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MAY 1994



# MOSCOW FOOD CO-OP

## COMMUNITY NEWS

### WHY SHOP THE MOSCOW FOOD CO-OP

SO... WHAT IS THE CO-OP?

IT'S A GROCERY STORE, LIKE ANY OTHER BUT IT IS OWNED AND RUN BY THE MEMBERS

DON'T YOU HAVE TO BE A MEMBER TO GO IN?

CERTAINLY NOT EVERYONE IS WELCOME

The Co-op has over 2,000 members. Dues pay for capital improvements. Non-members pay a 7% surcharge.

AREN'T THE PEOPLE WHO SHOP THERE KINDA... YOU KNOW...?

HEY! ITS NOT JUST FOR HIPPIES ANYMORE!

CUSTOMERS COME FROM EVERY AGE, RACE, CREED, NATIONALITY, RELIGION, SOCIAL STRATA, MAJOR, GRADE LEVEL, QPR, POLITICAL PERSPECTIVE, SEXUAL PREFERENCE, GENDER, ETC., ETC., ETC....

SO, WHATS INSIDE?

C'MON IN I'LL SHOW YOU.

SEE - ITS MOSTLY FOOD ALONG WITH HOUSEHOLD AND PERSONAL CARE PRODUCTS. WE EVEN HAVE OUR OWN BAKERY AND DELI.

I BET IT COSTS A LOT MORE THAN MEGA MART DOWN AT THE MALL

AU CONTRAIRE, MON AMI. THE PRICES HERE ARE MORE THAN COMPETITIVE.

BECAUSE MOST STUFF IS SOLD IN BULK, YOU CAN BUY AS MUCH OR AS LITTLE AS YOU LIKE, SAVE PACKAGING COST AND SAVE THE LANDFILL, TOO.

A LOT OF THE WORKERS THAT YOU SEE ARE VOLUNTEERS. THEY GET A DISCOUNT ON THEIR PURCHASES.

I SEE THEY SPECIALIZE IN NATURAL AND ORGANICALLY GROWN FOODS

I DON'T MUCH LIKE EATING ADDITIVES AND CHEMICAL RESIDUES

"... CHOSEN FOR HEALTHFUL CONSEQUENCES TO BOTH THE CONSUMER AND THE ENVIRONMENT." IS PART OF THE CO-OP'S MISSION.

WE ALSO BUY LOCALLY WHENEVER WE CAN TO ENCOURAGE OUR REGION'S ECONOMY.

WELL, IT SURE FEELS FRIENDLY IN HERE AND I LIKE WHAT I SEE. WISH I HAD ENOUGH FOR A MEMBERSHIP RIGHT NOW.

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**Typesetting**

Nola Steuer

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Therese Harris

**Graphic Artists**

Paula Ruth

**Front Cover Design**

Ed Clark

**Back Cover Design**

Beth Case

**Children's Page**

Krissy Beoka

**General Manager**

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**NEW HOURS! NEW HOURS!**

by Kenna Eaton

Starting right after Renaissance Fair on May 2nd, the Co-op will be staying open until 8:00 pm every day. This is in direct response to members' requests. For a long time we have heard that shoppers would like us to be open longer hours, both morning and night. Well, we tried the morning hours and that didn't work financially for us. Now we are trying longer night hours. Certainly one of our busiest shopping times is 6:59 pm, just as we are trying to lock the doors. Now you will be able to shop in peace for one more hour! For those of you who enjoy parking in our lot while going to the movies, please be prepared for a Co-oper to ask you to move your car; since we only have twelve spaces, we need to guard them for shoppers. Thanks for your Co-operation!

Thanks to all the people who helped with Creek Cleanup this year. We had a lot of fun cleaning up "our" sections of creek (those two that run through the center of campus), but if you missed out on the fun, plan now to help out next

year. An extra special thanks to Robin Ulrich for organizing us so well; we would have had a hard time without his expert help!

We've had a lot of requests for melatonin lately. Apparently this supplement helps with insomnia, letting one go to sleep in three minutes! I have been asking my suppliers what melatonin actually is. According to those I've read, our bodies normally produce melatonin (a hormone) when the sun goes down, letting us go to sleep. Apparently some people are unable to create this "sleep-aid" naturally. Researchers have found two sources of melatonin; one is from bovines, the other synthetic. While looking into this product I have not heard of any side effects; however, we feel that a hormone replacement is not in line with our product guidelines, and so have decided not to carry melatonin in the store. If you feel that you would still like to purchase this supplement, we are able to special-order it any time.

**The New Newsletter Designer**

Many thanks to Pam Palmer for her late nights and last-minute scrambles to lay out the *Community News* in recent years. Too many times we got the copy to her late. Her personal touch will surely be missed.

Kim Cantrell will replace her and will have Pam to show her the ropes and rewards of newsletter graphics and design. We appreciate your making the transition easier, Pam. Welcome aboard to Kim Cantrell.





## What's New With The Board

By Jeannie Harvey

We met in March in Mare Rosenthal's wonderful place for our annual retreat which is the only time board members have a big chunk of time to look at accomplishments, goals and long-range plans (the business and committee meetings don't usually allow for this type of scheming and dreaming). Plus, it's a time for us to get to know each other a little better and build a stronger team.

The first thing we decided on was regular times for board and committee meetings. It was already announced in last month's newsletter, but I figure there's no harm in repeating it. They are:

Board Meeting, 2nd Monday 6:15 pm, Jeannie Harvey, 882-8329  
 Finance, 3rd Tuesday, 6:00 pm, Peg Harvey-Marose, 882-1539  
 Strategic Planning, 1st Friday and 3rd Wednesday, 6:00 pm, Dean Pittenger, 882-0211  
 Facilities and Operations, 3rd Thursday, 7:00 pm, Vicki Reich, 883-1446  
 Personnel, 1st Wednesday, 8:30 am, Erika Cunningham 882-0191  
 Product Selection, Anne Adams, 882-8046

I am going to ask that someone from each of the committees write a blurb for the newsletter detailing what they are presently working on, their goals and plans for this coming year, in addition to special skills they might be looking for.

The next thing we tackled at the board retreat was an abbreviated business meeting which always includes election of new officers for the year. 1994's new officers will be Jeannie Harvey, chair; Mare Rosenthal, vice-chair; Vicki Reich, secretary. We also welcomed our two new board members Eva Strand and Evan Holmes. There's lots to be done and I know we are all up to the challenge! We will post the minutes from the business meeting at the Co-op as usual.

Our first order of business as a new board was to assess what we had accomplished this past year.

We did this by looking at the Long Range Draft Plan developed by the strategic planning committee (3/93). This draft plan stated its major goal as development of a comprehensive 3- to 5-year business plan by August 1993! Although we missed that target date, the Co-op does now have a draft business plan. It needs a lot of work, but it's a start.

One objective set out in the long-range plan was to develop a 3- to 5-year marketing plan, with specific target areas: quality customer service, appropriate facility, and positive presence in the community. Although a specific marketing plan has not been developed, much has been done this past year. At the annual meeting, Co-op members directed the board to explore options to relocate the Co-op, with lots of specifics about where and what it needs to be. Much groundwork has already been done and a number of committees are working on these target areas: product selection, strategic planning, finance, and facilities and operations.

Another objective of the plan was financial stability. Before the 1993 board retreat, we knew the Co-op had some financial concerns but we hadn't yet identified specifically what they were. Over this past year we've worked hard to identify the problem areas and to understand how we can work to remedy them. For example, as Kenna has previously explained, we recognized how high our payroll costs really were. We realized that the business could not support this high cost for long and have thus taken steps to change it (not easy steps, I might add).

We also know that our average sale per customer is low. We have lots of customers, but the amount that each shopper is spending on a trip to the Co-op is lower than we would like it to be (we know this from national and regional averages of sales per customer for natural foods stores)! This problem is one that will be tackled by the product selection

committee. Now that we know what some of the financial problems are, we can begin to plan how to change them.

The last objective of the long range plan was that the Co-op develop a strong and active volunteer program. The board and Co-op management took a leap of faith last year when they made Erika Cunningham Bazaar Manager/Volunteer Coordinator. As most of you know, the bazaar had to be closed because we were just losing too much money each day we were open. Erika had added other duties and has continued to actively recruit and train volunteers, which has made our volunteer program much stronger. The personnel committee will be tackling this and a variety of staff issues during this next year if you have an interest in this area (hint, hint).

After looking at what we had accomplished last year, we set some goals for ourselves to accomplish this year:

- \* Rethink our advertising strategy
- \* Complete Moscow Food Co-op Business plan (including budget)
- \* Revise mission statement
- \* Continue to develop marketing plan
- \* Work toward relocation (which includes many mini-goals)
- \* Set and stick to "regular hours" committee meetings
- \* Increase/create profitability

We feel that the above goals encompass what we have heard from members, staff, management, as well as things we can reasonably accomplish in a year. If you have any other ideas, thoughts, suggestions, or you'd like to put some energy toward making any of these things happen, we would love to have you involved. Please join us at one of the committee meetings or a board meeting or jot us a note if you can't come personally.

### Annual Meeting

About 60 Co-op members attended this year's topless pizza

annual meeting. I don't know how many pizzas Ed and his crew cranked out, but quite a few--and they were great! Thanks to everyone who came and shared their thoughts, ideas, energy, and toppings!

For those of you who couldn't attend, we elected two new board members and elected Vicki Reich who was already serving on the board in a position vacated mid-year. Welcome to Evan and Eva! We looked back over the past year's accomplishments, challenges, and activities, and then we looked at future opportunities, including goals, needs, and strategic directions.

We wanted to get a sense of the membership: what direction should the Co-op go? We are at a crossroads and felt we had two options: to stay and do a major remodel of the existing facility, or to relocate. We brainstormed the pros and cons of each and then asked members present which alternative they felt the board should explore this next year. Forty-four members said we should explore relocation and 12 said remodeling. What this means is that the board is charged with finding out if a relocation is feasible for the Co-op. This includes exploring possible new locations, all costs associated with such a move, fundraising strategies, and creative financing (from members as well as banks), plus the nuts and bolts like getting a possible location completely checked out physically, etc. The board will then go back to the membership with the proposed plan for comment and critique.

We also asked members to share ideas, issues, concerns, etc. with us and we now have a long list! (Great ideas!) My plan is to have committees take on ideas that relate to their area and to report back via the newsletter to you. I'll give a board update each month as well. Thanks for the ideas and your involvement.



