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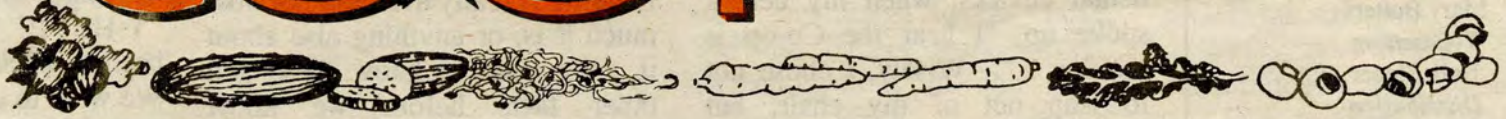
JUNE

1993



# MOSCOW FOOD COOP

# COMMUNITY NEWS



MOSCOW FOOD COOP  
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# So, What is the Future of the Co-op Anyway?

by Kenna Eaton  
General Manager

There I was, flat on my back, with my mouth full of various dental devices, when my dentist spoke up, "I hear the Co-op is moving ...". Wisely, I chose not to leap out of my chair, but decided the time had come to bring this subject out of the closet.

In one word the answer is "NO," well at least not yet. Not that we don't fantasize about lots of space, or a loading dock, or even a store that is on one floor. But ... it's a long way from here to there.

Recently, the space that currently houses Herman's has come up as the subject of discussion. People come up to me on the street, and whisper in my ear, "How about moving the Co-op into Hermans???" The Board of Directors (B.O.D.) decided to

check into this rumor, just fact-gathering as it were, by contacting the owner, Beth Kenworthy. As of this writing there is little to report. We don't know if the building is really available, or how much it is, or anything else about it. We need to know these and other facts before we know whether or not it is even feasible for us to contemplate moving. Gory details such as amount of space, cost, remodeling cost etc. are still unknown.

Where to from here? Good question.

As I said earlier we have talked to the owner and let her know that we are indeed interested, and we've written a back-up letter. Now it's a matter of patiently persuading our contract, and waiting. Once we find out more it will be easier for us to make a decision whether to continue in this direction or not.

As soon as we can, we will let the membership know what the scoop is. It is the membership voice that is most important when it comes to deciding how we grow. If you are interested in being involved in some way in this process, please let myself or Sarah Sweet (882-1657) know.

HEY!!! Did you know we've been in business for 20 years ??? We want to celebrate in some way in August/September.

HELP!!! We need YOU to help us. We need a few good people that like to party (on a budget no less) to help organize and implement our revelries. Interested? please give me a call or stop by the store soon.

Look for articles in the newsletter following this theme, If you know of some interesting trivia relating to the Co-op's history, or if you were/are an active part of our story, we want to know. Thanks for your continued support. **IT'S OUR CO-OP!!!!**

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by Rodger Stevens

## Parable of the Month: Four Words to Ponder

Once there was a king who ruled wisely over a modest country. He was like many other people you and I know ... when he was up, he was really up, and when he was down, he felt miserable.

Because he was wise, he realized that these two extremes were quite distressing, yet he seemed unable to find and maintain that settled and placid state of inner peace in which balance and clarity reigned. Being too high or too low clouded his vision, and he knew that his kingdom would suffer as long as he remained in either state.

So he summoned his wise men and said, 'Give me something that will bring me down when I am too high, and bring me up when I'm too low.'

The wise men talked together, but could arrive at no solution. But being wise, they knew of one even wiser than they were. 'Your high-and-low-ness, if you would seek out a certain wise man, he will be able to help you.'

So the king sought out the wise man and told him of his problem. The wise man delivered to the king a beautiful ring with the instructions: 'This ring contains a secret message under the stone. Do not read it until you are in an extreme condition. Then it will help you.'

The king thanked him and left. Soon, his country was attacked by a neighboring kingdom. The battle went poorly, the king was being pursued by the enemy when he came to a cliff. Realizing that

things couldn't get much worse, he opened the ring and read the message, and his calm returned as if by magic.

His pursuers took a wrong turn; the king escaped, rallied his troops, and had soon snatched a victory against the aggressors. Back at the palace, the victory celebration was in full swing when the king realized in his euphoria that this was another extreme, so he read the message again.

From that time on, the king maintained an even keel and his country prospered. The message? A very simple one which can show us that however much we may believe in the fickle finger of fate and fortune, there is a more real reality beyond: 'This, too, shall pass.'

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## The Board Retreat

by Peg Harvey-Marose

In the peaceful setting of Mare Rosenthal and Greg Brown's farmland, the Board of Directors gathered April 24 for the annual board retreat. This was an opportunity for the newly elected board to get to know each other in a less formal setting and start to work as a group instead of eight individuals. The retreat is also a chance to talk about issues in greater detail. The Board meetings are filled with committee reports and month-to-month business that has to get done. At the retreat we talked about the future.

The financial state of the Co-op has been an ongoing topic of discussion for the past year and a half. We began the meeting by looking at the first quarter's financial statement. This year we are \$1,800 in the hole for the first three months--a great improvement over last year. At the same time we are having record sales above what we projected in the 1993 budget. We discussed how to control our spending, which brought us head on with payroll, our single largest expense. We didn't come up with any great ideas, but will be continuing the discussion at the Finance Committee meetings and our Board meetings.

We continued our retreat with a discussion of a business plan. We have all heard rumors about the Co-op moving to a bigger building. But is this possible given our financial situation? This is why we need a business plan. We have grown so much in such a short period of time, that we need to understand what is happening and control the Co-op's future, instead of it controlling us. Two committees will be continuing with this project--the Strategic Planning Committee and the Finance Committee. We all had big dreams of what the Co-op can become, and it was fun to talk about them. But as the Board we also have to face the realities of

how to make dreams work. We were also concerned with keeping the "Co-op" feeling in our store, no matter where we are.

Out last area of discussion was the management system. There has been an ongoing tension in the Co-op. How do we work in a cooperative style while dealing with the realities of the business world? While we consider all the staff to be equals, there is an artificial "management" hierarchy that can cause some problems. Gender issues also come into play as most of the staff is made up of women. We decided to ask the staff to come up with suggestions for a management system that they can work with.

As the day came to a close, we realized that we could spend an entire weekend talking instead of just eight hours. I think that is a good indication of the commitment the Board has to helping the Co-op be its best.

Awards for the day go out to the following:

- The "ENERGY" award  
*Suzanne Tatham*
- The "GEE, YOU HAVE A GREAT HOUSE" award  
*Mare Rosenthal*
- The "TOKEN MALE" award  
*Dean Pittenger*
- The "KNITTING LITTLE THINGS" award  
*Anne Adams*
- The "SPINNING THROUGH ANYTHING" award  
*Sarah Swett*
- The "SHOULD I WRITE THIS DOWN?" award  
*Jeanne Harvey*
- The "I KNOW MY CHILDREN ARE COMING" award  
*Peg Harvey-Marose*
- The "I HAVE TO PUT UP WITH THESE PEOPLE" award  
*Kenna Eaton*

## Notes from the Upper Crust

by Ed Clark

As you can imagine, the Bakery is the hot place to be this summer. We know its warm 'cause the dough works faster while the bakers work slower. That cool time in the early morning makes it tolerable though.

We are experiencing some changes in the Bakery. Ken Nagy has resigned to move onto other pursuits. He's been assistant baker for a while now and has been the main man at keeping our mechanical equipment in good working order. I'd say we're going to miss him but he's already offered to volunteer time and may sub to relieve some of us this summer. He's also offered to continue working on a viable Essene bread for the bakery to market. Speaking of which, the Upper Crust is hoping to find one or two champion juicers, used, to grind sprouts. We can borrow them, buy them (cheap) or accept them as a donation. Another other motorized grinder or food processor might work too.

Replacing Ken is Jean Cahill, our brownie baker extraordinaire. She has been one of our great bakery volunteers and gained us recognition with her incomparable mocha hazelnut brownies. Jean

brings so much good energy to the Upper Crust, we're gonna be spoiled.

Ari is off to work as a tech at Laughing Horse Summer Theater in Ellensburg, WA and will be back in the Autumn.


