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MOSCOW COMMUNITY NEWS


APRIL 1995


EARTH DAY

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**ADDITION TO MARCH
POTATO ARTICLE**

By Jacqueline Soule

Seed potatoes for planting can also be purchased locally at Stookeys' Feed and Garden, 211 West D St., Moscow. I appreciate the tip and would love to hear of any other local sources from the readers since I'm still a newcomer. Thanks!

**SPICES, ETHNOBOTANY
AND YOU**

Jacqueline was out of town on a research trip, and will have a spices article next month.



WHY VOLUNTEER?

By Erika Cunningham

One of the most commonly asked questions around the Co-op is "Do you need any volunteers right now?" The answer once and for all is ... YES YES YES we **always** need volunteers; morning, noon, and night, all times the Co-op is open. I can **always** find something for you to do anywhere from produce to baking to cashiering.

What do I need now? Everything! The number of volunteers is at an all-time low right now, and all departments are clamoring at me for help. So where do you fit in? Being a member of a Cooperative means many different things to different people. To some it means a better food selection--more bulk and natural foods than conventional stores. To some it means knowing that they give their food dollars to

a cooperatively run business, that their food dollars are voting in a responsible way toward better packaging, healthier food and supporting local businesses and growers. To some it means an opportunity to participate, hands-on, in a community project by volunteering, and even gaining a benefit (a discount) for working in that community project.

It's easier than you think to jump in and find the time to volunteer. Often the Co-op turns into the one thing in many people's busy schedule that they really look forward to. We're a lot of fun here! The orientation only takes about 30 minutes--I take you around the store, show you where things are, let you know what kinds of volunteers we need at the moment, and then we work together on finding a time and a

job for you. We're very flexible about placing you in times that fit with your schedule and jobs that fit with your ideas about the Co-op.

So ... been thinking about taking time to get to know yourself, do something just for yourself? Come on in and see what the Co-op can do. What better way to learn more about yourself than to tell others your story as you work along side them? And volunteering your time to make a responsible business work better can only make you feel better. Besides, when you work you get the benefit of lower costs on your grocery bill.

So try us out. We need you and you can benefit from helping us. Call Erika at 882-8537 or stop and see me in the store -- often I can train you the day you show up.

CO-OP 2001: A "SEARCH FOR SPACE" ODYSSEY

By Jeannie Harvey and the
Co-op Board of Directors

The Board of Directors has joined the circus!

It hasn't happened yet, but if we keep jumping through hoops and juggling hot potatoes we'll soon have our act perfected. How can managing a food cooperative generate such fanfare?

Growth is the biggest reason. "The "G" word has a innate negative connotation to some. Regardless of its connotation, growth has carried the Co-op well beyond the stage where it can be adequately managed through good intentions alone. A retail store that annually turns more than one hundred thousand individual transactions to create a million dollars in sales, and which spends over twenty thousand dollars each month for payroll costs, is not a cottage business anymore.

It has become increasingly difficult for the Board of Directors to manage the corporation as if it was a quaint out-of-the-mainstream shoppe. Those difficulties extend to the general manager, the paid staff and the volunteers. Each task has become more crucial, proper timing of tasks more imperative and successful completion of duties so essential. And, of course, many of our members, especially the long-standing core that has been with the Co-op through thick and thin, don't want to lose any of that quaint homespun appeal. Not surprisingly, that same sentiment is true for the Board members, staff and volunteers.

A couple of years ago it became apparent that the Co-op was going to soon outgrow its current location. This "outgrowing" our current space brought a need for micro-management, a switch from reactive to pro-active management and a closer focus on the intricate aspects of the business and the marketplace. It also seemed apparent that a move to a larger, more appropriately designed facility would eventually be mandatory in order to stave off some of the needs and problems that "outgrowing" would bring.

Now that 1995 has arrived we realize that the anticipated outgrowing has also arrived. This leaves the Co-op in a precarious position because of the problems and risk that have arrived hand-in-hand with the growth. Our store has inherent design inefficiencies that contributed to 1994 margins higher than industry averages and 1994 payroll costs much higher than that for comparable co-ops. Through all this we strive to create a slight profit in order to fund a philosophic goal involving outreach, charity and education all wrapped up in a package that we label a "positive presence in the community." Furthermore, the business was founded by innovative people and was intended to be innovative; we would like to stay at the front of the innovative tide.

