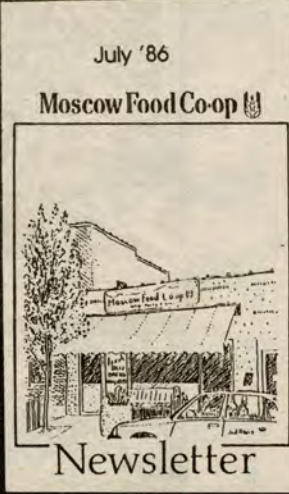



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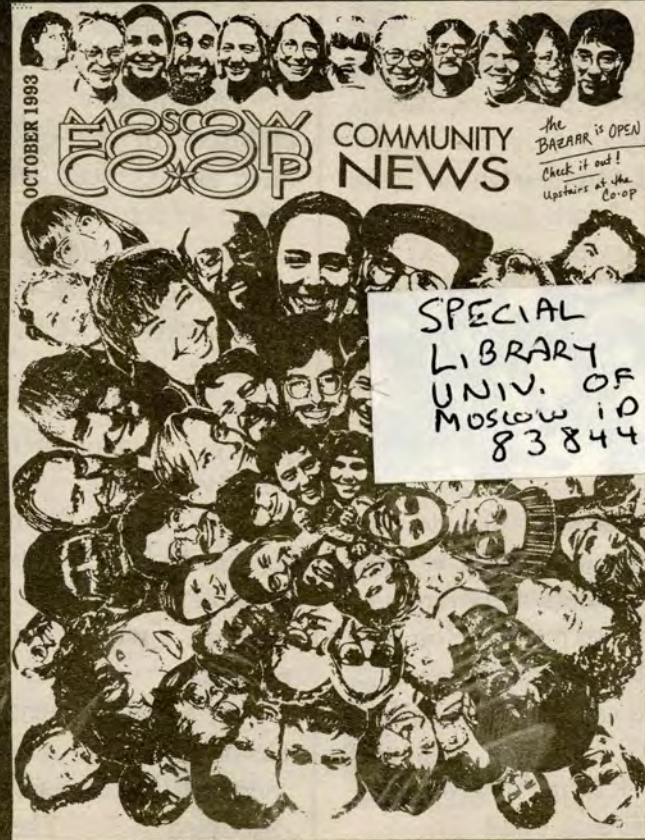
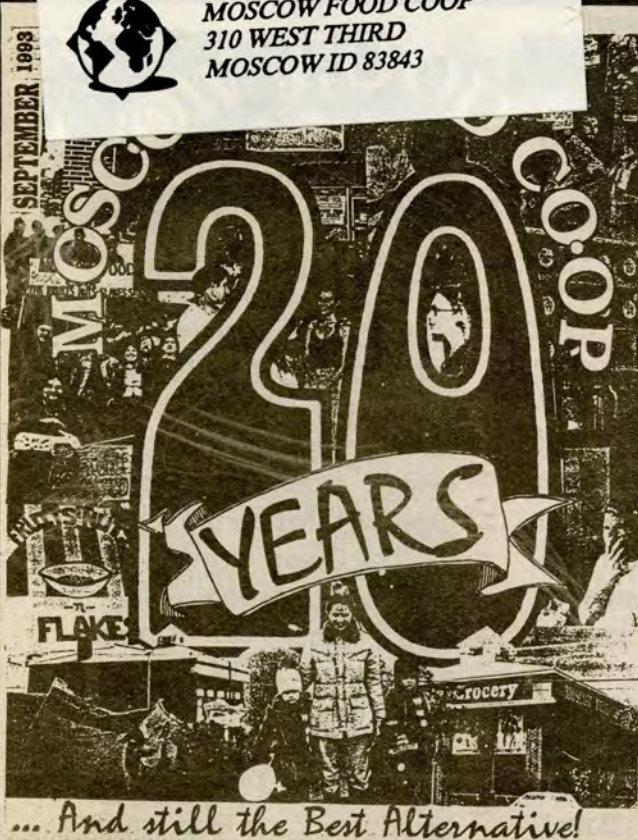
DECEMBER



COMMUNITY NEWS



 **MOSCOW FOOD COOP**
310 WEST THIRD
MOSCOW ID 83843



SPECIAL COLLECTIONS
LIBRARY
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MOSCOW ID
83844-2351



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**SOMETHING NEW IN THE MEMBERSHIP DEPT.
TEENS TAKE NOTE!**

By Ed Clark

You DON'T have to be a member to shop at the Co-op. Everyone is Welcome! Members know the advantages of membership which include a voice in Co-op policy, voting for representation, being able to volunteer for a discount and member prices (non-members pay a 7 percent surcharge).

Traditionally, minor children of Co-op members have always been included for free under their parent's membership, adding their dues once they reach adulthood. The status of kids of non-members, however, has never been fully defined in Co-op policy. Non-members of whatever age have been expected to pay the mark-up or to purchase a membership. This can be a little rough on students with low income potential.