## In December, It Will Be A Decade

by Bill London

December, 1984, was the first issue of the newsletter that evolved into the *Moscow Food Co-op Community News* you hold in your hand.

How shall we mark that anniversary?

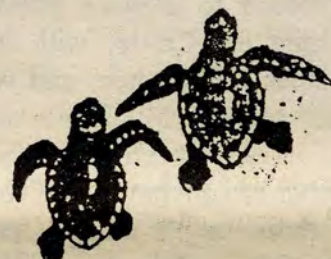
With a special issue that includes reminiscences by writers from yesteryear?

With a collage of great covers from the past?

With a special display of a new bound collection of past issues?

By ignoring the date and hoping the years will slow down in the future?

If you have suggestions for an appropriate celebration, please contact Bill London.



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the  
**MISSION**  
of the  
**MOSCOW FOOD CO-OP**

is:

- 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.
- and
- To strive to provide a sense of community for its constituency and right livelihood for its staff.

## Relocation Update

by Viviane Gilbert

More space. A loading dock. A work area that isn't divided by a flight of stairs. More space. Convenient street access. Increased parking. More space.

For now, these and other dreams of relocation that Moscow Food Co-op members may have are just that ... dreams. And as slowly as real estate transactions and business dealings can drag on, they could be dreams for quite a while.

But these dreams do have something on their side: a hard-working bunch of people who are dedicating a lot of time and effort to their eventual realization.

That group of workers, officially referred to as the Strategic Planning Committee, is meeting twice monthly to do the footwork necessary for such a move, including all the information-gathering and networking that will someday,

hopefully, lead to a new home for the Co-op.

"Committee members are making contacts with landlords of suitable sites, and letting people know we are interested, should something open up," said General Manager Kenna Eaton. There's still a lot of prep work that needs to be completed before such a move could take place, she explained, which is what the committee members have been working on, and will continue to until plans are finalized.

"Right now, there's nothing to report," Eaton said. "Ideally, we'd be looking at early next spring, after the snow."

In the meantime, the committee certainly has their work cut out for them. The needs of the Co-op, and how those needs would be best met, must be analyzed and discussed. Financial options must be taken into

consideration, as well as the benefits and drawbacks of any new location.

These things take time, and, as Kenna pointed out, "We're a conservative organization. That's how we got where we are today."

The Strategic Planning Committee meets upstairs at the Co-op at 6 p.m. on the first Friday and third Wednesday of every month. Meetings are open to all members.

"Members at large are always welcome to come, especially if they're ready to pitch in and work," Eaton added.

Board members include Eaton, Mare Rosenthal, Peg Harvey-Marose, Vicky Reich, Anne Adams, Jeannie Harvey, Dean Pittenger, Evan Holmes, and Eva Strand.

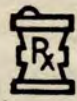




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## CUSTOMER REQUESTS



by Sandi "Skott" Larsen

*Please use fresh-squeezed garlic in the tomato basil bread rather than the garlic powder. Garlic in the tomato basil is a recent variation. Fact is we use garlic flakes (bits) and not powder. It will be a bit more work to peel and chop fresh garlic and could possibly raise the cost, but hey! ... we're talking really fine bread here. I'll pass on the suggestion to the grand Fazah of Tomato Basil.*

- Ed, Bakery Manager

*How about carrying fresh tortillas? There's plenty of burrito-eaters around! I would love to carry fresh tortillas, especially because I lived in Mexico for 13 years and I miss them. The problem is that to sell them fresh you have to make them, and even though we're a bakery we're not set up for commercial tortilla production. If anyone knows a qualified tortilla maker who could set up after bakery*

hours, or if someone knows a source for fresh tortillas that would deliver, then we could stuff some tacos.

- Ed, the big burrito in the bakery

*Could you make some of your cotton bags with ties long enough to fit celery? Also the ones I bought are long enough for broccoli and cauliflower but not quite wide enough. Thanks. There are new produce bags made with see-through netting in the produce department at a reasonable price and a good all-around size ... the cotton bags are still great for pasta, grains, and legumes.*

*Why don't you offer raisins in bulk? This is such a commonly purchased item, it seems a shame to spend the extra human and material resources to bag it separately, I know I'm accumulating a lot of plastic ziplocks. If you can't offer raisins in bulk, please consider at least offering larger ziplocks full of raisins. O.K., great idea! With our next shipment, we will bag some in gallon-size bags and see how they sell. We are unable to offer them in bulk for two reasons: 1. lack of space and 2. raisins are not easily coaxed out a box or bin even with scoops and gloves. We've found the ziplock system the most convenient.*

*Vanilla Cream Crystal Geysers drinks. Where are you?? They're back! You've probably noticed they have changed the packaging. There was a holdup in the process, but I don't foresee any other obstacles to you enjoying them throughout the summer!*

*Please do not carry products such as National Audubon Society "Wild Bird Habitat" which recommends preparing the site by using a "Roundup" type herbicide! OOOOOPS!! Sorry we won't in the future!*

- Laura, friend to birds and the Earth

*Please carry Edensoy Original Soymilk liters again. O.K. I guess we can never have too many soymilks. I will add it to the selection of Edensoy "Extras."*

*Please carry brown/black mustard seeds. We carry brown mustard seeds in the herb and spice room. Black seeds are not available from our supplier. Is there really a difference?*

*Please carry organic parsley and green onions. We currently have organic cilantro and parsley. Green onions are not available. There is not enough demand for these organics, so I may have to discontinue them.*

- Ellyn, Produce Buyer

### In Brief

Products we must discontinue:

New Morning Apple Cinnamon Oatios  
Lundberg Rice Pudding  
Aylas Salad Dressings  
Guiltless Gourmet fat-free salsa  
Guiltless Gourmet fat-free bean dip  
Westbrae Lite Malted  
Rondele (discontinued by manufacturer)

New Products:

Barbara's Shredded Spoonfuls  
Bulk Organic Nature Trail Mix  
Bulk Dulse Flakes

Bulk Organic White Basmati rice (substituting for the organic thai jasmati)

Bulk Almonrella (will be packaged like cheese ... but is still lactose free and low in fat)

Vegetarian broth powders at new lower prices (chicken flavored, beef flavored, and vegetable low salt)

Simply Delicious "Undressings" in the produce section (ginger plum, honey mustard, miso sesame, tofu poppyseed)

Celestial Seasonings Lemon Lime Splash Iced herbal tea

Republic of Teas bulk teas

Diatomaceous Earth for friendly gardeners

Brown Cow fat-free vanilla yogurt

Coming Soon:

Organic coarse oat bran (to replace non-organic)

Organic sesame seeds (will replace non-organic)

Tamari cashews

Hot dog and burger buns

Also on the way:

THE CO-OP'S OWN NUT GRINDER!! We will now be able to freshly grind organic butterstock peanuts to which we can add salt if we wish. We will no longer carry the bulk nut butters, but probably packages the bulk almond butter and tahini.





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**To the Patrons  
 of the Co-op**

by Bonnie Hoffman

I'd like to take a moment to clear up any confusion about our policy on reuseable bags and containers.

First of all, there is a 4-cent return on all containers used to take home bulk foods, herbs, soaps, etc., from the Co-op. These containers can be yours from home or selected from our stash of free containers below the bulk oil shelf. There is not a 4-cent return on large grocery bags brought in or string bags, canvas bags, etc., used to carry your groceries home.

Secondly, it is no longer our policy to accept used containers for bulk-food use. Both storage and cleanliness became a **BIG** problem. (Our appreciation to those who have always made an effort to leave only clean containers.) There is now a recycling trailer located in the parking lot for everyone's use. The staff and volunteers are now responsible for bringing containers. I hope this works! Thanks to everyone for your patience.



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# CREATING A REGULAR RECIPE REPERTOIRE

by Robin Murray

Menu planning is one of the most time- and money-saving routines you can get into in your kitchen. If you do it well, it can be beneficial to your taste buds too. The trick is to do a little initial preparation. You need to create a regular recipe repertoire.

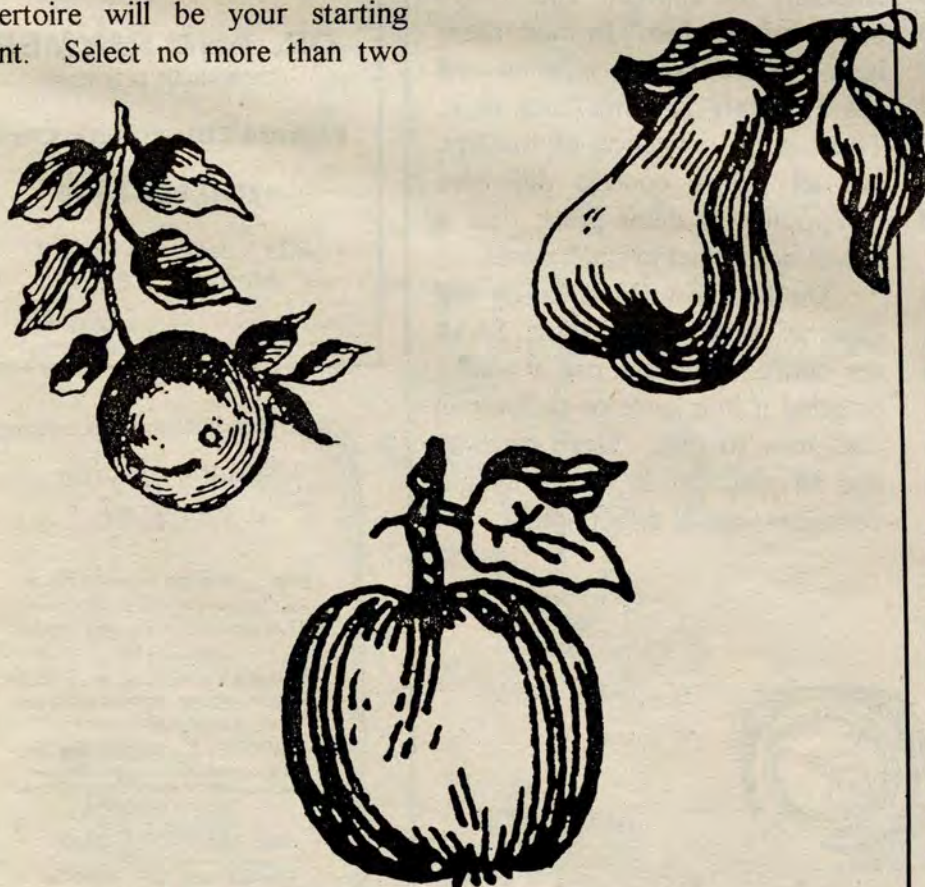
Start by thinking of your favorite main dishes along with any side dishes and desserts you regularly serve with them. Then decide on four to eight categories under which these different menus can be placed. The traditional categories of beef, pork, poultry, and fish may work for you; but consider other alternatives such as pasta, rice, and potatoes, or Mexican, Chinese, and American. The potential for categories is endless, and each family's eating style will divide up in different ways, so it is up to you to decide on which categories work best for you. Next, take a few pieces of loose-leaf paper and begin writing the names of those dishes down under those categories. If the recipe is someplace other than in your head, also note the name and page number of the cookbook in which they can be found.

