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JULY 1993

And What of Moscow's Future? Envision Moscow in the Year 2020, Enter the Contest, Win a Prize!

by Bill London



COMMUNITY NEWS

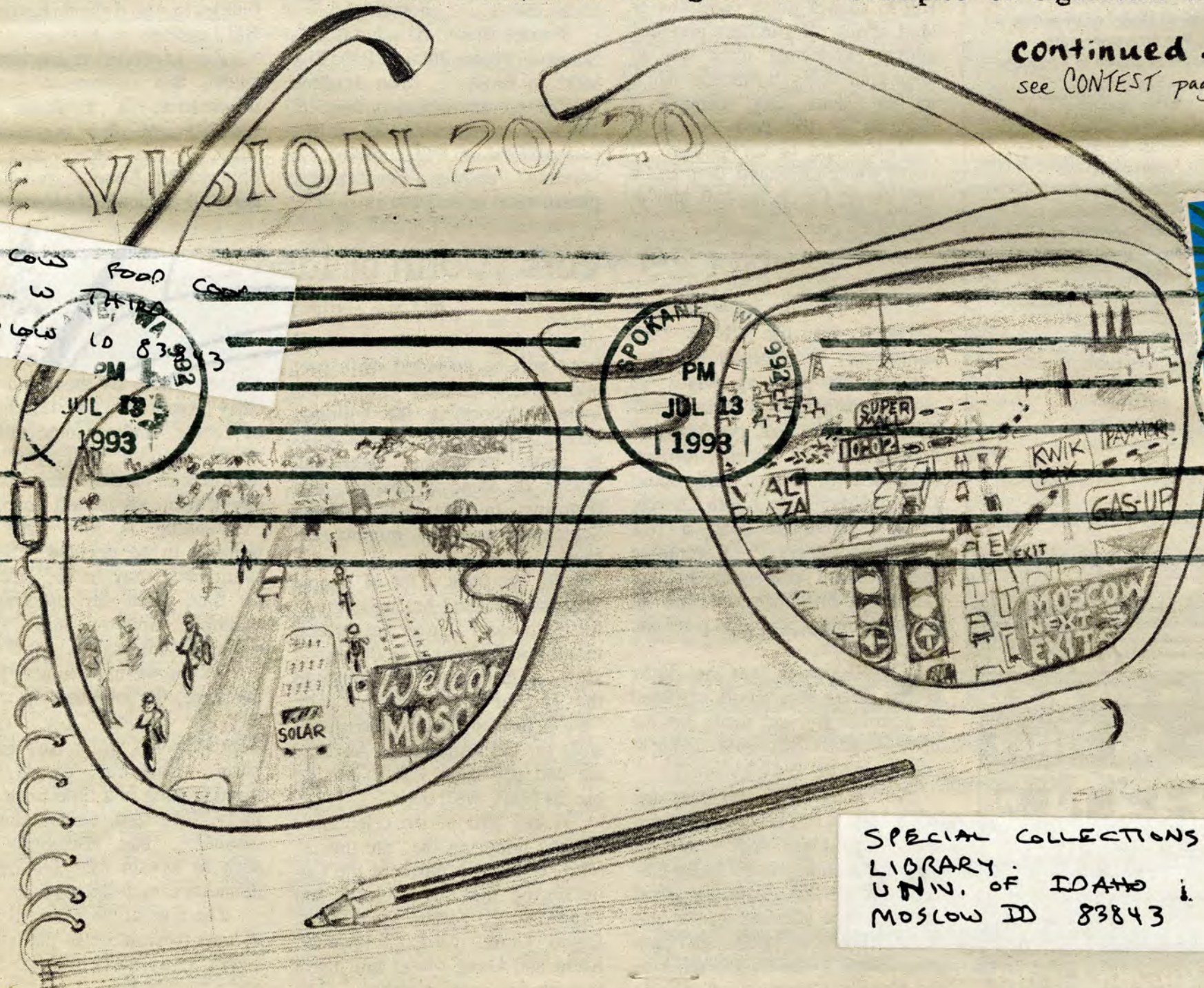
Moscow is growing, changing fast and changing with little public discussion of the results of that growth and the consequences of the choices that are being made today. Several local residents, concerned with the maintenance of this city's quality of life, have created a local citizens organization called Moscow Vision 2020, with the goal of

encouraging Palouse residents to think critically about the future of this city and region.

Moscow Vision 2020 is sponsoring a contest, with a dozen prizes to be awarded for entries that envision Moscow in the year 2020 and the consequences of today's decisions.

The committee cited several examples of significant changes

continued
see CONTEST page 2



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It's hard to believe it has been more than two years -- and two format changes -- that I've been helping Bill London turn out this newsletter. We actually play editor on alternate months, but the publication is and always will be Bill's baby. He started it and has kept it alive, recognizing when change was called for and when to leave things well enough alone.

It has been a pleasure helping him, keeping me involved with the Co-op and the many people who make it work. I'd like to take this opportunity to thank all of you who have helped me out. But now it's time for me to let someone else take over this every-other-month responsibility.

To be truthful, it's not a heavy responsibility -- a little writing, a little copy-editing, a little organizing and reminding -- with Bill to answer tough questions or lend advice. If you have previous editing experience, it's a way to keep your skills in practice, while at the same time earning a discount at the best and most important store on the Palouse.

If you're interested, drop Bill a line at the Co-op, or call him at 882-0127.

Ideas for the Co-op 20th anniversary celebration are entering the planning stages, so get your suggestions in to Kenna Eaton or Ed Clark quickly! A committee has been formed, composed of Kenna, Ed, Skott Larsen, Ellyn Kerr, Laura Church, Erika Cunningham and a few other volunteers. Committee members are still open to any flashes of brilliance and look to recruit as many people as possible, said Ed Clark.

"We want to get as many people in the community involved as possible and get ready for the next 10 years," Ed said. "We're celebrating the last 20 years."

So, mark your calendar for September 11, the first weekend after Labor Day. You may find yourself attending a fair in the Co-op parking lot featuring food samples, face painting, games and crafts. That evening, polish up your dancing shoes and head to the Moscow Community Center to

CONTEST, *Cont from Page 1*

that have occurred in the area since 1980, all with little or no public discussion or evaluation. The percentage of residents who used private vehicles to go to work increased from 71 percent in 1980 to 91 percent in 1990. The percentage of families living in poverty increased from 8.5 percent in 1980 to 11 percent in 1990. The population of Moscow increased by 11.4 percent from 1980 to 18,398 in 1990, and at that rate by the year 2020 we will reach 27,700.

Contest participants are invited to submit two scenarios of Moscow's future. Entries should envision both a positive future for Moscow in the year 2020 and a negative future for Moscow in the same year.

Contest entries in all media are encouraged. Essays, letters, or other written formats are acceptable, as are sketches, paintings, poems, videotapes, songs, dances, or photographs.

Entries should be submitted to Moscow Vision 2020 at P.O. Box 9032 in Moscow. The deadline for contest submission is July 26, 1993. A team of editors, artists, and performers will combine the winning entries for public presentation in August.

Got 20 Years Worth of Ideas?

by Carol Hartman

shake a leg. Music from a local band will be provided, with beer and wine available. Other plans include decorating the building, offering discounted memberships to new members, advertising inserts in area newspapers, and featuring in-store sales during September and fall months, Ed said.

"So we have a lot of hoopla that one weekend but we're going to try to carry it over for several months so to keep it in the public view, at least from September to the end of the year," he said. "We'll just do some outrageous stuff on the building ... Anytime we can get some P.R. based on our 20 years, we'll do it."

A key part of the celebration will be honoring the "old-timers" who started and nurtured the Co-op during the early years. Jim Eagan, Bruce Miller, Rod Davis, David Cook, Christian Sander, Katie and Dave Mosel are just a few of our early members. The

IT'S SIMPLE BRAD... ENTER THE CONTEST,

WIN A PRIZE



Contest prizes include the following: a \$25 gift certificate from the Beanery restaurant, a \$20 gift certificate from BookPeople, a massage from massage therapist Laurie Cortright, a \$25 gift certificate from the Moscow Food Co-op, a selection of foods from Paradise Farm Organics' Back Country Eco-Cuisine, a copy of the cassette tape, "The Meaning of Life," from the Physical Scientists band, pottery by Moscow artist Rebecca Rod, a three month subscription to the Moscow-Pullman Daily News, a copy of Idaho's Top Thirty Fishing Waters book, a ceramic model car by Jim Gael, and a copy of The Umbrella Guide to the Inland Empire by Bill London.