At a recent meeting of the Co-op Board of Directors the membership categories were discussed. The Board,

realizing that many young people appreciated cooperative principles but were unable to join, decided to add a new membership called "youth." Anyone 17 years of age and younger is eligible and the annual dues are only \$5 rather than the customary \$10. This new category has all the rights and privileges of Co-op membership including serving on committees and volunteering for a discount on purchases.

If the new membership category represents you, please come in and speak to a cashier if you are interested. If you know someone who would benefit from this information please let that person know.

The Co-op wants to make it as easy as possible for anyone who wants to become a member. We like to think that young people who learn about the mission and principles of the Moscow Food Co-op will be with us for a long time.

About the Cover

by Ed Clark

Happy Birthday, Newsletter!

You're 10 years old with this issue. I've only been in Moscow for half your life. When Bill London asked if I would do a cover for the 10th anniversary I couldn't think of anything more appropriate than reproducing some of the past covers. Bill suggested Special Collections at the University of Idaho Library.

I found my way down the corridors and the long stairway to what I was sure must be the dungeon where they kept dusty piles of archives. What I entered was a pleasant, carpeted, well lit room. Christine Gray, the librarian, asked how she could help and when I told her she was back in seconds with several folders containing all ten years of Food Co-op Newsletters

in chronological order.

I lost track of time looking through and reading articles, seeing photos of friends and colleagues from an earlier decade and catching up on some history of "my" Co-op. The photocopier allowed me to get some covers but I realized I couldn't begin to fit all I wanted to. I decided to select some that were done by Co-op folks rather than clip-art and arranged the selection you see on the cover.

Would you like to see more? I encourage you to visit the special collections library and delve into those pages. You will see some old friends, remember some events and maybe even find a treasured recipe you wish you still had. I hope you have as pleasant a time as I had.

May We Recommend

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Let 'em know where you're coming from

A COOPERATIVE GIFT SUGGESTION

By Ed Clark

You love the Co-op. That is clear. You support the mission as well as what the Co-op is trying to do in the community. You're glad that you have a grocery store like this to shop in and glad that you can make health wise and environmentally wise choices. You keep your membership current and may even volunteer if time allows.

You wonder, however, why it is that some people never go into the Co-op. You may even have friends that hardly know what the Co-op is about. You tell them to check it out but they never get around to it. You probably wish there was some way to get them to understand why belonging to the Co-op is important to you (without being too pushy).

Here's a gift suggestion. For a mere 10 bucks (less than \$1 a month) you can give your friend a year-long present ... a

MEMBERSHIP to the Moscow Food Cooperative. If you wish to introduce someone under 18, Youth membership is now only \$5. With this little card comes a voice in all Co-op operations and policy. Significant savings on bulk foods compared to other supermarkets and savings with member prices. Super savings come from being able to volunteer for a few hours a week. There are many other benefits that you can share with a gift membership not the least of which is seeing your friend on shopping day.

If you're not quite sure if they'll use the membership right away you can start them up with a Co-op gift certificate for any amount.

Solve a gift problem, do something great for a friend and help the Co-op grow all at the same time. That IS a good suggestion.

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THE BUY LINE

By Kristi Wildung

Where's the unsweetened cocoa powder we used to have -- don't tell me I have to go buy Hershey's. No, you don't have to buy Hershey's. Guittard's unsweetened cocoa is located in our new bulk bins. We let it run out for the summer because of low cocoa demand during that time.

Can we get low-salt soy sauce? We carry Westbrae Mild Soy Sauce in bottles. It has 50% less sodium than regular soy sauce.

For a while you were carrying a less expensive citrus cleaner than Citra Solve. What happened to it? Will you get it again? We used to have a Bio Pac citrus soap, but we discontinued it for lack of sales and replaced it with Lifetree Home Soap. It wasn't really less expensive because you had to use more per gallon of water than you have to use with Citra Solve. Also, the Bio Pack was more of a soap, while the Citra Solve is a degreaser.

What happened to the date sugar? There are 1/2 dozen white sugars (white death), but no nutritional sugar. The date sugar was discontinued 1) because it didn't sell and 2) we had to buy large quantities and it would spoil, becoming lumpy and disgusting. We might consider bringing it back in if we have a high demand.

P.O.H. dental floss--are you still ordering it? If not, I would like to special order. We are not carrying this floss anymore because the distributor is NutraSource and we don't receive deliveries from them anymore. We may again in the future, but in the meantime I will look for another source for you.

Can't figure out you guys. What happened to your cinnamon rolls? They were the best. Now you don't make them anymore. Also, where's your Eco Pac Cheerio-like cereal? Both items were popular. I guess it's one way

to ease the work load. Just don't stock items that don't sell. I do not know why the cinnamon rolls are not being made, but you can look for them every Sunday morning now. The bakers have heard you and many of our other customers. And we do carry Heritage O's in the Eco Pacs. I try to keep them in stock at all times, but sometimes it's out of my control, like when the distributor doesn't have any. You can inquire about their status anytime to me or one of our helpful staff members.

