

Dry-M
40
3284
N98

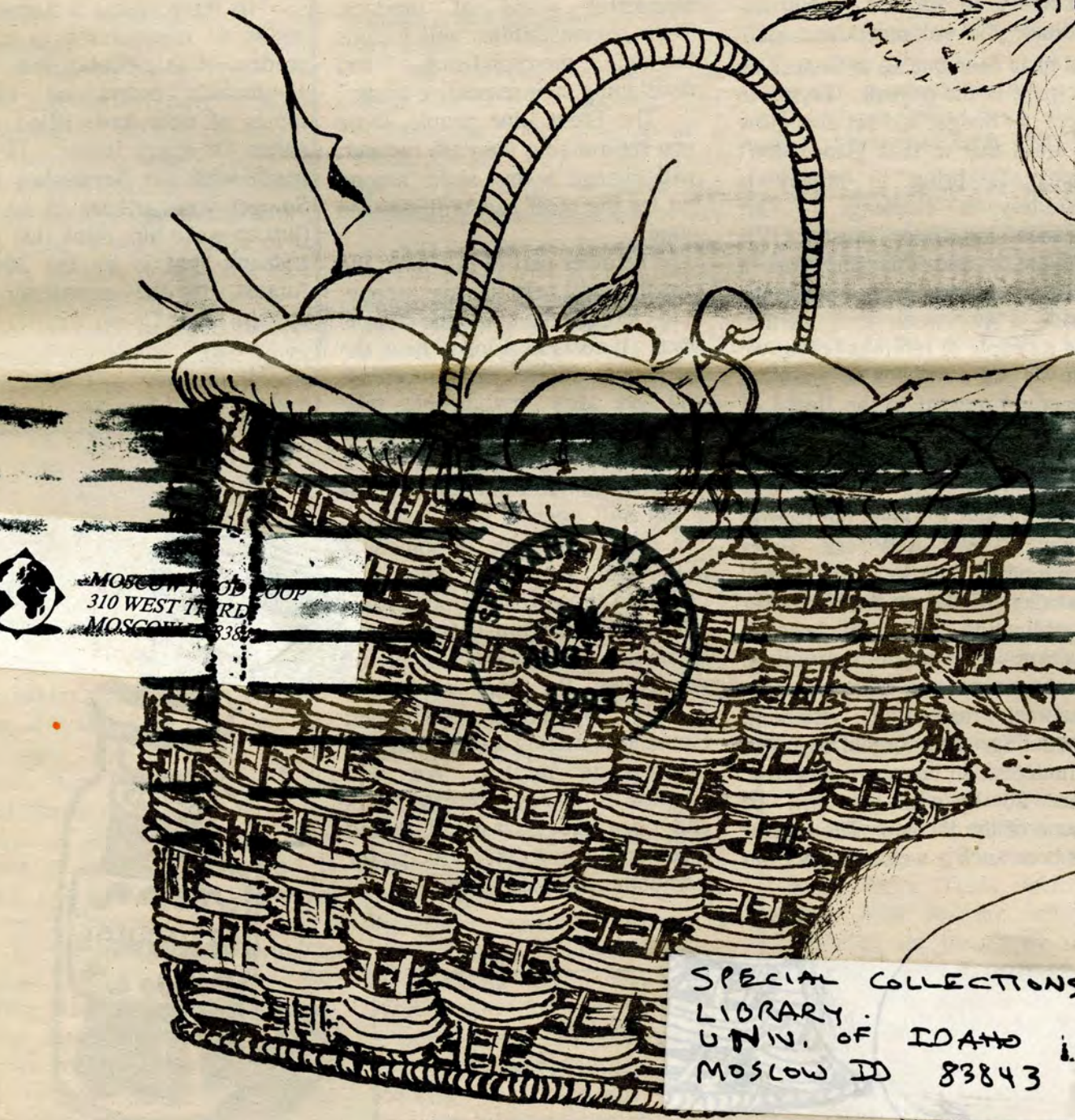
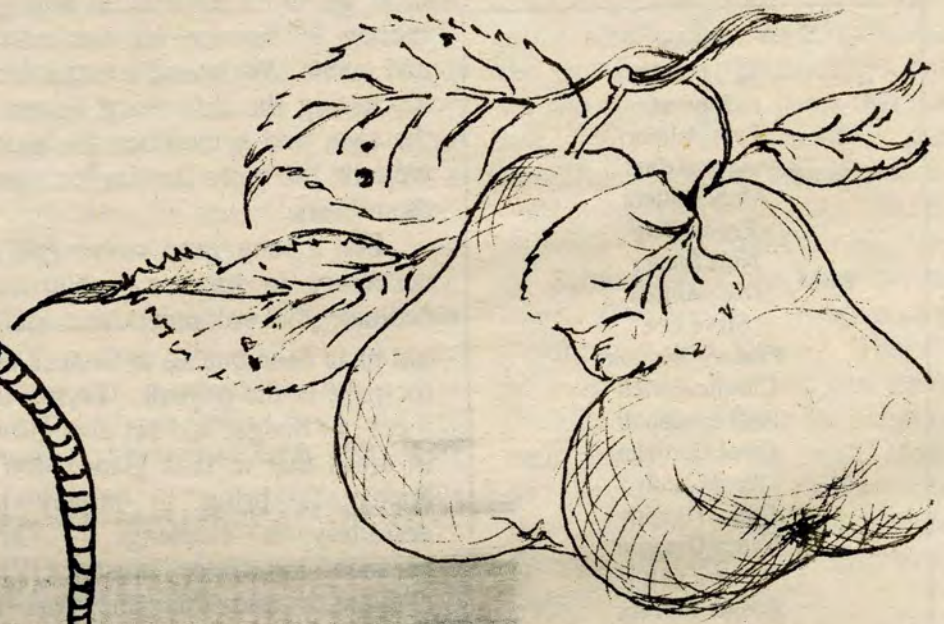
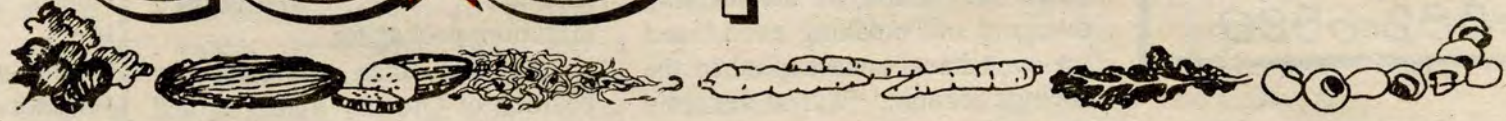
AUGUST

1993



MOSCOW COOP

COMMUNITY NEWS



MOSCOW COOP
310 WEST T...
MOSCOW ID 83843



SPECIAL COLLECTIONS
LIBRARY
UNIV. OF IDAHO
MOSLOW ID 83843



HELP WANTED

Paradise Farm Organics needs your help. If you have spare time and would like to work in your own home, give us a call for details.

Ask for Mary or Lisa.

882-6590

Editor

Bill London

Layout

Pam Palmer

Advertising

Mary Butters

Typesetting

Nola Steuer

Distribution

Steve Coe

Feature Writers

Charlie Powell

Paul Lindholdt

Carol Hartman

Paula Ruth

Diana Higgins

Nancy Draznin

Dawn Gill

Rodger Stevens

Nancy Casey

Bruce Harding

Graphic Artists

Chris Wegner

Paula Ruth

Joe Pallen

General Manager

Kenna Eaton

Chair of Board of Directors

Peg Harvey-Marose

Members of Board of Directors

Sarah Swett

Mare Rosenthal

Anne Adams

Ari Burns

Jeanne Harvey

Dean Pittenger

Suzanne Tatham

Published by

Moscow Food Co-op

310 W. Third

Moscow, ID 83843

(208) 882-8537

Upper Crust Bakery

883-1024

HOURS

Every Day

9:00 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.

After 20 Years, Still the Best Alternative

by Kenna Eaton, General Manager

First the good news (Don't you love articles that start this way?). The Co-op is experiencing growth (about 20% increase over last year's sales), and we are meeting our goal of "breaking even," and we even have some capital in the savings account. BUT at the same time we don't have quite enough money to finance all our needs and wants. We spend a lot of time discussing the difference between the two, and sometimes the more we talk, the more the line between them blurs.

For a long time we've felt it necessary to have a person coordinate the volunteers and staff, but have been unable to finance an increase in the payroll. Trying to meet our budget and yet also grow in areas that at first glance don't appear to bring in money is definitely a challenge. Our Finance committee must LOVE challenges--and this one was a doozy. It took 3 or 4 meetings inside a two-week time period, and a couple of rethinks before we felt we had a reasonable plan that we could present to the Board of Directors.

