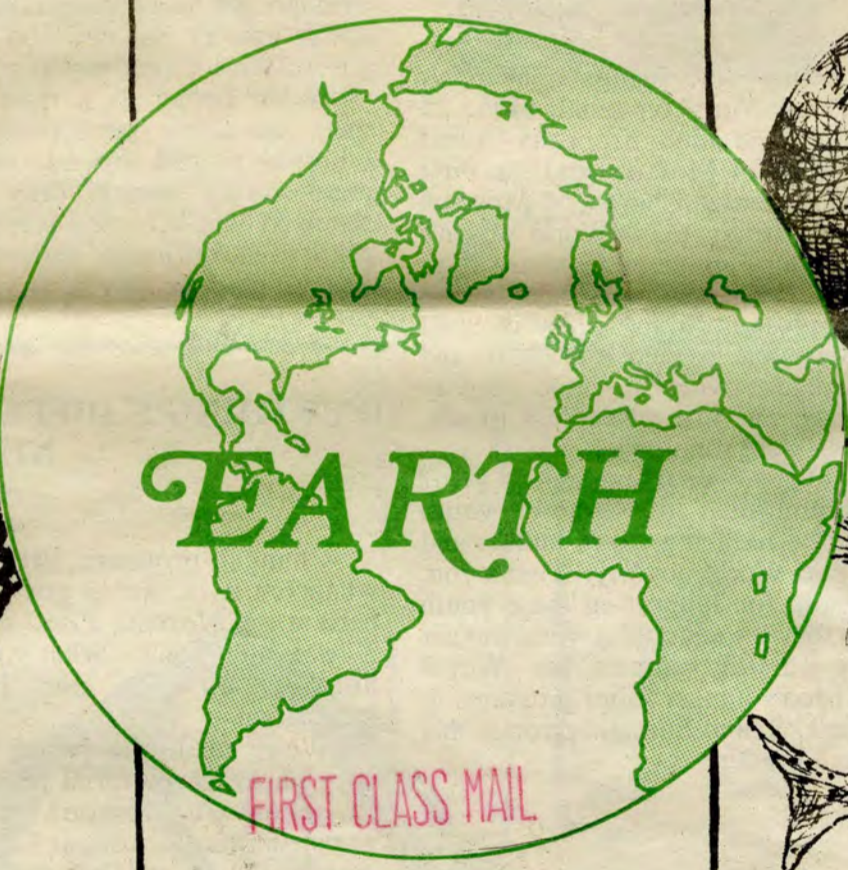


Dry M
HD
3234
178

EARTH

COMMUNITY NEWS APRIL

CELEBRATE



FIRST CLASS MAIL



MOSLOW FOOD COOP
310 W THIRD
Moscow ID 83843

MOSCOW
APR-9'93
ID
U.S. POSTAGE
0.52
P.B. 855810

SPECIAL COLLECTIONS
LIBRARY
UNIV. OF IDAHO
MOSLOW ID 83843



DAY

'93



THE DESIRE FOR A DECENT WORKPLACE CONTINUES

by Kenna Eaton
General Manager

When we started our remodeling last year, we wanted lots of things, but mostly we lusted after SPACE. Space to store overflow stock, space to bag up all those chips and raisins, space to cull and clean produce, space ... and the list goes on. Moving the offices upstairs gave us more desk space, more room for herbs and spices, and let us reclaim the kids room. At the same time we planned to re-organize our back room that is used so heavily by everyone, including shoppers.

In the middle of all this change we enlisted the aid of NADAnet, a group that analyzed our compliance with the Federal Disabilities Act. We decided to go ahead and remodel our second bathroom to be handicap accessible instead of using that space for a janitor closet. Though we were successful (go ahead and try our new loo out!), we still have a long way to go.

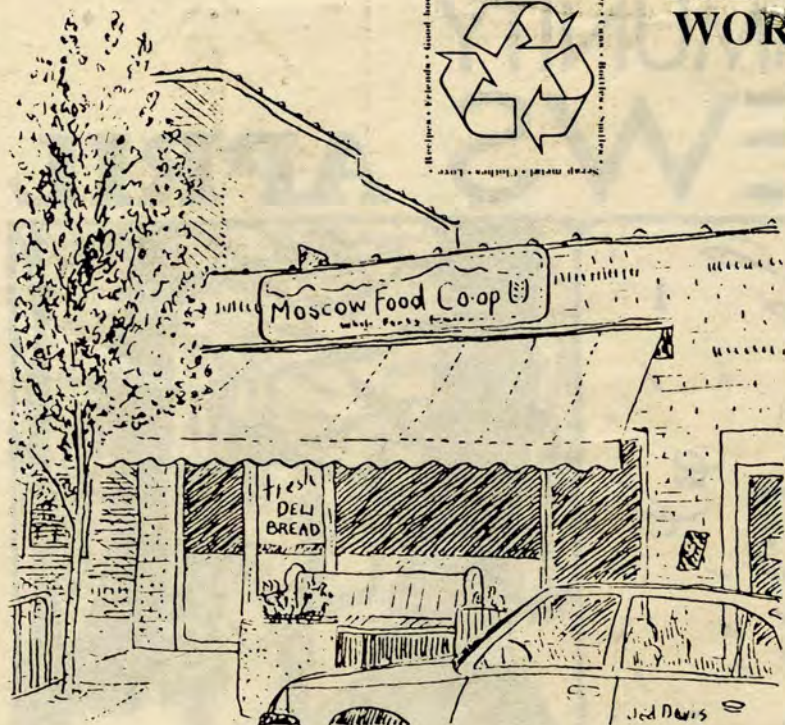
What began as a temporary inconvenience in our receiving area (shelves moved around, storage areas doing double duty etc.) seems to have become a permanent reality. Confusion abounds as orders appear back to back,

workers trip over boxes as they hustle stock back and forth and plastic builds up into mountains on a regular basis. Arggh! we've had enough, how about you?

To the rescue comes two WSU students from Dr. Chen; Selene Wong and Tom Henderson. Both students are interested in helping us solve our "little" problem -- and have some interesting solutions. By utilizing our best resource (the staff and volunteers), we will be surveying their ideas, problems and possible solutions. A work flow study will then be added to help us analyze our really weak spots, and hopefully by that time we will have a good idea of what we want to do when remodeling the receiving area. Some things will be a given -- that we don't want to tear down any supporting walls, or move plumbing. Also our budget is low enough to prove an interesting challenge to any project we conceive of.

Although our lease runs for 16 months more, we are having trouble functioning on a daily basis, and as sales continue to climb, our frustration at working in an ill-planned space also grows.

So look for a new and improved workplace at the back of your friendly Co-op sometime this summer, and cheer us on as we struggle thru our daily chores until then!



DEAR FOLKS AT THE MOSCOW FOOD CO-OP

by Virginia M. Garton
Youth Leader,
United Church of Moscow

This note brings a heartfelt "Thank You!" on behalf of the 25 youth and adults from the United Church of Moscow and the First Presbyterian Church of Moscow who participated in World Vision's 30-hour Famine on February 19 & 20, 1993. The juicy, sweet oranges and bananas you donated to us were greeted with cheers and applause when it came time to break our fast. Needless to say, they were soon gone!

We appreciate your commitment to Moscow's youth and to reducing world hunger and Third World poverty. Thank you, again, for supporting these youth as they try to combat world hunger by raising money for World Vision's hunger relief programs in the U.S. and Somalia through this fasting event.

SOMETHING'S DIFFERENT ABOUT THIS MONTH'S NEWSLETTER

by Bill London

Change, progress, growth—whatever it is, we've got plenty here at the *Moscow Food Co-op Community News*. What you are holding now is our latest incarnation.

We've made the switch from copy paper to newsprint primarily for economic reasons. This newsletter receives about \$300 per month in advertising revenue. Unfortunately, the March issue cost the Co-op about \$500 to print (not even counting the photographic and mailing charges that occur irregularly). Putting out more than \$200 every month is not good for the famous bottom line.

For the same number of issues printed (1,000), we have this newsprint tabloid format that actually contains more space for words and illustrations at about half the cost. Yes, this was printed for \$250.

That means we will be able to increase the number of copies we print (so we will never run out after the 20th of the month and so we will be able to distribute them around more places in Moscow and

Pullman). This also means that we won't have to severely limit the number of articles submitted every month.

Another plus with newsprint is that it is more readily recycled. Also the production of newsprint doesn't require the massive bleaching process accompanying the white paper we used for the earlier format.

All in all, I think it's a step in the right direction, conforming well to the mission of the Co-op and to our reason for being. We hope this newsletter, first and foremost, is a vehicle for communication on items of interest about the Co-op to our members and shoppers. We also hope that this newsletter serves as a forum for idea-sharing and information-mongering in our community.

With that in mind, remember that we invite your participation. Mail or bring articles—with your name and phone number attached—to the Co-op, or call Jim McPherson (he edits on alternate months) or me, with your suggestions.

Editor

Bill London

Layout

Pam Palmer

Advertising

Mary Butters

Typesetting

Nola Steuer

Distribution

Steve Coe

Feature Writers

Michele Johnson

Paul Lindholdt

Carol Hartman

David Peckham

Nancy Draznin

Dawn Gill

Rodger Stevens

Graphic Artists

Chris Wegner

Paula Ruth

General Manager

Kenna Eaton

Chair of Board of Directors

Peg Harvey-Marose

Members of Board of Directors

Sarah Swett

Mare Rosenthal

Andrea Brandenburg

Anne Adams

Ari Burns

Jeanne Harvey

Published by

Moscow Food Co-op

310 W. Third

Moscow, ID 83843

(208) 882-8537

Upper Crust Bakery

883-1024

HOURS

Every Day

7:30 am - 7:00 pm

With plenty of FREE PARKING!

PRINTED ON RECYCLED PAPER

Deadline for articles: 20th of each month

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.



BEYOND CORNBREAD

by Carol Hartman

Polenta Pie

(Preparation time: 75 minutes, most of it baking.)

1 1/2 C. cornmeal
1 tsp. salt
1 1/2 C. cold water
2 C. boiling water
a touch of olive oil

Filling
1 T. olive oil
1 small onion
1/2 C. thinly sliced bell pepper
10 sliced mushrooms
1 small zucchini, thinly sliced
5 to 6 medium cloves garlic, sliced
2 tsp. dried basil (or 2 T. minced fresh basil)

1/2 tsp. oregano
black pepper
1/4 lb. grated mozzarella cheese
2 small ripe tomatoes sliced

Preheat oven to 375°. Combine cornmeal, salt and cold water in a small bowl. Have the boiling water in a saucepan on the stove and slowly add the cornmeal mixture, whisking. Cook about 10 minutes over low heat, stirring frequently. It will thicken quickly. Remove from heat and let cool until handleable.