Where's the bulk buckwheat? It's colder and ready for kashi! The bulk buckwheat is located on the shelf above the bulk pasta drawers. May your tummy be warm all winter!

Do you know of a source for frozen, ready-made pot stickers that are all-natural and have no sugar in them? If so, could you get them in? At one time I remember seeing some pot stickers in our Mountain People's catalog as I was flipping through. However, I don't recall if they were sugar-free, etc. I will flip through again and if I find them I'll bring them in.

Can we get scales in the bulk area and the liquid bulk area? You get new equipment in all over the store and a simple scale would be nice. There's a reason the scale project is taking so long. A nice scale costs about \$1,000, and we're not sure the investment is worth it because we're looking into buying new cash registers with built-in scales. Then we would have two free scales to place in the store. Kenna is working on it and I bug her at least once a week about it.

Thanks for the wheat-free, dairy-free, egg-free muffins!! - A person of many allergies.

A Note About Special Orders. It is always my

pleasure to bring in special requests for our membership. It is no problem for me and a benefit that many of our customers enjoy. However, some-times customers request special orders on items which we do not carry in the store, and then never pick them up or decide they don't want them.

This poses a large problem because I cannot return any item to the distributor after a period of one week, and we also have little room to store these items. Please help us keep our costs down by picking up your special orders in a timely manner. We try to call each customer when their order comes in, but sometimes we get sidetracked. Just ask a cashier to look and see if your special order is here when you're shopping. And if you every have a question about a special order, just ask me!

Please Note: Traditional Medicinals is no longer offering HerbaFed Tea. It is unfortunate, but we will look for another cold tea.

Look for these in-store specials during the month of December: Frontier Vanilla Extract, Barbara's Small Indulgence Cookies, Hain Mini Rice Cakes, Knudsen Champagne Style Sparkling Beverages, Sunspire Sundrops, Mexi Snax Sesame Chips, Alta Dena Egg Nog, Shedd's Willow Run Soy Margarine, After the Fall Spritzers, Aulsebrooks Crackers, Frontier Coffees, Fantastic Foods Aborio Rice, Ghiradelli Baking Chocolate, Garden of Eatin' Cornilla Chips, Knudsen Natural Apple and Hibiscus Cranberry Juices, Louise's Fat Free Chips, Maranatha Sesame Tahini, Pamela's Wheat Free/Gluten Free Cookies, Traditional Medicinals Plus and Ginger Aid Tea.

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New: Japanese Antiques & Delicacies



By Judith Finel

Eric Weir belongs to a category of people who not only don't have a phone number but also don't like to be seen. It took me some time to assemble all the data. He kept telling me he didn't think there was enough to say about him to justify a story, but I just ignored his comments. Let's see what we got.

The facts: It's been almost 16 years since Eric accompanied a friend of his to Moscow. Originally from Tulsa, OK., he's "one of the few Okies who admits it," he told me matter-of-factly. Back home, he used to be part of a "living co-op," almost a commune, which was a cheap way to get through college cheaply, but he didn't expect to find a food co-op here. Now he's been volunteering on and off for 10 years because he believes in the mission of a co-op, which he defines as "quality food for reasonable prices." To him, the best deal is undoubtedly the bulk items which places the Co-op way ahead of everybody. His latest job consists in helping Ellyn with the produce on Tuesday mornings.

(Very) brief history: Eric struck me as a Jack-of-all-trades. At some point in his life, he worked as a bartender and also at WSU and Kinko's. I suspect he's done a lot more but since he wouldn't admit to having held any other job, I just dropped the subject. No point in dwelling on work for money here.

The artist: Eric is a cook and a painter. So far, I can only witness to his cooking just because I've checked him out at the cash register many times. As far as I can remember, he usually knows just what he needs. Like every other man I meet he claims he's the best cook, but I guess sometimes it's true. I'll just have to try it out sometime (get the hint?). He paints (and I hear from a good source that he does it well). Watercolor and oil paintings are his favorites, but he uses all media. By the way, Eric graduated from the University of Oklahoma with a BFA in painting and sculpture while exploring a number of other disciplines while he was there.

More on the artist: Eric would rather write than read. And I'm sure he reads quite a lot (I've actually got numbers here: two books a week) because he also helps out Betty at Twice Sold Tales for credit. His interest lies primarily in non-fiction and history, especially Japan one thousand years ago. As he puts it, he "attempts" to write whenever he has time. "You have to plan it in," he stressed. Right now, he's researching a book about comparative culture and is also working on a piece about the history of the Latah County "as seen from the eyes of somebody walking around." His most cherished books are "The Manyoshu" (which translates into "A Thousand Leaves"), a compilation of poetry that dates back to prehistory, and "The Pillow Book of Sei Shonogoh," a diary of a woman that came out around 970.

