Mid-Life"

Learn safe and natural ways to address perimenopausal and menopausal concerns such as weight and vitality, sex hormone balance, sleep and mood disorders, memory loss and hot flashes; and to effectively address disease prevention concerns including breast cancer prevention, osteoporosis, and heart disease. Presentation, handouts, and time for questions.

**Instructor: Virginia Shapiro, DC.** (see bio above)

**Thursday, January 25th**

**6pm-8pm**

#### "Cooking 101: Hors D'oeuvres"

In the first class of our new monthly series, learn the basics of hors d'oeuvres. Planning a super bowl party or any get together? This class is all about putting together easy, and delicious, bite size munchies. We'll use items commonly found in your pantry plus a few others you may have been afraid to buy and putting a gourmet spin on them. You will learn how easy it is to host an hors d'oeuvres party while gathering some garnishing and knife skills.

**Instructor Bio: Debbie Manhart** has been a long-time employee at the Whole Foods Co-op and is currently our Store Manager. Fifteen years ago, Debbie started her career in food service by doing a 3-year apprenticeship and she has been involved with food ever since. As our former Deli Manager, Debbie is most concerned with healthy eating and food safety (in fact, she teaches employee classes on this topic!)

**Monday, January 29th**

**6:30pm-8pm**

#### "Lecture Series — Part III: Your Lifestyle, Health, and the Environment"

We'll discuss how common health problems are often manifestations of lifestyle and environmental imbalance. Learn how better personal health



## Great health = Inner peace

**FEB. 3 -** "Clearing the Air: From Plants to Purifiers" - Find out **why you should know what's really in your home and office air** and what you can do about it! FREE presentation at the Living Green conference, Coppertop Church. Look for our booth, too!

**FEB. 27 -** You've watched "What the Bleep;" now it's time for excerpts from "The Secret." Then, join a lively discussion about **how the Law of Attraction can change your life**, attract better health and an even better income! FREE. **6 p.m., Chester Creek Cafe.** Upstairs meeting room. Limited seating; food service available. Watch "The Secret" trailer online at [thesecret.tv](http://thesecret.tv)

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choices usually result in lessened environmental impact. We will discuss fatigue, obesity, mood disorders, and cancer as examples. Presentation, handouts, and time for questions.

**Instructor:** Virginia Shapiro, DC. (See bio above)

## February

**Tuesday, February 6th**

**7pm–8pm**

### New Member Mixer

Please join us in the Brewery Creek Overlook (to the right of the check-out aisles facing the windows) for an informal and informative session on what it means to be a Member. We will start this session with tea, cookies, and a brief get-to-know-you. Then, find out about your Member benefits, how you can support your co-op, and go on a short tour of the store! FREE

**Friday, February 9th**

**6pm–8pm**

### “Valentine’s Day Delight: Truffles and Treats”

if you want to make your sweetheart something sweet or you just love truffles but hate spending the money for these expensive treats at a candy store, this class is for you. Learn how to make a variety of truffles, a delicious pecan bar, and a delightfully fruity treat. Perfect to give as a gift to someone else or to enjoy by yourself.

**Instructor Bio:** Moriah Brooks, a Duluth native and former Co-op employee got most of her food training at the New Scenic Café. She began working there as a waitress and eventually moved to working in the kitchen. After her stint as a cook at our very own Fog City Deli, Moriah returned to the Scenic to do catering and pastry-making.

**Saturday, February 17th**

**10am–12pm**

### “Juicing for Life”

After the November class of the same name was cancelled, we received many calls, so we had to reschedule! This workshop will cover the benefits of juicing raw organic fruits and veggies, the restorative aspects of a juice fast and some delicious recipes such

as: Luscious Lemonade, Digestive Dynamo, Lovin’ Your Liver, and more!

**Instructor Bio:** Emily Montgomery was diagnosed with Stage 3 colon cancer at the age of 39. Instead of “conventional” therapies, she pursued a more holistic path of healing. Juicing and macrobiotics became the foundation of her protocol. Emily has been cancer-free for 5 years.

**February 24th**

**1pm–3pm**

### “Cooking 101: Sauces”

In the second month of our new series, learn some base sauces that can be turned into many other sauces. You can make easy homemade Mac n’ Cheese starting with a béchamel sauce. Need a quick red sauce that doesn’t need to simmer for an hour yet still tastes great? Debbie has one for you. Come see how many sauces we can make in 2 hours.

**Instructor:** Debbie Manhart (see bio above)

### THE FINE PRINT...READ ME PLEASE!

Unless otherwise noted, classes are \$25.00 each for non-members, \$20.00 each for members. However, you must still register, as space is limited. Prepayment of your class is required to reserve your spot. Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called by WFC and informed of the cancellation. They may then either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows. Please be on time! Because late arrivals are disruptive to the instructor and other students, and because the classroom is open at least 15 minutes before each class, anyone arriving more than 10 minutes late will, unfortunately, not be allowed into the class and will be counted as a no-show.