Oil a 10-inch pie pan. Add the mixture (now officially polenta) and using wet hands, shape it into a smooth, thick crust across the bottom of the pan and up the sides. Brush the surface with olive oil and bake uncovered for 45 minutes.

While the crust is baking, heat 1 T. olive oil in a medium sized skillet. Add onion and saute for 5 to 8 minutes or until it begins to soften. Add bellpepper, mushrooms and zucchini, and saute until all is tender. Stir in garlic and herbs and saute a few minutes more. Turn the oven up to broiling temperature. Sprinkle half the cheese on the bottom of the baked crust and add tomato slices. Spread sauteed mixture over tomatoes and sprinkle remaining cheese on top. Broil until brown -- about 5 minutes.

Cornmeal has culinary talents which extend far beyond corn tortillas. This versatile grain is also a great primary ingredient for pasta and naturally can be used in endless varieties of cornbreads.

The following recipe for cornmeal gnocchi is a perfect accompaniment to meals that feature a vegetable dish, such as ratatouille. It's economical and filling, but requires a little time. Co-op shoppers can purchase cornmeal and blue cornmeal in bulk quantities. All other ingredients, except the Romano cheese and the baking dish, are routinely on Co-op shelves.

Cornmeal Gnocchi

(Preparation time: 1 hour.)

5 C. water
1 T. salt
2 1/2 C. cornmeal
1 C. Romano cheese
1/4 C. melted butter
butter to grease baking dish

Preheat oven to 400°. Bring salted water to a boil in a deep pan. Gradually add cornmeal and beat with a wire whisk to separate grains and avoid lumps. Cook over low heat for 45 minutes, by which time it should be like a thick porridge consistency.

In the meantime, grate Romano and butter a shallow gratin dish generously.

Using a tablespoon repeatedly dipped in hot water, make egg-shaped gnocchi from the cornmeal and gently slide them into the pan. Cover this layer with Romano, and the second with melted butter. Bake in the oven for 5 minutes.

While it's still chilly enough in the evenings for a hearty hot meal to warm your insides, try this Polenta recipe. It's as filling as pizza but exotic enough to be fun. The cornmeal lends a grainy, crunchy texture to the crust.

JOIN A
CONSUMERIST
ORGANIZATION
THAT CAN HELP YOU
CONSERVE DOLLARS.

Exclusive low prices
or double the difference
back - guaranteed!

CALL TODAY!
883-5316
Ask for Joe or Mary

The Old Mole
Unique Clothing and Jewelry

Your free-spirited shopping experience!

Incredible Jewelry Collection
Unequaled Gifts & Accessories
Creative Colorful Clothing

Mon-Sat 10-6 ♦ Sun 12-4
N. 119 Grand ♦ Pullman

883-8247

A-1 REALTY
428 W.3rd. Moscow, ID.

THE STAFF AT A-1
WOULD LIKE TO HELP
YOU WITH ANY
OF YOUR REAL
ESTATE NEEDS

JUST GIVE US
A CALL



ON THE ROLL WITH CHRIS LAPAGLIA

by Michele Johnson

It's funny how things tend to just fall into one's lap. Take this month's interview, for instance. I had been trying to decide, from my list of twenty volunteers, who to hit up for an interview - people are amazingly reluctant to have their picture in the newsletter. At any rate, I serendipitously bumped in to an interview prospect at a chemistry lecture. My exclamation of "You're Chris LaPaglia? I need to talk to you!" was met with quiet snickers from fellow chemists, and a slightly embarrassed "Okay" from Chris. Nevertheless, it took over a month for our paths to cross again for this interview.

Chris volunteers Saturday mornings at the Upper Crust Bakery. Although he occasionally makes things for the deli takeout, he mostly bakes sweet treats, like apple and blueberry tortes.

That out of the way, our conversation turned to less mundane topics. To start off, we



discussed at length Chris's colorful experience with the Rolling Turtle Family. Chris described it as "an experiment in alternative living." Although the numbers varied, the Rolling Turtle Family consisted of about twenty people living communally. It started in Washington or Oregon, travelled to Arizona and New Mexico, and eventually ended up at the Rainbow Gathering.

Chris told me about living in a grass hut during the winter of 1982. Located in Benewah County, it consisted of a few poles, some scrap lumber and branches, and a lot of grass piled on top of that. The walls were about five feet thick, and Chris said it was the warmest house he had ever lived in. (Unfortunately, it burnt down shortly after he left.)

Some time after leaving the Rolling Turtle Family, Chris decided to get a driver's license. This proved to be a challenge, after twenty-some-odd years of not having any kind of personal identification. Since he didn't have any i.d. of any kind, the license bureau said that if he had had his picture in the newspaper at some time, this would suffice. Chris walked out dumbfounded, wondering what to do, until he fortuitously ran in to Bill London (who, incidentally, is the Editor of this newsletter). Chris recalled that, a couple of years earlier, Bill had written an article about him for the Mother Earth News. Chris returned to the bureau, article in hand, and got his driver's license.

Chris describes himself as "sort of a druid." He spent a lot of time communing with nature, and admits that he does miss it now, especially the animals. When asked why he left living in the woods to go to school, he

explained that a nature spirit told him that it was good to be able to communicate with him, but that he needed to go to town and learn more skills. Chris went on to say, "And when the nature spirit comes and tells you to go study chemistry, what are you going to say?"

So, not surprisingly, Chris is studying chemistry at the University of Idaho. He works on two projects, one putting a fluorescent coating on glass ribbon, the other synthesizing brand new chemical compounds. However, Chris's true interest lies in herbs, and he hopes to apply the knowledge he gains at the university to the chemical makeup and interaction of herbs.

Chris, who used to be a "totally liberal arts kind of guy," sees a connection in the future between sciences like biochemistry and the new world order ("not the one you read about in the newspaper, but the real one"). He sees a need to balance high technology with people's basic needs. Up until now, he feels that we have used high tech tools and breakthroughs in science to answer the same old questions, like "How can I make more money?" and "How can I line my own pockets?" He would like to see science used to answer the truly important questions, like "How can we peacefully coexist?"

As for his plans for the future, Chris admitted to being a little burned out on school. He did mention an interest in genetic engineering, though. He said he might go on to graduate school, or he might go live in the woods again. He is waiting until he receives his Bachelor's Degree, at which time he is certain things will fall into place, and the path he is to take will be obvious.

MY OLD PAL: A REMINISCENCE OF ALBERT L. KEEFE, DC

by Moss Valentine, DC

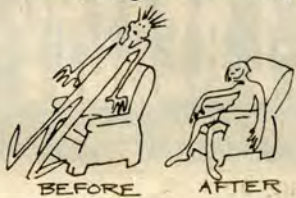
"Prima non nocere," Doc Keefe would quote Hippocrates, "First, don't hurt anybody." Al Keefe, DC, a pal I'll hold in my heart forever although he shuffled off his mortal coil about a decade ago, was at the same time the most honest and most cheerful person one could know. He maintained this seeming paradox by having an extremely external viewpoint, never allowing human pettiness or even major physical disasters to cloud his vision of the universe as a benign process that is proceeding as it should. He felt and acted as though it was enough for him to be helpful and kind and to make people laugh at themselves, without judging or condemning. He strove never to hurt anyone. That's why he became a chiropractor, and later, a merchant of inexpensive, high-quality nutritional supplements. He's the only person I've ever known about whom I've never heard a bad word.

He was always reading, two or three books a week. He hired me when I was a lad of 17, allegedly to handle the mail-order end of his vitamin business and to sweep up and organize his *sanctum sanctorum*, the office he maintained over his shop in downtown Los Angeles; but sometimes my duties extended to singing the baritone lead to his lyrical tenor obbligato, or to reading and reviewing some intriguing work that he could not find time to peruse himself. I would assess it, and tell him whether it warranted his study. Conversation with Doc was always substantial.

When someone interesting would visit, he always had me lay down my broom, and he'd invite me into the discussion. Seldom did we talk about anything as petty as politics or worldly affairs. Most often we would discourse about various manifestations of energy, and the multitude of ways the universe has of making things go right. He knew fascinating, and sometimes famous people, who would often drop in to chat.

I miss Doc Keefe and those pithy days when pushing a broom had some cosmic import, but he taught me not to dwell on such small things as the frailty of the human form. It's a big universe, and we are neither alone nor helpless. But I'd gladly relinquish my claim to a couple of sectors of that universe to sing a chorus or two of "My Gal Sal" with my old buddy.

Laurie Cortright
Massage Therapy



SPORTS RELAXATION
PRENATAL
by appointment
883-4898

IF YOU CAN'T CHANGE YOUR MIND
ARE YOU SURE YOU'VE STILL GOT ONE?

UNIVERSITY
PRINTING
& COLOR COPY CENTER

Now Offering ...
4-1/2¢ COPIES
in our Pullman office every week-
day morning from 8:30-11:30 am
(1 day turnaround if left in Moscow store)

SEE US
for all your printing needs!

110 E. Third, Moscow
883-4450

Hodgins Drug and Hearing
100 YEARS OF SERVICE



Gifts
Pool & Spa Supplies
Hobbies & Toys
Free Prescription Delivery
School Supplies

Cosmetics
Surgical Supports
Hearing Aids

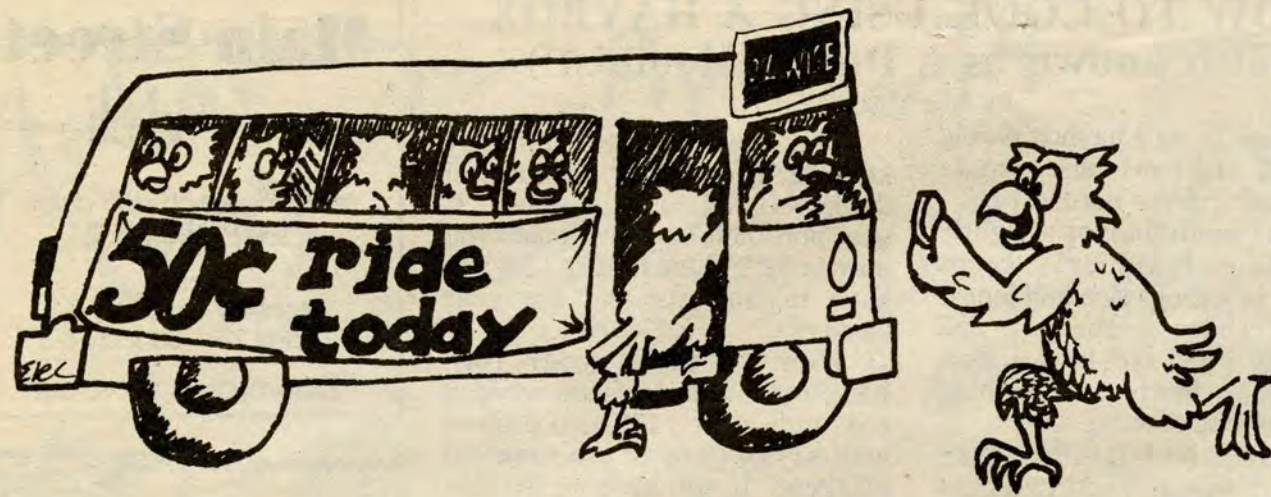
Hours:
9AM - 6PM
Mon. - Sat.
307 S. Main

Drive-In Window

882-5536

Seeds of Change

by Renee McNally



Oil Wise April '93

by David Peckham

The Palouse-Clearwater Environmental Institute is proud to announce the schedule for the third annual Oil Wise April events. Features of this year's program include The Bicycle-Auto Time Trials, Bike to Work Day, and a bus promotion.