Meanwhile, the grocery market is very competitive. Many products which we have successfully "test-marketed" are showing up on supermarket shelves. Shoppers' habits and choices are based on a combination of conscious and subliminal decisions about convenience, service and price. The Co-op must be able to satisfactorily meet our customer/member/owner's expectations in these three areas. Recently our sales have flattened and membership shrunk so we have great concerns about our performance in these categories. In addition, our members generally favor expanded product lines, new product lines and some peripheral services such as a sit-down eating area within the deli.

All the signs seem to say that we should move, introduce new products and services, grow with the flow. The time is ripe. We are up against the wall. Let's do it!

Wait a minute, not so fast! Many of our most involved member-owners who carry the heart of the organization in their own chests say that they don't favor a move out of the downtown area. The board has investigated downtown locations that meet our criteria and none are available.

Wait until something becomes available is the response. The truth of the matter is, even if something was available now we probably could not afford it and it is not likely to become more affordable through more waiting. And even options that are affordable now that lie outside the invisible boundary of acceptability may not stay affordable much longer.

The people who started this ball rolling twenty years ago could not have anticipated the decisions we have to make today. While we wish to remain true to the values and ideals that inspired them it is beginning to look as if 1995 is a watershed year for the Moscow Food Cooperative. Foremost, we have to protect the financial solvency of the institution. To do that in our current location might require downsizing the scope and volume of the business. To do that in a new location would require expanding the scope and volume of the business.

So even though we have not yet begun to juggle chainsaws or jump through flaming hoops, the members of the Board are beginning to feel the increasing complexity of the Co-op. As we prepare for our annual day-long Board of Directors' meeting and retreat (April 8) we are individually and collectively trying to weigh and balance our wonderful prospects and our growing burdens. We hope that the 1995 goals we formulate and discuss at the retreat will provide a vision for the Co-op that will carry us successfully into the next century. We are not comfortable with the realization that the decisions we make will probably not please all of the people all of the time, but we'll have to make them anyway. Then we'll run off and join the circus.

Let us know your thoughts, ideas, and opinions. If you receive a Co-op survey, please fill it out and return it. Thanks!



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Editor's Note: On these pages, we offer two contrasting views of selection guidelines for products at the Co-op. Please read and consider both options. The Co-op Board will decide what kind of guidelines to adopt. Please let them know your opinion, either by talking to Board or staff members, writing to this newsletter for all of us to read, or by completing a Co-op survey. This is an important issue and will decide the products available at the Co-op.



SUGGESTED GUIDELINES

By the Product Selection Committee

Introduction

For the past year, the Co-op Product Selection Committee has been meeting to develop guidelines for the types of products that the Co-op ought to be selling. An overview of the product selection guidelines were presented at the Co-op Annual Meeting. This article presents the actual text of the draft guidelines developed by the Committee. Comments and suggestions are welcomed.

Why have guidelines? Co-ops often develop product selection guidelines to ensure that the products that are offered for sale are consistent with the mission and goals of the Co-op. After all, the Co-op is what the Co-op sells and the mission statement explicitly states that Co-op products are to be "consciously selected." Guidelines also bring continuity to purchasing decisions in the face of personnel changes. The Moscow Food Co-op has never had guidelines like other, larger Co-ops and the Product Selection Committee was given the responsibility to develop such guidelines.

The guidelines below are the result of a year-long process involving up to 10 people. The guidelines represent a best effort of the committee to achieve consensus. As to be expected, there is, and will continue to be, some disagreement on various product guidelines.

The guidelines represent the Committee's best attempts to interpret and operationalize the Co-op mission statement. The committee based its decisions on four criteria in the Co-op mission statement. From the mission statement, the Co-op ought to sell products that are:

- reasonably priced
- locally and/or organically grown
- healthful to the consumer
- healthful to the environment

Some Points to Keep in Mind When Reading the Guidelines

1. The product selection guidelines are just that--a guide to action and they are still in draft form. The guidelines are not etched in stone and are intended to be fluid and dynamic.
2. The guidelines are the result of a group process and not the result of any single Co-op member's interpretation of the criteria.
3. The research behind the various guidelines presented below is far from complete. Further research and a list of references in support of the proposed guideline(s) would go a long way toward helping clarify the rationale behind the guidelines.
4. The product selection guidelines are an uneasy combination of philosophy and pragmatic action. Some of the guidelines themselves overlap in content and are not mutually exclusive.
5. For the most part, the Co-op's current product offerings meet the criteria listed below. Those products that don't meet the criteria could be "grandfathered in" to satisfy customers that have become accustomed to these products.