This leaves myself, Lucy, the muffin queen, Fast Food Annie and Jean to keep things cookin'. Since bread sales generally drop off during the summer we've decided not to bake on Sundays for June, July and August. This will let us get through this period without having to hire, train and let go temporary employees. It will also give the bakery a deserved rest. We'll try to get your favorite Sunday breads baked on another day. I hope the short-term change won't affect you adversely, but I'd like to hear if there is a problem.

We'll be trying out some new breads and goodies as time permits. One is a rice bread for those who can't eat wheat, and even tasty enough for those who can.

We couldn't do all we're doing without the assistance of some great bakery volunteers. These dedicated early risers help out in many aspects of the operation. If you'd like to hang out with the bakers one day a week and do what we do please get in touch with me.



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## CUSTOMER REQUEST CORNER

"Tofu Pate. I had this locally made stuff at a food Co-op in Eugene." The brand is Toby's, and we have the tofu sour cream that she makes. I think I ordered the pate to come as well, but I can't remember. Anyway, if I haven't ordered it yet, I will. I agree, I think it's great.

- Erika, grocery buyer

"Please order Organically Grown Celestial Seasonings Black Teas from Mt. People's." Celestial Seasonings has discontinued their organic line, I'm not sure why. So I'm searching for a new one.

- Erika, grocery buyer

"Please try to get a juice bar going with fresh carrot juice, smoothies, etc. like Studio 7 has." Yeah! It would be nice, and we've all thought of it often. Unfortunately we have a space problem.

- Kenna, in charge of large decisions

"The bread just ain't what it used to be." Can you be more specific? We certainly want it to be better than it used to be.

- Ed, the baker man

"The cheese is consistently moldy in the front. Please cut less of it so we can have fresher cheese, thanks." We are trying to cut less. We switched suppliers, and so it took a while to get in the right ordering rhythm.

Ellyn, cheese head

"Bring back Lentil Crunch Bars Please!" I agree, but unfortunately Legumes Plus doesn't, and they're the ones who make them. They were having trouble with the packaging and have temporarily discontinued them.

- Erika, grocery buyer

"Vermont white cheddar cheese would be great!" Well, we do have Vermont Extra Sharp Cabot in the cooler, and it's marvelous!

- Ellyn & Renee (and they should know)

"Could we get Ascension Incense again? It's the best." It's back in.

- Kenna, incense goddess

"Please keep stocking the Soya Kaas products." They're still here. Look on the bottom shelf of the second from the left door of the cooler.

- Erika, she doesn't eat soy cheese, but she orders it

"Just thought the Co-op might be interested in carrying a magazine I've never seen here before. (Not to replace Vegetable Times though). It's called Vegetarian Gourmet, and it's mostly recipes." It's coming, says Renee.

"What happened to the green nylon scour pads and the rubber spatulas with the wood handles?" The green scrubbers are back in stock, and the rubber spatulas should be here in July.

- Kenna, who orders green scrubbers & rubber spatulas

"Please get herbed tofu. Delicious! Sandpoint Co-op has this yummy stuff." Well, I've never been one to pass on tofu. We have it! Not only do we have the herbed, but we have the firm and the hot as well. It's organic and locally made, fresh every week to boot!

- Erika, Evil Tofu Fairy

"Renee, request for Backwood's Home Magazine." Not available from our magazine distributor. If you know the name and address we can order directly from them.

- Renee, woman of action

"Please don't discontinue the Wheat of Meat. I haven't seen it for a long time." The reason you haven't seen it for a long time is because the distributor dropped the product. I'm now trying to convince the Wheat Meat people to sell directly to us.

- Erika, sometimes I buy frozen stuff

"More of those Japanese style bowls." We have lots of choices in the Down to Earth catalogue, but summer is a slow housewares season. Look for more in the fall!

- Kenna, who is and orders Down to Earth

"Customer called and said ear-ache drops really work. She called just to let us know!!" Thanks mystery customer. For those of you interested she is talking about the Ecclectic Institute tincture for ear-aches.

"Hey, thanks for the Kombu!!" Hey, you're welcome!!

"You have a beautiful store!" J. Pizzadil, DC. Thank you Pizzadil, we think so too.



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by Erika Cunningham

The first Natural Foods Trade show I went to was three years ago, in the first three months of my employment here at the Co-op. I was terrified. Not only was I going on my first "business trip," I was going to spend what could amount to thousands of dollars if I wasn't careful, and didn't know what I was doing. Which I didn't. I walked around the Tacoma Dome trying every food they shoved in my face, clamming up when people tried to talk to me about deals, letting Kenna and Mary Jo do most of the talking.

This year was different. This year I was the veteran of three shows. This year I recognized people that I met the previous two years. This year I didn't eat everything they tried to give me. This year I felt I knew what I was doing.

What is the Natural Foods Show? It's an opportunity for Co-ops and natural food stores to go and meet the individual vendors, try their wares and talk to the people that deliver the food to us.

This year the show was held in the Seattle Center. Skott Larson (Assistant Grocery Manager) and Laura Church (Assistant Produce Manager) and I went, and we'd like you to know that we didn't get lost in Seattle once. (This was a big accomplishment for us.) On Friday we attended workshops; Skott will write about hers elsewhere in the newsletter, and Laura and I attended a workshop on training personnel. Both of us found a lot of what Carol Colter had to say was helpful and hope to let the personnel committee in on what we learned.

Saturday consisted of walking around the Seattle Center floor, or should I say eating our way around? It's fun to see people in person, like the people who make Jan's Salsa, and the woman who makes the tofu sour cream (which is a new product on our shelves). We were tired after, especially since before the show we managed to find many yard sales to wile away the time, but afterwards we had just enough energy to visit the

## Cutting Deals in Seattle

University Street fair and make a connection with a man who sells beautiful candles. Hopefully we'll see those here soon.

I'll stop wandering and tell you a little about the new products we found at the show.

**Ayla's Dressings and Sauces.** These were outstanding! Light and delicious for summer, the dressings came in price-wise between Cardini's and Hain's. The sauces are less expensive than the Emerald Valley we carry now, and more comes in the bottle, and the Chunky Garlic Salsa is scrumptious!

**Beauty Without Cruelty.** Many people have requested a less expensive line of skin care products. For those of us using Zia (the current skin care line) I know we won't leave it (it is a fantastic product and worth every penny in my book), but Beauty Without Cruelty has a skin care line that's a little less expensive, and offers a little bit different product selection. Give it a try and let me know what you think.

**Zia Oil Free Sun Block.** For those of us who burn like crazy in the summer, but can't use sun blocks because there's too much oil in them, here's the answer. This sun block has no oil and does the trick to boot. I've been using it when putting in the garden and it works great.

**Nature's Path Cereals.** These are packaged in larger containers called Eco-sacs. You get more for your money than the boxed cereals, you don't waste the cardboard, and from what Laura says, the corn flakes are great. The other flavors are good too and there's even a wheat free one coming.

Thanks from Laura, Skott and myself for letting us go on this trip and learn a little bit more about the Natural Foods industry.

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## NEW PRODUCTS CORNER

by Erika Cunningham

Aside from the new products I mentioned in the article about Seattle, the Co-op has seen a few other new products lately.

**Fireweed Honey**--from Mt. Star Honey. This stuff is fantastic! Kent (the owner) says, "People who already know fireweed honey are going to snap this up." Those people that don't should give it a try right away.

**Kettle Chips--Tomato & Basil and Lime & Chili corn chips** are our newest additions, and if you haven't tried them yet you're missing out. They're yummy. My problem is that I can't stop eating them.

**Organic Garbanzos**--These are no-spray garbs from Hood River. The man selling us these will provide black cornmeal in the fall.

**Vita-Spelt Macaroni and Cheese**--I actually haven't tried it yet, but I think it will be a fun alternative food for people with wheat allergies.

**Meacham Mills Dill Cornbread Mix**--in bulk! This stuff is good! Meacham Mills is a local company (Clarkston) that's small and likes to work with us on an individual basis. They provide us with wheat bran, pea powder, buckwheat pancake mix, packaged honeys, and flour.