With the federal deficit taking center stage in Washington, it is important to consider how transportation contributes to the nation's economic woes. Oil Wise April reminds Palouse citizens of the connection as well as offering fun incentives to take a break from the old habit of impulsive driving.

America's thirst for oil is an important part of our current deficit crisis. Every time you fill your gas tank, you send several dollars out of the country. Our transportation system doesn't come close to paying its full share. Gas and truck taxes and licensing fees pay for only 60% of our nation's roads. We all pay the rest, whether or not we drive or travel.

With energy taxes looming, this year, more than ever, Americans need to become more transportation conscious. Oil Wise Wednesdays offers you a chance to 'beat the energy tax,' by trying out other ways of traveling, besides automatically hopping in the car. Join us in one or all of April's Oil Wise events.

Saturday, April 3: Spokespeople's Bike ride to Kamiak Butte. Leaving from Friendship Square at 9 am. 882-7845.

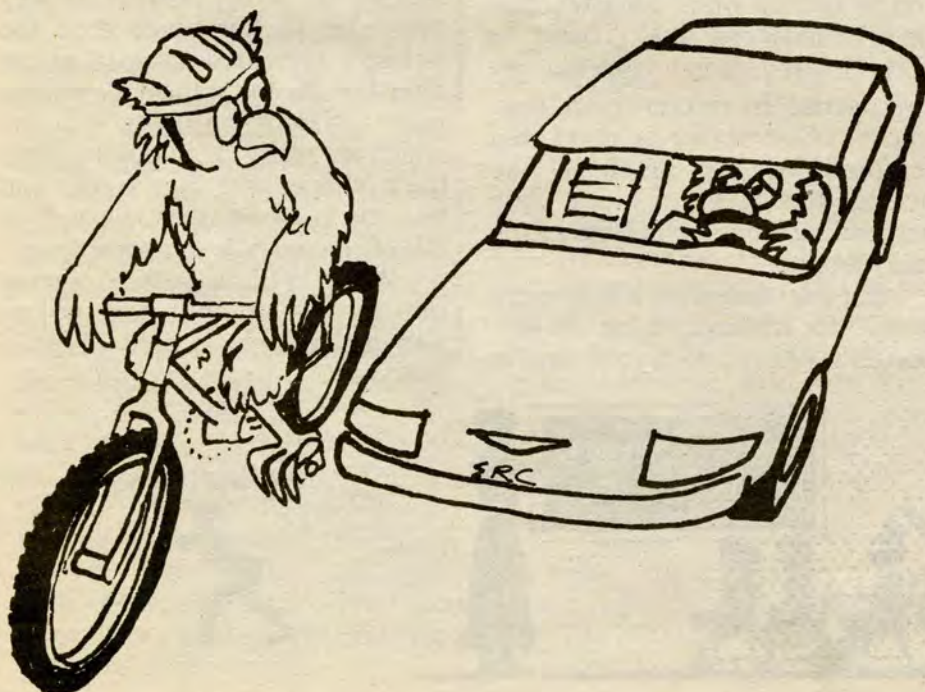
Wednesday, April 14: **Bike to Work Day.** Bike-Auto Time Trials. The time trials will test the common assumption that the quickest way to travel is in the car. Bicyclists and autos will depart simultaneously from the same location and we'll see who gets there first! Dave, 882-1444.

Bike Tour, Bike Rally, and Repair Clinics, Diane, 882-3959.

Wednesday, April 21: Ride the Bus Day, 50¢ fares between Moscow and Pullman, 334-2000 or 882-1444.

Thursday, April 22: Earth Day, 50¢ fare special, Moscow to Pullman.

Wednesday, April 28: Carpool Day. The goal is to take care of your transportation needs today without traveling solo in the car. Be creative, walk, bike, carpool, bus, or a combination. Free all-day parking will be available for downtown employees who carpool. Reserve your space, call 882-1444.



Smitty's
Automotive Maintenance
and Repair Specialists

ASE Master Certified

HOURS:

7 am - 6 pm Weekdays
8 am - 5 pm Saturdays & Sundays
After hours by appointment
Pick up & delivery after hours in Moscow

425 W. 3rd • Moscow 882-0822
Because we're never in a hurry you get thorough service.

**Ever had fresh
roasted coffee?**

Moscow's very own

The
BEANERY

roasts its own.

**Serving breakfast,
lunch & dinner.**

M-F 7-9, Sat 8-9, Sun 9-3
602 S. Main, Moscow
882-7646



Gardening. Food for one's soul and body. An excuse for playing in the dirt again. A purposeful movement towards the restoration of the environment and the human spirit.

Santa Fe, New Mexico is the home to an extraordinary seed company called Seeds of Change. A diverse gathering of people seeking an opportunity to reintroduce bio-diversity into the food chain. A conglomeration of talented and skilled individuals, comfortably working together as a well supported community, committed to a common vision.

"Diversity is the heart of evolution, and without it, organisms cannot adapt to change. Change is the only real constant in nature."

Seeds of Change is a value-driven business devoted to:

- disseminating organic seeds, and supporting organic agriculture;
- reintroducing diversity into the food chain;
- using nutrition as a criterion for food plant selection;
- exploring and restoring the fabric of deep diversity;
- using business as a vehicle for environmental improvement.

Although Seeds of Change has strong roots in the cultural and natural history of the Southwest, they have collected a wide selection of northern-acclimated seeds. The following assurances are extended confidently to those who plant Seeds of Change:

- All seeds are certified organic
- Seeds have been selected for their adaptability, flavor, nutrition, productivity, hardiness and their significance to the fabric of diversity.
- Unconditionally guaranteed.
- All the seeds are open-pollinated.

The Moscow Food Co-op is proud to cooperate with the educational efforts set forth by Seeds of Change and to share in a vision of environmental education based on relationship, people, community and spirit. Seeds of Change is one of the two companies we've chosen as our suppliers of vegetable and flower seeds.



HOW TO COOK USING A HAYBOX (also known as a Dutch 'Hooikist')

by Alie Maandag

To cook using a haybox is "old fashioned" and newly discovered - convenient - never burned pans - saves our environment - lightly digestible - healthier - keeps vitamins in - keeps rice and lentils in good shape - cheap - and especially good for brown rice, lentils, peas, beans and anything that needs long cooking.

For rice and lentils: Take one cup of rice and add two cups of water. Cook for just one third of the time you always do. Put the pan in the haybox and leave it for more than an hour.

For beans: Put the beans in cold water the day before you will cook them. Next morning during breakfast you cook the beans for ca. 30 minutes. Put the pan in the haybox and leave it there the whole day. When you start cooking the rest of the dinner the beans are ready.

The food will get done by keeping its own heat, so put it in the haybox as hot as possible. If your portion is very small then you may cook it a bit longer. So you have to find out and use your creativity.

How to make your own haybox: Make a square wooden box with a lid. Fill two pillows with hay or straw or use some old blankets. If you have no wooden box, no problem: you may use your own bed or the couch with some blankets and pillows. When I camp with my backpack I have just one little camping gas stove. I always cook my rice or grains first, then I put it in my sleeping bag and in the meantime I make my favorite sauce and a salad. So we also eat very healthy when we are hiking!

Further questions? Ask Alie Maandag, 1420 Kenny Dr., Pullman, 332-8418.



Main Street deli

pickle inc. prop

featuring lunch and dinner
specials weekly.

Hours:
Monday-Saturday 7-7
Friday 7-9 Sunday 8-3

Downtown Moscow

Deane's

Restaurant

In the Moscow Mall

Adrian & Mary K. Deane invite you and
your family to Deane's Restaurant for a
quality meal at realistic prices.

Homemade Soups and Pies

Join us for Breakfast, Lunch or Dinner
Mon-Fri 8:30 am - 9 pm
Sat. 8:30 am - 6 pm Sun 12-5

Contest Results

by Rodger Stevens

Editor's Note: For two months, this newsletter has publicized a contest (give us a good name for the icy buildup behind wintertime wheels). That contest was suggested by Rodger Stevens (our parable-of-the-month guru) and he became the contest's judge after the passage of the March 15th deadline. Thanks to the dozen wordcrafters who created entries. The winner gets a free Moscow Food Co-op Community News T-Shirt. What's your idea for the next contest? Here's Rodger's report of the judging:

Whether you prefer wheeling well or running bored, the 'Name the stuff which collects behind the wheels in winter' contest has a result (or at least an insult) and the Co-op would like to splash crystal-unclear honorable mention on all contributors. Or something.

We are shaping, in a small but unimportant way, the language our grandchildren will speak. It is a cold truth that terms best stick which best apply, like those ice-things, and popular usage will be the best judge, but we can't wait till next winter to award the winning T-shirt.

There were several families of coldly congealed responses, the most prominent being the Slush family, since that's the problem in the first place. There were *slush-bunnies*, cute little things with cold drippy noses, there were *slush-flaps*, little chrome girlies (flappers?) encased in muddy ice which presumably become *slush-flups* once they melt and drop off onto the ground. A closely related cousin by the name of *sludge-cicles* came very close to capturing the essence of the beast.

There were *ice dangles*, a rather delicate term suggesting earrings for those with flaps on their heads instead of their wheel wells. There was *tire lint* (from shredded tread?) and *snow cheese* (yuck!) and *auto freeze* (which mine does whether there's snow on the ground or not). *Street-jam* is unappetizingly appropriate in reference to Toe-trucks. *Car-cicles* is good, but reminds me too much of the licorice-like ropes of black goop descending from the bottom of my leaky engine.

But then things get a little more nasal: for instance, there are *ice-boogers*, (don't turnip your nose at

the kol, Robby!), there are *tire-buggers* (hidden mics to listen in on your favorite studs) and *fender-snot* (Snot what you think, Freddie ...).