If you have any questions, please contact Anni Friesen at 218-728-0884 ext. 182 or [anni@wholefoods.coop](mailto:anni@wholefoods.coop)

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## Notes from the front

- Since the introduction of the Reduce, Reuse, Redeem Program in June our customers have redeemed their cards for a total of \$74.00 and donated their punches toward the communal Second Harvest Food Bank punch card for a total of \$217.00. This means, thanks to all your diligence, WFC customers have used (at least) 5820 less bags since we began tracking the impact that this program has made. We regularly receive notes of appreciation from the Food Bank with statements like, "We couldn't feed people without you." Well, we wouldn't be able to make those donations without people like you! Keep up the good work.
- We now have cardboard tote boxes available for your bagging needs at the registers. They are available for an additional cost of \$2.00 a piece. These tote boxes are made of 90-95% post-consumer recycled content. We highly encourage you to reuse them to pack your groceries and receive credit toward the Reduce, Reuse, Redeem Program.
- WFC now sells postage stamps in booklets of 20 at the Customer Service Counter. The cost of a booklet is the standard Post Office rate of \$7.80. We currently have the "snowflake" design stamps available. Save some gas and get your stamps here when you shop!

## management report

In 2006, the Board opted for a summer annual meeting date so we did not have financial reports for the end of the fiscal year (June 30th) to include in the Annual Report. Then we decided to wait for the audit results instead of publishing estimated figures. At last, we have the Balance Sheet and Income Statement from that audit in the January *Gazette*.

Even when the projections show

you will lose money and you've set aside money in savings to cover that loss, it is not a trend we want to maintain! Since last June, management has been working with labor and personnel consultants and comparing our labor costs to other co-ops in our sales range in an effort to lower labor expense as a percentage of store sales.

Labor expense is the largest controllable expense in our budget.

Our labor percentage (including wages, salaries, benefits, employer taxes and insurance, and staff training) came in at 31% for FY 2006 but is budgeted at 24.65% for FY 2007. Achieving this reduction in labor expense while continuing to provide outstanding and knowledgeable customer service and make positive changes in the lives of our employees is management's resolution and challenge.

Through October 2006, we met or exceeded our very substantial sales and membership growth goals, but there is increasing competition for organic food sales in our area. We want Whole Foods Co-op to be your first choice and your best choice for a variety of the highest quality organically grown and locally grown foods, as well as for information on the products and practices that make positive changes in our community and environment.

Whole Foods Co-op is much more than a grocery store. We're working for you.

Over 60% of our customers are the owners of this business.

Our employees all participate in training and education on organic standards, sustainable farming practices, food safety, cooperative history, and much more.

The remodeling of our building received a Leadership in Energy & Environmental Design (LEED) certification from the US Green Building Council.

We anticipate receiving Certified Organic Retailer status in 2007, a third-party verification of our staff knowledge and experience handling organic products.

Thank you to the staff, Board, members, suppliers, and supporters of Whole Foods Co-op for 36 years of cooperation. AND best wishes for a safe and sustainable 2007. **CG**

Employed at WFC since 1980, Sharon Murphy has managed the store through a myriad of resets, financial ups and downs, and two re-location projects.

### Balance Sheet

From Fy 2006 Audit

	FY 2006 6/30/06	FY 2005 6/30/05
<b>Assets</b>		
Current Assets	504,530	813,035
Property/Building/Equipment	5,228,717	2,188,639
Other Assets	126,754	601,771
<b>Total Assets</b>	<b>5,860,001</b>	<b>3,603,445</b>
<b>Liabilities</b>		
Current Liabilities	376,971	345,991
Long-Term Liabilities	5,125,036	2,513,019
<b>Total Liabilities</b>	<b>5,502,007</b>	<b>2,859,010</b>
<b>Equity</b>		
Member Equity	453,832	373,856
Donations	15,406	15,264
Retained Earnings	-111,244	355,315
<b>Total Equity</b>	<b>357,994</b>	<b>744,435</b>
<b>Total Liabilities &amp; Equity</b>	<b>5,860,001</b>	<b>3,603,445</b>

### Income Statement

For Fy 2006/Ending June 30, 2006  
From Fy 2006 Audit

	FY 2006	FY 2005
<b>Sales</b>	7,112,929	4,646,666
Less cost of goods sold	-4,519,343	-2,952,241
<b>Net Sales</b>	<b>2,593,586</b>	<b>1,694,425</b>
<b>Operating Expenses</b>	-3,054,137	-1,560,136
<b>Gain From Operations</b>	-460,551	134,289
<b>Other Income/Expense</b>	-6,008	-25,518
<b>Net Income</b>	<b>-466,559</b>	<b>108,771</b>

## The Matching Fund

In November 2006, we received a donation to the Fran Skinner Memorial Matching Fund from Kathy Horton, a former WFC member and partner in Creative Energies (the first managers of WFC) who now lives in Canada. Kathy had just learned about the fund and decided to make a donation based on her memories of the early days of WFC and, of course, of Fran Skinner.