What else? Eric is the president of the "Benevolent Friends of the Palouse," a group that raises money for people who can't pay for medical bills, mostly due to cancer. Every year or so, they organize a dance. To top it

off, he's on the board of directors for Mardi Gras.

My impression: Don't let Eric fool you when he tries to pretend he's not interesting. Not only is he very knowledgeable and versatile but he also likes to laugh, which makes it all the better. Despite his secretive streak, Eric is very approachable and friendly. I recommend his company.

His concluding statement: "Painting is an itch that I have to scratch."



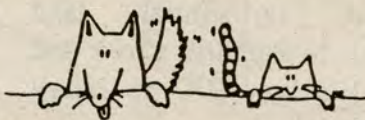
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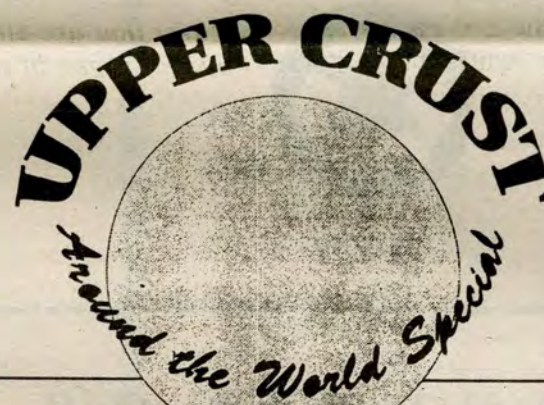
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- Dec. 28 Puerto Rican Bread
- Jan. 3 Pfeffernuss Brot (Pepper spice)

Notes: Due to popular demand **Cinnamon Rolls** are returning. Watch for them 2-3 days a week. Due to less than popular demand **Tarts** will now be made on a monthly basis. Lots of special goodies coming during the holidays including **Fruit Cake, Sweet Bread and Dinner Rolls**. Give us a couple days notice for special orders during this busy season. We love your feedback, keep it coming. Sarah Jean

CO-OP BILLBOARD DESPOILS LANDSCAPE

By Kenton Bird

I was disappointed to see the Co-op contributing to the visual pollution of the Moscow-Pullman Corridor in the form of a billboard promoting the Holiday Bazaar.

Many of your readers may not remember the zoning battles over the corridor in the mid-1980s. Over the protests of many citizens, the Whitman County Commissioners rezoned agricultural land adjacent to Paradise Creek and State Highway 270 to heavy commercial.

The only forms of "economic development" resulting from these decisions are rock mining, rock crushing and billboards. All of these activities have detracted from the natural environment of the Paradise Valley and slowed

travel time between Moscow and Pullman. Continued use of these billboards by local businesses like the Co-op puts pressure on the billboard companies to fine other places to despoil rural landscapes with commercial messages.

Billboards adjacent to major highways also pose a safety hazard, as drivers take their eyes off the road to look at the signs. This is especially true along the Pullman-Moscow Highway because of the signs' distance from the highway.

I question whether this particular billboard is of much value to the Co-op anyway. At 55 mph, the sign is within a motorist's field of vision for about 4 seconds, which is not enough to read the entire message. I am no fan of urban

billboards, either, but at least they are typically placed in locations where passing traffic can view them from a standstill or at a slow speed.

I would hope that in the future, the Co-op would rely on other forms of advertising to spread the word about the Bazaar. This publication is an effective way of reaching many potential shoppers; word of mouth is another. Let's not be a party to the cluttering of the "main street" between the two largest communities on the Palouse.

P.S. Congratulations to Bill London and all past writers and editors on the 10th anniversary of the Co-op newsletter.



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New Sessions begin:

January 16 or January 23, 1995

Happy Holidays!

MEETINGS AT THE CO-OP

The Moscow Food Co-op Committees will meet regularly according to the following schedule

BOARD MEETING

2nd Monday of every month at 6:15-8:15 PM

STRATEGIC PLANNING

1st Friday and 3rd Wednesday 6-7 PM

FINANCIAL/LEGAL

3rd Tuesday of every month at 5:30 PM

PRODUCT SELECTION

1st and 3rd Monday of every month at 5 PM

PERSONNEL

1st Wednesday of every month at 8:30 AM

The meetings will be held upstairs at the Co-op. The Board strongly encourages Co-op members, employees and volunteers to join any committee of interest.

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CUT A TREE **7**
FOR THE
ENVIRONMENT

By Dae Reckhorn

You can cut your own holiday tree and contribute to sustainable communities again this year at Chez Dumpling's Fifth Annual Holiday Tree Benefit Sale and Woodlot Thinning, December 10, 17, and 18 from 9 a.m. to 3:30 p.m.

Hundreds of beautiful Christmas tree size douglas fir and grand fir (and a few spruce) are growing up in crowded conditions and need to be thinned so that some may grow to maturity. Thinning will reduce competition for water, sunlight and nutrients. All trees have been growing naturally, without pruning or shaping.