Everyone is encouraged to enter this contest. More information is available from members of the organization's steering committee: Susan Palmer, Bill London, and Kenton Bird, all residents of Moscow.

BE FRUIT FLIES:
AND MULTIPLY!

anniversary issue of the newsletter will hopefully feature some remembrances by them and other early members. (The difficulty is, of course, finding some of these mobile people. If you have information on the whereabouts of any of them, please tell Kenna!)

Funding is one issue that remains to be decided. Special fundraising may be the best way to fund such an extravaganza without dipping into Co-op savings, Kenna said.

"While we have money to run the store, the membership money is set aside for capital improvements, which isn't really a party. Hopefully, people won't mind kicking in a little extra for a party," she said, adding that the committee has discussed ideas such as a yard sale and placing donation cans at the registers.

The committee plans to meet at least twice more in the coming weeks. Any ideas or spare time? See Kenna or Ed.



by Kenna Eaton
General Manager

This month I have no stories of being trapped in the dentist's chair, or tales from the crypt, instead I wanted to talk about being a member.

Co-ops are strange beasts, with great ideology, and great visions. To achieve these visions takes the combined energies of all the people who own this Co-op. At the moment we number just over 2,000. We depend as a business (and this is part of our mission, to be a business) on all different types of support from these 2,000 people.

Support can come in the form of actively working at the Co-op, either as a paid staff person, or as one of our many wonderful volunteers. We do appreciate every one of our Volunteers, they make such a difference to our work place by sharing the work load, and by bringing a sense of community spirit. Volunteers do a wide range of jobs, from building to recycling, from bagging up our chips to cashiering at the register. Many work behind the scenes, such as the Newsletter crew and the Board of Directors. But whatever they do, they are a welcome addition to our store, and we can always use more. If you're interested be sure to stop by and talk to a staff person, we'll steer you in the right direction!

Not everyone has the time or inclination to volunteer, and that's O.K. too. We love you just the

same. Just by shopping at the Co-op you are supporting a wonderful business, and we appreciate that too.

To become a member involves paying an annual fee (\$7/individual or \$12/2 people in a house) until you reach the lifetime amount of \$100. Each \$100 you pay represents one vote.

In 1985 our annual fee was \$5, 1986 \$6, and in 1987 it was raised to \$7. As you can see we haven't raised our prices in 6 years, that must be some kind of record!

We hired Fritz Knorr to update our membership system and put it on the handy dandy computer, and as of June 18 we were able to start using it. The great part of this system is now we have a concise "big book of names" that is a record of the amount you have paid in over the years.

As of January 1, 1994, an annual membership fee will increase to \$10/individual, \$17/2 folks, with the lifetime limit going up to \$150. Should you choose to do so you can become a lifetime member before we raise the price. To do so simply ask a cashier to check the "big book" to find out how much you owe, and pay the difference. It's that easy, or it should be. Unfortunately, the records from prior to 1985 are missing. If you believe that you have paid in \$100 over the years and our records don't show it, there will be a form you can fill out to petition the Board for lifetime membership.



Notes from the Upper Crust

by Ed Clark

Last month I was bold enough to claim that bakery sales generally slow down during the summer. So far they haven't. In fact they may even have picked up a bit. Maybe it is the coolness or maybe no one has decided to leave Moscow, but we sure seem to be producing to beat previous records. Well, we really knead the dough. Jean has offered to pop in briefly on Sundays to make sure there are cinnamon rolls and muffins and maybe even a crust of bread now and then so the addicts don't suffer withdrawal. I have been called a pusher.

Last month I mentioned the folks inside the bakery who keep things going. Lest you think we're an independent entity I'd sure like to acknowledge the great support we get from the rest of the Co-op staff. Erika, Skott, Laura and Renee make sure we're well stocked with the supplies we need. Kenna keeps us alive by paying the bills and keeps us happy with encouraging words. I'd sure like to name each and every volunteer and staffer for all the help we get. Nonetheless let me say a heartfelt thank-you for all your bagging, pricing, checking out, answering and directing questions, passing on suggestions and complaints and compliments and taking special

orders. The Upper Crust couldn't do it without such great backup.

While we're talking special orders, let me tell you how you can special order bakery products. We have the capacity to bake large amounts and to do custom orders. We have baked for restaurants, caterers, for parties, conferences and weddings. For this type of event just come in or call in advance and we can work out the details.

Special orders don't have to be huge, however. While we can't hold individual loaves for you, you can order 3 or 4 of any bread previous to the day that particular type is made. If you want a bread on a day we don't normally make it then you can order enough so we can make the whole batch or 6-8 loaves.

You can also modify a recipe and order a whole batch. (Say you want tomato basil without salt.) Individually, you can have us delete or change the topping or seeds (for example: a 2# anadama no egg wash or challa without poppy seeds). We can also play with sizes and shapes for you.

You are also invited to order from our fantastic selection of take out meals including main dishes, sandwiches, salads and desserts. Just talk to Fast Food Annie and she'll take good care of you.

All you need to do is call the Upper Crust at 883-1024 and ask to place a special bakery order. Try to give us a couple of days, leave your name, phone number, and when you plan to collect it (please don't forget) and we'll treat you special.



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Grocery Corner

by Skott Larson
and Erika Cunningham

The wheat bran you carry now is finer in texture than your previous stock. I like the coarser much better. Could you change back to the coarser bran? Sure! We opted to carry local wheat bran from Meacham Mills in Clarkston, to support our local growers and millers. But with a tremendous amount of customer concern, re: the less coarse bran and a big price difference -- we've changed our minds again. For now, we carry both ... the finer in a big bucket next to the rolled oats. The coarser (which is also organic) is in a small bucket below the split peas.

Please bring back Polidental Floss and organic butter. O.K.!! The poli is in the body care section next to the Co-op toothbrushes (cheap @ \$.80!!!) and the organic butter is kept in the freezer since it is unsalted -- you can find it on the top shelf next to the non-organic unsalted butter.

Please carry non-animal capsules. We have some empty capsules made without any animal products in the Herb and Spice room. They are called "VEG-CAPS."

Please try to get American Spirit Smoke blend. There is an

ongoing debate about carrying this type of product. By fall the product selection committee should have a decision. If we do carry a smoking blend ... it will most likely be the Pow Wow Blend, made with organic herbs and tobacco. A nice feature is being able to carry it in bulk.

Please bring back the 4 oz. bulk tofu for \$.36. It's still here as well as our newer tofu from Spokane which isn't much more in price ... only a few cents ... and it is FRESH FRESH! I like to eat the herb tofu all by itself and uncooked!

The bulk grains and legumes all look very wholesome and inviting. How about more recipes/suggestions for cooking them? Great idea! Are there any members out there who would like to earn a discount and provide a great service like this?? Come in and talk to Renee, Kenna or me.

Please order organic ketchup. We carry one by Garden Valley in the packaged foods.

How about organic wine? We'd love to have a large selection of fine wine and beer but our lease agreement prohibits us from carrying alcohol. As you've probably heard by now there is a collective dream of moving to a bigger store. If this happens and we have a new leaseholder we would be happy to meet your request. The Moscow Wine Company does carry organic wine as well as wines without sulphates.

Please stock peanut butter frookies cookies. O.K. We now have peanut butter, lemon and vanilla/chocolate ... all are recommended for people with diabetes.

The tofu sour cream is yummy! Thanks! You are welcome! Have you tried the tofu pate yet? It's quite posh.