**Tofu**--now we come to my favorite new product. Lately I've been known around the store as the Evil Tofu Fairy. I have this fear of running out of tofu (if you'd ever had to face one of you when there's no tofu, you'd understand!), so I order an inordinate amount. Every day Ellyn and the other opening people have to change the tofu water to keep it fresh, and hauling around 5 buckets full of tofu and water is not the easiest, and can make you rather grouchy when you spill chilly tofu water on your clean apron or on your bare birkenstocked feet. I know, as I am one of the opening people. So now I am known as the Evil Tofu Fairy.

What has this got to do with new tofu? As the Evil Fairy I consider it my duty to provide too much of the best product I can find for you, so when Phil from Small Planet Foods approached me with his **organic, locally-made fresh tofu** I snapped it up. I was even more delighted to find out that he had different flavors, hot and herbed, as well as the regular firm. This tofu is fantastic! The difference between fresh and not so fresh tofu is extraordinary.

Small Planet Foods is from Newport, Washington. Phil makes the tofu each week and delivers it to us fresh through Pupos Produce of Spokane. He started out by selling the firm and herbed in one pound cakes and the hot in half pound cakes, but (as per many of your requests) I think I have him talked into cutting them all into half pound cakes. Phil sells his tofu by the pound, which is a little different than we're used to, but when you do all the math, his tofu comes out to be only one penny more than the old tofu. (One pound cake equals four of our old cakes. At \$1.48/lb. that equals 37 cents each compared to 36 cents each.) The herbed and the hot are great for cooking, or even just eating by themselves. Give it a try, I know that you'll love it!

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# Kids Page June

by: Felice A Rogers

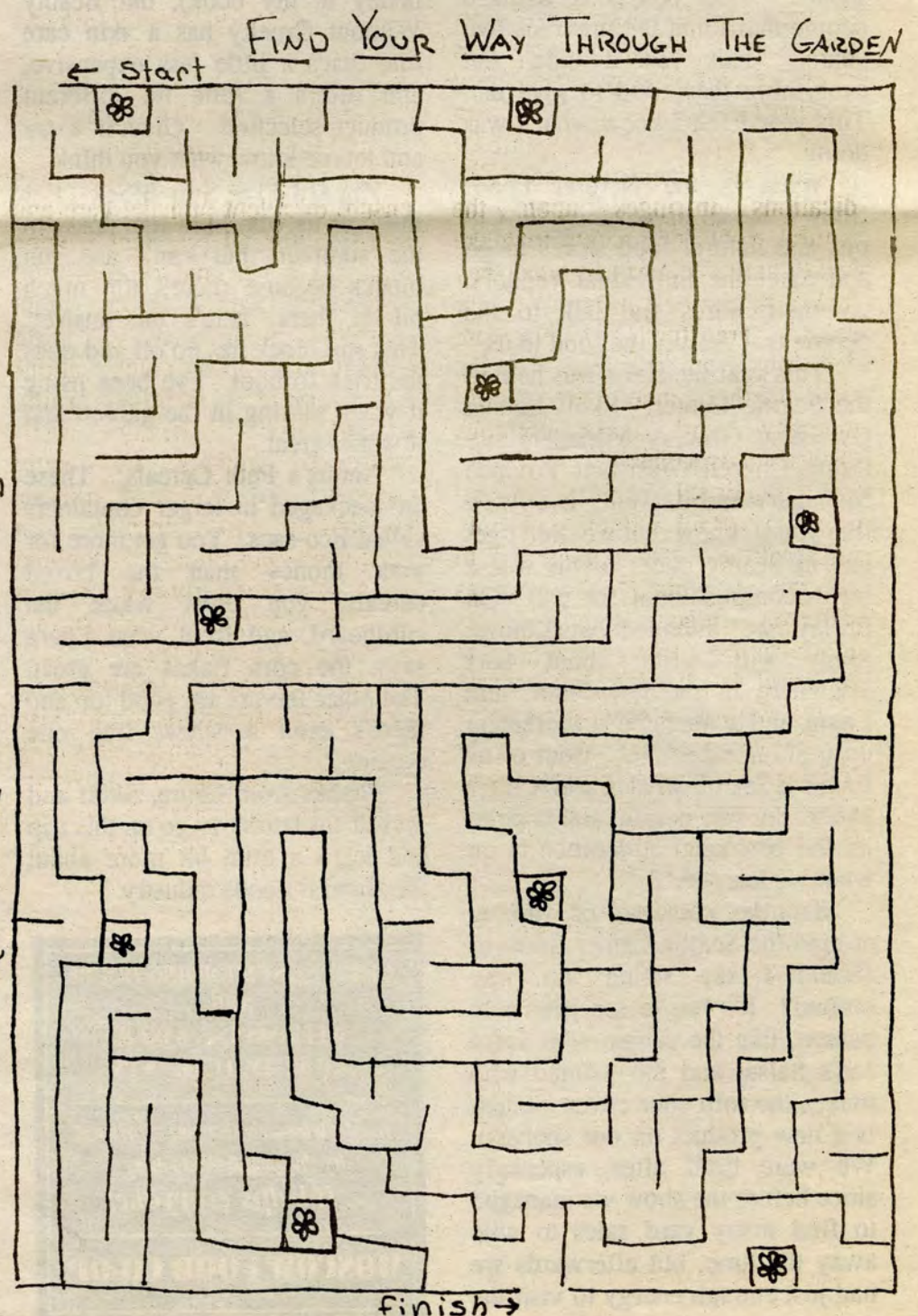
## Did You Know?

Composting is a very important part of keeping the earth healthy. Even though we may not be throwing away things like paper and plastic, which can be recycled; most of us don't think much about tossing out things like carrot peels. However, there have been carrots dug out of landfills that were fifty years old! So, next time when you don't want to finish your dinner, remember this: even quick-decay things like food will stay around for a long, long time. A carrot you throw away when you are ten will still be there when you are sixty.

## STONE SOUP

- 1 large clean stone
- 4 cups water
- 3 large carrots
- 3 potatoes
- 2 onions, 2 stalks celery
- 1 can tomatoes
- 1 can corn
- 1 can peas
- 4 teaspoons beef or vegetable bouillon
- 1 pinch salt

Heat water in a large pot. Carefully add the clean stone. Scrub the carrots, potatoes, and celery. Take the skin off the onion. Cut these vegetables into chunks and add them to the water with the stone. Boil until soft (the vegetables not the stone). Add the tomatoes, corn, peas, and bouillon. Then add the salt and boil for ten more minutes. Have an adult remove the stone. Let the soup cool a bit and serve with crackers or bread.





# Childhood Vaccinations: Government Mandate or Parental Choice?

by Nancy Draznin

The Clinton Administration is making a big deal of vaccination these days, attempting to push several bills through Congress legislating mandatory "immunization" and health tracking with mandatory registration for all US children. The system would use the child's social security number to place him in the national registry at 6 weeks old. Parents who failed to obtain governmentally required vaccinations would be notified "of the need to protect their child with specific vaccine."

Several problems are apparent in these bills. The two most serious are the threats to our rights of choice and privacy. Mandating vaccination for all children regardless of religious, philosophical or medical contraindications infringes upon the natural rights of parents to make health care decisions in what they feel to be the best interest of their child. Transferring health care decisions from the family to the state further undermines family integrity and has ominous Orwellian overtones.

A national registry of all children would include not only information pertaining to vaccination history such as adverse reactions, vaccines administered and demographic data, but "such other information as the Secretary may prescribe," opening the way to filing all sorts of information from birth to death. This file would follow each child even through inter-state moves.

This bill virtually opens the registry to abuses. Furthermore, all health care information may be provided to third parties without parental consent.

The expense of carrying out this bill, should it become law, is astronomical. Congress would appropriate funds of \$152,000,000 for 1995, \$125,000,000 for 1996 and \$35,000,000 for each of the three following years. Much of this money would be spent purchasing vaccine from pharmaceutical companies who have lobbied strongly in favor of these bills, who would, along with the AMA, be the primary profiteers, and who were the chief testifiers at subcommittee hearings.