So here's how we think we can have our Human Resource Coordinator and yet keep the payroll down: We will ask Erika Cunningham, our current Grocery Manager to take on the Volunteer co-ordinating as a 20 hr/week position. This means she will be in charge of our most valuable resource, recruiting, training, scheduling, and organizing our volunteers. In her spare time (the other 20 hrs/wk) she will be Queen of the Bazaar. The Bazaar has been such a welcome addition

to our store at the Holidays that we are planning to open it in September, right after Labor Day. This year we will emphasize reused materials, recyclable products and low-impact/minimum packaging.

We will then eliminate the position of Grocery Manager, and instead work with a Purchasing Team. This Team will consist of four buyers: Sandi Larsen-bulk and package food buyer. Ellyn Kerr-dairy, milk, and small order buyer. Laura Church-HABA, housewares, herbs and spices and books buyer. Renee McNally-wonderful world of produce. Their responsibilities will include buying, merchandising, and developing their respective areas.

The Front Line people, those you see running the cash register, will change a few shifts around but for the most part will stay the same.

The other part of this plan, the part that will help us save money, is to cut back the hours the store is open. It costs us a lot to have the store open in the early morning, and yet very few people take advantage of those hours to do any shopping. So starting August 1st we will open at 9 am and close at 7 pm still open 7 days a week. We hope to be able to somehow still offer cinnamon rolls and coffee to those few intrepid souls who do venture out before 9 am, we're just not exactly sure of the details yet. So, there you have it in the proverbial nut shell (somehow writing brings out the triteness in me!). We will increase efficiency, decrease hours and open the Bazaar--all mixed together it is hopefully a recipe for a smoother-running store.

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 - •

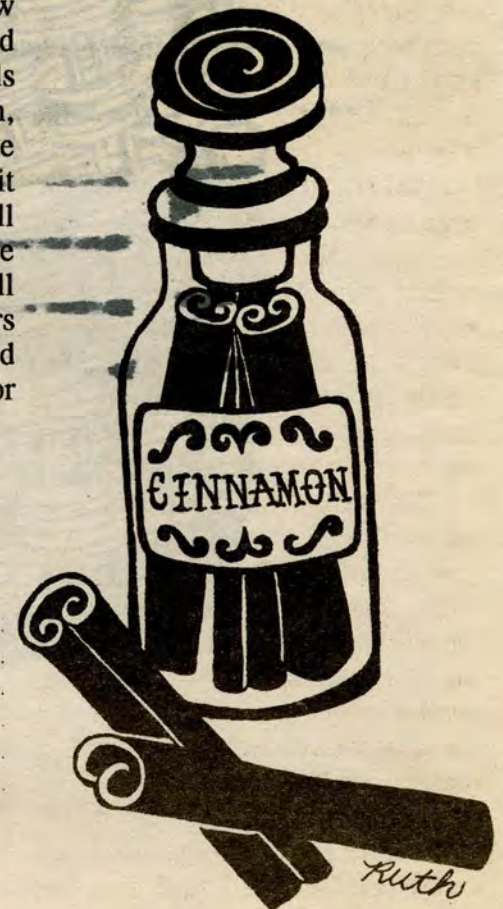
Mark Krueger
Hypnotherapist
by appt. 882-1070

INTRODUCING THE MAN WHO NEEDS NO INTRODUCTION

by Bill London

Readers of last month's newsletter may recall Jim McPherson's farewell article. Due to the pressures of his graduate student career (or is it a way of life?) at WSU Murrow Communications Central, Jim is surrendering his editorial position. For a year or two, he has alternated with me as editor--on alternate months, he wrote, edited, and shaped this newsletter. As we made format changes, his advice, as they say, was invaluable. Etc. Anyway, we're sorry to see him go, and thank him for his help.

His replacement is a man who needs no introduction to regular readers of this publication. Paul Lindholdt's essays on various topics of note have filled many pages for many issues. He will begin with our September issue. So, get your articles in on time (just to make him think this job is a snap), that is by the 20th of August, to the newsletter slot upstairs at the Co-op.





Product Request Corner

by Erika Cunningham

"Have fun!" This is my favorite request so far. Sometimes we look a little harried around here (like chickens with our heads cut off is a common way we phrase it) but on the whole I'll bet if you ask anyone who works here they'll say we have a whole lot of fun. So thanks for thinking of us and we hope you have fun as well.

- Erika, chief of chickens without heads

"Can we get 'Chilli Man' chili vegetable soup, 2 time world champion, it is stupendous!" Two time world champion?!?! That's hard to beat, but I think we'll pass. One of the reasons is that we're trying to move to a product mix that is more locally bound, to support our own local community. This chili you want is from St. Louis, and not available through a large supplier yet, so to make a long story short--have you tried Paradise Farm Organics' chili? They have a lentil chili that is out of this world, easy as heck to concoct, and locally made to boot.

-Erika, sometime grocery buyer, all-time community supporter

"We look for Peace Buns every time!" Every time you shop? They are usually there, as they are a daily bread, but maybe we're not making enough to satisfy the masses. We'll try to

keep an eye on the bun sales and up the stock if we need to.

- Ed, no longer mustachioed, but winner of best mustache prize from Palouse Journal

"What happened to non-fat Alta Deena Vanilla yogurt?" Two things; one, the yogurt just wasn't selling. I would buy the Alta Deena and we'd have to spoil out at least half every time, and two, Alta Deena is trying to pull their products from Mt. People's Warehouse, our biggest supplier, so they are pretty hard to come by. We're working on another source right now.

- Erika, previously known as Dairy Buyer, writer of letters to large companies like Alta Deena who think they can push their suppliers around

"No-fat Ricotta!" Well, if there is such a thing I'd love to have it. As far as I know, that's the best part of Ricotta cheese! But really, if you do have a source for this stuff let us know.

- Ellyn, current Dairy Buyer, and a woman who knows a good cheese when she sees one

"Tofu Sour Cream." I tried it! NO one bought it! It's on the shelf now, most likely half off because it's going to spoil!! Whaa.

- Erika, the disappointed tofu fairy

"Bring back the \$.36 tofu!" It's still here, just look in the cooler on the bottom all the way over to the left. It is, however, more expensive. Mt. People's has raised the price a bit, so even with the basic basket mark up, it come to \$.41 now.

- Tofu Fairy, still on the subject

"Amaranth flour please!" It's here, we still have it. We just got some advice to put the flour in the cooler so it wouldn't go rancid. So look by the wheat germ and lecithin in the cooler.

- Skott, answering all the way from Costa Rica

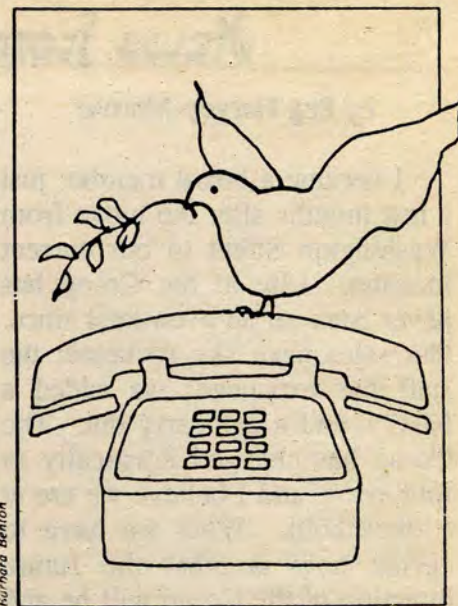
"I want Barbara's Shredded Wheat Cereal. Get it please, now." Well, if you put it that way I guess I'd love to! But it will have to wait a bit so I can figure out which cereal to discontinue to let Barbara's take its place. So please be patient.

- Erika who says, "So many products, so little time"

"Toucan Chocolates" You know, we get a lot of chocolate requests here at the Co-op. Currently I am told from many different customers that we cannot live without Lindt chocolate balls, all three flavors, and that Environmints are so entertaining with their animal pictures inside, and Rapunzel is Organic and offers Dairy free, and Rainforest Crunch supports the rainforests, and Cloud 9 bars support someone (I just can't remember who right now) and they taste darn good to boot. So, having read the literature about the Toucan Chocolates, I think they'd fit in nicely, BUT WHERE ARE WE GOING TO PUT THEM? Anyone having any suggestions regarding the chocolate overload, and can help make decisions as to the best chocolate to support, please get a hold of me.

- Erika, who admits that the overload has something to do with an eensy chocolate addiction that she has

There are more requests, but I can't fit them all in one month. Please look at the product request board if you don't see the answer you want. Of course I can't guarantee the answer you want there either, but maybe they'll be some sort of answer.



RAMON IS IN TOWN by Bill London

The Earth First! Dixie encampment (the one in the news now for it's protest of the Cove Mallard timber sales) is built on the acreage owned by Ramon, a retired businessman from New York who believes in saving the forest. He also bankrolls that encampment with his purchases of food for the group there.

That Ramon, to say the least, is an interesting guy.

He's in Moscow and he wants to talk to you.

Ramon can tell you why these people are out in the woods getting cold and wet. He knows why people are volunteering to go to jail by chaining themselves to road-building equipment. He's been there.