Product Selection Guidelines

Organically Grown Products

Certified organically grown products will be promoted by the Co-op. Organically grown products have priority over non-organic products. Both will be offered when there is a significant price difference. The Co-op will promote organically grown foods through education and special programs.

Environmental Impact

The Co-op will promote low-impact living by giving priority to bulk, organically grown, and local products. The Co-op will limit the number of products sold in non-recyclable, non-reusable, or energy-intensive packaging. The Co-op will encourage recycling and the use of recycled containers. We will encourage manufacturers and distributors to make products available in post-consumer recycled and recyclable packaging.

We will only carry biodegradable, non-dyed and non-chlorine bleached paper products; low and non-phosphate detergents; and health and body care products that are not tested on animals or that contain animal by-products.

Economics

In order for good food to be accessible to all, regardless of financial status, the Co-op will provide low priced, quality foods in support of its "basic basket" program. The "basic basket" program provides an assortment of minimally processed, minimally packaged foods at a basic price with an emphasis on organically grown food.

Special Dietary Needs & Cultural Considerations

Many Co-op members have special dietary needs and restrictions. The Co-op will carry products that are low-no salt/sodium, low/no fat/cholesterol, non-dairy, wheat/gluten free, vegetarian, and vegan. Co-op members also come from a diversity of cultural backgrounds and lifestyles. Therefore, the Co-op will carry foods that reflect those lifestyles such as Kosher foods, Asian and macrobiotic foods, and other appropriate ethnic foods.

Household Goods and Clothing

The Co-op will provide household goods that conserve on energy and that are made from recycled or recyclable materials. Soaps, detergents, and household use products will be biodegradable, cruelty-free, and carried in bulk when available. Clothing will be made from organically grown cotton and other natural fibers. No animal fur will be sold in any Co-op products. Exotic tropical woods products (e.g., teak and mahogany), should not be carried unless it can be shown that these products are the result of sustainable forestry practices.

Sweeteners

The Co-op will only carry unrefined sweeteners or fructose (e.g., rice syrup, honey, and barley malts). This guideline applies to both the sweeteners in raw form and to products containing sweeteners. The Co-op should transition its current product offering to meet this guideline. In the interim, the Co-op will promote the use of unrefined sweeteners and inform the membership about the negative characteristics of refined and artificial sweeteners.

Meat and Poultry

The Co-op will not carry meat products (including fish and poultry). If Co-op members desire organic meat products, they can work with Co-op buying staff to locate a source for special ordering.

Vitamins and Supplements

The Co-op will focus on healthy food rather than supplements. The goal of our vitamin and supplement department is to provide the membership with the products they need and want to supplement a healthy diet. We will carry additive-free vitamins and supplements

By Kenna Eaton
General Manager

At last month's General Membership meeting, we heard a report from Greg Brown, a member of the Product Selection Committee, giving a synopsis of the proposed guidelines to be used by the Buyers when selecting items to be sold in the store (a copy of which is printed elsewhere in this issue of the newsletter).

The story behind this committee starts a few years ago when the previous Buyer, Skott Larsen, asked for help in deciding which new products to pick up to sell in the store. As we talked, we realized that it would be helpful, to a Buyer, to have some guidelines when purchasing. The world of natural foods is growing rapidly, as is the selection of products. Every day we are swamped with phone calls, literature, and samples (our favorite part!) from manufacturers, distributors, and sales people, trying to get us to buy their product. Whew! At times this turns into a very challenging process.

We further realized that when customers walk into our store, they have some pre-suppositions about our products. Most people expect us to screen the products in the store for preservatives and artificial ingredients. Others expect that the products be cruelty-free, and free of all animal products. Some people believe that if the Co-op sells it, it MUST be good for you. Or that it must be fat free, high in fiber and will save your life. And still others think that we screen for integrity, and won't sell anything that isn't morally superior.