New Products:

- Toby's tofu seasoning mix ... add some spice to your tofu!
- Toby's tofu sour cream ... for the non-dairy types among us.
- Toby's tofu pate.
- POWER BARS in 4 flavors to give you a boost wherever -- they taste good too.
- Rice dream aseptics in the smaller size in the cooler.
- Crystal Geyser juice squeezes made with 72% juice and 28% mineral water. We have wildberry, orange, passion fruit and pink grapefruit (this one comes in big and small).
- PARADISE FARM'S dried organic meals for backpackers ... 7 days of taste delight in unbleached (burnable) packaging ... energy efficient too!
- Dr. Bonner's balam-mineral boullion in BULK.
- Juices: guaveland, grape and raspberry peach ... all in the 8 oz. size.
- After the Fall Caribbean Lime spritzer.
- After the Fall Mango Ginger spritzer.
- Mirce cheese, an excellent blend of cream cheese and horseradish.
- Danish cream cheese with herbs.
- Persimmons are back!!!
- BAC-OUT ... a natural cleanser/eliminator made with natural live cultures that will digest and eliminate organic waste, mal-odors, organic stains, mold, mildew, urine, fecal matter, vomit, grease, fats, starch, cellulose, spoiled food.
- Bi-O-Kleen II ... in bulk and bottles ... it is a cleaner and degreaser for laundry, dishes and produce.
- Sunspire English Toffee in bulk sweetened with rice syrup ... no refined sugars.
- Quino, a flour on the packaged flour shelf.
- Tony Chachere's Creole Seasoning in bulk. There is no finer seasoning says Ellyn, our southern representative.
- Choice organic oolong, ban-cha, and earl grey teas.

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SOME TRANSITIONAL MEASURES FOR NEW VEGANS

by Paula Ruth

Cooking, vegan style, is really quite simple but may require a few changes in your kitchen. Fortunately, the changes are mostly in the foods you will be storing and preparing and not in your existing cookware. Most likely you already possess a few sauce pans, a good skillet, a soup pot and the other basic culinary tools. If you don't own one, an inexpensive metal steamer basket, such as can be purchased at the Co-op, is very helpful. Other items like food processors and juice extractors, while certainly not necessary, are nice additions.

The vegan kitchen, I think, really is a reflection of life. Nature has so amply provided many varieties of grains and legumes, fruits, vegetables, nuts and seeds. We need to make use of this variety in order to ensure proper nutrition. So please, broaden your horizons! Don't be afraid to experiment with new

foods you've never had before. You just may discover some new favorites.

Try to stick with whole foods as much as possible, such as brown rice, whole wheat flour, etc. The more a food is processed (i.e., polished, frozen, canned, pickled), the more denatured it becomes, thereby losing its vital force.

So now that you've gone wild scooping grains and nuts from the bountiful bins of the Co-op, and filled a few bags with lentils, chickpeas and whole wheat flour, what do you do when you get home?

* Reduce, reuse, recycle. Save any wide-mouthed glass jars (for instance, applesauce jars) and use them as canisters for beans and grains. Apparently, beans stored for more than one year take longer to cook, but if you eat beans more regularly, this probably won't be a concern.

* Nuts and seeds store very well in the freezer and they need not be thawed before being eaten. (The reason for freezer storage is to prevent their oils from going rancid.)

* Tofu should be bought as fresh as possible. Any unused portions should be stored under water in a covered container in the refrigerator and used within three days' time. Each day, drain the old water and refill with fresh, cold water.

* Flours should be kept in a cool, dry place. "Whole grain" means that the bran and germ have been retained, and with them, the grains' essential oils. Try not to let flours sit around forever because they too can turn rancid.

A few odd notes on fresh produce:

* Store apples in the refrigerator and not in the fruit bowl. This will keep them sweet and crunchy much longer.

* Parsley and cilantro should be placed in a jar of water as one might put flowers in a vase. Cover with a plastic bag and refrigerate. They will stay fresh for up to a couple of weeks.

* Try putting a paper shopping bag in the bottom of your refrigerator's vegetable drawer. This may be an old wives' tale, but legend has it that your veggies (lettuce in particular) will stay fresh longer.

Get into the habit of soaking a bowl of beans overnight for the next day's meal. Beans expand quite a bit while soaking, so cover with lots of water. When ready to cook, spill off the soaking water and rinse the beans once. This process not only softens the beans, thereby reducing cooking time, but also gets rid of a certain sugar called hermicellulose which often causes gas.

Some people new to veganism suffer gas pains before their systems fully adjust to an increased intake of fiber and legumes. There is a product called "Beano" which I wish had been on the market during my own transition. It helps ease the discomfort caused by hard-to-digest sugars found in beans and other whole foods. You can call 1-800-257-8650 and ask for a free sample. In time, your body's intestinal flora should become accustomed to the new diet and problems with gas should be negligible.

Be aware that a vegan diet offers few chances to consume vitamin B-12. Some nutritionists say this is no cause for concern; others are adamant about the need for vitamin supplementation. My inclination is to avoid gambling. Non-animal derived vitamin tablets are your simple assurance that you won't suffer a deficiency. The recommended dose is 2 or 3 micrograms daily.

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For those of you who would like to test the waters, I've come up with a few dinner menu ideas. Where recipes are needed, you can find them in one of three vegetarian classics, the *Moosewood Cookbook*, *Laurel's Kitchen* or *Diet for a Small Planet*, all of which are available through the Co-op. Wherever the recipes call for eggs or milk, respectively substitute Ener G Egg Replacer (a boxed powder available at the Co-op) and rice or soy milk (also at the Co-op). Enjoy!

Meal #1:

Vegan mushroom pizza (no cheese, of course)
Antipasto style garbanzos and Swiss chard (*Moosewood*)

Green salad

Meal #2:

Homemade chili ("Tom's True Grits Chili" in *Small Planet*)

Whole grain crackers

Green salad

Meal #3:

Latkes (potato pancakes) with applesauce (*Laurel's*)
Coleslaw (vinegar and oil-based style)

Baked beans

Rye bread

Meal #4:

Black-eyed peas (*Laurel's*)
Vegan corn bread (making egg and milk substitutions)

Baked yams

Collards

Green salad

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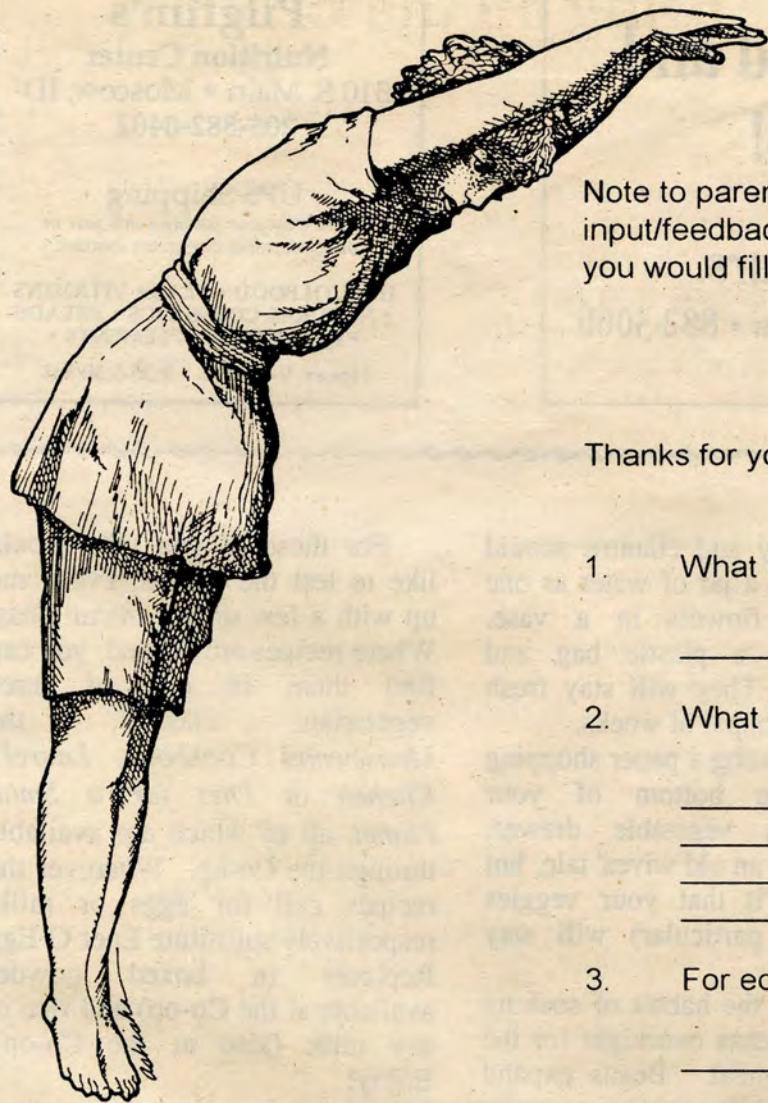
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MOSCOW FOOD CO-OP

Kids' Page

by Diana Higgins



Note to parents: Because I am new to this feature, I would really like some input/feedback from you. Below is a quick questionnaire; I would really appreciate it if you would fill it out and leave it for me at the Co-op, or mail it to me at:

P.O. Box 14
Viola ID 83872

Thanks for your help!