This year your donations help start-up the Idaho Bicycle Coalition (I-Bike), an organization dedicated to improving the transportation of the bicycle in Idaho. I-Bike is working for more room for bikes on Idaho's roads, better motorist awareness of cyclists, and safer behavior by cyclists of all ages. I-Bike is a former project of the Palouse-Clearwater Environmental Institute.

Suggested donation for the tree is \$1 per foot.

Special efforts will be made this year to include forest residue conversion activities (read bonfires, weather permitting), burning some of the downfall that accumulates because humans have stopped natural fire.

Chez Dumpling is 8 miles east of Moscow at 2335 Wallen Road. There is generally a lot more snow than in Moscow so bring appropriate footwear.

Phone 882-9698 for more information. Please, no dogs.



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THE ART OF CANING

By Julie James

I was surprised when one of the workers at the Co-op expressed an interest in my most recent endeavors ... not my small contribution to the produce department, but my 'outside' interests. I work at the Co-op for 1 1/2 hours a week with my husband, John, to make our three hour quota, but 'on the side' I'm concentrating on a small business venture ... caning chairs.

Cane is a 'natural' fiber. It is produced from a plant called rattan and is used in making rattan or cane furniture. This plant grows hundreds of feet tall in the tropics, yet is rarely more than one inch in diameter. It comes in widths, ranging from 2 millimeters 3.5 millimeters. You can see the little growth rings along the cane fibers on the real cane.

I like caning because I like to sew. It's like sewing in

wood. I also like to weave. Six layers are woven to form the caned (mesh) seat. It's a very clean activity: the only materials used are the cane, glycerin, and water. Tools used are an awl, small clippers and golf tees (to secure the cane in the holes until the knots can be tied at the end of the weaving process). There is no gluing, tacking or stapling (similar to no-spray organic, eh!). It's precise and once the technique is learned it's pretty easy to spot your mistakes and then back up to correct them. Repairs can be made along the way too. You can never mess up too badly, if you are willing to accept your mistakes at the time and make 'good.' That makes it a virtuous activity too, I suppose.

Caning requires a lot of patience, mostly with yourself, since it's a solitary activity. Two people can work together

to make the job easier, but it's not necessary. Most times when people work together, one person gets the chair ready, repairing or refinishing it, and the other person does the caning. One fellow caner I talked to recently at an Antique & Craft Fair said what he liked about caning was that it required so much concentration that you can lose track of time and just 'get lost' in the activity, and that, if you DON'T concentrate, you mess up and it's so much trouble to correct your mistakes. Losing track of time is excellent if you're doing this for profit, since you earn so little for the labor. Some people charge 'by the hole' as I do. Others just come up with a ball-park figure somehow. Every chair is different and so is the cost for having it done.

And it also seems that every chair that gets considered

for re-caning by its owner has a story to go with it. A lot of times I see tears, as well as joy, come to the eyes of the owners as they tell the story behind the chair. The stories are usually about a loved one who has passed away and left the family with a chair that holds meaning and value and memories. At times like these, it always feels like the chair is loved too!

I don't know much of the history of this craft, but plan to research it. If you know something, I'd love to talk to you.

Thanks for expressing an interest. See you at the Co-op!



SPICES, ETHNOBOTANY, AND YOU



By Jacqueline A. Soule

This month the topic is **Cinnamon**, a spice often used in many ways in holiday cooking.

The word 'cinnamon' comes to us directly from the Old Testament ("kinamon") where it was mentioned in the same context as myrrh, gold, and silver. In ancient times it came overland from East India. With "Stargate" in the movie theaters, it is interesting to note that the ancient Egyptians used cinnamon in their embalming mixtures. It was one of the spices that spurred world exploration, and the Portuguese held the world monopoly on Ceylon cinnamon for close to two centuries.

There are several species of cinnamon, the most popular for culinary use is the pungent and slightly sweet Ceylon Cinnamon (*Cinnamomum zeylanicum*). Other species may be popular in other countries or for non-culinary uses. *C. burmanii* from Java is preferred by Dutch cooks, and the locals use the wood in building. *C. cambodianum*, native to Cambodia, is used for joss sticks. *C. cassia* is cultivated in southeast China and exported for essential oil, but is generally considered to have a less delicate flavor than Ceylon cinnamon. The immature fruits (called Cassia Buds) are used as a spice. The Himalayan *C. cecicodaphane* is used for lumber, and chests made from the wood are said to deter insect pests, much like cedar wood chests. Recently, carved jewelry boxes made of the wood have found their way into import shops. *C. camphora* is the source of camphor (about 3 tons can be distilled from a single tree). Camphor was one of the raw materials in the manufacture of celluloid, but celluloid has been replaced by other plastics, and now camphor is primarily used medicinally (in "Tiger Balm" for example). There are

13 other species of *Cinnamomum* used as spices in their native Asia, but the Ceylon cinnamon is the one used for spice in North America.

Cinnamon is in the plant family Lauraceae, a family rich in the essential oils we humans like to spice up our lives. Lauraceae is commonly called the Laurel or Bay family (Bay was discussed last June).