The truth is that up until now, we haven't had any hard and fast guidelines, except the first two, no preservatives, and no artificial

anything and even that isn't 100% true all the time. So ... where does that leave us?

Enter the Board of Directors, who we asked to help us define those things, and put them into a concrete format that any Buyer could use when selecting goods for the Co-op to sell.

Over the years we developed the product line in the store to reflect what we feel the membership wanted to buy. Of course, with over 1800 members, that reflects a wide variety of dietary needs and concerns. Trying to accommodate all those wishes is constantly challenging, and then we throw on top of that the need to make enough money to stay in business. If we only meet a select groups' needs, or demands, we will alienate the others, lose the sales and eventually put ourselves out of business. So you can see that it is a delicate balancing act, and you can see why we asked the Board to help us define those parameters.

The Board of Directors created an ad hoc committee composed of Board members and interested Co-opers to do the ground work that is required when creating policies. There was a lot of work, including research and discussion put in by this committee over the year. Many long debates were held concerning the finer points of food production and the health consequences of eating this food. In the end the committee created a rough draft of a set of guidelines, based upon the Mission Statement, that they felt the Co-op should adopt, and brought them to the Board of Directors.

The Board of Directors realized that this was a very important issue, one that would

have a lot of impact on the way we ran our store, and felt that we needed a lot of member input before we could consider implementing any guidelines. Enter here my opinion:

I understand the need for consistency on the part of the buyers, and I also realize the implied "healthful consequences" of our food. I feel that there are many sides to every story, but that we don't need to be the food police ... Instead we need to understand what the Co-op's role should be in this area. My goal is to be a part of a group of educators. I feel we should be offering information to shoppers to help them make healthy choices. Freedom to make choices is one of the those great gifts our country has to offer. Our Co-op also has to offer that freedom to a wide and diverse group of people, our members and our shoppers. By limiting choices, we are limiting our opportunity to educate.

Rather than only offering those products we deem "healthy," I prefer to offer a wider range of products and use customers' questions to help educate. Example: We could offer only one type of sugar, one we feel is the healthiest option, or we can offer five or six different types. When you ask a staff person, "What is the difference between these sugars?" or "Why do you have so many kinds of sugar?" This gives us the opportunity to educate, and lets you make the choice that best suits your needs and lifestyle. Maybe next time you shop the Co-op you'll be ready to try a different type of sugar. Sure this is just one example of what happens when we offer a variety of products, but it is one that happens often right now,

and we won't if we implement strict guidelines.

A while back, before I had children, I worked with the Board on creating a Mission Statement. At that time we were hoping to create a document that would carry our store into the future, through whatever changes we needed to make. As Bill London mentioned at the Membership meeting, the Mission statement was constructed to be a document that was open, yet clear enough to be guiding when it came to making tough decisions. We purposely left out crisp, clear, limiting words. We purposely left in words that left our business free to grow and change with the times. I find it interesting that ten years later a group of people tries to use those same words to limit the product selection at our store.

I think the Buyers, in asking for purchasing guidelines, weren't asking to be told what they could and could not purchase for the store. I think they were asking for a document that would help them with the decision making process; something that let them know the parameters, without condemning certain groups of food as unacceptable at the Co-op. Maybe this is too difficult a task. One thing I know for sure is that every Buyer with whom I have worked here has done a great job of bringing in products our shoppers want to buy. As the times change so do these products. If customers don't want a product, they don't buy it. When that happens the purchaser discontinues that item, and brings in something new. I think we should continue with this method, and let our customers hold the power of product selection in their hands.



By Kristi Wildung

Can you find organic wheat germ anywhere? This may sound unbelievable, but no. However, I think with the organic push it won't be too long before we can.

Please restock the Nacho flavored Lundberg snack size rice cakes. Okay, they're here. I've been alternating between the flavors, but it's obvious that nacho is the preferred flavor.

Would you consider carrying the Rice Dream bars on a stick that are vanilla rice dream with a carob coating? They are delicious. I will consider them when we get closer to summer. Our ice cream sales have still not picked up for the season yet, and I want to make sure it doesn't spoil.