Now when you sit down to plan out a week's menu, this repertoire will be your starting point. Select no more than two

meals from each category. Once you have made your selections, you should check for other repetitions, such as the same cheese or the same strong-flavored vegetable which appears in more than two meals, and make adjustments. If you have cream of spinach soup, spinach lasagna, and spinach quiche all selected, you may want to make that a mushroom quiche or a zucchini lasagna (unless you have a bumper crop of spinach you're trying to eat up!).

In addition to my list of meals, I also like to try at least one new recipe from a magazine or some other source each week. If we like it, I add it to the list and glue or copy the recipe on to a file card. This way, the list grows gradually and effortlessly, increasing the variety in our diet!

The completed weekly menu becomes a basis for the weekly grocery list. It then gets placed on the refrigerator to be consulted during the week. This system is so easy once you get it set up, you'll be thanking yourself for years to come that you made the time now to create your regular recipe repertoire!



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### IN BULK

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### UPPER CRUST BAKERY

Organic Whole Wheat

**\$1.75** 2 lb. loaf

### RUMIANO

mozzarella cheese  
rennetless rBGH free

**\$2.74 #**

reg. 3.05 #

### IN BULK

Organic Butterstock Peanuts  
used in fresh peanut butter grinder

**\$2.61 #**

reg. 2.88

### ORGANIC WHOLE WHEAT

SPAGHETTI

**.95 #**

REG. 1.18#

### IN BULK

Organic  
Rolled Oats  
**.53 #**

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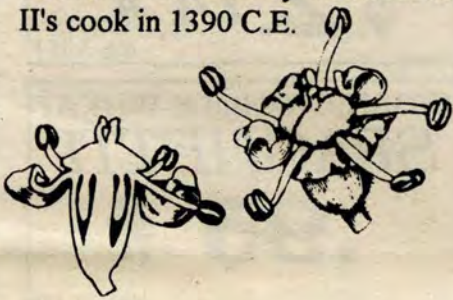


## Spices, Ethnobotany, and You

by Jacqueline A. Soule

This month the topic is one of those spices which is often also considered an herb, **caraway**.

Caraway has a long history of use as both a culinary and medicinal plant. Evidence of the seed has been found among mesolithic food remains, indicating that it has been used for greater than 5000 years. Caraway is also mentioned in the Ebers Papyrus, an Egyptian medicinal manuscript from 1500 B.C.E. Caraway was used in Roman cooking, and old English cooking as well, since it is listed in the *Form of Curry*, a cookbook written by Richard the II's cook in 1390 C.E.



Caraway bears the scientific name *Carum carvi*, derived by botanists from the Greek "karos," a word the Grecians loosely applied to many members of the carrot family (Umbelliferae). "Karos" appears to be derived from the ancient Hebrew "karawiya" mentioned in the Bible.

The family name, Umbelliferae, refers to the fact that the flowers occur in a dense cluster termed an umbel (see illustration). Other members of this family include dill, anise, cardamom, coriander, parsley, carrots, and parsnips. Local plants in this family include the *Lomatium*, or biscuit-root (in bloom from late April into May along streams and on Kamiak Butte), as well as the beautiful but deadly water hemlock, occasionally mistaken for Indian parsnip.

The entire caraway plant is useful. Leaves, roots, flowers, and seed are all edible. As a spice, primarily the seed is used: by Austrians in beef dishes; by Germans to season pork; by Hungarians in goulash; and by Scandinavians to flavor bread. Caraway seed is also tasty in eggs, cheeses, baked goods, pastries, fish dishes or with many types of steamed vegetables, in pickles, or in fruit dishes such as compote, apple sauce or some chutneys. I mix caraway seed or leaves with tofu and stir-fry for a pleasantly different flavor. Others use the leaves raw in either green or fruit salads, in soups and stews. The roots may be eaten raw, steamed, or added to soups and stews.

With all these wonderful uses of the plant you may wonder, "Will caraway grow in the Palouse?" The answer is "yes!" Start caraway when you start your carrots or treat it like parsley. If you intend to harvest the roots, be sure that you keep the soil evenly moist throughout the season; otherwise they can be bitter.

Caraway is a biennial. This means that in the first year it grows only foliage, then dies back to the roots. In the second year, the foliage re-sprouts; the plant flowers, sets seed, then dies. Many members of the Umbelliferae family share this habit.

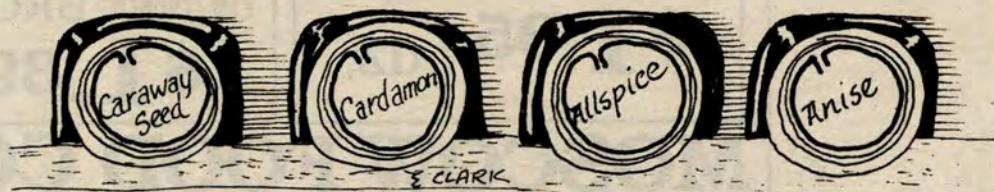
Caraway plants are native to Asia, the Mid-East, and Europe, where they can often be found growing wild in waste places, including along railroad tracks. The plants are now naturalized throughout the world.

Caraway contains the essential oil called caravone. The spice industry distills caravone from the seeds and uses it as a flavoring agent in medicines and liqueurs (kummel & aquavit). A less expensive oil (non-food grade) is produced from the remaining stalks and husks and is used for scenting soaps and detergents.



Ethnomedicinally, caraway is used to promote digestion, stimulate the appetite, and relieve causes of diarrhea. In most cases it is prepared as an infusion and has a slightly sweetish taste to it. There is no indication of toxicity, but all plants contain defensive compounds to deter pests; thus it is best consumed in small doses.

The Moscow Food Co-op has caraway seed available at \$4.80 per ounce. You can use it whole, or grind it in a spice or coffee mill just prior to use. Store caraway and all your spices in an air-tight container, out of direct light.



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## NOTES FROM THE UPPER CRUST

by Ed Clark



### The Care and Feeding of Bread

You have just picked out your fresh loaf, decided whether to slice it, bagged and purchased it and taken it home. If you're one of those people who can demolish a loaf in a sitting, alone or with company, then you need not read on. The rest of us might peel off a slice or two, make a magnificent sandwich and, with filled-in social schedule, not get back to that loaf for a couple of days.

As you might surmise (or if you read the ingredients) Upper Crust bread is made with simple, natural, and mostly organic products. There are no dough stabilizers, mold retarders, anti-oxidants or freshness enhancers. The dough is made in small batches by humans. It cannot be bagged (in plastic) until it is cool. This gives the consumer the opportunity to choose paper (crustier crust) and to recycle one's own bags. What this all means is that bread can go bad in time. It

has no chemical antibodies. It gives more meaning to "Our Daily Bread."

Following are some tips to assure that you get to use the whole loaf:

**Tip 1:** Buying fresh bread gives you more time. Buy day-old only when you can be sure of using it up quickly or freeze it.

**Tip 2:** Sliced bread stales faster (air enters) so get yourself a very sharp serrated bread knife and a board, and you can determine what thickness you like.

**Tip 3:** Refrigerating bread will slow microbe activity, but cold crystallizes the starch and makes it stale faster. Bread boxes are still a great idea. Keep it wrapped.

**Tip 4:** Freezing works. It stops most activity. If you consume bread slowly, keep out what you'll use in a day and freeze the rest cut into appropriate portions and wrapped. Frozen sliced bread can be pried apart a slice at a time and thaws quickly or toasts.

Now what if, even with your best efforts, the bread goes stale? Here are some options:

**No. 1:** Slice the bread and toast or air-dry it. Cut long, it can be breadsticks or used for dips or fondue. Babies traditionally teethe on it.

**No. 2:** Croutons, large for soup or smaller for salads, can be made simply by cutting and oven-toasting or elaborately by adding oils and herbs and drying in a pan on the stovetop.

**No. 3:** There are many wonderful dessert recipes for stale bread including bread pudding and apple brown betty.

**No. 4:** Bread crumbs. Toast or oven-dry large chunks and use a cheese grater over a clean open newspaper. Add herbs if you like.

**No. 5:** French Toast is called *pan perdue* or "lost bread" in its country of origin. The moisture in the egg/milk mixture steams, the bread back to palatability. Its not just for breakfast any more. You

can make great savory versions using herbs, melted cheese or other toppings. I like to restore overly chewy bagel halves by setting them into a hot skillet with beaten egg on the bottom. I sprinkle this with parmesan cheese and cover it until steamed.

**No. 6:** After all this you can feed birds, fatten hogs or catch fish.

Please allow me a personal bias and let me suggest something that you NOT do. Microwaving a bread product seems to alter its basic structure right down to its soul. If you can get it into your mouth before it has cooled, you might possibly eat it. Otherwise you have synthesized something akin to tree bark.

Consider the above suggestions just the beginning. I'm sure than during fits of creativity you'll come up with more possibilities. Please let me in on them. Bon appetit!