He's in Moscow because he is the Earth First! link with the world. He's the one with a telephone who can answer media questions and direct help to the people in jails all over Idaho who were arrested in protesting the sales. He expects to stay here until mid-August at least.

Because he is busy dealing with media and jailers, Ramon asks that those who want to discuss the forest issues or offer assistance contact him through the local support group INWARD. Cass Davis helps pilot INWARD from his home. So, talk with Ramon, call Cass and leave your message, or just talk to Cass at 882-6540.

If you want a first person perspective on this issue, or want a speaker for your group or class, talk to Ramon.

Mark Your Calendars

by Carol Hartman

Mark your calendars because the Co-op's 20th anniversary celebration is just around the corner! Prepare for a fun-filled day in our humble parking lot Saturday, September 18. There will be booths filled with samples and information from local organizations along with lots of kids activities (face painting!) and a sidewalk painting contest. Look for our building to be all decked out, courtesy of Ruby Valentine and Linda Canary. Mum's the word, but Ed Clark, who's organizing the celebration committee, confided, "Hopefully, it's going to be something really outrageous."

After a day of fun, festivities and patting our founding fathers and mothers on the back, get ready to twist and shout to the tunes of The Cartel on Saturday night. Beer will be sold at the dance but admission is free so to encourage guests. Please be kind to the donation cans near the store cash registers so our celebration doesn't break the bank.

Other events include advertising inserts into the local paper and a special commemoration of the founding members. "We're trying to both acknowledge we've been here for 20 years and get more people interested in the Co-op," Clark said. Hopefully the September newsletter will capture some of our esteemed founders' memories.

So far, the celebration committee is composed only of Co-op staff. **VOLUNTEERS ARE NEEDED!!** The building decoration committee may need a few artistic hands, advertisements and flyers need to be created and posted, and arrangements for the dance and the fair need some fine tuning. Contact Ed, Kenna Eaton, Renee McNally, Erika Cunningham, Skott Larsen, or Jim McPherson at the store if you are interested.

In addition, bicyclists and runners should note that, as part of our anniversary celebration, the Co-op is sponsoring the Moscow Mountain Madness Fun Run on September 11. To register, call 882-1133.

PRODUCE WAX

by Renee McNally
Volunteer Coordinator

Waxing of fruits' and vegetables is a widespread practice in the produce trade. Among the foods waxed are apples, avocados, bananas, beets, cantaloupe, coconuts, cucumbers, eggplant, all citrus, garlic, mangoes, nuts, onions, peppers, potatoes, pumpkins, squash, tomatoes and watermelons. The Food and Drug Administration, FDA, has approved several waxes to be applied to these foods. They include beeswax, paraffin, rice bran wax, shellac, arnauba wax and candelilla. These substances have all been classified as "Generally Recognized as Safe" by the FDA.

Repeated testings of various waxes and shellacs by the FDA have confirmed that they pose no harm to humans. The problem lies in that a number of fungicides and pesticides are often mixed into waxes to thwart pest infestations and prolong product shelf life.

From time to time the Moscow Food Co-op receives organic produce that has had natural wax applied. Rest assured that this wax is derived from natural sources and does not de-classify the produce as being organically grown.

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

TRISTATE
IDAHO'S MOST INTERESTING STORE

WE'RE COMMITTED TO THE ENVIRONMENT
We recycle all our cardboard boxes and aluminum cans as well as return all car batteries to their manufacturers for proper disposal. We encourage you, our valued friend and customer, to do likewise and preserve the beauty of the Northwest.



12 GAL. RECYCLING CONTAINER 8⁶⁷
Reg. 11.74

16 GAL. RECYCLING CONTAINER 9⁶⁷
Reg. 13.74

1104 PULLMAN ROAD, MOSCOW 882-4555
OPEN DAILY MON-FRI 9AM-5PM SAT 9AM-7PM SUN 10AM-5PM

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

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



ORGANIC FOODS OFFER NEW CHOICES FOR CONCERNED PARENTS

by Renee McNally,
Produce Manger

A recent report by the National Academy of Sciences, Pesticides in the Diets of Infants and Children, has conclusively linked the use of synthetic agricultural sprays to health problems in children. I first heard about the report by eavesdropping on a conversation between two customers at the Moscow Food Co-op produce department. Both people were mothers and expressed a good amount of worry over what the results of this report actually meant to their children and themselves. One woman promised to scrub even harder when washing her veggies and fruit. The other woman offered a better option. Buy organic food.

Subsequent media interviews with the doctors conducting this report offered few choices to parents. They said it is still critical to the health of your child to eat 4-5 servings of fruits and vegetables a day yet offered no alternatives or methods for reducing the risk of exposure and subsequent harmful effects on the health of your child.

The scrubbing and washing of produce will not eliminate any pesticide residue. Most synthetic

pesticides are systemic; they are taken into and become a part of the cell structure of the plant.

It is not often that national news tells us about a serious problem with our environment and our health that can be solved. Sustainable agricultural methods and the purchase of certified organic foods is just that solution. You have the assurance from an accrediting agency following strict standards that the grower has not used synthetic sprays for a period of at least 3 years when you purchase certified organic food.

Certified organic represents a new standard for a healthy food chain, from the soil to the marketplace. There is no more powerful instrument of change than the votes Americans cast every day with their food dollars. We hope that a strong message from consumers will persuade our government to help farmers switch to agricultural practices which are based on renewable resources and natural systems. Not only is the health of our children at stake, so is the health of the environment and our farm community. They are inextricably linked.

The Co-op is the Palouse's only choice for certified organic fresh produce, and a retailer for 100's of other organic foods.

Kids' Page - August '93

"for the young & the young at heart..."

Okay boys & girls how many words can you make from the word

SUNFLOWER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Games

Crafts...

Leather Like Vase

Materials: Roll of masking tape
 A clean glass bottle or jar
 Brown shoe polish (liquid with a sponge top dispenser works best with the least amount of mess but cake polish and a clean rag also work)
 Newspaper to work on

Cover the entire outside of a bottle with torn pieces of masking tape. Make sure that the pieces of tape touch or overlap each other. When the bottle is covered, rub it lightly with brown shoe polish and let dry.

Use it as a vase or to hold pencils. Keep it for yourself or give it as a gift. Experiment with different size bottles or jars for other gift ideas.



This is a fun and easy project for you to do when the sun isn't out...

Books

Summer is the season for wild flowers. Look around your yard and your neighborhood and see how many different types you can identify in your area. You might even make it a contest with your friends. For some extra fun visit your local library and check out a book on identifying flowers and plants in nature. The librarian should be able to help you find what you want.

While you're there look for an excellent book called Hidden Stories in Plants by: Anne Pellowski. It is filled with unusual stories about plants from around the world and fun and easy things to make from plants. Have Fun.



BICYCLE AND PEDESTRIAN ADVOCACY FOR IDAHO

by Lucia Ramirez
Bike-Ped Idaho Intern

The Palouse-Clearwater Environmental Institute has initiated a new bicycle and pedestrian advocacy program, "Bike-Ped Idaho." BPI is being supported by individuals and a grant from the Bicycle Federation of America. PCEI's transportation program coordinator, David Peckham, is directing the project.

A new federal law was passed in 1991, the Intermodal Surface Transportation Efficiency Act (ISTEA, pronounced "iced-tea"), that formally recognizes bicycles and pedestrians as legitimate modes of transportation. And as such, it sets aside funds for the development or improvement of city transportation systems to provide for bicyclists and pedestrians. The other profound change brought about by this law is that now the transportation department officials cannot sit behind closed doors and make all the transportation decisions that will affect the quality of life in each community and direct its further development. The transportation departments must

now seek input from the public before their long-range plans are implemented.

Bike-Ped Idaho is being established to take advantage of these new ideas, especially the last, and ensure that non-motorized transportation is not forgotten in the transportation plans for Idaho's future. We are working to create a network of local groups of citizens concerned about the inclusion of bicyclists and pedestrians in their area's transportation system. Each of these groups is to be a self-sustaining entity and work in their area with the support of others to improve facilities and access for bicyclists and pedestrians.

BPI has just released the first edition of our project newsletter, the *Spoke & Sole*. This update will be published quarterly by PCEI and is available at the Co-op and at the PCEI office. Come check it out (or call PCEI at 882-1444) and keep up to date on the movement to elevate the status of non-motorized transportation in Idaho.

TEACH  PEACE



BIKE RIDING POEM

by Nancy Casey

Wind, wind. Finding me fighting
prolonged slap, constant roar in the face
all the long way home where the road
rose and rose and rose to greet me
huffing and windfried to the top of the hill
yesterday.

Today all day home, wind, wind, and more wind
tugs a shawl on the porch in the sun for my lunch
'cause the wind, wind didn't let it be hot.