I'm sorry to see you discontinuing organic short grain rice. It's a main staple on vegetarian and macrobiotic diets. You're right, and I realized this when I reviewed my choices, which were based on volumes of rice sold. These are the rices that the Co-op will now carry: Organic and non-organic Short Grain Brown rice, organic and non-organic Long Grain Brown rice, Long Grain White rice, organic White Basmati rice, non-organic

Thai White Jasmine rice, organic Golden Rose rice, and non-organic White Indian Basmati rice. Organic Jasmati rice is no longer available and the manufacturers cannot tell me when it will be available again.

Nancy's Cottage Cheese is great. I would like to see it here. Yeah, me, you, and about 100 other people. We're trying, but Nancy's still hasn't begun production on cottage cheese since their fire last summer. The last I heard, it will be April before any is available.

What happened to the Bearitos Licorice Bears? We miss them. The manufacturer has been out-of-stock on this item since last summer and as of today it is still being listed as a long-term out-of-stock item by our distributor. Write Bearitos a letter and tell them to get on the ball.

Can you find an organically grown French Roast decaf coffee? Yes, Frontier Herbs carries one. I can special order it for you if you'd like.

Toilet Paper!!!

Let's talk about it. First point, Second Nature is a *good* company. Their toilet paper is comparable to

Fort Howard, except it *feels* better, *much* better. Second point, the paper industry just gave an across the board price increase. Envision toilet paper will now cost .71 cents per roll and Second Nature will cost .78 cents per roll. But you have spoken and I have listened. I will discontinue the Second Nature toilet paper and restock Envision. However, I don't want to hear anyone complain about the roughness of their behinds!!

Meat!! I have had a number of people ask me about carrying organic meat and fish, and chicken and turkey products from companies like Sheltons. This is a touchy issue and this is what I have decided. The Co-op will not carry any additional meat products based on the following reasons: 1) the Co-op membership has not decided that meat is a product we want to carry, and 2) we do not have the freezer space to accommodate additional meat products. If in the future we decide we want to carry meat and we have the room, I will certainly bring it in. Until then I would be happy to special order available meat products for you.

M E E T I N G S A T T H E C O - O P

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

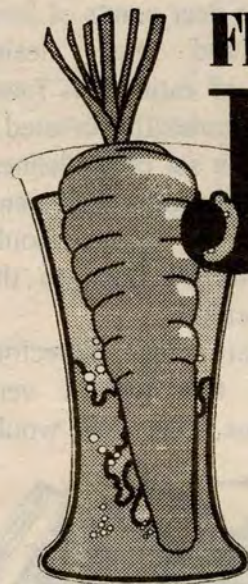
PRODUCT SELECTION

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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COMMITTEE NEWS

STRATEGIC PLANNING COMMITTEE

By Dean Pittenger

It's been a couple of months since the last report from your Strategic Planning Committee--sorry for the delay. Sometimes it seems that things are moving too slowly, or that not enough has happened to justify a report. However, it is probably best to let all of you know what is going on, even if it isn't much, rather than cause worry and we will endeavor to get a monthly report out from now on.

January saw us continuing to explore moving options and start preparations for the annual meeting in February. We are also monitoring the Business Plan as it evolves under Ed Clark's capable hands.

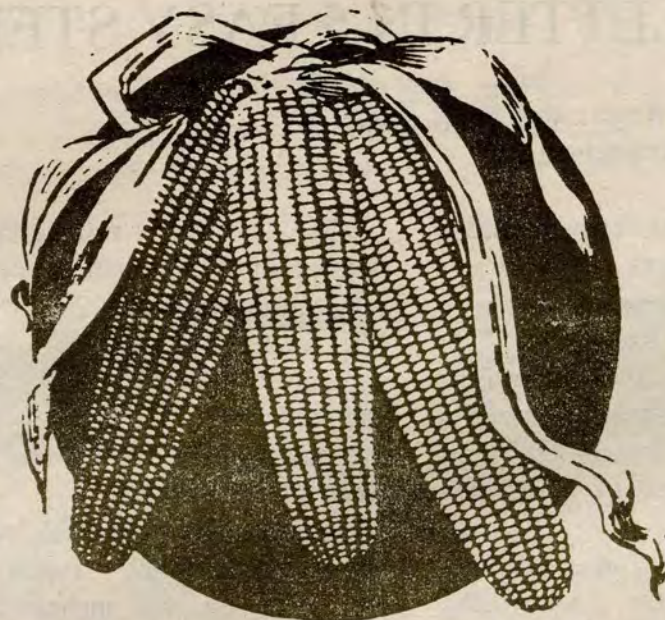
February saw a lot of meetings--mostly concerning the Annual Meeting, logistics, agenda, etc. We revised a draft of the Business Plan and it is coming along very well. Strategic Planning members also turned their attention to approval and planning for the distribution of a survey that will help provide us with input as regards current issues surrounding a move.