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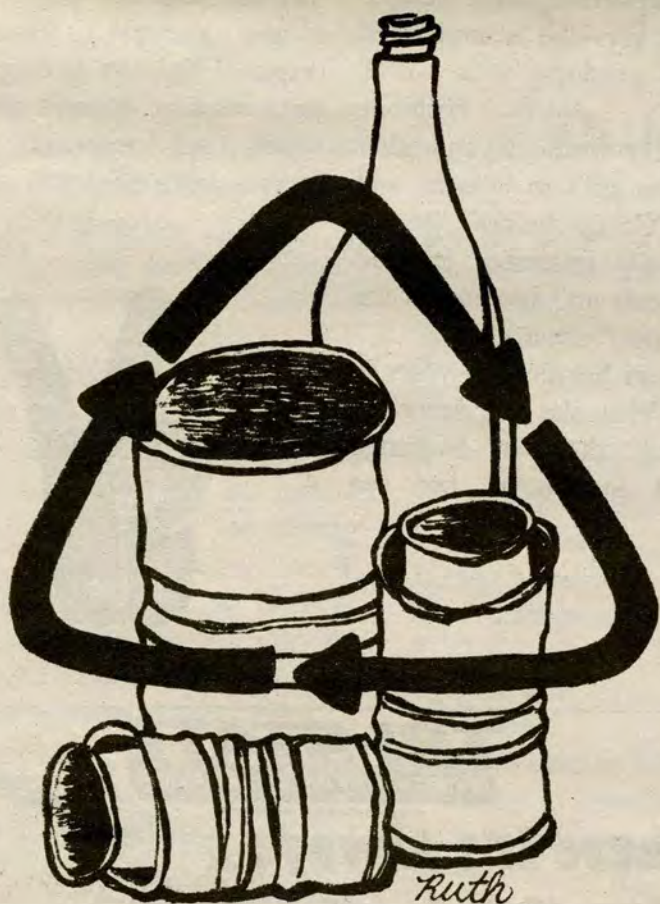
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## DUNCAN PALMATIER will

### RETURN ACCOUNTABILITY To The Office of Commissioner

- Make sure the public has an opportunity to be involved and heard in Latah County's Government.
- Offer television cable access to significant county meetings, such as commission and Planning & Zoning meetings.
- Cooperate and work WITH other governing bodies - such as the city and town councils, the university and other surrounding counties.
- Notify the public of proposed changes well in advance and in a manner most likely to reach the public (for example: require signs at the sights of proposed developments).

### RETURN CITIZEN INPUT To County Government

- Utilize citizen committees to create and implement policies.
- Listen to public comment with an open mind.

### RETURN RESPONSIBLE GARBAGE POLICY To Latah County

- Immediately develop workable garbage reduction and recycling programs.
- Stop the present commissioners' misguided attempt to site a landfill in Latah County without considering environmental effects or the costs of compliance.
- Stop the present commissioners' policy of building a county-funded and operating garbage business.
- Work with, not against, the County's cities and towns, and the university, and the surrounding counties to create a modern, efficient and affordable garbage policy.

### RETURN LIMITS TO SPIRALING TAXES In Latah County

- Control the County's property tax rate, which has risen much faster than the increase in property values over the past four years.
- Lobby for changes in the State's property-based taxing system to create a fairer method of taxation.

### RETURN PLANNING TO THE PEOPLE Of Latah County

- Create a new Latah County Comprehensive Plan, based upon real public input.
- Plan fair and clear policies and procedures for land use decisions.

### RETURN THE COMMISSIONERS' 10,000 RAISE To Latah County

- Return the Commissioners' pay to the pre-raise level of \$22,228.00
- Place control over the commissioners' pay in a Citizens Advisory Group.
- Implement Commissioner salary changes after elections.

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**ON MAY 24**  
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**COMMISSIONER**  
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## Just A Stone's Throw From Sweden

by Carol Hartman



Serving on the Co-op board of directors requires a lot of time and commitment. Knowing that she had a little spare time and where she wanted to spend it, Eva Strand decided to run, and was elected, to the board at the annual membership meeting in February.

"I ran for the board because it doesn't seem like too many people want to be a board member and I'm willing to put in the time," she explains.

Eva has been a working member for the last year and a Co-op member for 4.5 years. Co-op shoppers may know her best as the woman offering us delicious samples and innovative recipes using whole grain and other ingredients on Saturday afternoons. Although Eva says this is the first co-op she's ever belonged to (co-ops aren't common in her native Sweden), she confesses that she's hooked.

"I just like the idea of the Co-op a lot. I like the mission statement. I don't know where I'd

shop if there wasn't a Co-op," she says.

As a new board member, Eva is jumping right into the Co-op's biggest issue: where to live. She is now a member of the finance committee, which means researching and presenting options to members.

"I think ... the membership wants to move and I think the board has to make this happen. So it's trying to find the money for it. That's finance committee work: working on the costs to move and see if we can do it," she says.

Unfortunately, all physical options are gone, so finding existing locations suitable for the Co-op is a priority. Since Jeff's Foods closed, the Co-op is now the only food store on that side of town, Eva said, an advantage that should not be overlooked. Her background as a chemical engineer should prove an advantage in her committee work. As she says, "I'm used to working with numbers."

She also serves on the product selection committee. As the mother of three young girls and someone concerned with general health, Eva says she is committed to keeping products with r-BST (that nasty growth hormone making all the headlines) and other chemicals harmful to humans and animals off Co-op shelves.

"I'm really interested in food and food costs and keeping all the bad things out," she declares.

Eva spent her first 24 years in Sweden. When she met American Bill Strand, then an exchange student in Stockholm, her eye

shifted towards the United States. She came to the University of Idaho for her engineering degree as did Bill. The two were married once the bachelor degrees were under their respective belts. Since then, the two have the best of both worlds, hopping between Sweden and Idaho the last six or so years.

"I've probably been in the United States six years total, but we've moved back and forth between Moscow and Stockholm several times," she smiles. "But I think we're going to stay in Moscow for a while. We have three girls so we can't move anymore."

While Bill works on his engineering career, Eva is now a full-time mother to Maja (5), Anna (3), and Katja (20 months). She has plenty of time to work in her profession once the girls are all out of the house, she added. Despite the eyebrows that the words "chemical engineering" might raise, Eva says that "you can do a lot of environmental work as an engineer because you know the background." Her work with a Swedish pulp and paper company is one example. Her primary responsibility was finding ways to make washing systems require less water and resources, thereby running more efficiently.



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## MY TOGETHERNESS GAP

by Jay Thaw



togetherness within reach of each other  
 so-called gaps of gender and generation  
 disparities by nature or by ignorance  
 affinities also mysterious and unacquainted  
 to show how beautiful we people of the earth can become  
 gaps of self-awareness and expectation  
 to show how ugly mistrusts are  
 between groups and pairings and oneself I suppose  
 a fictitious aloneness felt nonetheless  
 perhaps everywhere or just in crowded places  
 when what must be love goes by unnoticed  
 truths waiting for everyone to feel and grab onto  
 how much of life is self how much is sacrifice  
 trusts which can be earned by anyone  
 the dignity of all human beings so simple  
 all living things so complex  
 what happens in times of over consumption  
 so-called gaps of communication and technology  
 incrimination and entertainment debts  
 lies going for everyone to feel and grab onto  
 prices to pay for self-respect  
 my right to avoid being poisoned and hurried and photographed  
 my duty to recognize love once my face is shown  
 for me to be more of an earthling or more of a 33-year-old-man  
 how much of life is sharing how much is soaking  
 the gifts each person has to give and to receive  
 how much is becoming closer how much is empty space in between

## It's Party Time!

by Carol Hartman

May is here and that means the inevitable graduation parties. I'm not the one escaping university life, but many of my friends are, and as I plan a healthy menu, I thought I'd share the results of my search for tasty, healthful desserts (I may be stretching the "healthful" part; see what you think).

Most of my cookbooks call for granola-based pie crusts. I've yet to try one using Co-op granola, but I look forward to making several this May. Be daring! There are so many fresh, homemade, and healthy varieties; the variations are endless. Try this one from Frances Moore Lappe's *Diet for a Small Planet*:

2 C. granola  
 1/4 C. orange or other fruit juice  
 Dump the granola in a blender, and process it until it's a coarse powder. Transfer it to a deep bowl and add the juice. Mix it well and pack into a nine-inch pie plate. Cook it for 10 minutes at 350 degrees. If possible, have your filling ready to go as you remove the crust from the oven.

Since we won't have the fruits of harvest by graduation, how about this winter fruit pie recommended by Frances herself in her book? The Co-op has abounded the last month with apples of every variety and size. Hit the produce section and the tea/spice room (for your honey and cinnamon).

Juice from 1/2 lemon  
 2 1/2 C. baking apples (cored and sliced; peeled if not organic)  
 1 1/3 C. cranberries  
 1/3 C. honey, plus 1/3 to 1/2 C. honey (to taste)  
 1/2 tsp. sea salt  
 1 tsp. cinnamon  
 2 2/3 T. tapioca  
 1 pound tofu  
 1 T. vanilla

Heat oven to 425 degrees.

Squeeze lemon over apples to coat them, and combine with cranberries, 1/3 C. honey, cinnamon, and tapioca. Let stand for 15 minutes.

Blend tofu, salt, remaining honey, and vanilla until smooth. Fill the pie crust with the fruit mixture, then add the tofu mixture as a topping. Cook for 15

minutes, then reduce the heat to 350 and bake another 25 minutes, until golden.

Just to give you and your guests a choice of desserts (i.e., there's always someone desperate to fulfill a chocolate craving), try this one from Mollie Katzen's *Moosewood Cookbook*. I generally substitute half the applesauce for the butter, half the honey for the sugar, and use egg replacer (the latter with marginal success; still working on fine-tuning the conversion), and always add the dash of cinnamon without the raisins or nuts.

But here's the recipe as she instructs. Be sure to stock up on bulk spices, nuts, and flour. Try the soy-based margarine for a change.

Butter or margarine for a 8-inch square pan  
 1/2 C. (1 stick) melted margarine or butter  
 1/4 C. carob powder  
 2 eggs (about 3/4 C. egg replacer, I think)  
 1/2 C. light brown sugar  
 1/4 C. water  
 1 C. flour

1 tsp. baking powder

1/4 tsp. salt

1/2 C. raisins

1/2 C. finely chopped walnuts

optional: dash cinnamon and/or allspice

Preheat oven to 350 degrees. Butter your pan.

Beat together butter, carob, eggs, sugar, and vanilla in a medium-sized bowl. Stir in water.

Sift together flour, baking powder, and salt. Stir this into the first mixture along with raisins, nuts, and your choice of optional spices. Mix thoroughly (but stop there).

Spread evenly in the pan. Bake 20-25 minutes. Cook completely before icing.