Late afternoon ride to town, gimme dat
wind, wind at my back
I will fly and coast and breeze
round them hills
into town.

damn wind! It has shifted
to slap me and roar
make me peddle and huff
down that hill
into town
in the wind.

Parable of the Month: Is That So?

by Rodger Stevens

Once upon a time there was a wise old man who lived with his two favorite friends: his son and his beautiful horse. His son was strong and handsome, and the horse was the envy of all who saw him.

One day the king came by and, having heard about the fabulous horse, offered the old man a fortune in return. But the old man declined his generous offer, saying that he could no more sell his horse than he could sell his son. The towns people called the old man a fool for passing up all that money just for a horse, beautiful as he was.

The next day the horse was missing from his stall. The towns people came around and said, 'See, you old fool. Your horse has run away, probably stolen. You should have sold him while you had the chance. Now you have neither the horse nor the money.'

The old man said, 'Oh? All we can say for sure is that the horse is not in his stall. Let's not

jump to conclusions.'

The next day the horse returned, bringing with him a half dozen wild horses, all healthy and strong. The towns people said, 'Oh, how lucky you are! Now you have all these horses.'

The old man said, 'Lucky? All we can say for sure is here are these horses.'

The next day the son was breaking one of the new horses when he was thrown and broke his leg. 'Oh, how unlucky! Now you have all these horses to care for, and your son has a broken leg.'

The old man smiled and said, 'Unlucky?'

The next day the country went to war, so all the able-bodied young men in the village were sent off to kill each other. All but the old man's son. The people gathered around and enviously told the old man how lucky he was that his son was safe. The old man just smiled and shook his head.

Excuse me, could you
spare a little
Social Change?



Judgement exists as an idea in the human mind, and nowhere else. Life never concludes, so conclusions are anti-life, they are misleading and dead-ends which give us a somewhat comforting but quite temporary feeling of certainty which soon ends up being wrong again in the face of further revelation. Judgement is the burden of he who accepts the truth, which ever it is. That's what made the old man wise ... that's what makes judgement stupid.

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

Blow your own horn...


for display ads in the Co-op News
call Mary Jane Butters

882-6590

882-5797



FRONTIER
COOPERATIVE
HERBS



**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



Ed Clark, Our Master Baker

by Diana Higgins

Ed Clark is the Co-op worker who created the Upper Crust Bakery, located upstairs at the Co-op, so it seemed fitting that he was munching on a fresh pita as we talked. The main question that comes to mind when one talks to Ed is, how does an avid ceramics artist, theater aficionado, and former art teacher end up baking bread in Moscow, Idaho?

The answer is rather complicated, but here goes. His travels took him to central Mexico, where he remained for the next 13 years. While there, he took advantage of the GI Bill and acquired his M.F.A. in Ceramics Culture. As far as I can tell, Ceramics Culture is the study of ceramics as a living art form, which made Mexico a great place to be. Ceramics is a part of every culture, according to Ed, but the tie is especially strong in Mexico, where, "they eat off of ceramic dishes and use ceramic pots to carry water."

In addition to acquiring his M.F.A. and crafting his own ceramics art, Ed taught school for handicapped elementary children, as well as art at the university level. Two other creative accomplishments achieved during this period were the births of his two children, Francisco ("Paco"), 10, and Carmelinda ("Bida"), 7. Kimberly Bouchard, Ed's partner and mother of their children, had both children with the assistance of a midwife, far from a hospital.

Kim's expertise in theater arts led to the couple's involvement in traveling theater company tours in Mexico, and then eventually here to Moscow. When Kim decided to pursue her graduate degree in Theater Arts, she applied to schools on the East Coast, and also to the University of Idaho, as they had visited friends living near

the area and had liked what they had seen. The UI offered Kim an assistantship before the other schools even responded, and luckily for Moscow, the offer just, "felt right."

So, how does the baking fit in? While in Mexico, Ed and Kim had operated a home bakery, selling many of the whole grain offerings available at the Co-op today. When it became difficult to find whole wheat baked goods, Ed and Kim decided to make their own and make them available to those who preferred them as well. One day a week, they would make up huge amounts of bread, all kneaded by hand, and sell them during the remainder of the week. Thus, they were able to make a living from their one intensive 24-hour burst of baking, and pursue their other vocations the rest of the week.

When they moved to Moscow, there were few jobs available for Ed that would support the family while Kim went to school. He saw an ad for an experienced baker at the Main Street Deli and went to work there. While at the Deli, he enjoyed the baking work, but missed the creative freedom he had enjoyed with his own business in Mexico. He approached the Board of Directors at the Co-op, presented them with a proposal, and three years ago, started the Upper Crust Bakery.

While not baking, Ed spends his time in his art studio in the house he and Kim recently purchased. His current projects are making handmade paper and books, as well as his ever-present ceramics and theater pursuits. He always encourages input about the baked goods sold at the Co-op; if you have any comments or questions for Ed, feel free to give him a call at the bakery, or leave a note for him downstairs at the Co-op.

Home Canning: Know What You're Doing Before You Start

by Alan Jay Solan

In the grocery store, shoppers fearing botulism avoid dented canned goods. But in the entire 20th century, probably fewer than a dozen people have died from botulism poisoning from commercially canned foods, while hundreds of Americans have died from botulism toxin in home-canned foods, "We don't hear much about botulism, but when we do, it's deadly," says Marilyn Swanson, a Cooperative Extension food safety specialist at the University of Idaho.

Because Idaho's last case of botulism was more than a decade ago, Swanson is concerned that people in Idaho have become complacent. Although Idaho hasn't had a case of botulism poisoning lately, Washington and Oregon haven't been so lucky. In 1989 in Washington, 13 people came down with botulism and one of them died. Most of the cases were related to home-canned salsa, Swanson said.

First recognized in Germany in 1820, botulism was initially associated with the consumption of spoiled meat. The rare but extremely deadly form of food poisoning is now known to be caused by contamination of a variety of animal and food products.

Botulism poisoning occurs when a person consumes food containing toxins produced by the bacterium *Clostridium botulinum*. The bacteria, widespread in the environment produces seedlike spores that are extremely resistant to heat.

By themselves the spores are harmless, and in fact, are consumed regularly in fruits and vegetables, Swanson said.

However, in the absence of

oxygen--as in sealed canning jars and with low-acid foods, the spores can germinate and produce a poison 200,000 times more toxic than strychnine.

The foods lowest in acid include fish, corn, meat, peas and asparagus. High-acid foods include berries, sauerkraut, plums and cherries.

"Basically, botulism will not grow in acidic foods, therefore it's not a problem in fruits or pickled products," Swanson said. "Too often, however, people mistakenly assume that 'hot' means acidic," she said.

"It may taste 'hot' but that doesn't mean it's acidic. You can't always tell by tasting how acidic a food is. Tomatoes are on the borderline and are canned with the addition of acid."

In the Pacific Northwest, most botulism cases in recent years have been associated with either salsa or asparagus, and in all cases, the home canner did something wrong, Swanson said.

"If you follow the recommended procedures, there are no problems. There have been no documented case of food-borne botulism from home-canned foods that were prepared following approved U.S. Department of Agriculture procedures."

The most up-to-date information on preserving fruits, vegetables, meat and fish as well as a variety of tested and approved canning recipes is available at local Cooperative Extension System offices.

"The key point is to plan ahead and decide to follow recommended procedures first--as opposed to waiting until after you've canned and then thinking 'maybe I did this wrong,'" Swanson said. "Make sure you know what you're doing before you start."

Ask us about recycled and
chlorine-free papers!

kinko's Open 24 hours.
the copy center 608 S. Main • Moscow • 882-3066

"You People" Versus the State Legislature



by Carol Hartman

Most of us at the Co-op know Mary Butters as the successful businesswoman behind Paradise Farms and as the volunteer advertising guru for our newsletter. But Mary's latest crusade has taken her from Moscow to the legislative boardrooms in Boise, lobbying for standards for organic composite foods.

At issue for Paradise Farms is the legality of labeling products with a certain percentage of organic contents "organic," such as falafel or lentil soup mix. Last winter, legislators balked at a bill establishing such standards. Employees of the Idaho Department of Agriculture and certification program worked with Butters for several years preparing the draft bill, developing requirements that mirrored national standards and those of several other states. Nobody anticipated such a strong reaction from the large agricultural and chemical corporations in Idaho.

"The employees were confident they could develop a good package and just get it passed. Then they called and said there's some real opposition to the program. You have to come to Boise--you're the only one," she recalled. Having just spent \$6,000 on new packages declaring 'organic' on the front panel, she purchased an expensive plane ticket and arrived the next day.

What appeared to be a lost battle during the House Agricultural Affairs Committee hearings prompted those same state employees to try a new tactic. A law could be in place by early August, Butters said.

"They were trying to pass a bill which created a new category and section for organic producers

... Now they're going to consider processing under handling: the key person or organization who processes, packs, transports or stores organic food," she said, explaining that Paradise Farms fits this category.