Cinnamon comes from the inner bark of young branches of an evergreen tree. As it dries it curls into "sticks" or "quills," which are used whole or ground. The waste from harvesting and pruning is distilled to make cinnamon oil.

Cinnamon is often used in desserts, but it is equally tasteful in meat dishes, or to stimulate the flavor of carrots, spinach, onions, or squash. A sprinkle in store-bought spaghetti sauce really cuts the manufactured flavor. Some fruit preserves use cinnamon for extra zest, and hot apple cider to reward those chilled carolers is even tastier with some cinnamon in it. I have found recipes in cooking from virtually every ethnic group, from Arabic, Belgian, Chinese, and Dutch, through Mexican, Moroccan, Scandinavian, and Zibabwian.

Like many of the Asian spices, cinnamon can not be grown outdoors in the Palouse. Due to the tendency to surface roots, it does not make a good potted plant

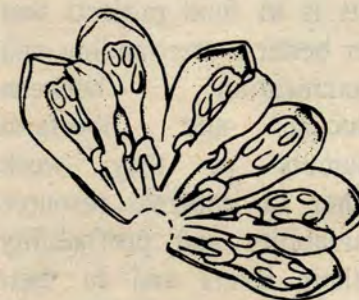
Cinnamon oil is used in perfumery and flavoring. Recent studies in Japan show that the essential oils of cinnamon are effective in

killing test-tube grown fungi and bacteria, including the two bacteria which cause botulism and staph infections, as well as the aflatoxin fungus. This work suggests that ethnomedicinal uses may have a biological basis.

The dried bark and essential oil are used by some Europeans as an intestinal stimulant and astringent to treat nausea and vomiting. Chinese ethnomedicine considers cinnamon "warm" or "hot" and this it is used internally or externally when a stimulant is indicated. For example, a small pot of gently steaming water with cinnamon in it may be placed in the sickroom to stimulate recovery from lung complaints.

The Moscow Food Co-op has cinnamon available in several forms. Ground cinnamon is \$8.04 per pound, short "sticks" which are actually curled, dried bark, are

\$10.51 per pound, while long "sticks" are \$12.54 per pound. Cinnamon can be used whole, broken into small pieces, or ground just prior to use with mortar and pestle (a wonderful gift idea for those who love to cook) or ground in a spice or coffee mill. For longest freshness, store cinnamon, and all your spices, in an air-tight, opaque container. Light causes the essential flavoring oils of your spices to degrade, and the spices lose flavor.



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10 PCEI OFFERING GRANTS FOR SUSTAINABLE FARM AND COMMUNITY PROJECTS

By Alan Jay Solan

There's still time to submit a grant application to the Palouse-Clearwater Environmental Institute for a Community Support Club or Farm Improvement project.

For the second year, PCEI is offering grants of up to \$300 for CSCs and up to \$800 for FICs. Seven grants were awarded last year.

The purpose of the grants is to fund projects that foster better understanding and communication between producers and non-farm consumers as they work together to improve resource sustainability and profitability on their farms and in their communities, according to Nancy Taylor, PCEI Sustainable Agriculture Coordinator.

Last year's funded projects included "Shop Smart" tours of the Co-op and Tidyman's, holistic and sustainable land management in the Salmon River Valley, Koppel Farm Community

Gardens, Palouse soil and water enhancement, sustainable production methods to enhance profitability in the Idaho Panhandle, oat pea hay as an alternative crop, and black medic and clover variety evaluation for summer fallow replacement.

The Club concept is an expansion of the Montana Farm Improvement Clubs developed by the Alternative Energy Resource Organization (AERO). The clubs have proven successful in bringing farmers together to address long-term sustainability in their operations.

Be creative. All projects that address long-term sustainability for farms, land, and rural communities will be considered.

Applications must be received by January 16, 1995. Application forms and further information can be obtained from PCEI, P.O. Box 8596, Moscow, ID 83843, or by calling 882-1444.

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- 6 (Sun. Dec. 18)
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- 7 (Mon. Dec. 19)
All Wrapping Paper
- 8 (Tues. Dec. 20)
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- 9 (Wed. Dec. 21)
All T-Shirts
- 10 (Thurs. Dec. 22)
David and Venus Santa Packages
- 11 (Fri. Dec. 23)
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- 12 (Sat. Dec. 24)
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-Zelda

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Your Co-op Needs You

Join Us as a Moscow Food Co-op Board Member


Board Elections are coming up in February of 1995 and we will have two openings for board members. Now is the time to be thinking about your opportunity to contribute to the Co-op.

Challenges. As a board member you will have an opportunity to be part of the planning team for Co-op tasks, such as:

- Strategic planning - development of our business plan, short term and long range.
- Planning for increased member participation.
- Working to increase staff participation and job satisfaction.
- Educating members and the community at large about nutrition, politics of food, themes of cooperation, and an environmentally sound lifestyle.