Icing

1/4 C. carob powder

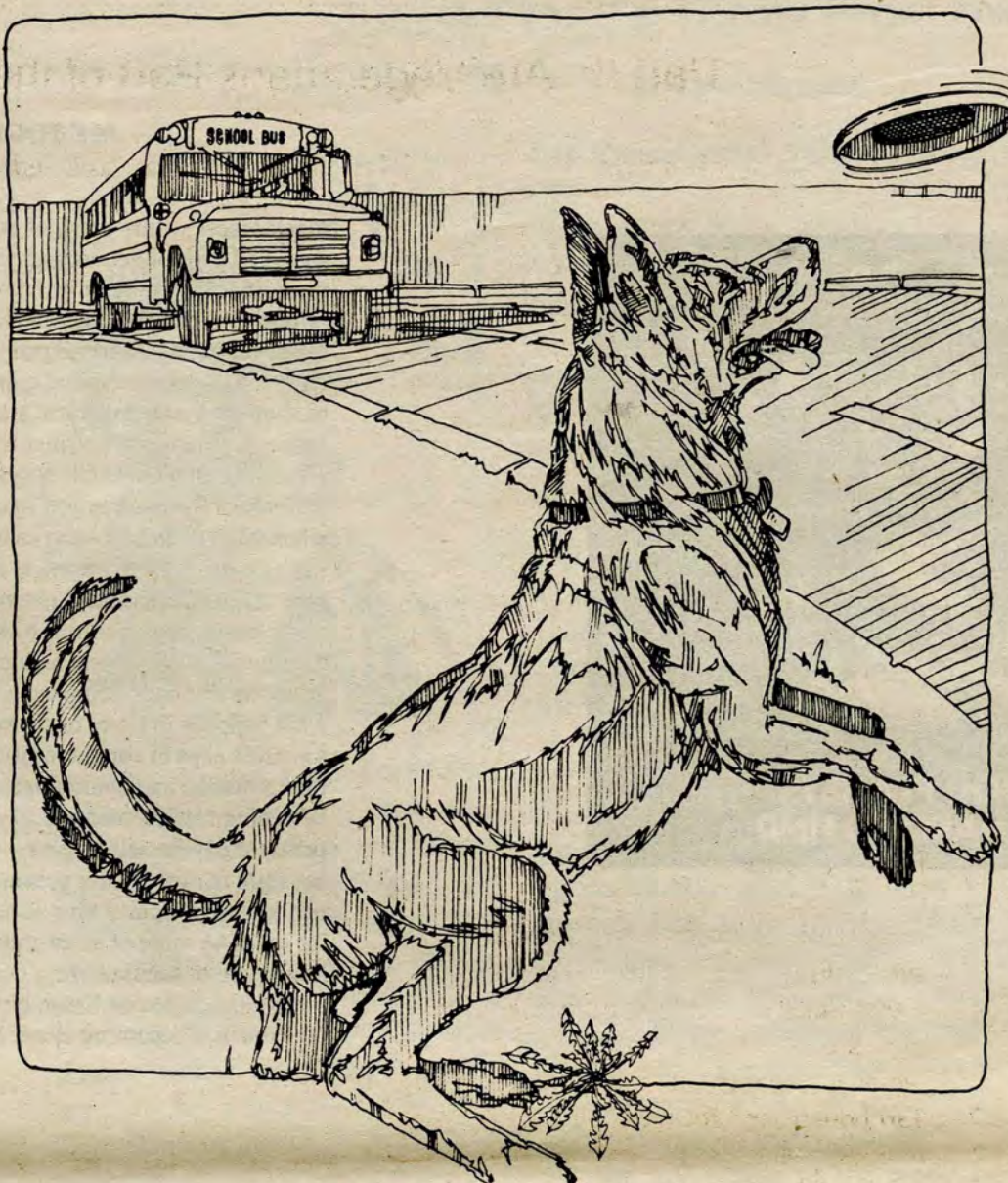
8 oz. cream cheese softened

1/4 C. powdered sugar

1/2 tsp. vanilla

Beat it all together until very smooth. Spread on top of the cooled brownies.





## AVOIDING DOG BITES

by Dawn Gill

Most of what we read in the press regarding dog bites centers on large dogs, but dogs of every breed and mix have bitten. Larger, more powerful dogs can cause greater damage, and the bites are more likely to be reported and publicized. While there are vicious dogs in every breed, some breeds are noted for their aggressive tendencies. These include chow chows, akitas, pit bulls, Rottweilers, and wolf-hybrids. If you are unwilling to adequately confine your dog or participate in obedience training, it is best to avoid these breeds.

Pet selection, based on breed and temperament testing, along with early training, is the key to avoiding problems with your pet. Your veterinarian can help you with proper selection and direct you to a training program. Most fatal bites are inflicted by intact male dogs or females with pups, so have your dog neutered early.

The two most common situations where people are attacked by a dog are when they

enter the dog's home territory or approach a guard dog on a chain. (Some experts feel that chaining dogs may make them more aggressive.) Children are often at fault in these situations. Joggers and bicyclists are frequent targets as well. Dogs have a strong chase instinct which may be triggered when they perceive the jogger/cyclist running away from them. It is best to avoid such encounters, even if it means changing your route or walking slowly past such dogs. Spraying a dog with mace or a blast from a hand-held alarm may help, but it will also inflame some dogs. Any dog that is inadequately confined should be reported to the police or animal control authorities.

If you encounter a vicious dog, stay calm and try not to show fear. Dogs are predators and may attack if you try to run away. Remain in a relaxed standing position and allow the dog to sniff you. Do not stare, bend over, or grab the dog's mouth; these are dominant behaviors and may cause an attack. Face the dog (without staring) and back slowly away. Most dogs

attack the rear of a prey animal. If you are near a car, tree, construction or playground equipment, try to climb out of reach of the dog and call for help. Use an object such as a coat or a shoe to divert the dog's attention while you wait for help or try to escape. Do not make quick movements or loud noises around the dog; these may be misinterpreted as a threat. Using a low stern voice, try telling the dog to "sit," "go home," "halt," etc. Some dogs are trained to obey such commands.

If you are attacked, protect your face, neck, and dominant arm. If there is nothing close by to climb up on, curl up on the ground and protect your head and neck. Extended arms or legs can invite a bite. Don't struggle once a dog has taken hold, as this will further increase the damage.

Animal control officers should be summoned to the scene immediately to control the dog and establish the rabies status. Unvaccinated dogs are quarantined and may be euthanized. Have the victim lie down and try to keep

calm while waiting for transport to a medical facility. Wrap bite wounds in damp towels to keep tissues moist. Bite wounds can look deceptively minor, but there is often severe damage below the tissue surface. All bites should be examined by a physician.

Children need to be taught what aggressive dogs look like: teeth bared, hackles up, etc., and what to do if confronted. Children often get into trouble tormenting dogs with sticks, taking the dog's food away, or cornering defensive dogs. They need to understand that they have to ask the owner's permission before attempting to pet the dog. As previously mentioned, you need to council your child about the dangers of invading a dog's territory or approaching chained dogs.

Most attacks by dogs are caused by human ignorance regarding canine behavior and irresponsible pet ownership. Understanding what triggers dogs to attack and how to respond to such an attack can save your life.



## Part II: Are Vegetarians Part of the Problem?

by Carol Hartman

Well, the column I wrote for the last newsletter, exploring the end to my Pollyanna attitude on being a vegetarian, evoked a lot of response. So much so, that I've decided to share what I have learned through research or some of your comments.

"You need to learn more about toxicology," several people told me. So I did. What I found didn't settle my conscience.

Apparently, pesticide and herbicide testing, yes, done on fully conscious, otherwise vibrant members of the animal world, is performed with the intent of finding non-carcinogenic levels for the average person. To be an acceptable exposure level, it must successfully not cause cancer 1,000 times (this information from my favorite entomologist). For women, the average is about 5'5", 130 pounds and for men, 6'1", 175 pounds, according to USDA information. So, what about those of us who are under average? What's safe for us? Clearly, these levels are not safe for us; chemicals and preservatives will have more impact on a smaller frame.

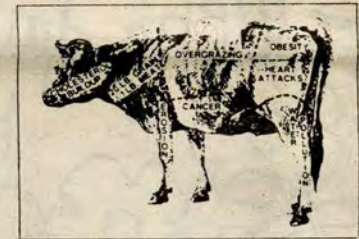
Tell me then; how sufficient are these "allowable levels" for those of us who consume more fruit and vegetables than the average person? But perhaps the deeper issue involves cumulative effects (e.g., if I eat two ounces of tomatoes in the same day, will I be at risk?) as well as other damage. Are there assurances somewhat that exposure to pesticide residue won't harm our reproductive, neurological or immune systems? Not quite. Add the less-than-average-size factor and you may understand my concerns.

testing does nothing to allay my fears. Just because a rabbit doesn't develop cancer from diazinon means it's safe for me? I don't buy it. Does that poor rabbit, stuck in a cage placed in controlled conditions, have exposure to the same carbon monoxide, dust, and other airborne pollutants that I do? Does that rabbit have the opportunity to dip its head in a creek as often as I rinse my eyes? I don't think so.

These thoughts and fears occupying my mind the past few weeks only reinforce my original reasons for buying organic foods: for our health and the health of the planet. The way I see it, as one of Earth's inhabitants, I have a responsibility not to harm other inhabitants or damage our home. Thank you, Co-op founders, for your vision in establishing a place for current and future members to shop for safe, healthy food.