The Matching Fund was created in 1991 to assist WFC members to purchase the required amount of equity stock when that purchase would pose financial hardship. In 1994, WFC's Board approved a name change for the fund in honor of one of our founding members, Fran Skinner.

Fran served several terms on WFC's Board of Directors, facilitated countless membership meetings, helped manage the Co-op from 1974 to 1988, and served on the inventory crew from 1974 to 1994. Fran's dedication to this community, to WFC, and

to the cooperative principles on which this store was founded (including open membership) makes this memorial very natural. We greatly appreciate Fran's contributions and dedicated years of service to WFC.

WFC encourages donations to the Fran Skinner Memorial Matching Fund. Donations are maintained in a separate, interest-bearing account until distributed. Cash donations in any amount may be made at the checkout. New members may donate to the fund when they join. Profits from WFC special projects and fundraisers may be designated for this fund. Members who are terminating their membership may donate all or part of their stock to the fund.

Details on the Fran Skinner Memorial Matching Fund are available on WFC's web site ([www.wholefoods.coop](http://www.wholefoods.coop)) and in a brochure available at the Customer Service Counter in the store. **CG**

## Matching Fund Savings Account Report

Based on audited financials for  
FY 2005 and FY 2006

<b>Balance 6/30/05</b>	<b>\$1,174.28</b>
Contributions	\$180.00
Interest	20.10
Allocations	-\$180.00
<b>Balance 6/30/06</b>	<b>\$1,194.38</b>



# College Touts New Clean Energy Technician Certificate Program

Fond du Lac Tribal and Community College recently announced an exciting new program to train students for careers in the emerging field of clean energy technology. The Clean Energy Technician certificate program is a short-term program that combines courses in alternative and renewable energy systems with traditional electricity topic courses.

The mission of the 22-credit program is to train professional technicians and individuals for the advancing industry of applying clean energy technologies in homes, small businesses, and tribal communities, and especially those applications in northeastern Minnesota. The program's mission is consistent with the overall mission of Fond du Lac Tribal and Community College to provide technological opportunities and experiences to prepare students for the future.

"This program is directed at training professional technicians and inter-

ested individuals to implement electric-based renewable energy systems in homes and small businesses," said John Gustafson, instructor in the Electric Utility Technology program. "Clean energy is defined as energy that is generated and used in the highest feasible mode of environmental and social responsibility. Renewable energy systems and highly efficient energy systems can be clean energy systems."

The certificate program is intended to provide future technicians with basic clean energy information and the skills needed to work in residential, small business, and tribal community environments. Students will also be well-suited to work in the rapidly developing industry of electric energy-based renewable energy systems, and in electric energy-based high efficiency systems.

Students will become acquainted with electric circuits, the electric utility industry, various renewable energy

systems, some common electric-based renewable energy technologies, and several electric-based high efficiency systems. These technologies include photovoltaic and small wind energy systems for the generation of electric power.

"Because of the recent history of the worldwide fossil fuel energy industry, the clean energy industry may rapidly become a strategic one," said Gustafson. "Many skilled technicians will then be needed. Because this industry is new and expected to grow rapidly, the current small demand for professionals is also likely to grow rapidly. These same skills also have application in other industries. The courses in our program will also be useful to individual homeowners who are interested in implementing renewable energy system components in a home or small business. We encourage people to take one or two of the courses as an introduction, and maybe they will continue with additional courses to complete the entire certificate program."

Fond du Lac Tribal and Community College has the necessary instructional resources to implement the program. Library resources, demonstration-size renewable energy systems, electrical lab training equipment, and knowledgeable faculty are in place. Fond du Lac Tribal and Community College has a bank of photovoltaic panels on the roof, a micro turbine electric generator capable of being fueled by renewable energy gases, a small

home-sized wind turbine, a photovoltaic home energy demonstration system, and numerous pieces of electronic training equipment.

For more information about the Clean Energy Technician certificate program, contact John Gustafson at [jgustafson@fdltcc.edu](mailto:jgustafson@fdltcc.edu).

## Required courses in the Clean Energy Technology Certificate program:

- Introduction to Alternative and Renewable Energy Systems
- Photovoltaic Energy
- Wind Energy
- Home Energy Systems and Auditing
- DC Electricity for Electric Utility Technicians
- AC Electricity for Electric Utility Technicians
- Introduction to Electric Utilities
- Introduction to Geographic Information Systems

Total credits required: 22

- The program can be completed in one year.
- Convenient time schedule for part-time students.
- Credits transfer to other colleges and universities.



Jen Zoretich, FE Assistant, loves WFC gift cards.

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