As many of you are aware, we started on a positive moving venture last year. The option we were hoping and negotiating for fell through. Because of a current lack of available space (meeting minimum requirements--7,000 sq. ft. or more, adequate parking, etc.) in the downtown area we have explored other location possibilities on the east and west side of town. The survey will ask members if they would support a

move east or west if nothing is currently available downtown. It also asks some questions of basic strategic importance such as what basic kinds of things do you want us to sell when and if we move. The people who attended the Annual Meeting had a chance to review some of these issues and they were all asked to fill out a copy of this same survey. During the week of March 20th, some 400 surveys will be mailed to a randomly selected sample of current members. By the time this newsletter is published we hope to start receiving replies to those surveys. We will probably do an in-store sample of customers--by asking a random number of customers to fill out the survey as they come through the door.

The results from all sources will be compiled, compared (the random sample will be compiled separately from the in-store and Membership meeting samples) and reported. Board decisions regarding moving options, etc. will be heavily influenced by the total response. Please be looking for this survey in the mail--if you already responded at the membership or in-store, please let us know. **Your continued cooperation and participation in this endeavor is necessary and appreciated.**

On a final note--the Strategic Planning Committee needs your direct support--please consider volunteering to join this committee. Contact Dean Pittenger at 882-0211 (please no calls after 9 pm) if you have any questions or comments.



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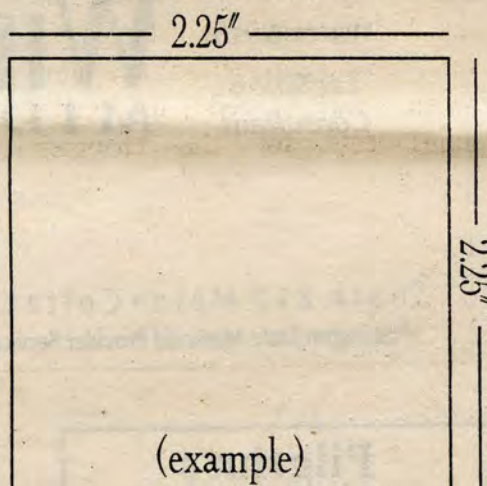
By Felice Rogers and
Erika Cunningham

1. Have a camera-ready ad, fitting to one of the sizes below, drawn up. (We recommend Kinko's.)
2. Call Felice Rogers at 882-0912. She is our advertising coordinator. Leave a message if she's not there, letting her know you are interested in advertising with us.
3. Leave the ad (in an envelope to protect it) in the "Advertising Only" box on the side of the file cabinet upstairs at the Co-op.
4. Any changes in your ad must be made by you. The Co-op or the volunteers for the newsletter will not do graphic changes for you. Contact Felice to let her know that you want a change. Have her pull the old ad and turn in a new camera-ready ad that fits the dimensions listed below.
5. Felice will bill quarterly for your ads.

Remember that ads in our newsletter reach 1,500 families monthly in the Moscow-Pullman area--families of interested and discriminating shoppers.


The deadline for turning in ads is the 20th of the month preceding publication (by April 20 for the May issue, for example). Our newsletters are usually in the store and distributed in Moscow and Pullman by the end of the first week of every month.

A basic ad, sized 2.25 inches square, costs \$8.00. Twice that size 2.25 by 4.5 inches costs \$16.00. A big square, 4.5 inches on a side, costs \$24.00. A quarter-page (4.5 inches by 6.5 inches) costs \$32.00. A half-page (6.5 inches by 10 inches) costs \$40.00, and a whole page costs \$80.00.



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NOTES FROM THE UPPER CRUST

By Heidi Heffernan

Some are born to greatness while others have it thrust upon them.

We think we've finally worked out most (dare we say "all"?) of the kinks in the bakery schedule. You'll find it here in the newsletter and also posted at the store breadcase. This revised schedule was a difficult job, trying to (1) balance the dietary needs of those with special considerations, (2) eliminate or cut down on those items not selling well, (3) satisfying the Upper Crust mission statement, and (4) offering new varieties of yummy treats as well as the old favorites without overwhelming ourselves in the process. Yes, this was a laborious task, but after many hours and many more cups of espresso, we think we've done it.