1. What is/are the age(s) of your child(ren) who read Kids' Page?

2. What types of features do they (and you) like best?

- _____ Activities not requiring adults' help (puzzles, coloring, etc.)
- _____ Activities requiring adults' help (recipes, experiments, crafts, etc.)
- _____ Stories
- _____ Educational articles

3. For educational articles, what types of subjects would you like to see?

4. Would you like to see reviews/synopses of children's books?

5. Do you have any other suggestions for this feature?

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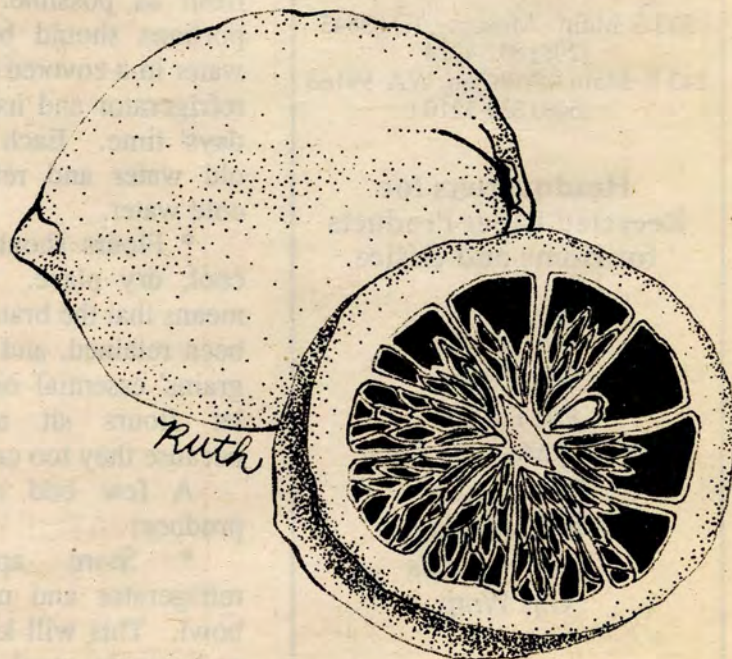
see pages 1 and 2 to learn how to
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Note to kids: Can you find the names of eight fruits you like to eat during the summer hidden in the puzzle below? They can be either horizontal (like: _____) or vertical (like: _____).

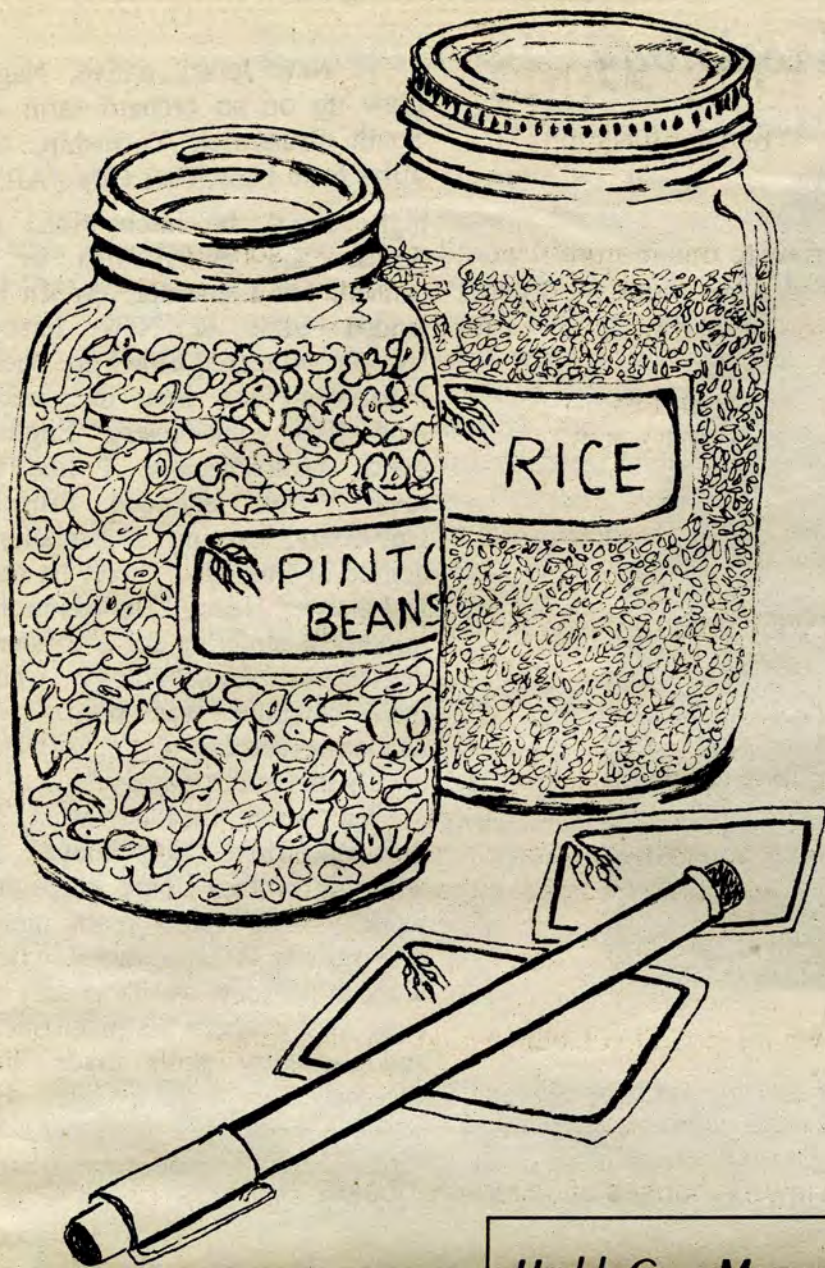


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Bring on the Beans

by Diana Higgins



I am a big fan of beans. Everyone knows that they are an excellent source of protein, fiber, some vitamins and minerals, and complex carbohydrates. Most people I know agree that they should fit more beans into their diets, but they just aren't sure how. Do you have to eat bean soup every day? Or beans over rice? By the time you fry beans for burritos, or grate cheese over them to make them more interesting, you're adding enough fat to drown out the nutritional benefits.

I have found that the best strategy is to stop thinking of beans as only a main course. You can cook up a big pot of them on the weekend, and add them to meals during the week. You'll hardly notice how many beans you're eating until the pot is empty. Once you get started, I'm sure you'll come up with lots of other ways to incorporate beans into your diet.

Basic recipe for cooking beans: Soak beans in approximately twice the amount of water for eight hours or overnight. Drain, and fill pot with fresh water. (This step is not necessary, but will eliminate many of the sugars which cause the digestion problems that beans are famous for.) Bring to a boil, reduce heat to low, and simmer beans for 4-8 hours, or all day if you'll be gone.

Some ideas:

Add them to salads: My favorites for this are garbanzo beans, and any red bean.

Add them to stir-fried vegetables.

Knead them into bread: The *Laurel's Kitchen* cookbook (by Laurel Robertson, Carol Flinders and Brian Ruppenthal) suggests kneading in up to a cup per loaf of soy or garbanzo beans. Knead them in after the gluten is formed, or after the dough can stretch

without breaking. They disappear right into the loaf.

Add them to muffins. Below is a recipe from *Smart Muffins*, by Jane Kinderlehrer.

Peachy Beany Spice Muffins

- 1 C. cooked pinto beans, mashed
- 2 T. olive or vegetable oil
- 1 T. honey or molasses
- 1 egg, beaten
- 1 t. vanilla
- 2 T. yogurt or buttermilk
- 1/2 C. sifted whole wheat pastry flour
- 1/2 C. dried prunes
- 2 T. wheat germ
- 1 t. baking powder
- 1 t. baking soda
- 1/2 t. cinnamon
- 1/4 t. nutmeg
- 1/4 t. ground cloves
- 1 C. diced peaches (1 large)
- 1/4 C. chopped nuts

Mix mashed beans with oil, honey or molasses, beaten egg, vanilla, and yogurt or buttermilk.