The health of our children can be protected and promoted in far safer ways that have been proven for ages and serve to empower and enrich family relationships. A program that would mandate and ensure excellent prenatal care and nutrition for all pregnant women regardless of income or choice of birthplace, would lower infant mortality, prematurity, low birth weight and other complications which compromise infant health. Infants born to healthy, well-nourished mothers are better equipped to withstand illness. Continuing to provide for adequate nutrition throughout childhood, especially in poor areas of the country, would further protect our children from illness.

An aggressive breastfeeding promotion campaign would also lower infant mortality rates and childhood illness. Maternal antibodies, as well as other benefits, are passed to infants



through breast milk. For the duration of the breastfeeding period the child is protected from those diseases which the mother has prior immunity and to diseases to which they are both newly exposed. Therefore, breastfeeding bolsters the child's developing immune system naturally. It is far cheaper than the vaccination program proposed by the government. It has been proven effective for eons, and it enhances the mother-child relationship. If true concern rather than greed were motivating our legislators we would be seeing a breastfeeding bill.

It is not my intention to convince other parents not to vaccinate their children. Rather I want this decision to remain a personal one based on thorough research. It is no less irresponsible to allow your child to be vaccinated without understanding the process and possible consequences than it is to avoid vaccines without adequate research.

I urge others to write to our congressmen to tell them of your opinion. The bill numbers are HR 1640, HR 940, S732 and S733. If you would like to borrow a copy of the bills leave a message for me at the Co-op, and I will get back to you.

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**DO YOU LIKE CHILDREN?**  
by Bill London

If you enjoy kids and want to try your hand at communicating with the little dears, maybe you should be our new "Kid's Page" editor.

Felice Rogers, who has been doing an admirable job creating the pages of games, stories, and activities for children for a year or so, is retiring. We want to continue that feature, so we need someone to volunteer to make the page every month.

We also want to offer our thanks to Felice for a job well done.

If you want to take over Felice's job, please leave a message for Bill London at the Co-op.

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by Carol Hartman

## Fifteen Years of Loyal Granola

Behind the well-organized, stocked shelves of the Co-op is a group of dedicated employees and volunteers who work hard to keep the produce section arranged colorfully and logically, who bake the delicious cinnamon rolls, bread, cookies and other delectables, and the staff who hastily refill the bulk food bins nearly as soon as they are empty. Granola, naturally, is always a hot Co-op item, has been for much of Co-op history. So, just how does it appear? From a box? From the Moscow Granola company?

From Bruce Miller, a loyal volunteer granola maker for nearly 15 years. Miller visits the Co-op twice a month to deliver 23 pounds of homemade "Co-op granola." First, he picks up the ingredients at the store, hauls it to his home in Oakesdale, where he spends four to five hours mixing and baking it. Baking is a slow process in which the mix is spread on cookie sheets and cooked at a low temperature.

"I bake at a really low temperature because I found over the years I had a tendency to burn it. I've gradually reduced the

temperature over the years," he explained.

When Miller originally volunteered to be the granola maker, he was given a recipe to use. Since then, he's gradually modified the process to produce unique, healthy and tasty granola. Finding the appropriate baking temperature seemed to be a continual challenge.

"I sort of undercooked it. One woman kept asking me if it had been baked at all. Granola isn't bad for you if it's not baked but since people complained about it, I changed my methods," he said. "Now, every time I bake it, I make sure there's always a little burned."

It's this quality product that prompts General Manager Kenna Eaton to seek an additional granola maker. With the ever-increasing demand, the 23 pounds Miller prepares goes fast.

Miller originally wanted to volunteer in the store, but there were no openings, "so I just decided to make granola and it worked out." He'd previously made granola for his family. Since he began this volunteer

assignment, Miller's watched the Co-op expand its product selection and become more professional.

"The store is very different ... it's just really well-supplied now. Used to be when I went to pick up the ingredients, there was always something missing," he said. "Now, I really like to go there. The Co-op is really well managed. There's a good variety of products, the produce is always stocked well, and the cashiers seem really competent."

When he's not making granola, working in his garden in Oakesdale, or working in maintenance at WSU, Miller enjoys hiking and listening to music.

As the Co-op celebrates its 20th anniversary year, we have to also toast the loyal people behind the scenes. Some things, like granola, just sort of appear in a bin on schedule. When that bin is empty, we may ponder momentarily where its contents come from. Maybe not. But we know it'll appear again shortly. It's the dedication of people like Bruce Miller that truly is something to celebrate.

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by Steve Hanchett

## Co-op Volunteer and June Bride

Moving to a new town can be a bit unsettling. Luckily for Robin Braffet, the Moscow Food Co-op was there to ease her into the transition.

"The very first thing we did when we came to Moscow, after finding somewhere to stay, was joining the Co-op," Robin said, the 'we' referring to her betrothed, Michael Murray.

Robin and Michael set foot in Moscow last November to attend graduate school at the University of Idaho. Michael is working towards his PhD in Range Science and Forestry, while Robin is part-timing in Recreation Management.

The two met in Arcata, CA while attending school. Robin, a Canadian native and art graduate, doesn't pine too much about the move.

"We shopped at a Co-op in California, but it wasn't as simple or as friendly," she said. "I felt like I couldn't talk to people (in Arcata). I couldn't quite communicate. In Idaho, you can talk to people. It's nice to be in a place where people communicate and try to see other's point of view."

Currently, this chipper volunteer is feeling the stress of their June 3rd wedding. The towering redwoods of the Sequoia National Forest will oversee the ceremony, along with a family reunion size gathering of guests.

"One stress about it," Robin sighs, "is that it never rains there, so we don't have any alternate plans."

As long as the nuptials don't get flooded out, the pair will return to Moscow and the house



they bought last Fall. For Robin, their home provides the first opportunity for her to do whatever she wishes with a garden, learning along the way. She's now trying raised bed gardening, a method which she can appreciate for both its simplicity and usability.

Gardening is a favorite topic of conversation between her and her fellow volunteers Tuesday afternoons at the Co-op. In addition to chatting about carrots and life in general, Robin cashiers and helps fill in the gaps.

"There's nothing like bagging chips to lose yourself," she muses.

Formerly, much of her time had been taken up at a day care center. For Robin, the experience was more than a job, or even an adventure. "The kids are great. Their perspective on life is unbiased and very fresh," she said. "They can be really neat people to talk to. Although they'll wear you out; they've got big energy levels."

Her interest in these little people is illustrated by one of her current projects, a children's information book. When asked about its subject, Robin responded with, "Just the facts!". So it looks like we'll all have to wait until the unveiling.

Complimenting her writing hobby, is her love of painting. Themes dealing with the female experience are her present bend, though she's quick to state that the theme could change at any moment.

Although her life is a smidge hectic right now, with job searching adding to the frenzy, Robin seems to know just how to keep it all under control:

"You've got to keep your sense of humor," she thoughtfully advises.

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**INTERNATIONAL COWS?**  
by Renee McNally

There are some delicious changes at the Co-op. Yes, we did rearrange things again, and in this instance it opened up more space in the refrigerated case for more cheese. This made me very happy because I love cheese. We hunted down an excellent cheese importer in Portland called Eurobest and are now pleased to offer many new flavorful cheese treats.

We have cheddar from New Zealand, Canada, Wisconsin, Vermont and New York. Feta from Greece. Blue cheese and buttery Havarti from Denmark. Now hold your nose and open your mouth, for we have real Gorgonzola from Italy. Yes, the real stuff; creamy and rich. We have a nutty flavored swiss style cheese from Norway called Jarlsberg.

And then there's France. France is a dream come true for cheese-lovers. Morbier is a delicious semi-soft cheese with an interesting story. French farmers take the cream from the morning and pour it into the bottom of a mold, then sprinkle a thin layer of volcanic ash over it, then they top off the mold with the evening cream. French Montrachet is an incredible soft goat's mild cheese shaped into a small log and then rolled in either fresh herbs, ash, pepper or basil.

The Queen of cheese, Brie, is represented by German garlic double creme. One of my all time favorite soft-ripened cheeses is a German blue brie called Cambozola. This is a luscious, creamy cheese, not too heavy on the blue, that is just exquisite spread on a cracker.