If you have ever had to change a flat in winter after chopping through the ice-things, you probably thought of *jack frost*. I did.

But this is not a democracy, and I alone have been given the glacial distinction of selecting a winner from this frigid cast of seasonal hitch-hikers. The now-past winter will not, however, make me freeze up this spring of inspiration. So, at the risk of inviting into my immediate vicinity numerous small, hand-propelled replicas of these curious winter ice-things, it is my nose-numbing privilege to announce that the winner, provided almost as an afterthought by Willow Gormley, is: **Slush-puppies**

which are really cute until they lose their shape, get run over, and become *lush-puppies* when they fall off the wagon. Or something.

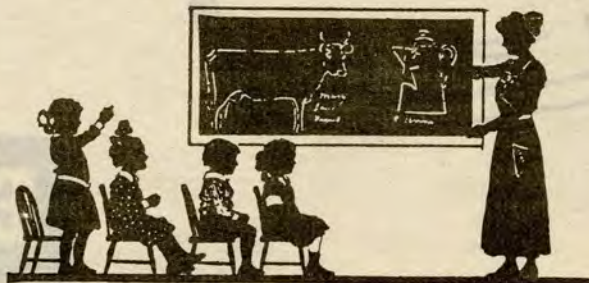
Well, Willow gets to spring into the T-shirt, but next winter will decide if she is right. Thanks everyone.

The Pregnancy Counseling Service



- Free Pregnancy Testing
- Free Maternity, Baby Supplies
- Nonjudgemental Counseling

208 S. Main, Moscow 882-7534
A United Way Agency
We support the individual's right to choose.



Willow WINS





Paradise Creek Stewardship Day - Saturday April 17

- picking up trash
- installing creek identification signs
- cataloging pollution point sources

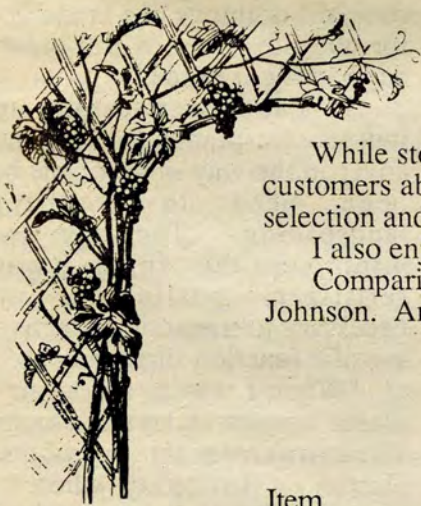
Call Adam at 882-1444

Potluck picnic follows - Noon Mtn View Park

Plant a seed now
and watch
something
grow



in this space
for the
May issue
of Community
News



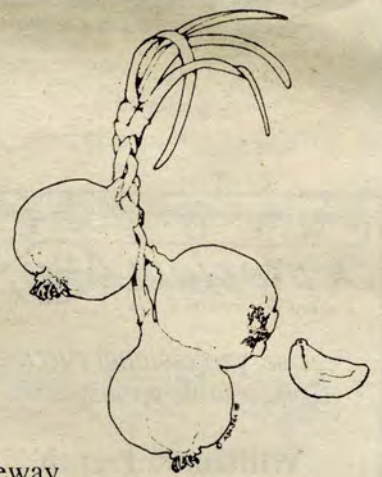
PRICE COMPARISONS

by Renee McNally

While stocking carrots, broccoli, or mangoes at the Co-op, I am pleased to hear from many customers about how much they enjoy shopping the produce section because of the freshness, selection and attractiveness of the products.

I also enjoy it when they say, "Your prices are so competitive with the other grocery stores."

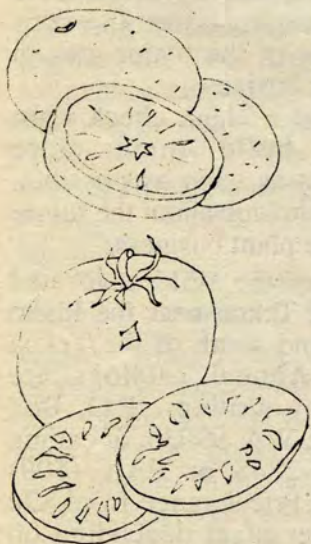
Comparing produce prices is the focus of this month's comparison completed by Michele Johnson. And as you can see we came out pretty well.



MOSCOW FOOD CO-OP PRICE COMPARISON

by Michele Johnson

Item	MFC	MFC-18%	Jeff's	Tidyman's	Safeway
Navel oranges (per lb.)	.29	.24	.33	.59	.49
Grannysmith apples (per lb.)	.39	.32	.75	.69	.48
Red delicious apples (per lb.)	.69	.57	.79	.69	.89
Bananas (per lb.)	.79	.65	.65	.69	.79
Broccoli (per lb.)	.69	.57	.89	.88	.58
Cucumbers, each	.39	.32	.33	.44	.69
Yellow onions (per lb.)	.29	.24	.39	.44	.69
Avocadoes, each	.50	.41	.75	.33	.25
Oatmeal (quick rolled, per lb.)	.39	.32	1.06	.74	1.07
Cream cheese (per lb.)	2.25	1.85	2.06	2.18	1.58



Stratton's Dairy

332-2216
Pullman, WA



Local Dairy Products
Fresh at the Farm
Retail at Wholesale Prices
Reusable glass bottles!

Johnson Rd.
1 mile past the Professional Mall

Guitars Friend

Quality Instruments, Amps and Equipment

Full Service & Lessons

BUY
SELL
TRADE

309 S. Main St.
Moscow, ID
83843

882-1823

NORTH COUNTRY BIRTH SERVICES
882-4735

- Childbirth Education
- Labor Support
- In-home Post-partum Care (Doula Service)

NANCY DRAZNIN, CCE
Professional, caring, non-medical support

PALOUSE Ocularium
VISION CENTER

Precise, professional eyecare.
Comfortable atmosphere.

William R. French
Optometrist
7th & Washington
Moscow / 883-3937

Paradise Creek BICYCLES

Joe & Kelly Riley
owners

511 S. Main, Moscow
882-0703

Sales Service Accessories

Where the Wild Things Grow — In Tekoa?

by Charlie Powell
© copyright 1993

EDITOR'S NOTE: This month we have a pair of articles on wild plants. One by Charlie Powell describes the wild plant nursery at Tekoa, Washington (about 40 miles north of Moscow). The second, written by Tim Eaton, offers a poetic vision of the need for native plant species in our lives.

These two articles are tied by more than subject. When Powell first offered his article to the Co-op newsletter three months ago, he included the suggestion that the Co-op become a retail outlet for the native plants from that nursery. The Co-op didn't have the time or capital to expand into that area—but Tim was interested.

As you will read, Tim has acted on that suggestion and will be marketing plants from the Plants of the Wild nursery here.

A Note to Readers: The manager of Plants of the Wild says they do about \$30,000 annual in retail sales that they would gladly give up to anyone who wants it. I was wondering if this was something the Co-op might be interested in? Could native plants be sold locally, say in Co-op parking lot Farmer's Market, so that people could responsibly landscape? Just a thought.

One of the nation's largest native plant nurseries is located in our backyard. Each of the five 30 by 96-foot plastic-sheathed greenhouses at Plants of the Wild in Tekoa hold 100,000 plants, said Manager Kathy Hutton.

The greenhouses aren't heated unless the temperature gets below 28 degrees. At that temperature even the native plant roots are vulnerable to freezing in the plastic tubes held suspended in trays holding 98 plants each.

Pesticide use in the complex is minimal to absent also since native plants should be able to hold their own against insects. Ideally, Hutton says, it is important to not inadvertently select for plants that are not cold tolerant or insect resistant.

So what's the downside? "Information," said Hutton. "There just isn't a lot of information out there about how to grow native plants. And what information there is, is widely scattered and often incomplete."

A graduate of Washington State University, Hutton says her traditional horticulture training, completed six years ago, taught her how to teach herself about native plants.

"Plants of the Wild does not 'collect' plants from the wild,"

emphasized Hutton with ethical concern. "It would defeat our purpose. We buy most of our seed from Northplan Mountain Seed in Moscow who contracts with commercial gatherers working by permit on private and government-owned lands. But some of our clients provide their own seed, like Glacier National Park for example."

Clients range from utility companies mitigating plant damages on powerline or pipeline right-of-ways; the US Forest Service; corporate landscapers; local, regional and national conservation groups; and even homeowners.

"Yes, we do gladly offer retail sales, but we are not really set up to do so efficiently," said Hutton. "Our business does about \$300,000 annually of which only a small part is retail. Ideally, we'd like to hand that over to someone else treating them like one of our clients and make referrals to them." She also said she and her staff will take the time to work with any buyer to make recommendations for specific plant needs for specific purposes.

"In many areas, new construction permits are requiring drought-resistant plants for landscaping and xeriscaping has become a real trend in the industry. We can help with any of those concerns or things like landscaping for wildlife cover or fall color or any variety of needs."

So called xeriscaping uses indigenous plants for vegetable cover in the way other plants have been used in traditional landscaping. The idea is to minimize the input (water, fertilizer, pesticides, etc.) necessary to maintain attractive or specific function surroundings.

"When I was in school native plants was not an area of emphasis like ornamentals was," said Hutton. "But today when I go back to WSU I see a lot of excitement for native plants and the whole xeriscaping issue. I see this trend as one of the major growth areas in this business."

"If I had a blank check right now, I'd build three more greenhouses as soon as possible. I'm very optimistic about the future of the native plant business."