Tentatively, we are calling this the Spring 1995 bakery schedule and hoping that it will be gospel until around summer solstice time, when we'll need to make adjustments for the changing

summer population. However, we do reserve the right to revise this at any time (we'll try to give you advanced warning!). Those with wheat allergies please note: Spelt bread is now being offered only on Tuesdays. We apologize for any inconvenience.

Before closing, Jacque, Jennifer and I would like to express our thanks. First and foremost, we'd like to thank you all for being so patient with our recent inconsistencies. Secondly, we thank all of those who have taste-tested, suggested, commented, and criticized. Keep those cards and letter coming! Lastly, a special thanks to our partners and friends for putting up with our crazy hours, mood swings, and general obsessions with bread. You've all been most helpful.

P.S. It's 2:00 am Sunday and I've just realized that the schedule I've posted isn't entirely correct. Yes, NO SALT wheat will still be offered every third Sunday of the month. Sorry, I forgot -- but it will be there. Thanks.



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Save 35%

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Chamomile, Mint, Lemon Balm, Rose Hip, Lemon Verbena

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SKIM & 2%

WHOLE

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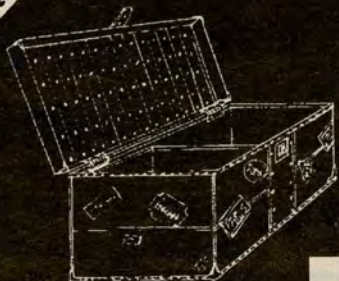
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Our annual Old Mole Trunk Sale
will be overflowing this month!

See our wonderful
spring jumpers!



By Susan Baumgartner

In this age, we seem obsessed with labeling each other, but we try to do it in sensitive ways. Colored people become Negroes, become Blacks, become African-Americans, become people of color. The Christian or religious right becomes the radical right so as not to offend Christians who are progressive. Non-English majors are discovering what we English majors have always known, that words are extremely powerful.

Members of the gay community have been playing a similar game for decades. The word "homosexual" was invented in 1867; the word "heterosexual" not until 1892, twenty-five years later. Gay people accepted the clinical term homosexual until the period around the Stonewall riots in June of 1969. Out of that first public display of pride came the expression "gay is good," and the slang term "gay" worked for several years as a way to identify anyone who was not heterosexual. It also had the advantage of doing away with the word homoSEXual, with its symbolic reduction of gay people to mere hedonists, as though they didn't have jobs and families and bills and multiple interests outside the bedroom.

But as the women's movement heated up, lesbians became more closely identified with straight women than with gay men, and they began to resent the term "gay" with its tendency to project a male image. Gleefully they pounced on the fact that, unlike gay men, they had a historical term dating back to 500 B.C., the time

of the great Greek poet Sappho and her school for women on the isle of Lesbos. Many gay men, sensitive to the pain of being excluded, began to consciously use the phrase "gay men and lesbians" whenever they were in mixed gay company.

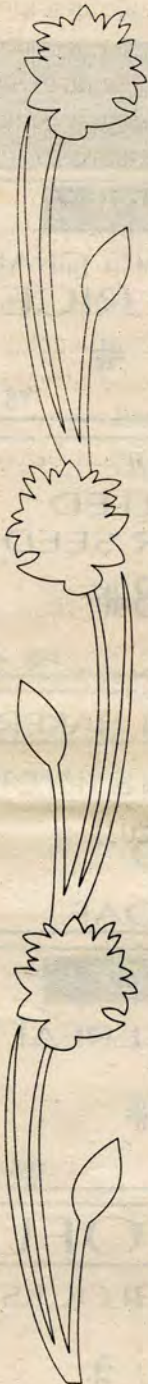
The only problem is that not all lesbians like the term "lesbian." It sounds too clinical or carries too much negative baggage. Certainly, at first, it was much easier for me to tell people I was gay than to tell them I was a lesbian.