I've never fully trusted government regulations. The most recent case of approving r-BST (bovine growth hormone) without studying the long-term effects on humans, children in particular, only reinforces my suspicions. Animal



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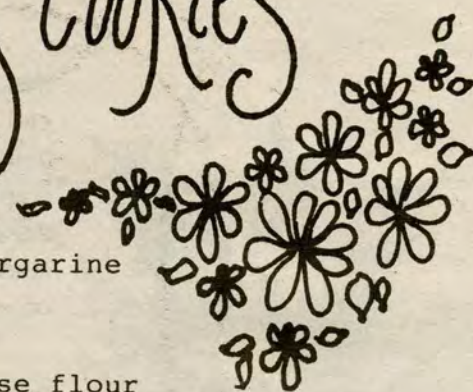
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# Moms Page

by:  
Krissy  
Beoka

## butterfly cookies



**Dough**

- 3/4 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 2 1/2 cups all purpose flour
- 1 tsp baking powder
- 1 tsp salt

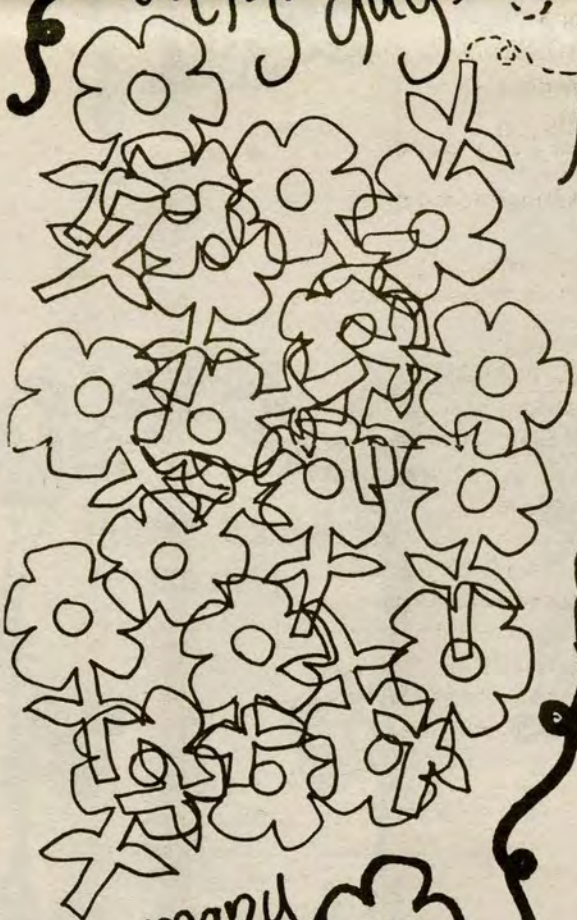
1. With a fork blend sugar and butter together in a bowl.
2. Blend in eggs and vanilla with a fork.
3. Add flour, baking powder, and salt.
4. Mix together everything and chill in the icebox at least one hour.
5. Sprinkle cloth with flour and roll out dough on it, about 1/4 inch thick.
6. Cut a little strip of dough for middle of butterfly.
7. Press a glass down on the dough to make a circle.
8. Cut the circle in half.
9. Put the pieces together in the shape of a butterfly.
10. Pour a little evaporated milk into a few glasses.
11. Add food coloring to the cups.
12. Next, paint your cookies to make beautiful butterflies.
13. Bake at 400 degrees on ungreased cookie sheet 6 to 8 minutes.

may

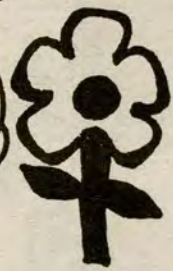
remember  
Mother's day

may 8th.  
may day  
is May 1st.

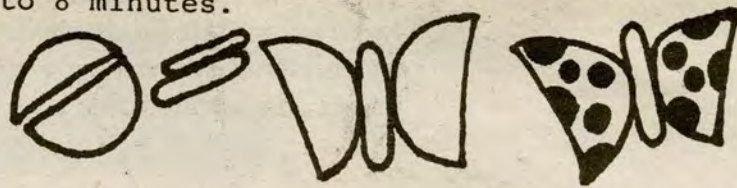
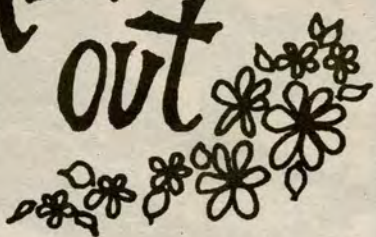
make someone  
smile...



how many  
flowers?



# Schools almost out



## magnets for mom

- 1 cup cornstarch
- 2 cups baking soda
- 1 1/2 cups water
- small magnets
- clear nail polish
- glue

Mix cornstarch, soda, and water in a frying pan over medium heat. Stir until the mixture is as thick as mashed potatoes. Place the dough in a bowl and cover with a damp cloth. When it's cool enough to handle, model it into small designs of uniform thickness--a sun, fruit, vegetables, or roll dough and cut shapes with small small cookie cutters.

Let the shapes air-dry for a couple of days. Then color them with tempera paint or markers. Seal each with shellac or clear nail polish and glue a magnet on the back.



**SILVER MOONS OF MAY**  
by Nancy Casey

Graduate students in counseling  
they had collected us to the Women's Center  
for help in discussing our damage.  
Fruits, us,  
of the magic potholes down  
that rose road to which they clutched the map.  
May brought them new  
jobs, babies, addresses.  
To us, they brought all they had learned so far  
and I'm always game.  
Stand in the center and do what you're told

Say something good about yourself  
louder  
again  
are you saying anything?  
are you sure we can hear you?

White flame breaks the rhythm  
bellowing all of the chakras to scream  
listen to me  
who then collapsed into the experienced arms of  
Ellen.  
She petted me until I stopped.

Shaken  
still  
in the Spudnik  
my sweetheart arrives to say  
"Luke's been killed."

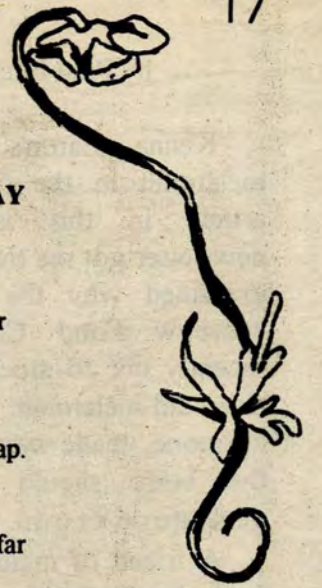
Luke remains 4 or 5  
fishbowl eyes, straight cut hair, immortal  
in unchanging photographs  
two small shrines  
in his once-parents' living rooms.

We say hollow disbelieving things  
like hello  
to the very young woman  
who joins us for the recitation of the details.

We spoke of the mother.  
I saw the fish of my childhood.  
We were a rowboat load of neighborhood kids  
in some Canadian Lake, the big ones showing  
us little ones how it's done, worms and when  
it swallows the hook you  
take two firm hands like this and pull  
a compact stream of textbook guts while  
the fish gags its ripped hollow torso  
a congealed scream, mute and forever  
into my hand, the stunned  
comprehension frozen as in all fish eyes  
unanesthatized, hooked, and yanked.  
I knew the mother's screaming.

The woman said, "She'll get over it."  
Leaning back on the basalt of Paradise Ridge we watched  
a sliver of day-old moon slip away.

Next day I pulled my children needlessly close  
dug up rocks, built a wall of flowers, and listened  
to the singing of "Mother and Child Reunion," a prayer  
inside my head, a notion  
I wanted to believe.





by Paul Lindholdt

Kenna Eaton's mention of melatonin in the "New Hours!" article in this issue of the newsletter got me thinking. Kenna explained why the staff at the Moscow Food Co-op decided recently not to stock the popular sleep aid melatonin: because it's a hormone, made synthetically, that the body should be able to generate on its own.

A friend of mine has suffered from chronic fatigue syndrome for several years. He's often drowsy and baggy-eyed by day, sleepless at night. He's gone to several doctors. He's tried liquor, pot, and pharmaceutical remedies for his insomnia. He's the third person I've met in Moscow who claims to be afflicted by this sickness. In a recent magazine article, the malady is referred to as "the yuppie illness," but my three acquaintances are not yuppies. They're smart, highly-strung academics who make little money. They worry about not getting sleep, which causes sleeplessness itself.

It's a savage circle, a catch 22. One has to get rest to quit worrying, but one has to quit worrying to get rest.

My friend discovered melatonin in recent weeks. He read about it in a magazine and asked the pharmacist at Tidyman's to order it -- a 100-count bottle of three-milligram tablets that costs around eight dollars. Finally he is getting a good night's rest. He's putting on weight. He's happier. The melatonin costs a lot less than the prescription sleeping pills he had been taking.

The pharmacist at Tidyman's told me melatonin is a natural hormone produced by the pineal gland of the brain, a gland that my old dictionary says has "no known function but is believed to be a vestigial sensory organ." (In other words, experts couldn't figure out what the gland does.) The word "vestigial" means something we have outgrown, like gills or tails.

Melatonin, as Kenna knows, is surrounded by controversy. It's marketed as a nutritional aid or sleep supplement. One company

dropped melatonin from its line; most pharmacists claim it doesn't do anything and will not recommend it. Tidyman's tabs are manufactured by National Vitamin Co. out of Porterville, California, which offers its melatonin as nutrition therapy and claims it contains nothing artificial.

The Tidyman's pharmacist is skeptical of such aids, supplements or therapies -- even vitamins -- because they have such "short biological half-lives." That is, they are rapidly metabolized and exert few cumulative effects. Like other "volatile" products, their potencies or virtues can dissipate on shelves. Companies make potency claims for such products only when they leave the factory, which probably means that the products lack the equivalent of pharmaceutical preservatives. The FDA wants to control such products, it says, because producers are making claims they can not back up.

Probably I am not the only one suspicious of the possible complicity between FDA and the pharmaceutical companies like Lily, producer of Prozac, the expensive anti-depressant that an estimated 20 million Americans currently take. Corporations with vested interests are apt to protect those interests by any means at their disposal. Just as the Forest Service has proven a deficient watchdog when it comes to equaling the nation's public forests, so the mission of the FDA has potentially been infected by close association with its industry.

As a child I heard that overweight people had "gland problems," an explanation that hindsight tells me was probably euphemistic. To soften the impact of *fat*, a bogus pathology was invented. Is the same true of chronic fatigue syndrome? If indeed the pineal gland in brains manufactures melatonin imperfectly in some folks, does it not stand to reason that those folks would sleep too little or too much?

Controversy will probably continue to surround melatonin for some time, but we will try to keep you posted as we learn more about this remedy for sleeplessness.



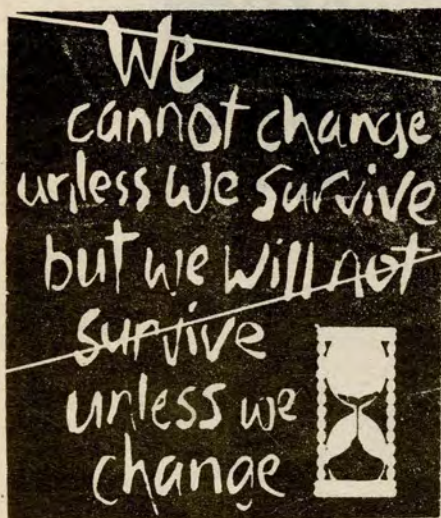


**AG OPTIONS CLUB  
PROJECTS BEGINNING**

by Nancy Taylor  
Sustainable Agriculture  
Coordinator, PCEI

This spring, seven Club projects will begin in Northern Idaho and Eastern Washington funded by the Ag Options Network and the Palouse-Clearwater Environmental Institute (PCEI). Four Farm Improvement Club (FIC) projects, which includes 28 farm and ranch families, will begin cooperative research to develop improved cropping systems that reduce soil erosion, water and nutrient loss, and chemical inputs; as well as increase crop diversity in their areas. Also, three Community Support Clubs (CSC) projects, which includes members of three civic groups, including the Moscow Food Co-op, will offer workshops and demonstrations to involve citizens in conservation practices that support sustainable agriculture in the community. The PCEI and a coalition of agriculture, conservation and public agency groups will help support each Club project with financial and technical assistance throughout the season.