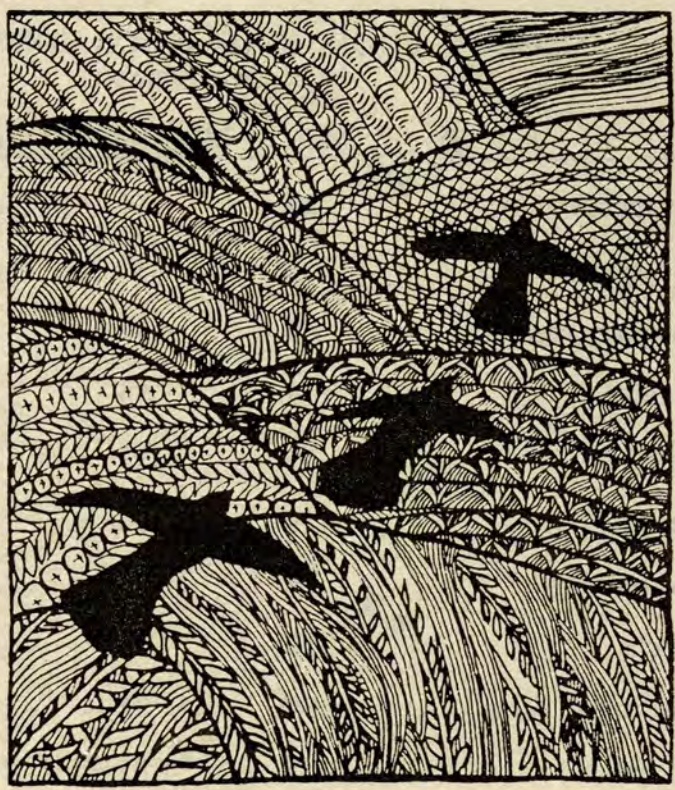
Plants of the Wild is located just east of Tekoa near the Idaho state line and south of the Tekoa airport. Annual catalogs are available by writing: P.O. Box 866, Tekoa, WA 99033, or calling (509) 284-2848 or FAX (509) 284-6464. Prices range from 32¢ to \$8.00 per plant depending on size, species, and quantity ordered.

KEY BANK OF IDAHO

THE KEY TO YOUR FINANCIAL FUTURE

609 S. WASHINGTON
MOSCOW, IDAHO
882-6504

Involved. Innovative. Professional.
Member FDIC





Native Plants The Spirit of Place

by Tim Eaton

Whenever I call home ... "Hello Mom, how are you?" "Fine, and you?" "Great, thanks" and so on to "How's the weather?" "Oh ... last week it was cold and cloudy, but a few days have been wonderful ... sunny and warm ... just beautiful." within seconds Dallas' weather report is flickering with wrens and drifting up violet escarpments.

My mother has provided habitat for reflection. I stop turn, look back/down through years and whorls/of violet/to hear the song of a canyon wren/before starting back up again.

Unwittingly, I thought of these amateur weather reports as loquacious drabble, a metaphorical testing of air. It has recently occurred to me that they are a powerful tool in overcoming the structures of time and place. Weathergossip prefigures family gossip it can contextualizes events, and more importantly it helps to engender the "spirit of place." The "spirit of place" is a loosely held network of forces that would include its weather patterns, biota, landforms, architecture, cuisine and is embodied in its native dialects.

In a world where everyone is speaking and nobody is listening, learning the local native dialect is intimately connected to a radical religion of place. Radical from Radix-root-and means going to the root of things; and religion from re+ligare which means to bind again.

Then radix ligare creates a beautiful ideographic element that means "going to the root to bind again." When getting down to the root of the matter, we follow our noses, we get nosy, we go in knee deep to unearth the tangle; we gain insight into what anchors. When we follow our nose into a thicket

this may be both metaphorical and actual. The thicket could actually be the ancient forest of symbols that enrich any archaic mythology; or it could be that portion of a scramble that ultimately decides that the summit would be best left for another day.

Whether on all fours as an artist or as an animal there is but one religion. The religion is being itself. Being is the creature's contact with its surroundings and the accumulation of instinct and experiential information. It is a move away from the constrictions of subjectivism, a nose for the displayed intelligibility of things, their sounds, colors, textures, in short an aesthetic response to particulars.

When getting in the gossip of a place which now includes its native biota, weather patterns, ethnobotany and festivals, one beings to feel at home. A home that is no longer composed of dead abstractions but of personified living presences, to be cared for and loved. A place that affords intimacy, a place with allure, in short an erotic encounter that goes to the root, to draw you out, to re bind.

Landscaping with native plants is "ecologically correct" from the standpoint of adaptability. Native plants have had a long history of coping with their respective environments. They have not only adapted to the millennial fluctuations of moisture and temperature, but have also become partially resistant to the ravages of endemic insects and diseases.

The co-evolution of plants and animals have engendered some remarkable example of cooperation, that not only increase the partners' chance of survival, but enable a multitude of new relations to emerge.

I am particularly interested in the affordances, the way specific regions of the environment address themselves to a particular species. Thus, to a human an oak tree may afford shade on a hot day, while to a sparrow it affords perching, and to a squirrel it affords climbing. With the advent of fence row to fence row farming practices in the Palouse the landscape has lost many of it's addressive powers. By restoring native habitat new possibilities will emerge, they maybe as imperceptible as a rare stone fly or as apparent as the cutthroat trout that eats them.

In his "Gardening with Native Plants of the Pacific Northwest" Kruckeberg includes over 250 species of native northwest plants that would be excellent in an ornamental landscape setting. The details of gardening with native plants (i.e. planting in micro climates, enhancing wildlife, planting for water conservation, food and medicinal properties) will have to be addressed in a future article. Kruckeberg's book is an excellent resource for those who want more than cursory understanding of gardening with native plants of the northwest.

There are a multitude of reasons that landscaping with native plants can be a rewarding experience. What I have tried to address in this article are some extremely important reasons that are usually cast off as primitivistic sentiment or fantasy. In a world rushing towards homogenization, pragmatic solutions often lack the creative powers than an intimate partnership demands. In the words of the poet Diane Di Prima, "The only war that matters is the war against the imagination."

Addendum: I will begin retailing a select group of native plants this spring (approximately 20-30 species) from my home in Moscow. More detailed information to Co-op shoppers will be posted at the Co-op or included in the next newsletter. Some options may include selling weekly from the Co-op parking lot or monthly group orders with a discussion of plant qualities and requirements in a mini workshop beforehand.

Beautifully Crafted

Hand Drums

Available at

Inner Vision
Bookstore and Lifestyle
Resource Center

A Soothing Shopping Experience

ART GALLERY

Open 10 am to 5:30 pm Tues-Sat

118 E. Third, Moscow

883-1037



Moscow Idaho Seed Company Division of George F. Brocke & Sons, Inc.

Supplier of bulk locally grown:

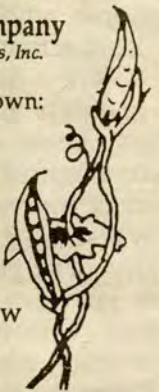
- split peas
- lentils
- garbanzo beans
- red chief lentils

Be part of the Palouse!

223 W. 8th Moscow

208-882-2324

Mon-Fri 8-5



Micro Moviehouse

Great Movies!!

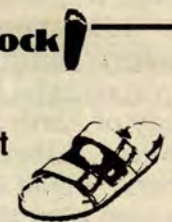
Only \$1.75

3rd & Almon - Moscow

882-2499

Birkenstock

Quality • Comfort
Styles • Colors



NATURE SPORT

Palouse Empire Mall

882-9462

Organic Farming Begins With You

Buy Paradise Farm Organic Foods

Animal Rights, Scholarly Rights

by Paul Lindholdt
© copyright 1993

Right here on the Palouse there's a case in court that's apt to set a broad precedent for the rest of the nation. The issues involve scholarly "source privileges" -- those inviolable vows of confidentiality researchers give in order to gather information from people who may be involved in illegal activities.

Rik Scarce, a doctoral candidate in sociology at WSU, has been charged with civil contempt of court for refusing to break his vows of confidentiality by testifying before a federal grand jury. The grand jury wants Scarce to provide them information on Rod Coronado, a "person of interest" who housesat for Scarce during the time of the August 1991 animal research laboratory raid at WSU.

The WSU lab was trashed and animals freed by people claiming to act on behalf of the Animal Liberation Front. They spilled acid, stole records, and liberated coyotes and mink used for research purposes. That was a dumb move, Scarce agrees, who was on the East Coast at the time. By freeing animals raised in captivity, activists run the risk of corrupting the gene pool of native species within the ecosystem. Besides, the cage-raised critters soon died on highways or came running back to the lab.

But genetic damage to an ecosystem is not the issue. The issue is a scholar's source privileges, and Scarce is a scholar in the truest sense of the word. His 1990 book, Ecowarriors: Understanding the Radical Environmental Movement, is a fine study of Earth First!, Greenpeace, Animal Liberation Front, and others. I read it, liked it, admired the hard work that went into it.

Part of the Bill of Rights, the first amendment to the U.S. Constitution ("freedom of worship, speech, press, and assembly") extends source privileges to journalists. We Americans enjoy the right to free speech, which includes the right to print (and to gather information for print) however we see fit. Thanks to the first amendment, too, activists are liberated to do what they do. This is the democratic process, government by the people.

Why should source privileges be extended only to the press? Because Thomas Jefferson and his peers said so, I guess, at a time when printing presses were few and the colonists still were smarting from oppressions under

English government. They wanted to be able to defend themselves in print, as Thomas Paine did, against lies spread by the English monarchy. Then again, what would the reverend founders have to say upon learning that the NBC press team faked gas tank explosions on trucks for TV?

Hunter Thompson -- god of gonzo journalists, Uncle Duke of the comic strip *Doonesbury* -- launched his career in 1967 by hanging out with and writing a book on the Hell's Angels, during the course of which he witnessed and recorded a few crimes. (In his later books, like *Fear and Loathing in Las Vegas*, he admitted a few crimes of his own.) However, as a journalist Thompson would have been exempt from pressures to identify his sources, no matter how badly the government may have wanted to nail them.

Unlike journalists, scholarly researchers enjoy no immunity from prosecution when they interview. Rik Scarce, who would like to claim the same privileges as journalists, may have to go to jail because he has no source privileges under current laws. He won't cooperate with the grand jury, and so he must be coerced. Coercion would be the legal function of Rik Scarce's jailing.

W. Fremming Nielsen, presiding over the case, maintains that Scarce has a personal relationship with suspect Rod Coronado, as shown by Coronado's housesitting for Scarce. The good judge must acknowledge, however, that that relationship was professionally founded before it ever came to be personal. That is, Coronado is a central figure in the research that comprises Scarce's book.

To add complication to the matter, Scarce sympathizes with the environmental movement. That's how I came to know and respect him. But he stops short of committing or condoning illegal actions of any sort, no matter how compelling it may be to heed the cry "No compromise in defense of Mother Earth!" Indeed, Rik is a believer in non-violent civil disobedience of the sort practiced by Thoreau, Gandhi, and Martin Luther King.



James Aho, a sociologist and former colleague at Idaho State University, never got subpoenaed to testify before a grand jury on the white supremacist movement. If he had been subpoenaed, Aho probably would have tried to avoid testifying. Not because he's a Neo-Nazi, but because he took vows of confidentiality when he interviewed the right-wing zealots for his 1990 book *The Politics of Righteousness: Idaho Christian Patriotism*.

What's at stake in the Rik Scarce case are the rights of all of us to partake in the democratic process. The animal research laboratory raid at WSU, the Earth First! encampment at Dixie, the Randy Weaver standoff near Bonner's Ferry, these cases test the limits of our constitutionally granted rights to free speech.