As she testified before the House Agricultural Affairs Committee February 24, Butters said she initially found most legislators supportive. After a conversation with Committee Chair Lynn Loosli, however, she was told that Farm Bureau Director of Public Affairs Jim Yost was "the one to convince." After Butters' testimony, Yost argued that there was no reason to label products organic since it allowed "you people" to charge more for items that weren't any different. Also making a frantic presence at the hearing were representatives from Ore-Ida, lawyers in tow.

"They're really threatened by one teeny organic company in Idaho," Butters commented, describing how the lawyers painted several dramatic scenarios of what could happen should this bill pass.

When she returned to Moscow, Butters said she briefly considered mobilizing forces to write letters and circulate petitions in support of organic composite packaging but decided to take a different tactic.

"I'm going to become successful and not beat myself into a wall over this. Becoming successful is the best way to fight them. I'll just do it in spite of them," she grinned.

Mary has always been a dedicated Co-op volunteer for many years. Now, she is responsible for the newsletter advertisements: contacting previous and prospective advertisers, securing copy, money and guaranteeing that the ads actually run. When the Co-op moved to its present location on Third Street, she designed much of the interior, hanging sheetrock, painting and everything in between. As the Co-op grows and the newsletter expands, this workload has also multiplied. Anyone interested in sharing the wonderful world of newsletter advertising duties, please leave a message with Bill London.

Tips for Controlling Aphids in Home Gardens

by Alan Jay Solan

If your cabbage, Brussels sprouts, cauliflower or other cole crops are infested with cabbage aphids, try a little soap and water before reaching for the chemical spray.

Susan Halbert, a University of Idaho entomologist, said there are a number of pesticides registered for use on the tiny, grey, waxy-looking insects, but that a commercial or homemade insecticidal soap mixture may work just as well.

"Soap is made of fat and lye and it's the fat in the soap that has the insecticidal properties," she said.

A good mixture is half a teaspoon of bar shavings or other non-detergent soap to a half gallon of water. This should be sprayed directly on the aphids as they are feeding on the plants. Detergents won't work because they don't contain the necessary fatty oils, Halbert said.

"You don't want to overdo the dose," she said. "If you mix the soap too concentrated, you can burn the plants."

But before attempting to control the aphids with either commercial pesticides or a soap and water mixture, check to make sure Mother Nature isn't doing the job for you already.

If you notice a fair percentage of dead aphids that are "brown puffy mummies" lying on the ground near the plants, the pests

are being paracitized and there is no need to spray.

Ladybugs and ladybug larvae are predators of the aphid. But while most of us can spot a ladybug, many gardeners don't recognize a ladybug larva when they see one.

"Ladybug larvae look like little dragons with long tails and legs that sort of stick out to the side," Halbert said. They usually have red and black and white stripes or spots, and, depending on the age and species, can be up to half an inch long.

"Some people, looking at that thing, may not realize it's a ladybug larva," Halbert said. "They might think it's some other worm that's eating their crops. In reality, it's a very beneficial insect."

The damage aphids will do depends on the level of infestation and the number of parasites and predators in the garden.

Left unchecked, the aphids will form dense colonies inside Brussels sprouts, cabbage, kale and other crops and suck the juice from the plants and weaken them.

"Being an entomologist, I might have a higher tolerance for eating bugs than some others," Halbert said. "But once they get inside the vegetables it's pretty tough to wash them out."

Soaking the vegetables in salt water may help bring the aphids to the surface to make them easier to wash off.



NORTH COUNTRY BIRTH SERVICES

 882-4735

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

NANCY DRAZIN, CCE

 Professional, caring, non-medical support

HEALTH CARE MASSAGE



129 W. Third #23
Moscow, Idaho
883-4898

MASSAGE FOR:

- Health Maintenance
- Chronic Pain
- Sports Injuries
- Pregnancy
- Deep Relaxation
- Muscle toning and Weight Loss
- Elder Care

Home visits & Gift Certificates Available

Laurie Cortright
Massage Therapist

883-4898



Micro Moviehouse
Great Movies!!
Only \$1.75
3rd & Almon - Moscow
882-2499

Birkenstock

Quality • Comfort
Styles • Colors



NATURE SPORT
Palouse Empire Mall
882-9462

UNNAMED POEM
by Nancy Casey

The island promontories are the best places from which to fly. But you are not a bird, and round the protruding rocks are swimming sharks vibrating always that chorus, harmonic strains of truth---
and I'm line-caught like a fish
ill-shielded for the blindsiding.



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

LISTEN
and LIVE
KUO'S

FM Moscow 89.3
Call in your music.
885-6392

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

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



CAFÉ SPUDNIK

by Carol Hartman

Guilt-Free Cheesecake

Well, summer is halfway gone and most of us haven't had to face the reality of trying to fit into last year's bathing suit. That means there's a whole 'nother 10 months to lose that winter layer! Yea! Let's eat cheesecake.

Here are a couple of my favorite recipes. They are both fairly nutritious, therefore, you don't have to limit yourself to a single slice per day. The Co-op's quality and extensive dairy and alternative dairy section make cheesecake an easy and inexpensive dessert. Most of the ingredients in this first recipe are available in bulk quantity, except for the brandy. I generally substitute soy products for the dairy ingredients with tasty results.

Brandy Ginger Cheesecake

Crust

2 C. ginger snap crumbs
5 T. melted butter or margarine
Mix together and press into a 10-inch springform pan.

Filling

12 oz. lowfat cream cheese, softened
1 1/2 C. lowfat yogurt
4 egg whites
1/4 C. honey
1/4 C. brandy
2 T. finely grated fresh ginger salt

Combine everything in order and whip together until smooth. Taste to adjust salt and honey. Pour into the crust and bake for 40 minutes at 350 degrees. The cake is done when the center is firm to the touch and the edges are light brown. Cool completely before removing the rim.

Glaze

2 T. cornstarch (sodium free o.k.)
3/4 C. orange juice
2 T. honey
1 T. brandy
1/2 tsp. orange rind

Pour cornstarch into a small saucepan and whisk in the orange juice. Cook over medium heat, whisking constantly, until mixture is smooth and glossy.

Remove from heat. Whisk in the remaining ingredients. Pour the hot glaze onto the cooled cheesecake, spreading it evenly. Chill for several hours before serving.

Frances Moore Lappe calls her recipe, "The thinking person's cheesecake," arguing that one need not clog every artery to enjoy this delicious dessert. I agree. For those of you (me included) who normally disavow healthy habits when faced with a cheesecake, this one allows us to eat more and still be healthy!

Thanks to the diverse products lining our Co-op shelves, only one stop is needed to purchase the ingredients for this cheesecake. Our expert granola maker, Bruce Miller, provides members with lots of flavor options for the crust. Quality yogurt is a regular item in the dairy case and for us non-dairy types, the Co-op recently began stocking tofu sour cream. Should make for an interesting variation on Frances' recipe!

1 lb. cottage cheese or part-skim ricotta
1 C. plain yogurt (or tofu sour cream!)
3 egg whites
1 1/4 tsp. vanilla
1/3 C. honey
2 C. granola
1/4 C. orange juice

Crust

Use a blender to grind granola coarsely; mix in a bowl with orange juice. Pack firmly into a 10-inch pie pan and bake for 10 minutes at 350 degrees.

Filling

Blend cottage cheese, yogurt, honey, egg whites and vanilla until smooth. Pour into the cooled crust and bake for about 35 minutes at 350 degrees. Cake is done once the center is firm to the touch.



Feline Housesoiling

by Dawn Gill

Feline housesoiling is the most common behavioral problem cited by cat owners. There are two distinct elimination problems which require completely different treatments.

If a cat is backing up and eliminating on a vertical surface this is a territorial marking behavior. Spraying often occurs around doors and windows or on new pieces of furniture. This problem can be aggravated by changes in the cats' environment (new pets or roommates, moving, visual contact with outdoor cats) or changes in the relationship with the owner (decreased time spent

with the cat, changing work schedule, inappropriate punishment). Neutering and spaying intact cats has been highly effective in curbing this behavior. Efforts should be made to keep the cat's environment as stable as possible and stray cats discouraged from prowling around the perimeter of the house. In extremely sensitive cats, low doses of valium may be used to decrease spraying associated with anxiety.

Cats that are squatting and eliminating on horizontal surfaces are rarely doing so out of any territorial or anxiety-based problem. The litter box itself may be the problem. Cats are by nature very fastidious animals and

may stop using the box if it is not cleaned frequently enough. They may have an aversion to certain types or to the scent of the sand/litter. The location of the box may be wrong; most cats prefer a private area away from their food and water. A covered box is ideal for a shy cat. A few cats prefer to eliminate on hard surfaces, in which case an empty or nearly empty litter box may correct the problem. Medical problems should be ruled out in these cats. Bladder or kidney problems can cause a cat to urinate outside its box. A geriatric cat may have difficulty getting into and out of the litter box, a box with lower sides may be the

answer. Have your veterinarian check for signs of a medical problem before trying to modify other factors, as urinary problems can be very serious in cats.