The Ag Options Network consists of agriculture and conservation organizations in Idaho, Montana, and Eastern Washington. The Network is three year project funded in part by a grant from the W. K. Kellogg Foundation. For more information call Nancy Taylor (208) 882-1444 or the Co-op club representatives Renee McNally and Jeannie Harvey.



**Drink Coors:  
Support Hate Groups**

by Natalie Shapiro

Coors drinkers--beware! Each time you buy a Coors, you are also buying into racism, anti-Semitism, and sexism. *The Coors Connection*, written by Russ Belant and published by the Political Research Associates (1990), provides a highly detailed account of the Coors family connection with the ultra-right. He also includes sources for his information. I urge all those who want more information than my short article can provide to order this fascinating book. Ordering information follows this article.

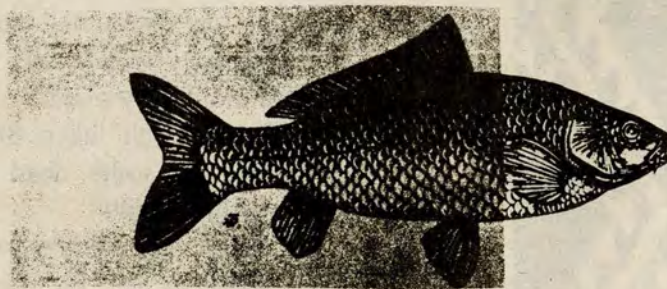
One far-right group that Coors supports is the Heritage Foundation (HF), which packages far-right ideas and presents them in a palatable form to politicians and the press. Joe Coors and Paul Weyrich organized it in the early 1970s.

In the 1980s, HF published a guide for the Reagan Administration. This called for reduction or elimination of programs that provided food stamps, Medicare, child nutrition, and legal services for the poor, and the repeal of a tax exemption for the elderly. It also recommended the expansion of low-intensity warfare in nine Third World countries.

That example is just a drop in the ocean of information on Coors. There is also the Coors support for the Contras, RENAMO and UNITA. There is Coors' vehement anti-labor practices. The 97-page *The Coors Connection* costs \$6.00. The Political Research Associates is an independent research institute that collects and disseminates information on right-wing political groups and trends.

Write to:

Political Research Associates  
678 Massachusetts Ave., # 205  
Cambridge, MA 02139  
(617) 661-9313



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## Hated For Who I Am

by Joseph Peters

It was another warm August day of treaty fishing in the lower Puget Sound. My Dad, cousin Rick, and I had been beach-seine fishing in Zangle Cove for the past two weeks, catching more Coho salmon than any of the other tribal fishermen. At sixteen, I fished with my father to earn spending money. Fishing was routine: out to the beaches to trap fish in our nets at dawn, back to the docks by dusk without any problems.

A fish jumped and my cousin Rick started the boat, letting out the stench of fumes as well as the net to enclose the fish and maybe a school of fish. When the net closed, I began pulling it into the beach. Just then my cousin Rick came running down from the other side of the beach, explaining to my father that the owner of the property had threatened him. What the property owner said became imbedded into my mind:

"If you don't leave this land, there will be some dead Indians lying on this beach!"

I asked my father what we were going to do. He told me to continue to pull in the net and sit in the boat. My father called the Squaxin Tribal police, and the property owner called the Washington State Patrol.

Time seemed to hold still. Our life on the line, the day seemed to be in slow motion. Where were the police? My whole life flashed by me. I could not believe that someone had just threatened me because of who I am.

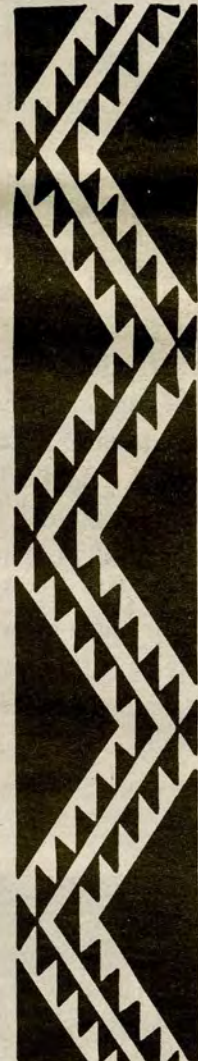
As time went by, I looked back to my childhood and into the future. If something happens, what will people do about the incident? I did not know if a bullet

would come flying by my head or if the owner was just trying to scare us. I thought about the fight for freedom Chief Joseph and Dr. King tried to achieve for their people and others.

What was only a half hour seemed to be a couple of hours before the State Patrol came rolling down the property owner's driveway. The police officers told us to stop what we were doing and show them some sort of tribal identification. Then they told us that we had no right to fish on these beaches. My father and cousin Rick argued that federal laws allow us to fish here and that past Supreme Court rulings have stated under treaty agreements we have the right to fish in this location of Puget Sound.

A sound of a boat came up to the shore. The Squaxin Tribal Police had arrived. My father told the State Patrol to talk with the Squaxin Police. The State Patrol learned that if they restricted us from fishing, there could be a big federal case. The words "federal case" and "supreme court" seemed immediately to enter the officers' minds as something they did not want to become involved with. The officers stated that the property owner would not interfere with us any longer, and then they left, outwitted by the Squaxin Police.

Having been told that I would be killed because of my race made me respect all races. I wish people would realize that other races may have a different colored skin, but our blood is all the same color. It is a shame that we must hate each other.





## Leonard Peltier Needs Your Help!

by Ken Nagy

Leonard is an American Indian who has been locked up in Leavenworth Prison for over 18 years, charged with the murders of two FBI agents. The prosecutors who originally won the conviction against him have since admitted they have no idea who really killed the agents. The Court of Appeals has ruled that the judge who sentenced Leonard erred in his rulings and that it appears witnesses against Leonard were coerced and that evidence was fabricated and withheld by the FBI and the prosecutors. Most of the crucial witnesses have since verified this activity.

Yet Leonard has used all three of his appeals to no avail. His only hope for release now lies in the hands of the President of the United States, and with the public's interest that can pressure the President to grant him a pardon. Please write President Clinton and urge him to grant Leonard Peltier executive clemency.

Leonard has won the support of numerous members of the U.S. Congress, many prominent church

leaders (including Jesse Jackson, Desmond Tutu, and the Archbishop of Canterbury), and Nelson Mandela, besides the 20 million people around the world who have signed petitions demanding a new and fair trial.

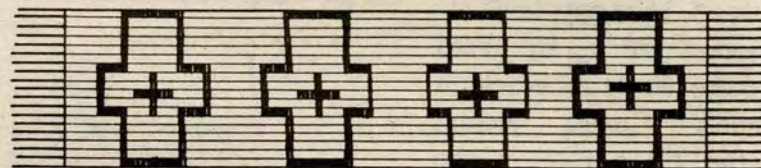
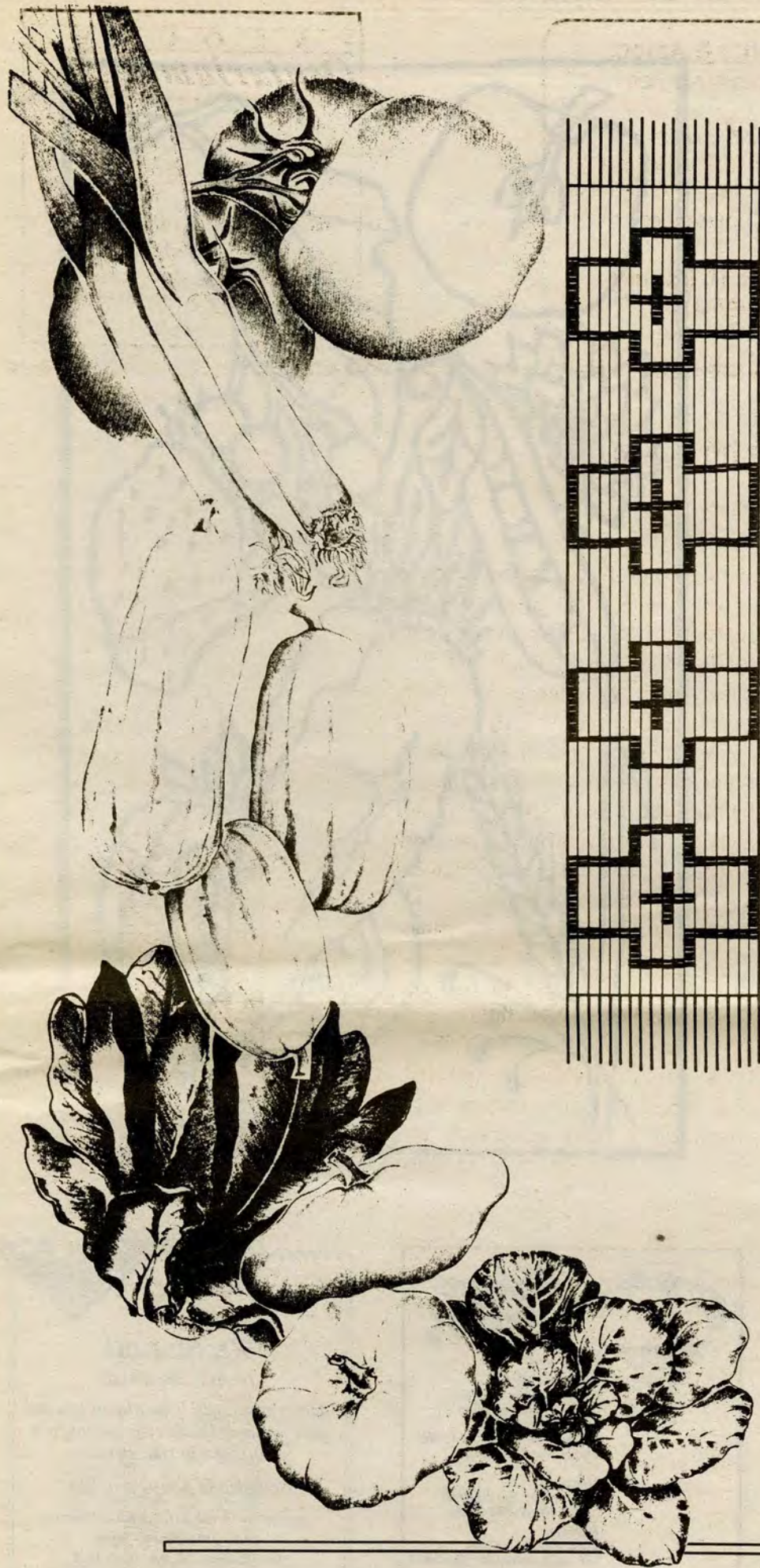
Leonard's case has been the subject of several films, books, and countless articles. It is best documented by Robert Redford's excellent film *Incident at Oglala* (which is for rental at TR Video and BookPeople), and Peter Matthiessen's book *In the Spirit of Crazy Horse*. You can also get more information by calling me at 882-4735, or by writing to:

The Leonard Peltier Defense  
Committee

P.O. Box 583  
Lawrence, KS 66044

The more you learn about the case, the stronger you will feel that Leonard's imprisonment is a great injustice well worth your time and interest. Then, please take a few moments to write the President at:

President Bill Clinton  
The White House  
1600 Pennsylvania Ave., NW  
Washington, DC 20500



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## FOOD FOR THE MIND

by Natalie Shapiro

Besides great food, the Co-op carries some excellent publications. One exemplary magazine is Cultural Survival (BookPeople also carries it). This quarterly magazine addresses the concerns of indigenous people and ethnic minorities. It is more than a magazine; it also helps native people protect and manage natural resources, and builds markets for products that native communities can harvest sustainably.

Winter 1994 Cultural Survival is great. It filled me with outrage, disbelief ... and hope; if enough people get pissed off at the injustices forced on native peoples, maybe some positive change will happen.

One article discusses the pressure put on Indian Nations to accept nuclear waste disposals on reservations in return for large sums of money. David Leroy, head of the federal Office of the Nuclear Waste Negotiator, uses Indian oratory to sell nuclear waste. He notes that "Native Americas, as the original environmentalists, were the 'best' group to store the country's nuclear waste." Nice guy, huh?

Another article, by Ward Churchill (who wrote an article in this month's Covert Action exposing the FBI's role in the bombing of Judi Bari and Darryl Cherny) does an excellent job of explaining why terms such as the Washington "Redskins" and

Kansas City "Chiefs" are racists. Churchill is frustrated that the response to complaints about these terms is that it's just "good, clean fun." If this is so, counters Churchill, then an NFL team called "Niggers" is needed to honor African Americans; to honor Asian Americans, a team called "Gooks" should be created. Churchill's point is that such names are obviously socially unacceptable; so why is it different when American Indians are concerned?

Churchill also discusses how the Nuremburg laws and Geneva Convention doesn't apply to American Indians. For example, Article II of the Genocide Convention prohibits involuntary sterilization as a means of preventing births among targeted populations. But, in 1975, the Indian Health Service was doing just that to about 40% of all Indian women. Other articles address the Kel Tamacheq in Mali, Native environmentalism and New Age exploitation of native spirituality.




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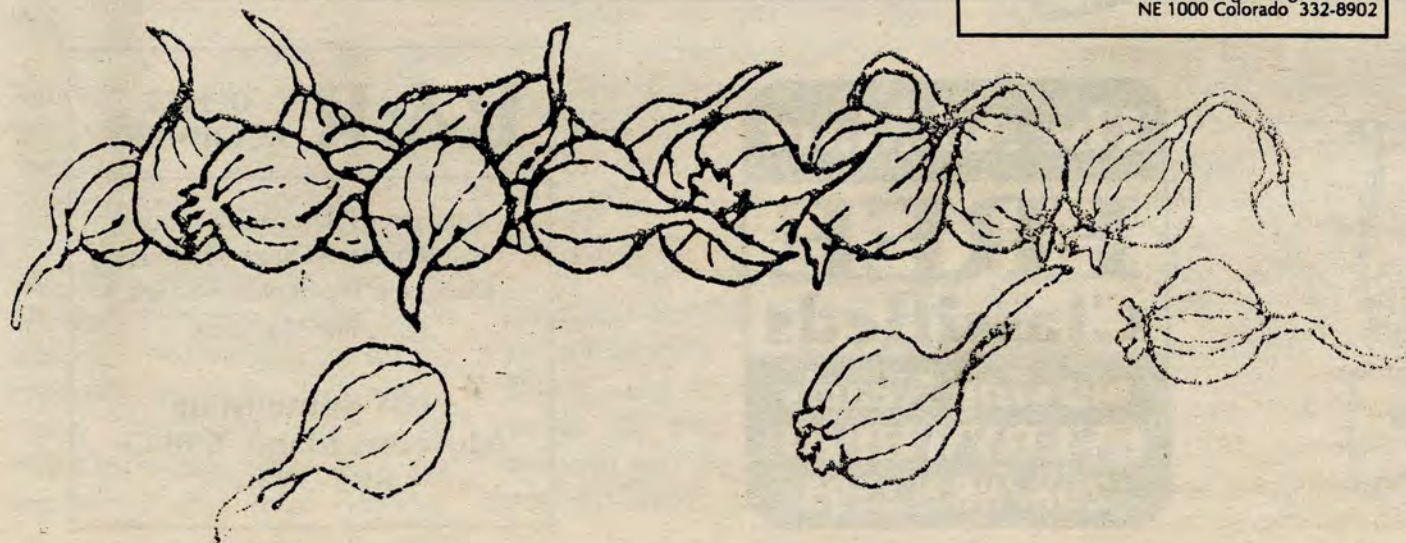
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### Meetings at the CO-OP

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 6 PM.
Facilities:	3rd Thursday of every month 7 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.



## Household Cleaners

by Natalie Shapiro

Commercial household cleaners are bad for your health, bad for the environment, and bad for your pocketbook. For example, general cleaners and laundry detergents are irritants. Air fresheners work by masking smells, coating nasal passages, deadening nerves to diminish the sense of smell.

Fortunately, alternatives exist. The Greenpeace *Everyone's Guide to Toxics in the Home* gives alternatives for everything from the garden to the house. Here are some examples:

**All-purpose cleaner:** Mix 2 tsp. borax and 1 tsp. soap in one quart water.

**Disinfectant:** Use 1/4 C. borax dissolved in 1/2 gallon hot water.

**Scouring powder:** Borax, baking soda or table salt.

**Air freshener:** Grow lots of houseplants. To absorb odors, place bowls of baking soda or vinegar around the house. Boil sweet herbs and spices; burn incense.

**Dishwasher:** Use equal parts borax and washing soda.

**Bleach substitute:** 1/2 C. borax or non-chlorine bleach.

**Fabric softener:** 1 C. vinegar or 1/4 C. baking soda in final wash.

**Carpet odors:** Mix 2 parts cornmeal with 1 part borax, sprinkle liberally, leave 1 hour and vacuum.

There's much more in this guide! To order:

Greenpeace  
1436 U Street, NW  
Washington, DC 20009

In addition, there is finally an alternative to the deadly ethylene glycol in antifreeze. Ethylene glycol tastes sweet, so animals die after ingesting antifreeze puddles on the ground.

Sierra Antifreeze/Coolant uses propylene glycol, a safe and non-toxic alternative. It's available at McKeirnan Brothers, 1/2 mile north of Pullman on the Palouse highway. Unfortunately, it costs twice as much as regular antifreeze. But it's worth it! Encourage your local auto store to start carrying Sierra Antifreeze.



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NONVIOLENCE**



# BULLETIN BOARD

## Do you walk, bike, drive or take the bus in Moscow?

If you care about the future of transportation alternatives in Moscow, come to the **MOSCOW TRANSPORTATION SUMMIT**

**JUNE 4, 1994**

*This community meeting is sponsored by Moscow Vision 2020 and other groups. For information contact Susan Palmer 882-5023.*

## MOSCOW'S NEW RECYCLING CENTER ACCEPTS MORE MATERIALS

In addition to the materials accepted by the old center, the new center now accepts the following:

- Glossy magazines and catalogs (tear into sections no thicker than 1/4")
- Household batteries (no rechargeable "nicad")
- Paper drink cartons (such as non-waxed milk cartons and foil-line juice boxes)

**For sorting information call:**  
the Recycling Information Line at  
882-2925

## COME TO MOSCOW RECYCLING CENTER'S GRAND OPENING

**Saturday, May 7  
11 am (ribbon cutting)**

Take a tour of the new building, learn how recyclables are processed, visit the recycling library, walk through educational displays, pick-up free information on waste reduction and enjoy refreshments with your neighbors.

**Moscow's new recycling center is at 401 N. Jackson Street.**

## RIVER WALK STARTING JUNE 4TH

### A MIGRATION TO COVE/MALLARD

Join a one week walk from Grangeville, Idaho to the Cove and Mallard Roadless areas.

#### To learn more

Call: (208) 882-9755 or

Write: Cove/Mallard Coalition

P.O. Box 8968

Moscow, ID 83843

### Bulletin Board Announcements

Announcements of events, classes, give-aways, and non-profit sales will be printed here, at no charge, on a space-available basis. **Submit written announcements by the 20th** of the preceding month, to Beth Case at the Co-op.

## Are you interested in being a host family?

I have 13 Japanese and German high school students who are looking forward to a friendly home life experience. Fall, Spring, and full school year possibilities.

**If interested please call Ashley at 882-0639.**

Subscribe to the Moscow Food Co-op Community News only \$10 for 12 issues send and make checks to:  
Moscow Food Co-op  
(attn: Bill London)

## Do you live in or around Deary and have preschoolers?

We're moving to Deary this summer and are interested in meeting other families with preschoolers who would like to do some networking. I'd like to try to organize some kind of play group where the kids can play together and the parents have a chance to visit (similar to Parent-Toddler Co-op).

**If you are interested please call:  
Beth Case 882-4410**