COME TO THE
BARN-RAISING!
by Ron Hatley

The Greystone Foundation is planning an urban learning farm at the Koppel Farm, 13 acres of cultivated farmland in the middle of Pullman.

Our first community activity there is planned for April 24. We'll have a ground-breaking then for the barn-raising. We'll also plant cover crops, and hoe weeds then. Please bring your hoes, rakes, handweederers.

Besides the work, we've planned fun, with refreshments and music by Lotus, NAJO, and Palouse Old-Time Fiddlers.

The Koppel Farm is located at Derby Street and Professional Mall Boulevard, along the creek.

With your help, we can make the Koppel Farm a place for the people of the Palouse to grow ... food, community, health, and sustainability.

For more information, call Ron Hatley at 882-8782. See you April 24!



SIMPLETON
by J. Thaw

How simple my mind has grown this last decade
not to mention how simple my digestion
into my mind you may gladly enter
if you enter as easily into your own
now I just can't handle those hard ugly thoughts
like the one that says you are not satisfied with your lot
like the one that says you have no choice
those hard ugly questions
like should we drive somewhere in an automobile
the answer which used to be so utterly simple
today I must with only temporary regret reply
I feel my life is not worth it
that I must suffer so almost every single day
to walk in beautiful downtown Moscow made ugly
to breathe the poisons of self-devotion-ignorance
for all the neighbors and classmates and workmates my friends
to plead guilty for the hundreds of pounds on my own account
so terribly difficulty to close
so that I may gain the strength to love without condition
for how can one love any other way
my simple mind asks
why the earth must suffer so every single day



Arbor Day

April 24



The Middle East Comes to the Palouse

by Carol Hartman

The Palouse-Clearwater Environmental Institute has been successful so far in 1993 in attracting greater numbers to their monthly dinner meetings. January and February meetings saw approximately 70 people at each, said organizer Tim Eaton.

The March meeting, organized with the University of Idaho Enrichment Program, was sort of an experiment. Depending on the number of attendees from the EP, PCEI may decide to combine efforts with the program again. Eaton said he regretted the price increase but added it was unavoidable due to increased costs.

For April, Chef Jerry Galloway will be serving up some Middle Eastern favorites: falafel and tabouli. A popular Co-op item, Mary Butter's Paradise Farms mix, will be the falafel. Chef Jerry will most likely use the following recipe for the tabouli, gathering all ingredients except the boiling water in bulk amounts from the Co-op. (He may even use Real Salt, a new item and available in sample sizes complete with information pamphlet at the Co-op.)

Tabouli

1 C. dry bulghur wheat
 1 1/2 C. boiling water
 1 to 1 1/2 tsp. salt
 1/4 C. fresh lemon juice
 1/4 C. olive oil
 2 medium cloves garlic, crushed
 black pepper to taste
 4 scallions (whites & greens minced)
 1 packed cup minced parsley
 10 to 15 fresh mint leaves, chopped, or 1 to 2 T. dried mint
 2 medium ripe tomatoes, diced
 optional: 1 medium bell pepper
 1 small cucumber, diced
 1/2 C. cooked chick peas
 Combine bulghur and boiling water in a large bowl. Cover and let stand 20-30 minutes until the grain is tender. Add salt, lemon juice, olive oil, garlic and pepper mixing thoroughly. Cover tightly and refrigerate for about 30 minutes before serving.

A half-hour before serving, stir in remaining ingredients and mix well. Add optional ingredients.

The meeting is scheduled for Sunday, April 25 in the Moscow

Community Center at 6:00 pm. An enjoyable presentation (specifics unknown at press time) is planned.

Volunteers as always are welcome to help set up, serve and clean up at the dinner meeting.

Call the PCEI office at 882-1444. Prices are \$7 for nonmembers, \$5 for members and \$3 for children 5-12 (younger children eat free!). Proceeds pay for the meal costs and keep a roof over all the office equipment and personnel.





HERBS AND ASTROLOGY

by Nancy Draznin



The astrological connection to herbalism has been lost in most modern herbals. Fortunately, old herbals such as Culpeper's, first published in 1653, show that each herb is governed by a planet, or because an herb possesses certain characteristics it falls under the rule of a particular planet.

Culpeper mentions the sun, the moon, Venus, Mars, Mercury, Saturn and Jupiter. The virtues of each planet are closely tied to the mythology of the god for whom it is named. Hence Venus governs plants which influence sexual desire, reproduction and beauty.

Culpeper describes the sun as the "preserver of life under God." The herbs under its dominion tend to be antidotes to poison, plague and epidemics. They impart health, vigor, warmth and cheer. Some of these familiar herbs are Bay (traditionally, protects against witchcraft), Angelica (allegedly resists poison, the plague and epidemic diseases), and Rosemary (warm and comforting heat; relieves all cold diseases of head, stomach and liver, says Culpeper).

The moon governs those plants which are cool, wet, and often pale and round. White roses, cabbages, and cucumbers fall under the moon's dominion. Such plants are said to relieve hot swelling and inflammation, for instance, some modern-day lactation specialists actually recommend putting cabbage leaves inside the bra to relieve swollen, engorged breasts. Another herb of the moon, chickweed, has been used as a poultice to treat pinkeye.

Mecurial plants are most often used to expel wind, that is, to relieve gas. They are also said to strengthen the brain. Fennel, widely used in Indian cuisine as a digestive aid, and dill, used for flatulence, infant colic and stomach upset, are two familiar herbs under Mercury.

The herbs which Mars governs are usually hot, dry and biting.

One exception is Sweet Basil which, says Culpeper, is good for a retained placenta. Other familiar herbs of Mars are cress, horseradish, chives, mustard, onions, and garlic. Most of these are excellent for relieving congestion as you will have noticed if you have ever sniffed freshly grated horseradish.

Venus, the goddess of love, governs the damask rose, burdock, blackberries, beans and plums, to name a few. Besides those virtues mentioned above, herbs under Venus tend to be binding, to restrain bleeding and provoke urine. Of the herbs under Venus, cowslips are said to restore lost beauty and earth chestnuts to provoke lust.

Saturn holds dominion over that which is cold, dark and melancholy. Comfrey, amaranth, barley (many Asian people make cooling tea from roasted barley), and beechtree are some of Saturn's more familiar herbs. Many of Saturn's herbs are said to bind or stop blood.

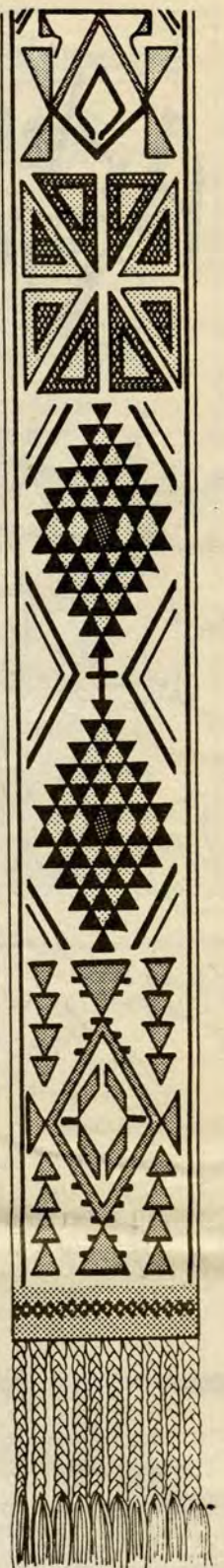
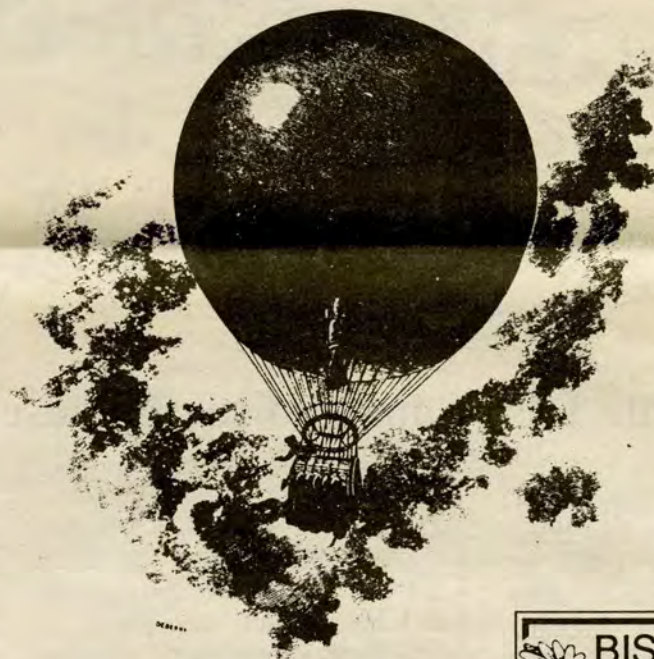
Jupiter's herbs are often good for the stomach. They are generally warming and strengthening. Dandelion, chervil, borage, and asparagus all fall under Jupiter.

Though it has fallen into disuse, the astrological classification of herbs bears some relevance to modern herbalism. Generally, those groupings remain true. The virtues of the herbs have not changed. Likely, if you were to chose an herb to relieve congestion it would fall under Mars. Our terminology is different today. We tend to identify the effective chemical compounds, such as tannic acid, rather than inferring the effect by virtue of the herb's governing planet.

Another tradition linking astrology and herbs has to do with cultivation and harvest. For ages gardeners and farmers have planted not only by the season, but by the

phases of the moon. Generally, root crops were planted during a waning or new moon and fruit crops were planted in a waxing or full moon. For more complete information look into biodynamic gardening.

Herbs and astrology, herbs and magic and herbs and healing have been associated for eons. In shamanic traditions, it may be impossible to separate the healing from the magic.




MIKEY'S GYROS

Now with two locations
Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

Pullman
(next to Burger King)
NE 1000 Colorado 332-8902

BISCUITROOT PARK

RESTAURANT AND BAR

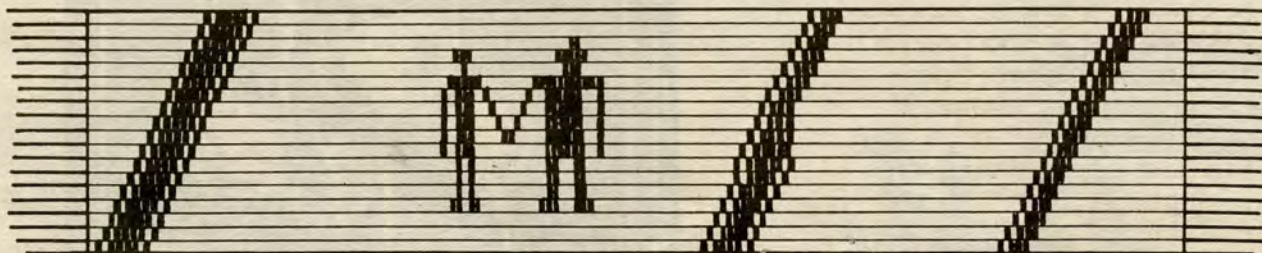
415 SOUTH MAIN ST. MOSCOW

COME IN AND ENJOY OUR NEW QUIET BAR, WHICH INCLUDES DAILY DRINK SPECIALS, HAPPY HOUR. WE ALSO FEATURE MEXICAN SPECIALTIES, CALZONES, AND ENTREE SALADS MADE FROM A MIX OF LOCAL ORGANIC GREENS.