Previously soiled areas should be cleaned with a solution of 50:50 vinegar and warm water or one of the feline odor neutralizing products. Access to these spots should be discouraged through the use of booby traps (upside down mouse traps) or by placing the cat's food bowl in the area. Physical punishment will only aggravate this problem. If the owner catches the cat in the act of eliminating they can try squirting the cat with a water pistol or making a loud noise. These techniques cause the cat to associate a negative response with the problem behavior. Dealing with this problem can be tremendously frustrating. Don't hesitate to seek assistance from your veterinarian or an animal behavior specialist.



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



PALOUSE
Ocularium
VISION CENTER

*Precise, professional eyecare.
Comfortable atmosphere.*

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

ACUPUNCTURE

- Diet
- Moxabustion
- Handwork

1-835-3181
Moscow

Charles Quinn
Graduate, Kototama Institute

El Nino Again?

by Charlie Powell
(copyright)

Atmospheric scientists have found that the Pacific Northwest's weather patterns are closely tied to the Peruvian anchovy population. Actually, the tiny fish that is the mainstay of Peru's economy is just an indicator, but when they start to disappear, watch out.

The weather pattern that causes a decrease in anchovy numbers is commonly known as El Nino, Spanish for "The Child." It is also named because the phenomenon begins off the coast of Peru about Christmas, the time when the Christ child was supposedly born. To climatologists though, it is referred to as an ENSO, or El Nino-Southern Oscillation.

But what is an ENSO? To understand, one has to think globally. For reasons as yet unexplained, every four to five years the normally strong southeasterly trade winds that blow out from South America

across the Pacific begin to calm. Normally, the winds cause the weather surface waters to be pushed to the other side of the ocean. When this happens, cold, nutrient rich waters rise to the surface. Consequently the sea near Peru is normally cool and the anchovies find a feast of upwelling phytoplankton to dine on. But when the winds calm, the banquet is over. A 1972 ENSO cut Peru's anchovy catch by 80 percent.

When the anchovies go, so do the things that feed on them like sea birds and other fish. When the other fish go, so do the marine mammals and others. Such is the normal variation of the food chain among animals.

As far as Idaho and Washington are concerned, an ENSO allows the warm surface waters to begin spreading northward, too. Abnormally high ocean surface temperatures can cover half the equatorial Pacific and drive along the Pacific north to the Gulf of Alaska. While

waters off our coast may only be a few degrees above normal, back in Peru water can be in the 80s--some 15 degrees above normal.

But a few degree shift in ocean surface temperatures can have profound effects on wildlife and weather patterns over land. In 1982-83, an ENSO was found to alter not only ocean circulation, but also air circulation on a global scale. Torrential storms pounded parts of Ecuador, Bolivia, Brazil, and Peru. That year saw some areas that were normally deserts get 12 feet of rain! Hundreds of people were killed and many thousands displaced.

In the U.S. the same disturbance caused heavy rains and violent storms along the West Coast. And while the Pacific nearly drowned, the African continent sweltered in drought as did India, Indonesia, Sri Lanka, and Australia. Readers may recall wire reports of a massive dust storm that blacked out the sun and covered the city of Melbourne in a pile of fine dry soil.

PLANKTON
by Nancy Casey

Love, too, must learn
to live on a steady diet
of very, very tiny
almost invisible
drifting
things

All tolled, ENSOs are the single largest recognized disturbance in the planet's weather. Needless to say predicting such events is a high priority among atmospheric scientists, oceanographers, and meteorologists. A ten-year international study of ENSOs is underway and should conclude in 1995.

Right now another ENSO appears to be developing off Peru. ENSOs also show a two-year sub-cycle besides the four to five year recurrence that may in some cases compound problems. That seems to be the case currently and the effects can be traced down the Pacific coast as the ocean surface temperatures begin to rise.

For the Record ...

by Ken Nagy

Ordinarily, I wouldn't bother responding to a letter-to-the-editor, but Lauren Wagoner's sheer condescension toward Paul Lindholdt's article made it impossible to resist. Also, I feel her response is indicative of a much larger issue concerning irresponsible news coverage by the mass media, and our willingness to accept it.

In the July Co-op newsletter, Ms. Wagoner claims that, contrary to Lindholdt's article, there has been injury stemming from acts of "ecotage." She refers specifically to a 1988 incident when a mill

worker in Cloverdale, CA was injured by a sawblade hitting a large nail (or "spike") that had been purposely hammered into a tree. Contrary to her belief, however, this was proven not to be an act of environmentalist sabotage. Foreman, among others, has fully documented the facts surrounding this famous case for anyone interested enough to know the truth. He writes:

After the initial hoopla blaming Earth First! for the accident, several northern California newspapers issued apologies when it was learned that the

Mendocino County Sheriff's Department's primary suspect was a conservative Republican in his mid-fifties who owned property adjacent to the logging site.... Absolutely no evidence has ever been presented connecting an Earth First!er or other conservationist with the spiking.

... Since tree spiking is meant to save trees, trees are properly spiked when they are standing and alive. The tree that injured Alexander had been spiked

after it was cut down and bucked up. The spike was driven into the butt end of the log and countersunk by another spike.

... After the initial sensationalism about the incident, careful reporting revealed that the accident was more of a mill-safety issue than one of dangerous tree spiking. In a copyrighted interview with Alexander in the San Francisco Examiner, reporter Eric Brazil quoted the injured man as saying the band saw was cracked, wobbly, and due for replacement. Alexander said that he had been complaining about the dangerous condition of the saw for two weeks.... "If it had been a good saw, it would've handled the spike better," Alexander said (pp. 151-2, Confessions of an Eco-Warrior).

Obviously, "ecotage" is newsworthy, mundane issues such as worker safety and industry negligence are not. Long before the facts were sorted out, the event had passed into the realm of popular myth which persists in the face of contrary information, as is evidenced by Ms. Wagoner's recent assertion. In all fairness, she could not have known the truth surrounding the injured mill worker unless she had looked more seriously into the case. This, however, is beside the point since she is claiming superior knowledge here. It is the pitfall of those persons who actually believe they are getting even some semblance of reality over the tubes.

I am not defending the act of tree-spiking or any other acts of "ecotage"--I defend only the truth. So, please do your homework, Lauren. And, while you're at it, look into who is really "propagating misleading information" (your words). The fact still stands that there has never been a documented case of death or injury due to an act of environmental sabotage. Unless, of course, you count the injuries that activists have "brought on themselves" (at the hands of industry thugs) while taking a stand on what they believe to be injustice, corruption and sheer greed.

Bulgur Wheat Pilaf

- 4 tablespoons olive oil
- 2 green onions, chopped
- 6 mushrooms, sliced
- 2 cups bulgar wheat
- 1 teaspoon salt



Heat oil in two-quart pot over a medium flame. Add green onions and sauté thirty seconds. Put in mushrooms and sauté one minute longer. Add bulgar wheat and salt. Stir to coat the grains of wheat with oil. Now add 2½ cups water and bring to a boil. Cover, lower heat and simmer 25 minutes. Remove from heat and let sit for another 20 minutes before serving. Serves 6

ECOTAGE AND CIVIL DISOBEDIENCE

by Paul Lindholdt

Last month Laureen Wagoner sent a letter to the editor to refute a point I made in my May article, "Keeping Idaho Wild." I wrote there that no one ever has been hurt by an act of ecotage in the U.S., to which Laureen responded that a mill worker in northern California "was seriously injured when a bandsaw tried to cut into a spiked tree." She encouraged me to do my homework.

First, let me make clear that I do not endorse tree-spiking; I just describe the tactics of Earth First! and other activists. Known variously as monkeywrenching, ecotage, and vandalism, such actions are now big news in our community since protests against the Forest Service in Dixie, Idaho, have brought many activists to the front pages of our newspapers and to our court in Moscow. Second, Laureen, I did my homework on the mill worker's injury.

A sheriff's investigation into the case of the injured worker George Alexander point not to environmental groups "but to a Los Angeles man who ... had a reputation for right-wing military fantasies and weird behavior." Responsible ecoteurs typically notify relevant parties prior to the cutting of spiked trees, not only to protect lumberjacks and mill workers but to keep the trees standing. By telling timber mills and government agencies about a stand of spiked trees, Earth First!ers hope to push the cost of "harvesting" those trees over the

brink of economic viability. No charges were filed in the George Alexander case.

The question of whether to spike or not to spike, whether to monkeywrench heavy machinery or adopt less destructive tactics, has divided environmental activists for years. Some say that wrecking machines and spiking trees is decidedly nonviolent, that *violence* and *terrorism* apply only to acts that jeopardize human life. Others say that any destruction violates the principles of nonviolence fostered by Thoreau, Gandhi, and Martin Luther King. All such actions "throw monkey wrenches" into civil systems.