Activities. You will be involved in many types of activities, especially those which fit your own skills and interests. These include (but are not limited to):

- Attending monthly meetings.
- Chair and/or participate in standing or ad hoc committees, including: computer operations, financial operations, volunteers, personnel, planning, physical plant operations, elections, etc.
- Plan and participate in the annual membership meeting.
- Write articles for the newsletter.

Minimum Qualifications	Other Qualities We Seek	How to Apply
Card-carrying member of the Co-op. Commitment to the Mission (see below) of the Moscow Food Co-op.	Natural foods, nutrition, and politics-of-food familiarity. Experience with Co-ops, management, law, advertising, marketing, public relations, grocery or retail business.	For more information or to apply, please contact: Anne Adams 882-8046 or Kenna Eaton 882-8537
Interest in serving the Co-op 10-20 hours per month for three years - that's about the same amount of time you spend in the shower! Communication and meeting skills. A sense of humor.	Experience with organizational planning or volunteer coordination. Financial experience a big plus (but not required) Board candidates will be considered without regard to race, religion, national origin, political or union membership, marital status, sexual preference, gender, or physical handicaps.	 The Mission Statement of the Moscow Food Co-op is: <i>To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment. To provide an information network that fosters progressive social, political and economic change. To strive to provide a sense of community for its constituency and right livelihood for its staff.</i>



PRAYER IN MEDICINE

By Donald Hungerford, N.D.

Prayer works in medicine, but how can it be quantified and applied to our modern health care practices? The recently formed Office of Alternative Medicine (OAM) is located within the National Institute of Health (NIH) is taking up this challenge to discover what this spirit-body connection is and how it works. The OAM issued several grants last year to study this phenomenon including one to the University of New Mexico to study the effects of intercessory prayer.

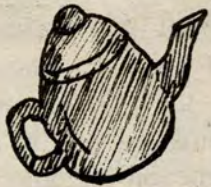
A recently published book by Larry Dossey, M.D., titled *Healing Words: The Power of Prayer and the Practice of Medicine*, covers his discoveries. Dr. Dossey had an internal medicine practice for twenty years and was chief of staff at a Dallas medical center. He states that "valid scientific studies show that prayer in controlled laboratory situations does something measurable and demonstrable." He also states that this collection of data is generally ignored.

Investigator Randolph Byrd, M.D., concluded that prayers have a beneficial effect after the results of a study carried out at U.C. San Francisco Medical School over a 10 month period in 1987 demonstrated valid benefits from prayer. The study contained 393 patients, about half of whom were offered prayers by Christian volunteers. Over the course of the treatment, those who received prayer had a significantly lower severity score than control patients (those not prayed for).

Convinced of the power of prayer, Dr. Dossey concluded that withholding prayer was the same as withholding any other valid medical treatment.

December kids page

Did you know...



That the Boston Tea Party took place on December 16, 1773?

That was nearly 3 years before the Declaration of Independence!

Can You Find:

candy cane heart
bird mug star
the number eight
a slice of bread
a "Y" spoon



Did you find everything?
Now you can color the picture!

Try This:

Make your own wrapping paper.

You'll Need:

- Paper Towels
- Food Coloring
- Cups
- Water (optional)



Directions:

Put Food coloring into cups. For softer colors add a little water.

Fold single paper towels like this:



Dip Corners of folded towel into food coloring and let it soak in. Unfold the towel and let it dry. When its done, you can use it to wrap small presents!

(adapted from the Australian Womens Weekly book Childrens Arts & Crafts)

Microwave Recipe

Roasted Chestnuts

(from: The Taming of the C.A.N.D.Y. Monster)

Make an X slash in each of 18-24 chestnuts. Place them in a single layer on a glass dish. Microwave, uncovered, for 1 minute. Turn the nuts and microwave for another minute. Stir nuts one last time and microwave for another minute. If done, they will be soft when squeezed. Let cool 5 minutes before eating.

NOTE: Do not use "Chestnuts" picked up from the ground. Some wild nuts look similar but ARE POISONOUS!!! Use only bought ones.



LOOK FOR THESE BOOKS AT THE LIBRARY:

The Church Mice at Christmas by Graham Oakley
Traditional Crafts, Decorative Crafts,
and Workshop Crafts all by Linda Hetzer



COME OUT OF YOUR CLOSET

By Bill London

Calling all TV-haters!
Lets go public!

Does anyone want to form a group to join in the Moscow Mardi Gras parade?

A local Society for the Eradication of Television marching group?

How about getting an old TV and impaling the cabinet with and axe or two and then pulling it down Main Street? Or?

The Mardi Gras is in February or March, so think it over and let me know if you're interested. Leave me a message at the Co-op or call 882-0127

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HOLIDAY PLANTS IN YOUR HOUSEHOLD: SOME CAUTIONS

By Jacqueline A. Soule

This holiday season comes but once a year -- and it is wonderful to really decorate your home with the cheerful trappings of the season: brilliant poinsettias, shiny holly, romantic mistletoe, and of course the evergreen tree.