In another bowl, combine the flour, wheat germ, baking powder, baking soda, and spices.

Preheat oven to 350. Stir in the fruit and the nuts. Spoon the mixture into greased muffin tins or foil muffin cups, and bake for about 25 minutes or until a cake tester comes out clean. Makes 12.

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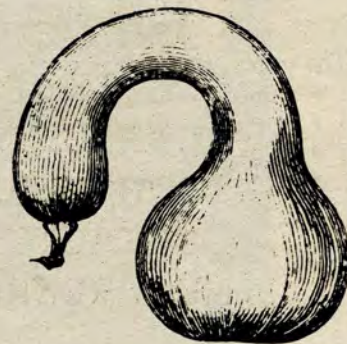
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Ken Nagy and Anthropology



by Carol Hartman

For Ken Nagy, working and volunteering at the Co-op is more than a way to keep his family eating healthfully and economically; it hints at a deep, social philosophy.

"I think the capitalist system doesn't work; it works for a certain group of people. I wouldn't call myself a communist, but the root of the Co-op is communist. I'm interested in anything in which people empower themselves, particularly for their livelihood," Nagy said. "Working here is totally different. The Co-op community is a separate world from the conservative, surrounding community."

When Ken and his wife, Nancy Draznin, and their daughter, Rachel (3), decided to move from their Portland, Oregon home a little more than a year ago, they aimed for a town with a co-op.

"We left Portland for obvious reasons. Our first choices were towns that had co-ops in them so we'd have a nice place to shop," he explained.

Nagy began working as a bakery assistant part-time last fall. He was responsible for maintaining equipment, keeping the refrigerator, dough roller and oven in working order, cleaning the fans, and greasing other machinery. His experience working as a heavy-equipment mechanic the last several years provided him the necessary skills. He also helped with the baking, getting the dough to pans, sweeping the floors and filling in for baker Ed Clark. Recently, Nagy quit this position but is still busy filling in for employees and plans to be a regular volunteer. He and the family are planning another move, looking to buy some land to build a house somewhere.

A New Jersey native, Nagy grew up on an orchard farm in South Brunswick Township, 40 miles from New York City. After high school, he hitch hiked to Alaska and gutted fish in a cannery for a summer. When he landed back in New Jersey, "people wondered how I got back. I panicked and went to school. And like what every English major says, 'because I like to read.'" He attended Rutgers University, earning a Bachelor's degree in English. There, he met and married Nancy. He was in the middle of studying for a master's degree in Anthropology when their daughter was born. "I needed something warm, soft and mushy like anthropology."

The three headed west to Portland, where Nagy hooked up with his brother doing carpentry work. After three years there, they moved to Moscow. Finding work in Moscow wasn't as easy as New Jersey where his mechanical and carpentry skills made him exceptionally marketable. He began working with Latah Sanitation, repairing garbage trucks, occasionally filling in as a garbage worker. This experience may have sharpened his anthropological analysis of society, as he pondered the role of the garbage collector in society.

"Whenever I'm doing work I hate, I try to look at it from an anthropological point of view. Think of the perception of a garbage man: a rodent, start work early, not part of society, the lowest of the working class ... Now, it doesn't matter how educated you are; it all tends to be the work you can get.

"Sure, there was a time when society was more stratified, people kept to their roles. We live in an interesting time now: society is disintegrating, not to anarchy, but the stereotypes and roles, he said, adding that it is not unusual to find a man with long hair and a pierced ear practicing law, while the short-haired, conservative-looking fellow is a drug dealer.

With his building and auto skills, Nagy hopes he can work for himself once the family establishes themselves on some property. For now, he'll be busy reading his favorite Beat generation authors (Che Guevara, Edward Abbey, B Traven) and musing over the anthropological workings of the Co-op.

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Diana Shifts Gears as a Volunteer

by Carol Hartman

Diana Higgins is one of the newest volunteers to join the ranks of Co-op newsletter writers, but she and her baking skills are well-known at the Upper Crust. Diana began volunteering Sunday mornings in the bakery last September and was responsible for preparing the day's bread dough, soup, deli sandwiches as well as batter for the following day's creations. Once the Co-op began the 'Vegan Sunday' tradition, Diana found her deli sandwich skills challenged.

"I didn't want to use just vegetables because for \$2.25, you want more than vegetables, so I began using tempeh, soy cheeses, falafel. I really enjoyed the work," she said, adding that it was an unlikely but dependable place for stimulating conversation.

Although Diana has been a member for two years, the bakery was her first volunteer assignment. Volunteering helped her become more familiar with the Co-op stock and a regular shopper.

"I've always been interested in healthy food. When we first arrived here, I went and checked out Rosauers, Safeway and found all this processed food. I grew up eating processed food and have to fight this tendency, she said. "I first walked into this place (the Co-op) and there was all this bulk flour, whole wheat pasta and I knew that was how I wanted to eat. If I could conquer my awkwardness, I could shop there."

Transporting bread from the oven to the shelves every Sunday, Diana had plenty of opportunity to scan Co-op shelves, mentally filling her shopping basket.

"I found myself looking at the products while I carried bread up and down the stairs. I really got familiar with the things that were in there. I'd always see something that caught my eye. More and more I started shifting to shopping only at the Co-op," she said.

Originally from Torrence, CA, Diana attended San Diego State University earning her Bachelor's degree in French language and literature, with a minor in Russian language and literature. While in her senior year, Diana began purchasing work for a local company, skills which helped her land a job as an assistant buyer in the University of Idaho Purchasing Department. Taking advantage of benefits offered university employees, Diana has been taking classes to qualify for the Masters program in English to study comparative literature and

perfect her writing skills. One long-term career goal hinges on fiction writing.

Although Diana's husband, Bill, might not admit it, Diana transported a mini version of the San Diego Zoo with her from California. Stray animals seem drawn to the couple's Viola home, knowing they will find a caring friend.

"There's always a beacon out for strays," Diana smiled, adding that she and Bill presently count one bird and at least four feline companions at their home: Charlie, Darryl, Hillary and Bobbie.

For a city girl, Idaho was "like nothing I'd ever seen in my whole life ... I've never liked the color green before -- I never saw how pretty it could be." She first visited Idaho to meet Bill's family in Emida, near St. Maries. Several years later, the couple married, Bill finished his stint with the Navy, and they decided to head back to the Palouse for Bill to study forestry at the U of I. It didn't take much to convince Diana to leave Southern California for the Palouse. "I remember the first time I saw the Palouse -- all those hills. I thought it was so pretty. I had no idea we'd ever live near Moscow."

Three years later, Diana no longer looks over her shoulder when she walks down the street nor feels compelled to scrutinize people -- skills that she says helped her survive city life. She has been transformed by the Palouse into a healthy-eating, ruralite, declaring she can't go back. Hopefully, she won't.



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**ANIMAL ABUSE AND
AGGRESSIVE CRIMINAL
BEHAVIOR**
by Dawn Gill

Many parents would not be alarmed at catching their sons shooting at birds with slingshots or pulling the wings off insects, but they should be. Many infamous criminals, including Jeffrey Dahmer and the Boston Strangler, began by abusing animals. Studies have shown that among men convicted of violent crimes there is often a history of cruelty to animals. Inmates of state penitentiaries at Leavenworth, KS and Danbury, CT were interviewed regarding their childhood interactions with animals. When compared with non-violent offenders and non-criminals these men were found to have numerous and more severe acts of abuse against animals in their backgrounds. They often came from families where extreme paternal violence and alcoholism were common.

Animal abuse is a learned behavior and it is likely they learned it at home. Motives given for their cruel behavior were as follows: (1) To control an animal, (2) To retaliate against an animal, (3) To satisfy a prejudice against a species or a breed, (4) To express aggression through an animal, (5) To enhance their own aggressiveness, (6) To shock people for amusement, (7) To retaliate against a person, (8) Displacement of hostilities, and (9) Non-specific sadism. Many of the inmates interviewed cited multiple motivations.

Forensic psychiatrists studying people with criminally aggressive personalities have discovered a triad of behaviors which they term "impulse-control deficiencies." This triad includes bedwetting, firesetting, and animal abuse. The fire setting is important, as it is often what brings these kids to the attention of the authorities. Many children experiment with fire, but in some it becomes compulsive

and pathological. Psychiatrists speculate it maybe an attempt to gain some control in their lives. A pattern emerges in which they begin by dominating property (firesetting), proceed to dominating non-human animals (animal abuse), and finally to dominating humans (aggressive criminal behavior). It is crucial to intervene early in this cascade, unfortunately these earlier crimes are seldom taken seriously and animal abuse is only a misdemeanor in most states.