The word *ecotage* comes from *sabotage*, a word in French that means the damage done by heavy wooden peasant shoes that workers threw into machines to clog them. Various forms of sabotage have been practiced for generations by union workers hoping to send a message to management and thus improve wages and conditions. It began among textile workers in England in the early 1800s. And Ken Kesey wrote about spiking trees in his 1964 novel *Sometimes a Great Notion*. Again, no one's been injured in an act of ecotage.

At the encampment near Dixie, Idaho, there is consensus that civil disobedience is the only legitimate form of protest. Accordingly people chain themselves to machines, bury themselves in dirt, sit high in trees

on platforms, anything to try to blockade the logging. In doing so they have ample historical precedent. Some observers believe the recent vandalism to logging machines--which resulted in closing those federal lands--may have been the work of loggers themselves who needed a reason to block public access where some 80 million board feet of timber are scheduled to be cut.

The problem of violence in industry and in the environmental movement is complex. Timber industry officials are quick to say that ecotage is terrorism, a term activists argue applies only to threats to innocent lives, a moot point given the precautions they take to avoid injuring others. Real violence, they claim, comes from corporate officials who disregard endangered species and ecosystems. And Mike Roselle believes "there's violence in cutting down a 1,000-year-old tree to make lawn furniture."

Ethical questions notwithstanding, tree spiking has become a federal felony. And Earth First! must take some responsibility for any injuries that might occur in the future from spiking because the group has sanctioned the practice and gained it publicity. What Christianity calls "an eye for an eye," what our proverbial wisdom knows as "fighting fire with fire," these contradict the mandates of civil disobedience as the grand masters practiced it.

Price Comparison by Diana Higgins

The items chosen this month for the price comparison were chosen with both basic staples and slightly more exotic ingredients in mind.

Item	MFC	MFC -18%	Tidyman's	Safeway	Rosauer's
Nile Spice instant soup (cup)		0.99	0.81 N/A		0.99 N/A
100% natural potato chips	.24 oz	.20 oz	.19 oz	.19 oz	.19 oz
whole wheat bread	1.75 (2lb)		1.44 .97 (1.5 lb)	.99 (1.5 lb)	1.89 (2lb)
whole wheat bagels	.50 ea	.41 ea	N/A	N/A	N/A
whole wheat english muffins	1.75 pk/6	1.44 pk/6	N/A	N/A	N/A
Swiss-style muesli	2.25 lb	1.85 lb	3.57 lb	4.02 lb	4.05 lb
cashews	3.57 lb	2.93 lb	6.32 lb	9.27 lb	7.60 lb
almonds (whole, unsalted)	3.17 lb	2.60 lb	3.73 lb	4.29 lb	N/A
maple syrup	2.40 lb	1.97 lb	4.26 lb	4.98 lb	4.26 lb
feta cheese	2.97 lb	2.44 lb	4.74 lb	4.89 lb	5.38 lb
green onions, bunch	.49 ea	.40 ea	.33 ea	.50 ea	.34 ea
carrots	.59 lb	.48 lb	.49 lb	.69 lb	.49 lb
fresh basil	16.09 lb	13.19 lb	N/A	31.84 lb	60.48 lb

KEY BANK OF IDAHO



THE KEY TO YOUR FINANCIAL FUTURE

609 S. WASHINGTON
MOSCOW, IDAHO
882-6504

Involved. Innovative. Professional.
Member FDIC

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic

(208) 882-3723

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

★ **IMAGINE** ★
YOUR AD HERE

★ Reaching ★
★ Co-op Shoppers! ★

★ **Only \$8** ★
Per Issue ★

Call Mary Jane at
882-6590 or 882-5797 ★

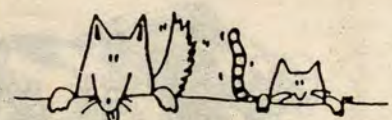
Hodgins Drug and Hearing
100 YEARS OF SERVICE

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



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.



Animal Product Additives a Challenge to Detect

by Paula Ruth

This month's article on vegan nutrition focuses on hidden animal food additives, a problem perhaps familiar already to those of us with food allergies and otherwise restricted diets. If we make the decision to omit animal-derived foods from our grocery list (which, by definition, is exactly what vegans do) then we suddenly have to pay closer attention to every ingredient listed on labels of the foods we buy.

Few people these days have the time to cook everything from scratch. If they did, packaged foods and their additives would be of little concern. But the fact is that we usually resort to at least some canned or boxed foods, and to products of commercial baking operations.

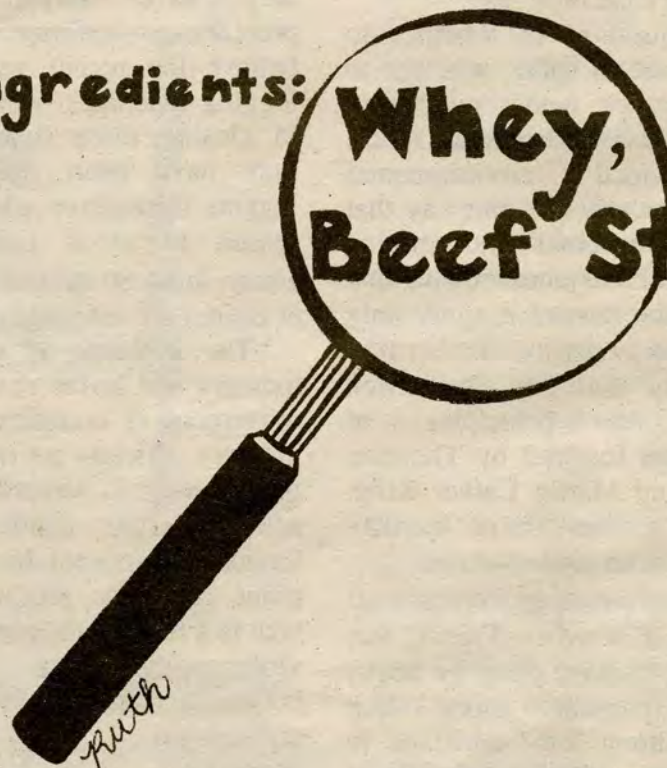
In my shopping experience it seems to me that milk products find their way into most of the foods at the store. Be aware that dairy derivatives have a variety of names, with whey, lactose and casein being perhaps the most common. Any food product containing these additives should be avoided.

Also, the names given to entire classes of products can be misleading. For instance, so-called non-dairy creamers and whipped toppings do, in fact, have milk-derived additives. A quick look at the labels confirms this, yet for some reason unknown to me, they are allowed to tout themselves as "non-dairy."

A helpful term sometimes found on food packaging is "Pareve" (par-uh-vuh). This is a Yiddish word indicating that the food has been prepared with no meat or dairy products. It not only aids those who keep kosher kitchens, but those on vegan diets as well.

Ingredients:

Whey,
Beef Stock



Meat-based additives often lurk in places you might not expect. Take a look at the labels of most canned vegetable and bean soups and you will find, sadly, that they were made with chicken or beef stock. And that bean burrito you want to prepare could have lard (hog fat) in it if you haven't screened the ingredients of the particular brands of refried beans and tortillas you've chosen.

Dairy and meat additives can also show up in foods under the guise of "natural flavorings"--an unfortunate catchall embracing numerous different possible additives. Unless you're willing to write the manufacturer, you can only guess at which ingredients are actually included. For this

reason alone, I tend to steer clear of foods which list "natural flavorings."

When buying pasta, remember that many pastas are made with eggs. A little looking (it won't take much) and you will be able to find just what you want. Good pastas have nothing more in them than wheat and water.

Although one might sense that some change is in the wind, the fact is that we live in a society with an animal foods-centered diet. As such, we can expect manufacturers to largely disregard the needs of a still-small vegan minority. Given this food marketing environment, those of us who choose a vegan diet need to stay fairly alert in order to keep the diet intact.

OUR BUSIEST SHOPPING HOURS

ARE

WEEKDAYS, 4 - 6 PM &

SATURDAY, 11 AM - 5 PM

To enjoy a leisurely shopping experience,
try shopping at other times...

... It helps everyone!

MOSCOW FOOD CO-OP

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.

Paradise
Creek
BICYCLES

Joe & Kelly Riley
owners

511 S. Main, Moscow
882-0703

Sales Service Accessories

R&R OFFICE
EQUIPMENT

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

1104 South Main
Moscow, ID 83843
882-3514



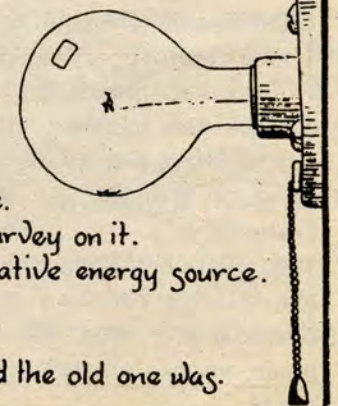
Moscow Food Co-op



How many Co-ops to
change a light bulb?