Are you hungry now?

## The Birth of the Ad Mart

by Carol Hartman

So how did one woman's desire to own a small, sustainable farm lead her to Idaho to begin publishing the *Moscow-Pullman Ad Mart*?

"We came here looking for a farm ... and we were looking for someplace to advertise a few things to sell, pick up a few used things and found the classifieds were not for this area. They were from Canada to Grangeville. I knew someone from Harpster would not come 100 miles for a \$10 bicycle." publisher Sheila Mandell explained. "So, it appears we hit upon something for which there was a real need."

With free classified ads and competitive display ad rates, Mandell and her husband, Dan Genderon, found themselves expanding to a 12-page publication within six weeks and distributing 10,000 copies to between 140 and 200 locations in the university towns, Genesee, Potlatch, Troy and, most recently, Colfax and Palouse. Co-op members can find the Ad Mart stocked regularly in the store, with new editions arriving every Thursday.

Ideally, Sheila strives for

dividing the Ad Mart content equally between classified ads, display ads and feature articles on local businesses. Recently, she recruited three at-large reporters who will contribute regular articles. A local realtor has offered to write "buying with knowledge" articles while other local residents have promised to contribute a home maintenance column and a humor column.

"Everything we do, we do to make it effective for our advertisers, which means the right distribution, free classified ads which builds readership and an editorial section to enhance the paper," she explained. Co-op writers and readers are always welcome to contribute articles, ideas and ads, she added. "The Co-op is the best part of Moscow. Because we're extremely conscious of what we eat, we worry about where it comes from and what's put on it. We're thrilled to tears the Co-op exists."

Sheila and Dan arrived in Idaho about six months ago with their two children, Sarah 4, and Jesse 2. Dan's established, wholesale, mail order repair business made it feasible for the family to leave Amish-country Pennsylvania and head west.

"With Dan's mail order business, it doesn't matter where he's based. So we said, let's try Idaho."

Originally from Brooklyn, Sheila's background includes extensive experience with computers, design, poetry, and film editing. Her flair for writing and eye for layout help make Ad Mart a success. "I've been kind of an arts person stuck in a business world, but I tell you what, if you can make that transition or that addition--business plus arts--it's great," she said. "My first sales call to place an ad was successful and it just catapulted me."

Although Boston-native Dan still concentrates on his mail-order business, his business savvy makes him a valuable associate. The two are a common site on Thursday afternoons, children in backpacks, arms full of papers, making the rounds to local businesses.

Even though the farm dream may come true this summer, Sheila vows she and the Ad Mart are here to stay. "I plan to be in this for the long haul--I wouldn't be working this hard if I weren't!"

For more information on free classified ads, display rates or writing for the Ad Mart, call Sheila at 882-9469.



by Carol Hartman

## COOL OFF WITH SALADS

A young man's thoughts may turn to love in the spring, but warm weather turns my thoughts to salads! Since the Palouse passed spring without collecting the obligatory \$200 and arrived full on to summer (at least for this week), its time to store the chili and soup recipes and hit the salad bar.

With the proper combination of ingredients, salads provide valuable amounts of protein and vitamins. Throw in some grains, dairy or soy products on top of the standard lettuce, tomato, cucumber and carrot salad, and you have a balanced meal.

With the Co-op's plethora of bulk grains and legumes, members can create endless varieties of cool, refreshing summer salads. Here are a couple of my favorites. Naturally all the veggies are regular items in the Co-op produce case and the remaining ingredients are pretty standard, also. Perhaps the only challenge may be soy grits. Several varieties of oils, tofu, juice, and soy sauce are available and in bulk quantities.

### Lentil Salad

1/2 C. lentils  
1 small onion, chopped  
4 C. seasoned stock  
oil for sauteing  
1/2 C. bulghur  
1/4 C. soy grits  
1 C. yogurt  
2 T. "mayonnaise" (see below)  
1 garlic clove, minced  
1 tsp. Dijon mustard  
2 tsp. lemon juice (or more)  
6 C. chopped spinach, scallions, and red onions

Cook lentils and onion in 2 cups stock about 25 minutes, until tender (but not mushy). Drain water. Heat oil over medium heat in a skillet, adding bulgur and soy grits. Saute for 5 or 10 minutes stirring constantly, until the grains are toasted. Heat the remaining 2 cups of stock, add to grain mixture, and heat for another 5 to 10 minutes until light and fluffy. (Make sure the pan is tightly covered.) Let cool. Mix yogurt, mayonnaise, garlic, mustard and lemon juice. Combine grain, lettuce and vegetables and top with the dressing. Serve chilled or at room temperature.

### Alternative Mayonnaise

1 10-oz. cake of tofu  
1 tsp. mustard (Dijon)  
1/4 to 1/2 tsp. salt  
1 garlic clove (small)  
2 tsp. apple cider vinegar  
1/4 C. olive oil or canola oil

Combine all ingredients except the oil in a blender. Blend until silky smooth. Keeping the machine running, drizzle the oil in slowly. Once it is well incorporated, transfer the mixture to a container, cover tightly and refrigerate.

### Rice Salad

And if the first recipe didn't satisfy your palate's desire for complementary proteins, try this salad recipe! Like the first, this entree can be a refreshing lunch entree on a hot Palouse day. Plan ahead and cook the rice earlier, to cut down on preparation time. Since you're already planning, zip by the Co-op and pick up some fresh baked bread to complement your meal.

2 C. brown rice  
3 C. water

Boil the water, add the rice and simmer about 40 minutes until tender. In the meantime, combine:

1/3 C. peanut oil  
1/2 C. orange juice  
1 tsp. salt  
1/2 tsp. crushed red pepper  
3 T. sesame oil  
2 garlic cloves, minced  
2 T. soy sauce (sodium-free ok)  
2 T. apple cider vinegar  
1 C. fresh pineapple, chopped (canned ok)

Mix the rice with the combination while still hot. Once it cools to room temperature, cover tightly and refrigerate until cold. Just before serving, toss in:

3 scallions, minced (white and greens)  
1 celery stalk  
1 med. red or bell pepper, sliced  
1 8-oz. can water chestnuts, drained and sliced  
1/2 lb. mung bean sprouts  
1/2 C. currants or raisins (packed)  
1 C. chopped peanuts or cashews (or both), toasted  
2 T. sesame seeds

Who else has a favorite recipe to share? Come on, we've got about five months of warm temperatures to survive in a healthful way. Let's hear 'em!

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may 28:

Erik Stauber will bring out birds of prey and answer your questions about these magnificent creatures.

june 4:

Ernie Bunch and the Old Time Fiddlers will entertain young and old with lively foot stompin' tunes.

june 11:

Kevin Harvey-Morose from the Nez Perce Museum will discuss Native American economies- a good idea then and now.

june 18:

Dr. Ding Johnson from the UofI will present "The Joy of Bugs".

june 25:

Dr. Ricardo Sanchez and his band of Palousian Poets will read original stories and poems.

july 2:

Tom Jenness, master storyteller will spin a yarn or two for good family entertainment.

july 9:

Dottie Shuman will share her environmental education expertise regarding Project Wet, and the importance of water related conservation

july 16:

Brian Carroll with Whitman County Parks and Recreation will reveal the many recreational opportunities available in the county next door.

july 23:

Mable Vogt of Potlatch will bring her Junior Jammers to perform an exciting evening of country music.

july 30:

Jim LaFortune and Jo Aneshansler are Mo'sCow. Their unique brand of folk music will fill the air.

A campfire and marshmallow roast will follow each program with refreshments provided.

\* more programs to be announced in the fall



# The Price of Perfect Produce

by Alan Jay Solan

Eat your vegetables, your mother told you. Well, Americans are taking mom's advice.

It's estimated that Americans eat about 135 million pounds of produce a year. The demand for fresh fruits and vegetables doubled during the 1980s.

According to a March 1989 article in *U.S. News and World Report*, the amount of produce imported by the US tripled during the 1980s, to \$1.6 billion by 1988. A fourth of the produce purchased by Americans is imported. This has increased trade opportunities for Central and South American countries who are eager to sell to industrialized nations.