Some humane societies have developed a creative approach to

juveniles convicted of cruelty to animals; as part of their sentence these kids are required to do community service work at an animal shelter. They are exposed to animals they may have feared or misunderstood and observe others treating animals with care and compassion. Results have been encouraging and this has served as a "humanizing" experience for many of these kids.

Pet therapy is also being used in prisons. In 1975 such a program was begun at Lima State Hospital for the Criminally Insane in Lima, OH. Patients must take

on additional responsibilities, cooperate with other patients and staff, and contribute financially to the pets care in order to be eligible for pet ownership. Studies comparing wards with pets against those without showed a marked decrease in violent confrontations, medication needs, and suicide attempts.

Cruelty to animals is a learned behavior and should not be tolerated. Children need to have positive experiences with animals, as well as with people, if they are to become nurturing and compassionate adults.

Broccoli in the Italian Style

1 bunch of broccoli (1½ pounds)
salt
¼ cup olive oil
3 to 4 cloves of garlic, chopped
dash of crushed dried red pepper

Cut broccoli into bite-sized pieces. Steam until tender to your liking. Meanwhile, combine oil, garlic and red pepper in a skillet. Cook over low heat for about 3 minutes. Add broccoli and salt to taste. Gently toss broccoli until evenly coated with oil. Can be served hot, warm or at room temperature. Serves 4



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Summer Brings Hot Weather and Hot Prices

by Diana Higgins

The items for this month's price comparison were chosen primarily with two things in mind: first, the arrival of summer and hot weather, when we tend to buy more fruits and vegetables, and second, the newly expanded cheese selection available at the Co-op. I also compared several "miscellaneous" items, such as raisins, whole wheat bread, and my favorite "luxury" item, Ben & Jerry's ice cream.

As far as the produce goes, the Co-op was extremely competitive, especially with the 18 percent volunteer discount. The Co-op had the lowest prices in town on broccoli, iceberg lettuce, tomatoes, and mushrooms. (Mushrooms are a particularly good buy!) Bananas would have normally been lowest at the Co-op as well, but Jeff's Foods had a heavily discounted sale price the

week of June 14.

The cheese selection around town is decidedly less abundant than the Co-op's. Even when you can find some specialty cheeses elsewhere, they will always be more expensive.

It is interesting to note that the Co-op almost never has the most expensive price for any item; the only instance this month was the ice cream, which was the highest at the Co-op until the volunteer discount was figured in, after which it became the lowest. So if anyone tries to tell you that you're spending more money by shopping at the Co-op, you can assure them that in buying basic food items, you're saving money on almost everything. You'll even have enough left over to splurge on Ben & Jerry's without spending too much more than you would elsewhere, or you'll spend even less than elsewhere if you're a volunteer.

Item	MFC	MFC - 18%	Jeff's Foods	Tidyman's	Safeway
Broccoli (lb.)	.69	.57	.95	.98	.89
Red Potatoes (lb.)	.89	.73	.89	.69	.99
Iceberg Lettuce (ea.)	.49	.40	.98 (approx.)	1.18 (approx.)	.89
Cucumbers (ea.)	.49	.40	.55	.33	.50
Valencia Oranges (lb.)	.25 (approx.)	.20 (approx.)	.59	.59	.79
Tomatoes (lb.)	.79	.65	.89	1.69	1.79
Avocados (ea.)	.33	.27	.35	.33	.20
Bananas (lb.)	.49	.40	.33	.69	.69
Mushrooms (lb.)	1.99	1.63	2.75	2.29	2.79
Apples (Granny Smith) (lb.)	.69	.57	.75	.79	.50
Raisins (lb.)	1.47	1.21	1.56	1.39	1.25
Whole Wheat Bread (ea.)	1.75	1.44	1.19	1.77	.99
CHEESES					
Cambozola (lb.)	8.99	7.37			
Grated Parmesan (lb.)	4.79	3.93	7.41	5.60	7.74
Jarlsberg (lb.)	4.89	4.00	N/A	N/A	6.89 ("lite)
Havarti (lb.)	5.14	4.21	N/A	N/A	5.29
Gouda (lb.)	4.59	3.76	N/A	5.92	7.79
New York Cheddar (lb.)	4.79	3.93	N/A	N/A	N/A
Ice Cream, Benn & Jerry's (pint)	2.99	2.45	N/A	2.53	2.59



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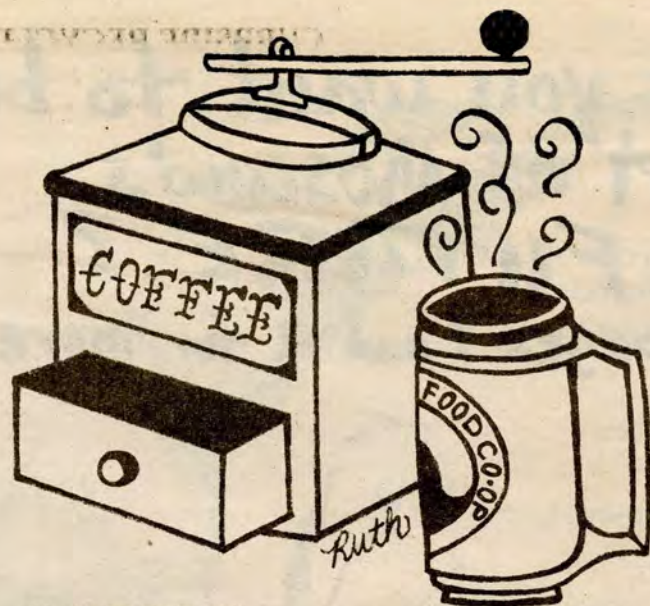
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COFFEE: That Should Say It All!

by Laura Church

I recently attended a class on coffees and espresso drinks taught by Dennis Lindberg at The Beanery here in Moscow, so I thought I would share some of the information with you. Many people seem interested in this popular American addiction, indicated by the large sales in bulk coffees here at the Co-op. Hopefully this article will answer some of your questions about the history of the beverage, and it's varieties. I'll also give you some better insight into the perfect cup of coffee, which personally I'm always searching for, and maybe you are too.

Coffee originated in Ethiopia. The bean comes from a fruit that is similar to a cherry, and the pit of the cherry is actually two small beans. A typical coffee bean has several husks that must be removed in the initial processing of the bean. Africans ate the beans rolled in balls with some fat to hold the whole thing together. Later the Arabs learned to make an infusion of the husks and the beans. This evolved into the Turkish coffee that is made with ground beans and boiled water. It's popularity encompassed Northern Africa and into Europe.

There are two basic types of coffee plants, the robusta and the arabica. The robusta plant is the most common in commercial coffee production because the plant is more resistant to the enemies of coffee, infection and parasites. This coffee plant also produces at a faster rate, and can be grown in a wider range of

climates. Robusta is generally not preferred by coffee connoisseurs because it is low in flavor and often rather oily.

The arabica coffee plant is named for its region of origin, the Arabian Peninsula. The arabica plant is less heat tolerant, and likes to grow at higher altitudes. It is also slower to produce and slower to ripen, allowing a wider range of flavors. The flavor that we associate with certain types of coffees, are actually imparted to the bean from that region. Growing conditions such as rainfall, soil, and altitude all help to create the difference in flavor between a Samatran and a Kenyan.

Because light and air are the major enemies of coffee, it is important to store your coffee properly. Coffee should always be stored in an airtight container, glass is usually the best. Stored on the shelf, coffee should not be kept for longer than three to four weeks. After that it will lose most of its flavor. Storing coffee beans in the refrigerator really does nothing for them except to dry it, and ground coffee will even absorb the other flavors that are already in your refrigerator. You can keep your whole beans in the freezer, however, you do want to be sure to let them thaw completely before you grind them. This will allow the flavor to be fully released in the brewing process.

The general rule for a good cup of coffee is two tablespoons of a medium-fine grind for every six ounce cup of coffee. It is best if you can grind your own coffee at home, but if you can't do that then only buy small amounts of ground coffee at a time.