215 S. Main St., Moscow, ID 882-9257



CAFÉ SPUDNIK



Let's Make A Difference, Together

by John McCarthy

The Idaho Conservation League is a statewide, grassroots, environmental advocacy group. And it now has a North Idaho office to set up a base for the area most of us consider to be the real Idaho.

The office opened February 1, in Moscow, upstairs above the Army/Navy store at 208 S. Main, with a phone and a computer sitting on a puke green carpet. I am the staff for the office and for the area stretching from the Salmon River at Riggins to the Canadian border. The title given to my job is program associate, whatever that is, but I consider my job to be a field organizer.

When people ask what I do for ICL the reply is either fragmented or multifaceted, depending on how harried the day has gone. I'm here to be a voice for ICL and to help its members and friends do the work we have joined together to do, which is to protect the wild in Idaho. The task is endless; the demands are relentless. Sometimes the accomplishments appear fleeting at best. Much of the time it's some of the best and most important work there is. It's just hard to define what we do.

For many of us in the environmental protection game, nothing short of a restructuring and rethinking of values will turn the plunge that corporate and personal greed seems to have catapulted our rich and consumptive society. Meanwhile, we struggle for incremental change, to alter a timber sale, to lighten road construction, to stall commercial development of meadow, to stop a clearcut, to protect one stream from erosion and sedimentation.

The American way of business assumes the machines of progress are powerful and we who want to be careful and caring are weak. Wrong.

What I've been doing as one of the few, paid, environmental workers in North Idaho is to help organize the people who live here, to shape the world we want to live in. The response and the interest has been great, supportive and strong. My job is to make connections between people and to feed people information. My work is to get greater attention to our concerns and to get more people involved. In a short time I've found there are a lot of us out there who want to protect the wild, who want to see Idaho continue to be known for its forests, its clear, cold streams, its clean air and its wide, open spaces.

That's the sermon. The reality of the work is all politics. To make change we need to study the issues, to read the Environmental Impact Statements, to write letters to Congress, the Legislature and the officials, to attend meetings, to testify at hearings, to watchdog the political process.

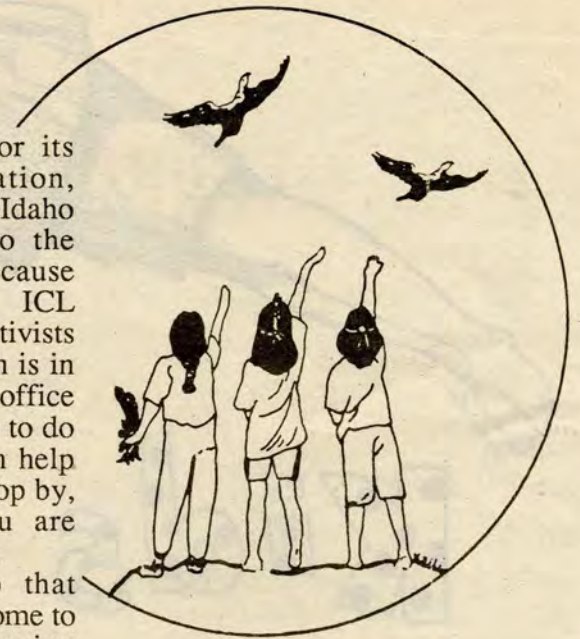
We also get to stomp around the woods and cruise the streams so we know where we are and where we want to be.

The Idaho Conservation League concentrates its work force in forests and water quality, or in broad terms, land use. The organization began 20 years ago to work on state legislation, an effort that continues today. The position of part-time lobbyist for ICL (working only during the Legislative session) was recently expanded to a full-time, year-round job. (The ICL lobbyist, Mindy Harm, will be in Moscow in late April to meet with people.) There are about 2,700 members statewide, with 14 chapters, a board of directors of 24 people, a staff of 10 with a main office in Boise and a public lands office in Ketchum, and now a Moscow office.



Moscow was chosen for its central geographic location, proximity to all three North Idaho National Forests, access to the Palouse universities and because there is a base of support. ICL thrives on volunteers, both activists and supporters. Our strength is in numbers and in action. The office can use help from volunteers to do our work, and the office can help volunteers do your work. Stop by, or call (882-1010) if you are interested in getting involved.

Something coming up that anyone and everyone is welcome to join in on is a grand opening party/dance for the office. The details are pending at deadline, with a large and hairy editor looming over me as I write. The date will be May 1, May Day, the Saturday night of Moscow Renaissance Fair. The location is pending. Two hot, local bands are scheduled but not yet signed. Refreshments and suds will be served. A secondary purpose to a celebration is to raise some bucks to send people to Washington, DC to lobby for Congressional protection of Idaho wilderness. Please join us to Dance for the Wild.



PALOUSE THERAPY ASSOCIATES

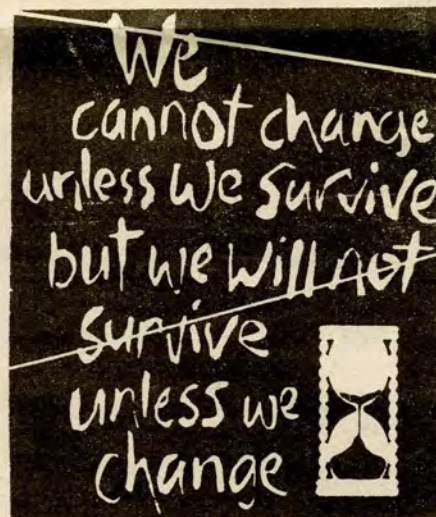
Manual & Massage Therapy

Jan Roberts, L.M.T., A.M.T.A.

Lisa O'Leary, L.M.T., A.M.T.A.

(208) 882-7867

106 E. Third St., Moscow, ID 83843



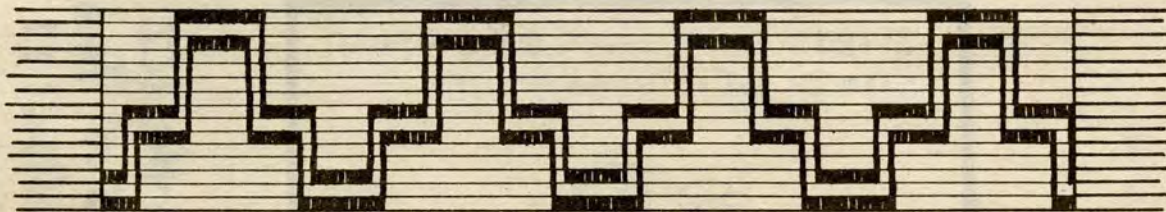
ACUPUNCTURE

- Diet
- Moxabustion
- Handwork

1-835-3181

Moscow

Charles Quinn
Graduate, Kototama Institute



DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic

(208) 882-3723

803 S. Jefferson, Suite #3
Moscow, ID 83843

Pilgrim's
Nutrition Center
310 S. Main • Moscow, ID
208-882-0402

UPS Shipping

*Let us ship your packages this year in
our convenient downtown location.*

HEALTH FOOD • TEAS • VITAMINS
• NATURAL COSMETICS • BREADS
• ATHLETIC SUPPLEMENTS •

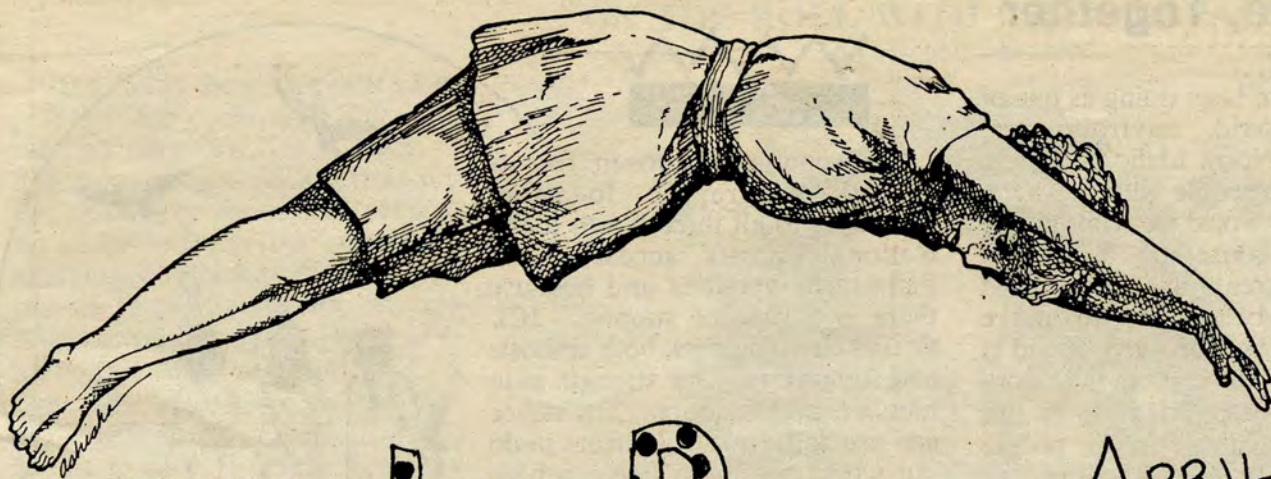
Hours: 9-6 M-F 9:30-5:30 Sat.



HAUG
CHIROPRACTIC

DR. ROBERT W. HAUG
Chiropractic Physician
208-882-3012
102 S. Washington
Moscow, Idaho 83843





Kids Page

APRIL

~ means later from the latin aprilis

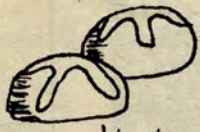
by: Felice Rogers



E. Clark

Oil Wise Wednesday's in April!

One of the things my family always made at this time of year is HOT CROSS BUNS so I thought I would share the recipe we use.