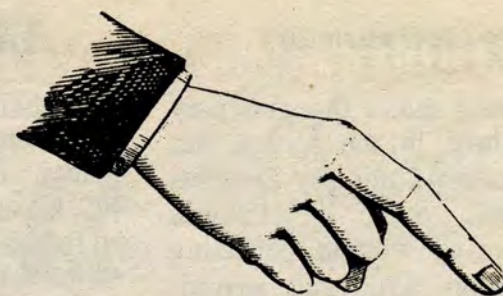
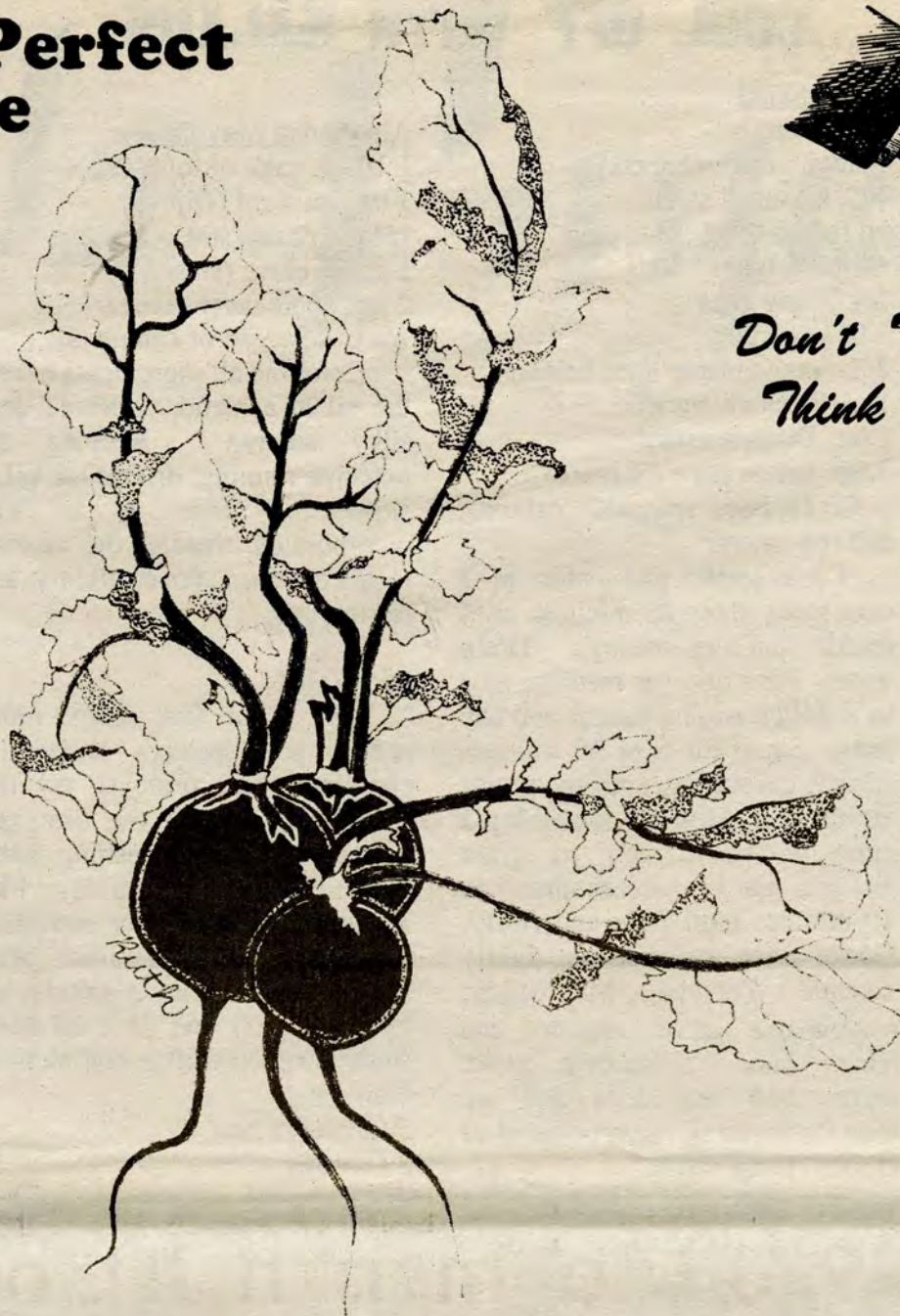
In Chile, for example, produce is now the second leading money maker--second only to copper and supporting nearly half a million workers, the article reported. Fruit shipments from Chile to the US increased more than 500 percent during the 1980s, amounting to more than \$332 million in 1988. Half of all the produce exported by Chile goes to the US.

For consumers, the demand has translated into a cornucopia of fresh tomatoes, raspberries, melons, asparagus and other fruits and vegetables that were once available only in the summer.

What does that mean for the countries and workers where they are produced? There appears to be a cost for America's desire for inexpensive, abundant, perfectly colored and shaped fruits and vegetables.

According to an article in the June 1989 issue of *Mother Jones*, 90 percent of the pesticide deaths and 50 percent of the pesticide poisonings occur in developing countries. According to the same article, 25 percent of the pesticides exported by US chemical companies are banned in the US and only 1 percent of food imports are tested for pesticide residues.

While the US Environmental Protection Agency prohibits the sale of pesticides that are suspected of causing cancer in humans or that harm fish and wildlife or accumulate in soil and water, chemical manufacturers are permitted to export such chemicals.



*Don't Think of it as Scary,  
Think of it as Informative*

by Renee McNally  
Produce Manager

Summer is a busy time in the produce department. Many local farmers and gardeners sell us their produce. Through the winter months we have mainly two different categories of produce, "Certified Organically Grown" and "Conventionally Grown." The produce we sell from local farmers using sustainable agricultural practices we will label as "Local Non-Certified Organic." These farmers have assured us that they do not use any synthetic sprays on their crops, however they have not applied for and received Organic Certification from the State of Idaho.

One customer's response to such a long winded label was a little tongue in cheek humor. "I don't know if I can trust that this food is actually safe since the US government has not been involved in the process."

The Moscow Food Co-op used to label our produce as "Local No-Spray," however I believe this to be a bit deceptive since the use of sprays in certified organic farming is not necessarily prohibited, rather it is restricted to specific kinds of sprays. We do carry produce grown locally using conventional farming practices. This means you have neither the farmer's nor my guarantee that synthetic pesticides have not been applied to the crops. This produce will simply be labeled as "Local" in the produce case.

In fact, just reaching for the most perfect produce at the market contributes to the overuse of pesticides--both in the US and developing countries.

According to an article in the March 1993 issue of *Environmental Nutrition*, growers routinely exceed USDA-established cosmetic standards for produce because they know "perfect" produce is chosen first by customers at the supermarket. According to some estimates, 60 percent to 80 percent of pesticides are used on produce primarily to enhance eye appeal by keeping them unblemished longer.

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# PRODUCE NEWS

by Renee McNally  
Produce Manager

**Customer Question:** Why does the Co-op sell grapes from Chile? I think we should honor the boycott against Chilean grapes.

**Response:** As a buyer for the produce department I have wrestled with how much control I should have over the choices you make when shopping here at the Co-op. I would prefer to offer our customers many choices AND offer information about those choices and their consequences. Then as a customer you decide what is best for you.

Granted I have not always abided by this personal policy. It took me three months to bow in and carry those "nasty little cabbages" people call brussel sprouts. And of course there are considerations like an incredibly small produce case and the fact that sometimes things cost so outrageously much that stocking those cantaloupe at \$6.00 a piece would just be plain foolishness.

However, it seems the older I get there are fewer and fewer easy choices. Basically, I don't feel comfortable choosing for you by deciding not to even offer an item for environmental, social or political reasons. If enough people refuse to buy grapes from Chile in an effort to boycott the current government, or our involvement in Chile's affairs, or the 14-hour work days at poverty wages by the farm workers, or the use of pesticides sold by US chemical companies to Chile, or possibly you just don't like their taste, well then the grapes will sit on the shelf until they are pulled because they are no longer fresh and we as a Cooperative have made a decision. Not allowing the beginning and completion of this process of decision-making I don't believe should be in my power.