At least Ten.

- 1 to coordinate it.
- 1 to orientate it.
- 1 to order it.
- 1 to stock it.
- 1 to recycle the old one.
- 1 to do a newsletter survey on it.
- 1 to insist on an alternative energy source.
- 1 to plan a party.
- 1 to make sandwiches.
- 1 to talk about how good the old one was.



Overcoming Breastfeeding Difficulties

by Nancy Draznin

Breastfeeding is the single most important thing you can do for your baby from a nutritional standpoint.

The benefits of breast-milk begin at birth with improved disease resistance. Breast-fed babies use a tiny fraction of the medical costs that bottlefed babies use. In one study of equal-sized groups of infants breast-fed babies used \$400 worth of medical treatment while bottlefed babies used \$68,000. Breastfeeding is linked to obesity prevention, emotional bonding, and higher IQ levels over bottlefed babies.

Breastfeeding benefits the mother by speeding post-partum healing enhancing bonding and reduced preparation time (there's no preparation involved!). Their stool has no foul odor, so they smell sweet as well. Breastfeeding is a rewarding experience, enhancing the mother's self-esteem and contributing to a close, loving relationship with the baby.

Physiologically, virtually all women are capable of nursing their babies, except those who have had major breast surgery in which case partial breastfeeding with supplementation is possible.

Humans, however, are not purely physiologic creatures.

Often, when breastfeeding fails, emotional and psychological difficulties come into play. Women who successfully breastfeed value the benefits and are determined to succeed despite even major obstacles such as mastitis, bleeding nipples and a lazy nursing baby.

Sometimes, even women who are motivated to breastfeed, who value its advantages and who have successfully breastfed older children have difficulties. If the mother is under stress and anxious, oxytocin, the hormone involved in milk being released from the ducts, will be inhibited. Oxytocin will not be released in the presence of adrenalin. Interestingly oxytocin is involved in orgasm, childbirth and crying, as well. So a mother who is unhappy or stressed-out will have an impaired let-down. She may make plenty of milk, but it can't get out of her breasts to the baby.

Fortunately another hormone called prolactin is also released during nursing. Called the mothering hormone, this helps mom and baby relax, allowing the milk to flow. Once mom's anxiety is overcome, breastfeeding will naturally continue to be soothing for mother and baby.

An infant may have difficulty nursing due to physical factors such as a tongue that curls up instead of down, cleft lip or palate or Down's Syndrome, to name a few examples. Drugs given to the mother during labor (including epidurals) can affect the baby's alertness, interest and ability to nurse for as long as several weeks after birth. But all of these problems can be overcome and successful breastfeeding can take place with patience, determination and, if necessary, expert help.

You can take steps prenatally to ensure a happy breastfeeding relationship for you and your baby.

*** Find support.** An experienced friend or relative can help you through any rough times that you might have. Your partner's support and encouragement at low points can make a big difference.

*** Learn as much as you can ahead of time.** The urge to breastfeed is instinctive, but the behavior is learned. Attending childbirth classes that teach breastfeeding, participating in a series of LaLeche League meetings and watching other mothers breastfeed are good ways to get started.

*** Nurse early and often, as early as immediately after delivery.** Studies show that breastfeeding in the first half-hour after delivery makes getting started easier. However, if you and the baby are separated don't worry. You can still nurse your baby successfully.

*** Avoid artificial nipples such as pacifiers, especially in the first three weeks.** These can lead to nipple confusion. Also, the baby may satisfy her sucking urge without meeting her nutritional needs.

*** Avoid supplementing with formula, sugar water or anything else.** Formula sits in a baby's stomach making it go longer between feedings, thus diminishing her urge to nurse and your milk supply.

*** Breastfeeding works on a supply/demand basis: the more the baby demands the more milk you will make.** Sucking stimulates milk production. Therefore worries about not having enough milk can be alleviated by letting the baby suck more.

*** Prevent sore nipples by properly positioning the baby.** The baby should not suck on the end of the nipple but take most of the areola (the dark skin around the nipple) in her mouth.

*** Prevent mastitis (breast infection) by resting, eating well and letting baby drain the breast.** Massage lumps toward the nipple as you nurse the baby. Do not forego nursing if mastitis should occur. You need to keep milk flowing to heal.

*** Remember that difficulties can be overcome.** Expert advice is available right here on the Palouse at Gritman Family Birth Center 883-2229; Becky Behre, NR, Lactation Consultant 883-2229; Sue McNamara, LaLeche League 332-6902.

If you are adopting a newborn you may be able to totally or partially breastfeed. Working in conjunction with a lactation consultant or LLL leader, you can induce lactation through nipple stimulation. Using a device called the Lact-Aid will allow the baby to get nutrition (formula) while sucking at your breast. I know personally of four women who were able to partially breastfeed this way, and two of them had never even given birth.

Whatever your experience, I hope that breastfeeding will be rewarding and happy. When you see the bliss on your nursing baby's face and experience the satisfaction of her growth and good health you will realize why so much emphasis is placed on nursing your baby.



HAUG
CHIROPRACTIC

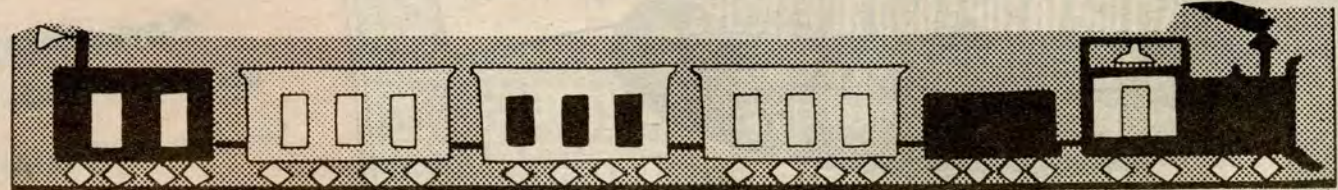
DR. ROBERT W. HAUG
Chiropractic Physician
208-882-3012
102 S. Washington
Moscow, Idaho 83843

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.



The Ad Mart

FREE
Classifieds

Serving Nearly
EVERYWHERE

Call 208/882-9469

POSITION AVAILABLE

Assistant Coordinator for
Waste Reduction and
Recycling Education
Program in Latah County,
P/T, open immediately.
Salary depends on
experience. Call Beth at
882-7415 for more info.

BULLETIN BOARD



IDAHO CONSERVATION LEAGUE Wilderness/Wildlife Hearings

Aug. 4 - **Grizzly Bear Recovery** at 4
p.m., Three Rivers Resort,
Lowell, on U.S. Highway 12,
the confluence of the Selway
and Lochsa rivers. Sponsored
by the U.S. Fish and Wildlife
Service, citizen advisory
meeting.

Aug. 26 - **Wilderness Hearing with
Rep. Larry LaRocco** at
Lewiston, comments on his
H.B. 1570. Location and time
TBA.

Aug. 31 - **Wolf Recovery for central
Idaho**; hearing sponsored by
U.S. Fish and Wildlife Service
with comments accepted on its
Draft Environmental Impact
Statement. Sign up at noon;
hearing begins 2 p.m. at
Lewiston and Coeur d'Alene
same day. Locations. TBA

Informational meetings on wolves and
wilderness will be held in Moscow before the
hearings. Further information and car pool
coordination available from the Idaho
Conservation League. Box 9783, Moscow,
882-1010.

Palouse-Clearwater Environmental Institute

OPEN HOUSE SEPT. 11

During the Farmers Market

Stop by for food, and refreshments,
and see our new convenient location!

MOSCOW MOUNTAIN MADNESS FUN RUN

Sept. 11
Bicycle and Foot Race

Details:

12 mile course over
Moscow Mountain.
Bikers begin at 8:45 am,
Runners/Walkers begin at
9:00am

\$16 registration includes a
long-sleeved t-shirt
\$8 without a shirt

Proceeds will be used to
construct a cross-country
running trail at the Virgil
Phillips Environmental Park.

co-sponsored by the Moscow Food Coop

WANTED

Volunteers to serve on the Coop Board of Directors

We currently have one open position,
which needs to be filled as soon as
possible. Two other positions will be
open for election at the Annual meeting
in February.

For more information call
Peg Harvey-Marose - 882-1593

You can volunteer yourself
or someone else!

Bulletin Board Announcements

Submit your event, class,
give-away, sale item ect. to
Beth Case at the Co-op or
call 882-4410. Deadline is
the 20th of each month.

P.S. If anyone has any outside play
equipment (swing set etc.) that
they want to sell I am interested in
buying it.

Subscribe to the Coop Newsletter

Just \$10 /yr. Mailed First Class
Subscription order form enclosed.

MARK YOUR CALENDAR!

The Coop 20th Anniversary
Celebration is Sept. 18th

Something for everyone!
Music, Food, Dancing and more
See the next Coop newsletter for details!