For young children and household pets the holidays can be a very exciting time, full of new and different sights, smells, visitors, and often many new and exotic foods and "goodies" to taste. To avoid turning this happy time into an anxious and nightmarish dash to the Emergency Room or Animal Clinic, a few elementary precautions need to be taken.

First, let me reassure you that although they may get very ill, as of yet, no child has died after ingesting any of the four holiday plants I have mentioned, poinsettia, holly, mistletoe, or evergreens and the water out of the base of the holiday tree. BUT -- cats, dogs, and birds are smaller and more sensitive to some of the toxins, and have died.

The toxic parts of the holly are the berries and leaves. Vomiting, diarrhea and stupor are the symptoms of ingestion of holly.

The toxic parts of the mistletoe are the berries and leaves. Stomach pain, diarrhea, and convulsions are the symptoms of ingestion of mistletoe. Such ingestion is FATAL to pets.

All parts of the poinsettia are toxic. The symptoms are as follows: sap is a skin irritant, can cause blindness if contacts eyes, if ingested can burn mouth and throat, in pets causes stomach pain, vomiting, diarrhea, FATAL to pets.

The toxic parts of evergreens are the leaves (needles) and preservatives in water. Gastroenteritis (vomiting, diarrhea, cramps) or convulsions are symptoms of ingestion of evergreens or their water, and is FATAL to cats.

The first defense is to place holiday plants out of the reach of very young children and pets. Caution older children, reminding them that not all berries are edible, and that these berries are just for show. The poinsettia sap can burn, but it is a chemical burn, and may take several hours to show up. (If contact occurs, rinse area or eyes for 5 minutes with cool, not warm, water, then soap and wash the area.)

I realize that placing

anything out of reach of cats can be impossible. You may have to sprinkle your poinsettia leaves with powdered cayenne pepper, or use a plant spray bottle to spray the cats (with water!) when they approach the plants. Cover the base of your tree well so that your animals cannot drink the preservative. Birds are not injured by the holiday berries, but poinsettias are a hazard to them. Most birds enjoy cayenne pepper, so sprinkling the plant with it will not deter them, and they may have to remain caged for the season.

There are other dangerous holiday trappings, for example, my cat loves to munch on tinsel, which can cause abdominal distress in pets. Glass ornaments should also be placed out of reach of the children and pets. The lower portion of my tree holds only wooden and metal ornaments. One friend's dog was rushed to the clinic after she consumed a bowl of foil wrapped candy, another dog was dashed to the clinic on Christmas Eve after he was discovered frothing at the mouth (he had eaten the ribbons off several packages).

"An ounce of prevention is worth a pound of cure." I love the holiday plants, and don't want to scare you away from using them. I do want you to be careful so that ... "all your Christmases may be bright."



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By Bill London

You probably noticed Rod Hardies walking around Moscow. Slim with short, poorly-trimmed white hair, Rod walked regularly from his house to the Food Co-op, smoking his pipe and sharing the company of his small, mop-like black dog, Summer. Quiet, but very knowledgeable about backyard flora and fauna, he was in fact what he seemed to be--a retired science librarian.

He's the one who often left baskets of produce from his bountiful garden and orchard at the Co-op, gifts to anyone who needed food.

A fanatic about waste, he would check the dumpsters downtown on his way home for scraps of wood to burn in his heater or almost-usable furniture to stash on his porch or in his

house. Scraps of potential firewood or moderately-functional stuff from trash cans in our neighborhood, too, moved magically to his house.

The morning after the big windstorm a few years back, Rod was up at dawn dragging home branches that toppled from the maple trees along Third Street.

In the autumn, he would fire up his baby-blue Mercedes sedan and scour the neighborhood for bags of leaves. By November the bags emptied into a pile in the middle of his garden that grew daily until they created a mountain of leaves.

Mountain really is the correct term--a volcano-shaped peak standing at least 20 feet tall and 30 feet in diameter at the base. By February, that mass of composting material was so hot

that snow melted off it as steam. When planting time arrived in the spring, Rod would dig into the mountain, extracting pitchforks-full of steaming black compost to move to long windrows winding through his apple orchard. By the next fall, that compost was ready to use, spread across beds destined to produce tomatoes, corn or squash.

The depth of his commitment to recycling and reusing was an inspiration to us all.

On Friday, October 7, Rod died. His health had faded over the last year or so. But he steadfastly refused to see a doctor, go to a hospital or consider a move to a nursing home. He died in his own way and time--at home.

Rod was our neighbor, and

an excellent person to have next-door. No loud parties, no screaming kids. Always plenty of junk--odd pieces of wire, piles of lumber--to sort through in times of need. We gave him eggs from our hens, he gave us vegetables from his garden. We talked about the weather over the fence. We'll miss him. Polk Street will never be the same.



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- *no hitting other kids
- *no more than one baby (non walker) at a time
- *no more than five kids at a time
- *please try and have kids' diapers clean

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