Because Americans have come to rely on having a wide choice of fresh fruits and vegetables during the out-of-growing season, grocery stores will continue to buy in ever-growing quantities from other countries south of our border. "One-fourth of the produce consumed in the US is imported (19.8 million tons in 1989 [USDA])." Otherwise during our Northwest winter months, our produce comes from southern California, Florida or Texas. In fact, "the average vegetable in the US travels 1300 miles from field to table" (Rocky Mountain Institute, 1990).

Please read the following article researched and written by Alan Solan, a member of the Produce team. He is offering information about the farming practices in countries of Central and South America where we get our conventionally raised bananas and during the winter months; tomatoes, grapes, some critus, and more.



**THANK YOU**  
To the Renaissance Fair Committie and the rest of the people and places that helped us in any way to add two more days in our life of memories to remember, by electing and loaning us with costumes to be KING and Queen for the 20th ANNUAL RENAISSANCE FAIR.  
BOB AND MARY THYBERG

## PEELED POTATOES

by Tanya Smart

Potato skins may be tasty served as appetizers, but unfortunately, non-organic potatoes are often sprayed with sprout inhibitors. If left to sprout on the other hand, potatoes make their own toxins, such as solanine and chaconine. Both the sprays and the toxins are concentrated in the skin, so some researchers now recommend you routinely peel potatoes before boiling. I always thought the vitamins were in the skin, but not so. Vitamin C, at least, is concentrated in the center of the spud. And even without the peel, a seven-ounce peeled potato still has two grams of fiber.

- reprinted from *Davis Co-op News*, May 1993.

## EARN A DISCOUNT ON YOUR FOOD!

by Renee McNally  
Volunteer Coordinator

Did you know the Co-op is air-conditioned during the "hot" summer months here on the Palouse? Yes! Picture this: Enjoyably volunteering a couple of hours a week to work on anything from graphic art to shelf construction to salad and sandwich preparation in the cozy and cool atmosphere of the Moscow Food Co-op. We sell chilled espresso sodas and banana cream popsicles that will refresh you when purchased with a well deserved discount.

By volunteering one hour per week you will earn an 8% discount, two hours/week will earn you a 13% discount and three hours gets you an 18% discount. If this sounds like it will fit perfectly into your summer plans then give us a call, Renee or Skott, at the Co-op, 882-8537. Or just stop in and chat a bit with us and we'll get you started on a summer of "personal fulfillment" and "community contributions" sure to keep a smile on your face!

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**PCEI DINNERS BREAK  
FOR SUMMER**  
by Diana Higgins

Unfortunately, those of you who were looking forward to the next dinner meeting of the Palouse Clearwater Environmental Institute (PCEI) will have to wait until Fall. Although the monthly dinners--which raise funds for the Institute's operating expenses--have become quite a hit, the PCEI dinner committee members have decided to hiatus for the summer months.

In the past, the monthly dinner menus have ranged from Bosnian "meat" balls to Middle Eastern tabbouleh to Mexican cabbage salad, all using ingredients which are grown locally and can be purchased at the Co-op. For entertainment, there have been local musicians, poetry readings, and guest speakers from the Idaho Conservation League and local environmental groups.

If you haven't made it to a PCEI dinner yet, resolve right now to keep watching this space for the next announcement. The first Fall dinner menu and entertainment should be announced by late summer. As always, if you would be interested in volunteering to help with the dinners, or would like more information, call the PCEI office at 882-1444.

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by Paul Lindholdt

The movement in cooperative food works on a national scale as well as in individual communities. Our Moscow Food Co-op (MFC) recently became a member of two national organizations that seek to share ideas on how to make the movement more efficient.

"Organizations" might be too fancy a word to use. These are essentially magazines that distribute information and sometimes sponsor conferences. They could become bonifide organizations if the MFC--and other member co-ops--were to contribute the time and energy it takes to make them function organizationally.

The first magazine is *Co-op News Network*, published by the National Alliance of Cooperative Organizations, a very-recently founded group out of Spencer, West Virginia. Like the *Community News* that you're reading, *Co-op News Network* is a tabloid-format newsletter supported chiefly by advertising. It is bimonthly.

In late October of this year its parent organization, the Alliance, will be sponsoring its first annual conference in Spencer, WV, to discuss the cooperative food system. Conference fees are cheap. Any active MFC members who happen to be in that neck of the woods should seek funding and consider attending.

A second periodical, also bimonthly, is entitled *Cooperative Grocer* and comes out of Athens, Ohio. It is more concerned with the legal and managerial aspects--the business--of the cooperative foods movement than with the philosophical and the educational. Together, however, the two provide a great way to boast of minor co-op successes and to warn against threats and excesses. Here are a couple of examples of articles they publish.

On the warning side, for instance, the Co-op Food Fair in Independence, Missouri recently was audited by the Department of Labor and forced to pay \$75,000 in wages to its volunteers--not because the volunteers complained, but because the government is concerned it won't get its fair share of taxes. If cooperatives operate on a volunteer or barter basis, see, government loses. Let that be a lesson to any who would work outside the system.

## National Food Cooperatives and Local Jobs

On the success side there is East Wind Community, a kibbutz-style secular community out of Tecumseh, Missouri that markets East Wind Nut Butters. On 160 acres of land near the Arkansas border, East Wind cultivates and manufacturers almond, cashew, and peanut butters, plus tahini and organic garlic. It supports 60 adults and 10 children and is growing by building a cold storage warehouse facility and new kitchen/dining facility to support at least 100 members. Is such a venture possible on the Palouse?

In the February issue of the present newsletter I wrote about the Scandinavian model of cohousing that is being adopted with success in the U.S. Several people interested in taking part in cohousing on the Palouse have contacted me since then. Moscow architect Linda Wall is talking with the owner of a 9-acre plot of land that could serve as a cohousing site.

Just as East Wind Nut Butters successfully sells its products nationally while providing a living community for its employees, a similar business allied with the MFC could process foods grown in this bioregion. Lentils and lentil products are selling well internationally, for instance, and more and more fields of rape are being planted and the seeds squeezed to produce canola oil. Cold-pressed seed oils, after the European process that avoids heat extraction, are enjoying increased international sales too.

Briefly I worked for a seed company whose mainstay was canola oil. In its tiny manufacturing plant near Ferndale, Washington, the Flora Company maintained the pressing machines and a crew of half a dozen folks needed to operate them. The owner was a cheerful German who'd learned the cold-press process and found an international market for the delicious cooking oils it produced: canola, pumpkin, sesame, almond, walnut, and others.

On the Palouse we have the talent and interest and energy to undertake such cooperative ventures, even if we lack the capital. Jay Feldman of Texas Ridge Farms approached the MFC about setting up a kitchen on-site

but was turned down because of space, staff and financial limitations. Working last year with partner Yvonne Taylor, a full-time nurse, Jay generated lots of processed foods that proved a huge draw at the Farmer's Market. Transportation costs, unfortunately, gobbled his meager profits.

Thinking bioregionally when it comes to food means keeping regional resources at home--whether people or products. The solutions oftentimes are deceptively simple. Buying a machine to grind peanuts in our co-op, for instance, would save the costs of processing the peanuts elsewhere. That would mean savings for all of us--in energy, labor and money. Why don't we own one?

The dissolution of family farms in America is a consequence not only of the rise of huge agribusiness. It's also a lack of imagination for ways to help folks make livings without moving or commuting to big cities. The natural foods industry has doubled sales volumes in a decade, yet the cooperative food system as it's operated only sees a tiny fraction of that market share.

*Columbiana* magazine, a publication of the Columbia River Bioregional Educational Project, tells how the Ferry County Co-op worked to incorporate a small soy dairy into its operations. Members now can buy the freshest possibly soy milk in returnable bottles at reasonable prices; they concluded that "labor is a benefit of production, not a cost." Some further advantages of the small soy dairy include the jobs created for local folks, and the elimination of wasteful packaging that accompanies those tasty but expensive one-liter soy milks. Could the MFC do likewise? These are just a few ideas gleaned from talking to friends and reading newsletters to which the MFC subscribes.