The type of filter that you choose is also very important. I learned that the very best is a gold washed metal filter because it lets



LETTER TO THE EDITOR

by Laureen Wagoner

Editor:

Two comments on your excellent May Community newsletter:

1. To Jim Prall, concerning his article on compact fluorescents -- if you examine a periodic table of the elements, you'll notice that Krypton is an inert gas. Therefore, no matter how it was produced, barring other impurities, it will not react -- despite its name!

2. To Paul Lindholdt -- in "Keeping Idaho Wild" you stated that no one has ever died or been injured by an act of ecotage in the United States. While you may wish this to be true, it simply is not. A mill worker in northern California was seriously injured when a bandsaw tried to cut into a spiked tree. This happened in 1988. Please do your homework to avoid propagating misleading information. Thanks.

all the coffee oils through, and therefore makes a richer cup of coffee. I hope to be able to stock these for you in the coffee department as soon as possible. The Beanery uses the unbleached paper filters for their coffee. Dennis finds that they brew a good cup, because they don't allow the dioxins from the more common white paper filter to leach into your coffee. Although the level of bleaches in every cup is too low to be considered toxic, he feels that they do affect the flavor of the coffee.

The final important step for the best cup of coffee is not to burn it on that little burner on your coffee machine. Always store your coffee in a thermal carafe as soon as it is brewed to maintain the flavor. Although this may not be the very best cup of coffee in the world, you should be well on your way to a great cup of coffee. In future articles I hope to be able to talk to you about actual roasts, dark versus light, and those flavored coffees that have become all the rage.

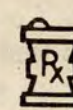
WE NEED TOOLS

by Hannah Vander Zanden
(age 11)

The young adults attending the Better Living Camp at the Virgil Phillips Environmental Park need your help. There are twenty-five young adults, ages 10-17, who work on such projects as: building a sheep pen, cultivating our own garden, developing a cross country trail, carpentry work on a shelter, putting up a tepee, etc.

We are short of proper tools. We'd really appreciate extra tools that you could donate to us. If you have any, please contact me, Hanna Vander Zanden at 882-4150 after 3 PM. It'd be really great if you could help us!

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The Flourish That Was Florence

by Charlie Powell
c 1990

The summer of 1861 in Idaho Territory was unusually hot and dusty. Near the settlement of Riggins, a couple of dozen men searched for gold. The relatively large group of prospectors was necessary because of a little problem known as the Nez Perce.

When they stumbled upon what was to become one of the richest gold claims of the time, a vow of secrecy was taken by all.

Needless to say, the secret of Florence got out and a typical gold rush ensued. Claims were staked and the stories began to roll out of the hills with the gold. It was not uncommon for a man working from dawn to dark to pan out \$100 a day. Miller's Creek, Baboon Gulch, Halls Gulch, and the other poetic names became fuel for conversation in the big city of Lewiston.

Miners poured into Florence until nearly 400 were working claims by November. When winter hit it was a bitterly cold one. Many of the miners suffered from malnutrition which no doubt contributed to numerous deaths. In Cort Conley's book, *Idaho for the Curious*, he reprints part of Florence's only doctor's journal.

The entries describe the severe hardship the miners endured. The thought of sitting in an uninsulated log cabin, looking at a sack of beans that must last the winter, and knowing the first snow is falling outside must have been quite sobering.

The spring and summer of 1862 saw a renewed boom as 10,000 miners and merchants came to call Florence home. In typical fashion for boom towns, the merchants held prices to what the market would bear. Whisky was a dollar a drink and shovels would run up to \$40 a piece.

That fall, the cry of gold was heard again. This time it was in a place called the Boise Basin 150 miles away. Like locusts the swarm moved south leaving behind the skeleton of Florence.

In its heyday, Florence was producing \$50,000 a day by 1862 prices. More than \$10 million came out of those draws and gullies in a little less than two years.

In the quiet that followed the boom, Chinese miners remained behind calmly swirling their pans. If the truth were known, Chinese patience may have been responsible for more gold being mined throughout the West than was the frenzied efforts of the whites who jumped from boom to boom.

The only thing that remained of the site of old Florence is its Boot Hill, maintained by the Forest Service. But it still makes for a fun trip, especially with kids.

At Florence, the graves are still humps in the ground except

where the Chinese were buried. Their graves have been robbed or exhumed and moved leaving behind only casket-sized depressions in the soil. The wooden grave markers tell the tales of infant deaths, death by pistol shot, or just up and died.

A couple of roads lead into Florence. They vary seasonally in their quality. Take Hwy. 95 south to Grangeville or to the Slate Creek Ranger Station and ask for directions. Bring along a forest service map. You can get in with a car in the dry summer, but if it rains, forget it.

ONESELF TO TRY

by J. Thaw

I may not be very good at these kinds of things
my middle name self-deprecation
a nervous look smiling not insincere just inexperienced
ready now to face the world a moment ago was not
looking forward to when we may meet
to be alone to exchange
our little bits that are not in any other
to share to try to see ourselves
all we do and let alone
give ourselves a few new names
remember them for the changes they were
forget them for the labels
compromise some comfort to perceive
at what costs will we cling to life
those smiles that are priceless
fingertips tingling with expression and friendship
we've got to laugh and rest and probably cry
our conversations will never be finished
only to try to continue again sometime
when fate or imagination will again have it's way



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The Troubled Land

by Natalie Shapiro

"Earth First, Don't Stop!" warned the sign parked in the middle of the main drag. Welcome to Dixie, Idaho. Unless you are a radical environmentalist. Unless you want to save the land from being ruined by dozers. Unless you want to protect the streams that tourists fish in.

After five miles of horrendous roads that threatened to shake my truck apart, we arrived at the gate to the Earth First! land. We were there for the Rendezvous, to learn why this area was so special that people were willing to risk their freedom to save it. This area was about to be torn apart by the Cove/Mallard Timber sales.

The land is 20 acres of private holdings within the Nez Perce National Forest, right smack in the middle of the land to be logged. Roughly 130,000 acres of roadless area that connects the Selway-Bitterroot, Frank Church River of No Return, and Gospel Hump Wilderness areas. All together, these areas comprise the largest roadless area in the lower 48 states.

This area is home to the Rocky Mountain Wolf, Wolverine, Chinook Salmon, Harlequin Duck, Boreal Owl, Fisher, Goshawk, Pine Martin, Lynx, Bull Trout, Ring-Necked Snake and Flammulated Owl. These animals are all on either the sensitive or endangered lists.

Now, for the gory details. The forest service intends to build 145 miles of logging roads to clearcut 81 million board feet. This would effectively sever this roadless area, along with the habitat of the previously mentioned animals. First, what do the animals need?

They need remote areas that are inaccessible to people. Fisher and Marten require closed canopy. Both the Pine Marten and Goshawk are forest interior species; they need large tracts of older forest habitat. Not only would roads (and clearcuts) break up the continuous canopy, but they would encourage encroachment of humans.

A biologist on the Red River Ranger District stated that the timber sales would harm Fisher and Marten populations. Her boss disagreed. The Forest Service has failed to conduct counts on these animals, and is postponing habitat assessments until after the timber units are sold. Statements from the Record of Decision for the Cove and Mallard sales illustrate this blatant disregard for wildlife.

"Prior to and during sale layout, training will be

provided for all field-going personnel in the identification and reporting of threatened and endangered species, their sign, and specific habitat components or features. Surveys will be conducted to monitor for actual or potential wolf den and rendezvous sites, bald eagle nests ..., goshawk and raptor nests ... and any other habitat determined to be of significant important for wildlife species." (p. 18, ROD of Cove Sales).

"Identified bald eagle, peregrine falcon, and goshawk nests will be evaluated for protection needs ... If an active goshawk nest is located, a 20-acre undisturbed area will be left around it." (p. 20, Cove Rod).

"Surveys for threatened, endangered and sensitive plants will be conducted by trained personnel prior to and during road and harvest unit location." (p. 24, Cove Rod).

The Forest Service cruised the area for trees to cut, and mapped out sale units all before assessing the wildlife and plant habitats. Surveys done after the fact won't help if there is a conflict between sale units (and roads) and wildlife and plants.