1. Scald: (heat until little bubbles form around the edges) 1 cup milk*
2. Add and stir until dissolved:
1/2 c sugar, 2 T margarine, 3/4 t salt
3. Mix together 1 pkg. dry yeast and 2 T 105°-115° water
4. When the milk mixture is lukewarm add it to the yeast mixture.
5. Beat in 1 egg 
6. Add 1/2 t cinnamon, 1/8 t nutmeg
1/4 c currants, 2 T chopped citron.
7. Mix in 1 2/3 c flour then knead in one more cup flour.
8. Let rise until double in bulk then punch it down.
9. Make the dough into about 18 balls & put it on a greased cookie sheet. Let rise again.
10. Bake at 425°F for 20 minutes.
11. Let cool and decorate with a cross of icing.

ICING

Sift 1/2 c powdered sugar
Add 2 t hot milk* and
1/4 t vanilla.

*(Soy milk works too)

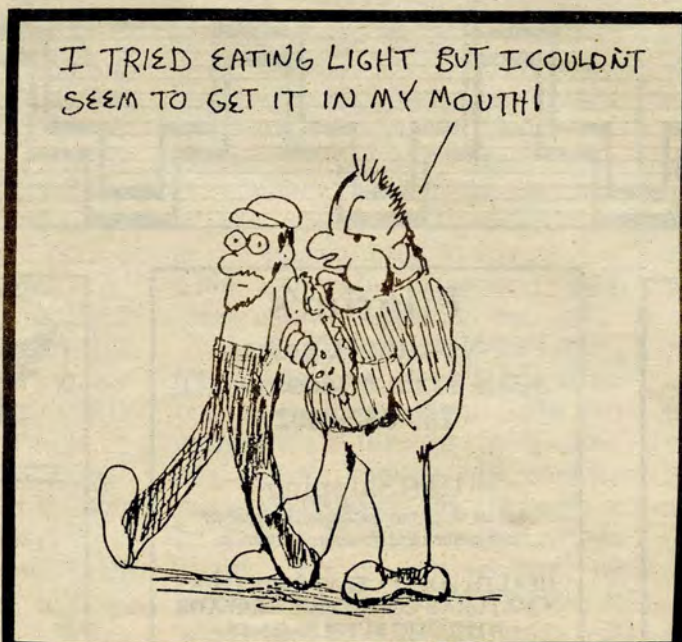
Did You Know?

Allergies tend to run in families. This means that if your parents are allergic to something (like spring pollens) the chance is good that you might be also. And allergies come and go as you grow so some may go away or come and stay. By the time you are 20 or so, your allergies will be the ones you'll have for the rest of your life. Hopefully you won't have any.

Remind your parents to walk, bike, carpool, or ride the bus during Oil Wise Wednesday's in April!



E. Clark



I TRIED EATING LIGHT BUT I COULDN'T SEEM TO GET IT IN MY MOUTH!

Walk to the UI SUB at 9am on April 17 to help clean the creek. (Bring your parents)



E. Clark

Looking for a Longer and Healthier Life?

-- Try a Pet!

by Dawn Gill

In 1885, Chief Sealth of the Duwamish tribe wrote the following to the President of the United States:

"What is man without beasts? If all the beasts were gone, men would die from great loneliness of spirit, for whatever happens to the beast also happens to man. All things are connected. Whatever befalls the earth befalls the sons of the earth."

It has long been known that companion animals, like cats or dogs, enrich the lives of those who care for them. There are many theories about the positive benefits of pet ownership. It has been suggested that by being dependent on the owner for basic needs, the pet brings a sense of order and routine to our lives. Pets can also act as a social lubricant, getting people out and increasing their contacts with neighbors. The pet is often the sole source of unconditional warmth and devotion. The physiological benefits of animal companionship include improved cardiovascular function and increased relaxation due to stroking and observing the pet.

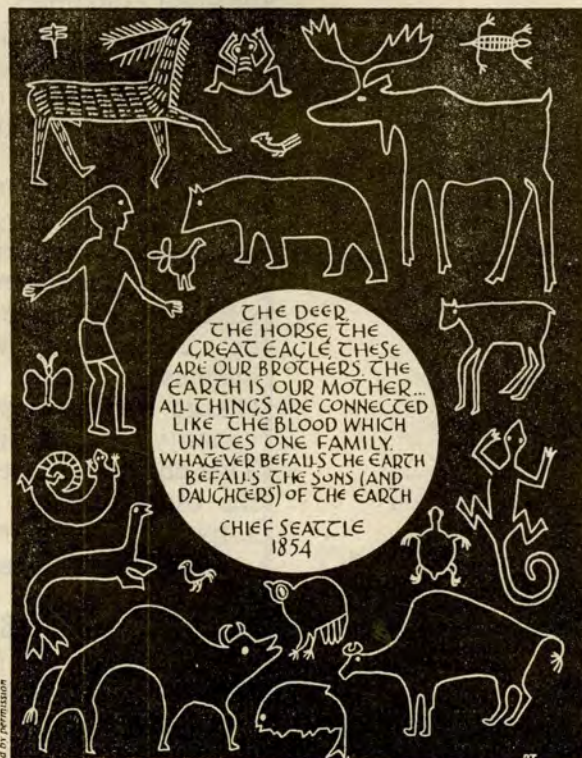
These findings can be particularly beneficial to the ever expanding elderly population in this country. As family structure and population demographics have changed, the elderly have become increasingly socially isolated which has an adverse effect on both physical and emotional well-being. Studies have shown a significantly higher age-specific death rate among single, divorced or widowed persons versus those who are married.

In studies looking at heart patients, pet-ownership was

associated with an increased survival time; regardless of the severity of their disease. A variety of pets, from fish to dogs, were included in this study. In 1975, a study of English pensioners, aged 75-81 years, examined the effects of owning a budgie (parakeet) versus a begonia. The groups were further divided into those who owned a television and those who did not. Among those who received the budgies, significant improvement was observed in their attitudes toward other people and towards their own psychological health. The budgie owners all insisted on taking responsibility for the budgies' food and other needs, forming intimate attachments to the birds. Eighteen months after the study ended, all still owned and were caring for their birds. Researchers were surprised to learn that television ownership had NO significant effects.

Nursing homes have been the source of much of the information on the positive benefits of animal companionship. Both live-in and visiting pet programs have been established with sometimes remarkable results. At an Ohio nursing home, an 80 year old man who had barely spoken for decades, responded "You brought the dog" and wanted to keep it. This was a catalyst for bringing him out of his shell.

The People-Pet Partnership of WSU provides pet visitation to local nursing homes. The residents really look forward to the visits. For more information contact PPP at 509-335-1303. Appropriate pet selection is crucial to the success of these pet visitation programs as well as individual pet ownership. More on this topic in my next article.



Positive Change through Personal Growth

Do you have habits that are no longer working for you?

- Hypnosis changes habits.
- Hypnotherapy guides you to open the door to your power of choice.
- Hypnotherapy assists you to release old life blocks.
- Hypnotherapy allows you to integrate yourself at deeper levels.

- Change Positively for the Best -

Mark Krueger
Hypnotherapist
by appt. 882-1070

DRAWINGS by **STONE**

- Electrical
- Mechanical
- ◆ Structural

Have an idea?

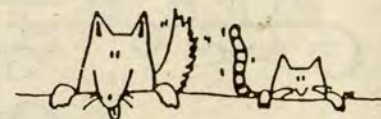
Need a drawing?

Call Drawings by Stone and
get your idea drawn by a professional.

- Reasonable Rates
- Free Estimates
- Energy Codes can be worked into your design.
- Energy audits for your design.

The building season is just
around the corner, call early
and avoid delays during peak
season!

P.O. BOX 590
POTLATCH, IDAHO 83855
(208) 274-5221



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Thursdays until 7 pm)
(208) 883-4349

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

KEN'S Stationery

513 S. Main - Moscow, ID 83843
(208) 882-4224
243 E. Main - Pullman, WA 99163
(509) 334-1210

Headquarters for
Recycled Paper Products
for Home and Office

Computer Paper
Xerox Paper
File Folders
Adding Machine Paper
Storage Files
Desk Calendars
Greeting Cards
Gift Wrap

LISTEN and LIVE Kuo's

FM Moscow 89.3
Call in your music.
885-6392

"I frequently have a cup of hot miso in the afternoon instead of coffee or tea. It is a satisfying and pleasant tasting drink."

Patricia R. Gregory, author of *Bean Banquets*

Quick Miso Cup

- 1 tablespoon miso
- 1 cup boiling water
- chives (optional)



Spoon miso into a bowl or mug and fill with boiling water. Stir to dissolve miso.

A few snipped chives on top is a tasty addition.

YUP, IT'S THE 20TH ANNUAL FAIR

by Bill London

May 1 and 2 are the dates and East City Park is the place ...

The 1993 Moscow Renaissance Fair, officially two decades old.

What's different this year? Well, how about more food booths (community groups are getting the idea this is a great way to make real money), bus service from Wheatland Express (park-and-ride from the malls or come on in from Pullman), a very serious children's stage and activity extravaganza, great music like Laura Love (Seattle's soulful folk/funk vocalist) and (returning by popular request) the Toucans. And since this is the memorable twentieth fair, almost anything else could happen.

See you there



Printed locally on paper containing 40% post consumer waste

DO YOU WANT TO BE PUBLICLY CREATIVE?

by Bill London

This newsletter works because people volunteer to create the words and illustrations that appear on its pages. We need more of them—more words, more illustrations, and more volunteers.

If you ever fantasized about seeing your name in print, seeing your drawings and/or words displayed before all the world, this is your chance. We want you. We need writers and illustrators to provide material for us every month or every once in a while.

For someone interested in behind-the-scenes volunteering, Mary Butters is looking for someone to share the advertising job.

If you are interested in any of these options, contact Bill London at the Co-op. Go ahead, make that bold career move, jump into the exciting world of newsletter journalism.

HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

by Diane French

Concerned about pollution and toxins in your environment? Proper disposal methods for hazardous substances are available to you. Please take advantage of Moscow's Fifth Annual Hazardous Waste Collection Day on Saturday, April 24, from 8 am to 4 pm.

Members of households may bring pesticides, paints, oils, batteries, and other items (in original containers if possible) to the collection site in the large lot east of the Fairco Mini Mart for FREE, proper disposal (or recycling). Please enter the site via White Avenue.

Conditionally-exempt generators (small businesses) are obligated to properly dispose of their hazardous wastes as well. A separate area at the same site will be collecting wastes from businesses. There is a collection charge for businesses and small quantity (commercial) generators. This charge will be about half of the usual fee this year due to a combination of the two programs.

For more information, call Moscow City Hall (882-5553) or Latah Sanitation (882-5724).

Please do your part in keeping Moscow and Latah County a wonderful place to live and grow.