To avoid the narcissism that threatens to carry over from the 1980s, we need to consider the MFC and other cooperatives across the nation as more than just a place to get wholesome food and to socialize. The natural foods industry is gaining the economic power to become a genuine political force. Can the cooperative foods movement manage to keep pace?



# The Seattle Experience

by Skott Larsen

May 14th, Seattle, WA, the damp overcast spring weather had just broken and the city was alive with people and plants, both blooming in their best colors. Erika, Laura and I were there for the Northwest Natural Foods show at the Seattle Center.

The "Show" included seminars, business meetings, and the Exhibition Hall Trade Show which is similar to a gigantic indoor yard sale: searching for bargains, making deals, meeting people, finding that one item you've so long hunted for.

I was most impressed with the seminar on women's health issues. In three hours I learned an immense amount about my own health and how to better consult our female customers with specific issues.

The seminar was lead by Marcia Zimmermann and Dr. Linda Rector-Page. Marcia and Linda presented an excellent overview of female growing and changing and how we can enhance our natural transformation with herbs. We discussed this process from menarche to mature wise womanhood, and the many unexpected conditions we may encounter including PMS, yeast infections, fibroid breast growths, endometriosis, menopause and osteoporosis.

I thought I'd share a little of the information on PMS with you. It is a very real condition that effects up to 70% of all women between the ages of 20-50 in varying degrees. There are over 150 documented symptoms. Symptoms tend to get worse for women over 30, who are married, have children, do not exercise, have difficulty maintaining a specific weight, deal with significant emotional stress and whose nutritional habits include long periods of time without eating and then eating a lot of sugar, caffeine and red meat (especially hormone laden types). I look at these lists and feel a little overwhelmed ... thinking it should not be so difficult being a woman. I liked the suggestions I heard for providing balance and relief.

Two keys to controlling PMS that I believe we all "know" (natural advise we hear from our bodies) are 1. exercise and 2. reducing stress.

1. Sustained aerobic OUTDOOR exercise is best. Exercise changes the way our bodies assimilate and metabolize nutrients while decreasing cravings for alcohol and smoking. It makes us feel better by increasing the level of beta endorphins in the brain and improves circulation to relieve congestion. It encourages regularity for more rapid elimination of toxins. (I highly recommend yoga as a gentle exercise!)

2. Stress reduction techniques and relaxation time are important. Daily self-massage of breasts, and ovary areas help relieve tension and relax reproductive organs. End your morning shower with a cool rinse to stimulate circulation. During your premenstrual time give yourself a little slack and take some time out to read, listen to music and relax.

The speakers suggested that we keep our diet high in greens and whole grains. Avoid dairy products during PMS days. Drink green tea every morning to cleanse the body. B vitamins are recommended as well.

For cramping they suggest trying sliced fresh ginger tea or chamomile tea. Instead of a heating pad, try ginger or cayenne compresses covered with a hot water bottle. That will stimulate the body's own heat. Effective progesterone sources include sarsaparilla, wild yam and saw palmetto. Drink plenty of water.

Treat yourself to a massage or sauna before your period to loosen and cleanse clogging matter.

Stop smoking and avoid secondary smoke, since nicotine inhibits good hormone function. Get plenty of fresh air and sunshine during your period. Take a brisk walk every day!

Much of this advise is repeated in Linda's book, *Health and Healing*.

Menstruation is a beautiful natural part of our lives. PMS is not, but with self care we can take control of PMS.

## CANINE COMPANION

by Dawn Gill

In 1975 Dr. Bonita Bergin founded Canine Companions for Independence (CCI), a training program for specially bred dogs to

assist people with disabilities other than blindness. The first participant was Kerry Knaus, a quadriplegic woman from California. Before receiving Abdul, her labrador/golden retriever, Kerry needed twenty-four hour a day nursing attention. With Abdul's help she now requires assistance only to bathe, dress and cook. This saves her over \$30,000 annually!

Abdul is what is known as a Service Dog. They are trained to operate light switches, pull wheelchairs, and retrieve items. People with spinal cord injuries, multiple sclerosis, muscular dystrophy, cerebral palsy, and arthritis can all benefit from a Service Dog companion. Signal Dogs alert individuals who are hearing-impaired to crucial sounds such as a telephone, smoke detector, alarm clock, crying child, or doorbell. People can learn to "see" sounds by following the direction of their dog's ears. The dogs can respond to commands in sign language as well as English. Specialty Dogs are specifically trained as companions for those with multiple disabilities. Social Dogs work in pet-facilitated therapy programs. They are non-judgemental sources of loving interaction for people with autism, developmental disabilities, and residents of convalescent homes.

CCI breeds its own dogs, most of which are laborador and golden retrievers. At eight weeks of age each canine companion is placed with a puppy raiser. Here the puppy learns forty-seven verbal commands and is taken to places such as malls or parks to learn to cope with a wide variety of stimuli. At eighteen months the pups are returned to CCI's regional training centers for a six-month advanced training course. The dogs finish learning sixty-five basic commands and those not selected are returned to puppy

raisers or the community for adoption.

The final stage of the dogs' training is a two-week period known as "Boot Camp." The dogs are matched with prospective owners and they work together at least eight hours a day. Students receive instrucion in dog training, animal health, and how to work as part of a human-dog team.

CCI has placed assistance dogs in countries all over the world. It costs over \$10,000 to raise these dogs to two years of age, yet recipients pay only \$125. The difference is made up in donations, grants, volunteer work, and fund-raising campaigns. For more information on this unique program contact the national office at:

CCI, P.O. Box 446  
Santa Rosa, CA 95402  
or call (707) 528-0830 V/TDD

## DO YOU WANT TO STRATEGICALLY PLAN? by Renee McNally

The Co-op's Strategic Planning Committee is working on the development of a comprehensive 3 to 5 year business plan for our Co-op, plus a Vision Statement that ties our already-created Mission Statement to this business plan.

We hope to draft the first version of the business plan by September of 1993, which will then be circulated to all interested members, volunteers and staff.

Then we want to make sure the business plan accepted by the Co-op is implemented.

If that sounds like fun to you (or if you care enough about the Co-op to help chart its course in the future), please join us. You can come to our next meeting (the times are posted on the front bulletin board) or contact me at the Co-op.

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# BULLETIN BOARD

## Robinson PARK

'93 Amphitheater

### JUNE 4:

Ernie Bunch and the Old Time Fiddlers will entertain young and old with lively foot stompin' tunes.

### JUNE 11:

Kevin Harvey-Morose from the Nez Perce Museum will discuss Native American economies - a good idea then and now.

### JUNE 18:

Dr. Ding Johnson from the U of I will present "The Joy of Bugs".

### JUNE 25:

Dr. Ricardo Sanchez and his band of Palousian Poets will read original stories and poems.

*Free!*

Latah County - Idaho Parks & Recreation  
Every Friday Evening at 7:30 pm

## LEARN HOW TO STORE YOUR FRUITS AND VEGETABLES

Better Living, Inc. is sponsoring a presentation by Roger Brook, Michigan State University, Extension Agriculture Engineer, June 17 from 7-9 pm at the Eggan Youth Center, Moscow. He will discuss effective ways for people to store their fresh fruits and vegetables during the summer months.

## 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.

## WorldFest '93

Free to the Public

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The Board of  
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Sunday, June 13th - 1 pm - 5 pm  
East City Park, Moscow

## Native Habitats

EVERY SATURDAY AT THE COOP

Red Osier Dogwood  
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Tim Eaton at  
882-7063

## Learn About New Zealand's Equivalent to Organic Farming

Better Living, Inc. is sponsoring a presentation by John Reganold on Biodynamic Agricultural Systems in New Zealand and its soil, economic and health benefits.

July 1 Eggan Youth Center 7-9 pm

## Pullman 4th of July

Family Fun starts at 6 pm with food and Moscow's "Con Brio!" Classical Guitar Duo. Music begins at 8 pm.

Sunnyside Park

## DESIGNERS/ ILLUSTRATORS/ WRITERS

call Bill London if you are interested in working on the kids page

## 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