Fish are getting even less consideration. All perennial streams are to be regarded as Class 1 streams (fisheries or domestic water uses) unless surveys show otherwise. Harvesting will occur in riparian zones (areas within 100 feet of streams). With no buffer zones, erosion will decimate the streams. Also, without shade from riparian vegetation, stream temperatures will rise, causing a

detrimental effect on fish and other aquatic species.

Bad enough. But compounding the effect of logging are the roads themselves. The soil on which they will lie is Idaho Batholith soil, a very unstable soil. Roads built on this type of soil are prone to washing away. In fact, one road built last year had to be closed after washing away.

With all these violations of nature, how is it that it hasn't been stopped? Some have tried, but failed. The Idaho Sportsman Coalition appealed the sales 3 years ago but lost. Currently, they intend to file a lawsuit at the onset of roadbuilding.

What can you do? A local group has been formed to work on stopping the logging: INWARD (Idaho Non Violent Wilderness Area Rescue and Defense) at 882-6540. Who should you write to in protest? VP Al Gore, Rep. Larry LaRocco, and Secretary of Agriculture Mike Espy, are three individuals that have the power to stop this. For more information, please contact INWARD.

A-1 GLASS CO.

316 W. 3rd Street
 Moscow

"next door"
 Co-op Neighbor

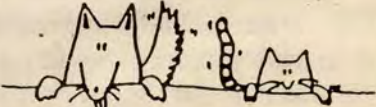
Toby Hundtoft
 882-4595



HAUG
 CHIROPRACTIC

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


VISION
 2020



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.

Enter the
Contest
 Prizes galore!



GREAT GARLIC

Yes, garlic really is a vegetable. It's a member of the lily family, which includes onions, shallots, leeks, and scallions. Although strongly flavored and most often used as seasonings, they all make delicious eating when cooked alone.

STORING

If you store garlic in a cool, dry place, it will keep up to one month. Don't refrigerate it, and keep it out of the sun.

PREPARING

Garlic is as strong as you let it be: it's mildest as whole unpeeled cloves and most pungent when mashed, thus releasing all the juices.

If you have many cloves to peel and want them to remain whole, cover them with boiling water for a minute, then cool under cold water. The skins will slip off. If the garlic is going to be sliced or minced, peeling garlic is easier. Press each clove with the flat side of a knife until it breaks; the skin can then be slipped right off.

COOKING

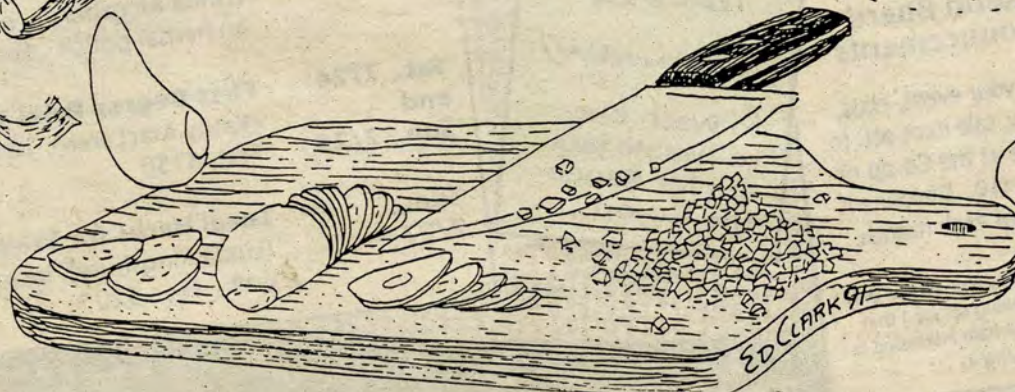
Most of the garlic we buy is used as seasoning for other dishes, but cooked on its own, garlic has an incomparable nutty, sweet taste. Garlic cooked solo is most often roasted or baked in its skin, which keeps it from burning. Once cooked, the soft cloves are easily squeezed out of their skins.

The cloves can be separated from the head and roasted along with meats or vegetables. The heads can be baked whole as well. Cut off the tip of the head, just exposing the cloves, and remove the outer layer of skin without separating the cloves. Put the head or heads in a small baking dish and coat with olive oil. Pour a little olive oil and broth into the dish and sprinkle the garlic with thyme, salt, and pepper. Bake, basting occasionally, at 350° F until very soft and tender, about 1.25 hours.

If you have a head of garlic that is sprouting, don't throw it out. Separate the cloves and plant them close together in a pot or in your garden. The young shoots that will soon appear are garlic chives. They are mild with a faint garlic taste—perfect for eggs, salads, and sandwiches.

"GARLIC IS THE CATSUP OF INTELLECTUALS."

ANONYMOUS



BULLETIN BOARD

THE VOICE OF THE PRAIRIE
 BY JOHN OLIVE
 JUNE 29, 30, JULY 3, 10, 15, 21, 30

LEND ME A TENOR
 BY KEN LUDWIG
 JULY 1, 2, 12, 16, 22, 26, 31

BEDROOM FARCE
 BY ALAN AYCHBOURN
 JULY 6, 7, 13, 17, 19, 23, 28

I HATE HAMLET
 BY PAUL RUDNICK
 JULY 8, 9, 14, 20, 24, 27, 29

Plays Begin at 8 pm at the Hartung Theatre
 Order Your Tickets at Ticket Express 885-7212
 or G&B Select-a-Seat Outlets

PCEI is Moving!

PCEI has finally outgrown its office at 129 West Third in the Professional Building. On Sunday, July 11, starting 10-11 am, the Board of Directors has scheduled a massive moving day. We need you to help move boxes, tables, filing cabinets, ect. to our new office at 112 West Fourth in Moscow. Many people know it as "that space behind the Moscow Hotel across from the Lewiston Tribune where the Palouse Journal was". In short, our new office will be on Friendship Square, visible (and hopefully open) at every Farmer's Market. This office will better serve our members, and it will give us much need space, light, and fresh air. It will be a welcome place for anyone thinking of volunteering their time and energy. **We hope to see you on moving day, we sure could use your help!**

7/21, 8/2 - Spokespeople meet at noon, Beanery

8/5 - Spokespeople bike ride to Moscow Mountain. Meet at Friendship Square at 9 am

Spokespeople

(Moscow's bicycle advocacy committee, generally meets on the first and third Monday of each month, at noon at the Beanery. Call Wendy at 882-6296 to confirm.

MEETING ROOM FOR RENT

upstairs at the Co-op \$10/Hour
 ask for Kenna

JULY Inner Vision

Classes/Events

- Tues., 7/6 **Meditation Class** (Senge Gelong), 7-9 pm, Fee: TBA
- Thurs., 7/8 **Tarot Archetypes** (Senge Gelong), 7-9 pm, Fee: TBA
- Tues., 7/13 **Introduction to Reiki** (Julie Abercrombie), 7 pm, No Fee - Donations accepted
- Fri., 7/16 **Beeding for Kids: "Rainbow & Dewdrops" Necklace**, 9-11 am, Fee: \$10
- Sat., 7/17 **Herbs for Personal Empowerment** (Linda Kingsbury), including making an herbal chakra wand. Fee: \$20
- Sat., 7/17 **Herbs Along Your Sacred Path** (Linda Kingsbury), includes making an herbal pouch. Fee: \$20
- Tues., 7/20 **First Degree Reiki Training** (Kathy MacLaren), 10 am - 5 pm, Fee: \$150
- Sat., 7/24 and Sun., 7/25 **Local Herbs for Wellbeing** (Linda Kingsbury), includes herb walk. Fee: \$20
- Tues., 7/27

Rendezvous in the Park EAST CITY PARK - 6:30 PM

JULY 9TH **HOT AND SPICY NIGHT \$8**
 • Laura Love Band
 • Beausoleil

JULY 16TH **JAZZ UNDER THE STARS \$7**
 • Dozier Jarvis-Jensen Quartet
 • Pondch Sanchez and Band

JULY 10TH **MUSIC OF THE AMERICAS \$7**
 • Regional Indian Dancers & Drummers
 • Carla Kauffman
 • Kish Hinojosa

JULY 17TH **UNDER WESTERN SKIES \$8**
 • Laurie Lewis & Grant Street
 • Asleep at the Wheel

\$20 FOR ALL FOUR NIGHTS

Giant Toothbrushes
 (co-op brand)

88¢

only at the Co-op

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.

VOLUNTEER NEEDED

(with dishwasher!)
 to wash our re-usable jars
 ask for Renee
 the Co-op