This initial idea of inclusiveness has become a complicated thing. Group titles get longer and longer--The Lesbian, Gay, Bisexual, Transvestite and Transgendered Community--while more and more people are needed to carry these weighty banners in gay pride parades. Consequently, there's a movement again to find some kind of common term to encompass our very diverse community. Some people are experimenting with lesbigay, a conflation of lesbian, bisexual, and gay. Some are pushing the idea of using the term "queer," not in the old pejorative sense, but in the sense of unique, out of the ordinary, to be treasured.

Another complication occurs as more and more gay people enter into committed relationships. The terms "husband" and "wife" seem too tangled up in gender, so couples try to find other words which express that same level of commitment. Significant other. Partner. Longtime companion. Spouse. Lover.

I guess what I'm trying to say is that we can't tell you what we'd like to be called because we don't know yet. By the time one accepted term is fully disseminated through the gay grapevine, a new and improved version is usually beginning to take its place.

Still, there is one recently invented term that I'd like to keep. A nightclub singer, realizing that she seems to spend most of her time with gays even though she's straight, decided to call herself "homosocial." I think of this as a term of great honor. It applies to straight men and women who are comfortable with gays, who talk to us, go out to lunch with us, risk being seen with us, willingly take on the same suspicious looks and uncomfortable glances we experience. Homosocials prove that hets and homos, breeders and queers, straight and gay men and women can get along, that we can respect each other's sexual orientation, that we can share the places where our respective cultures coincide and enjoy learning about the places where they differ. Gay people can hardly help liking heterosexuals because we were all raised to like and respect heterosexuals, including our heterosexual parents. If only everyone could enjoy learning that same affection and respect for homosexuals, the whole world could become homosocial. We could all give up part of this vexing name game and, instead, just be people.



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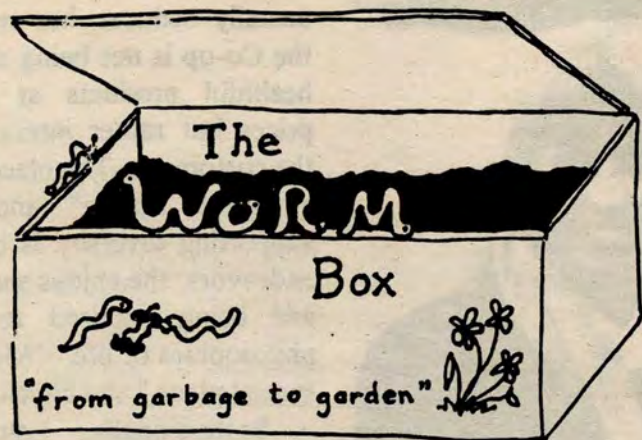
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By Jacqueline Soule

If you garden, you know that by September your friends and neighbors simply refuse to take any more zucchini, or tomatoes, or whatever. Once you've canned and coned all you are able, what to do with the rest? Answer: call 1-800-532-FOOD. (To paraphrase a song and movie: Who do you call? The Hunger-busters.)

To extend this concept of spare fresh produce for the hungry further, the Garden Writers Association of America (GWAA) has launched a campaign called "Plant a Row for the Hungry." The beauty of this campaign is that it can truly make a difference, yet is not dependent on government programs with complicated distribution systems or high-paid administrators. A simple concept, plant a row for the hungry. All you have to do is plant an extra row, or dedicate a row, to those

less fortunate. If you have kids, this can be a real learning experience for them, as it takes time and effort over the growing season, not just picking a single can off the shelf at Christmas.

To make the plan work even better, the GWAA has lobbied seed companies to help out, and several have responded. For a free package of high quality vegetable seed, send a self-addressed, stamped, business envelope to the following companies listed below. On the outside envelope note Attention: Plant a Row for the Hungry.

Thompson & Morgan Seeds
P.O. Box 1144
Jackson, NJ 08527
or
Ed Hume Seeds Inc.
P.O. Box 1450
Kent, WA 98035

SPRING SPRINGS FORTH AT THE MOSCOW RENAISSANCE FAIR

By Bill London

Like colorful mushrooms after a spring rain, the craft booths and food booths will pop up at East City Park on May 6. Hundreds of vendors will greet old friends, unpack crates of hand-made goodies, and await the crowds.

Next, the sound crew (from KUOI and the UI sound system, as well as the Fair's own crew) will arrive. People will begin to gather at the stage. The hay bales will support their first sitters. The amplified sound will be tested.

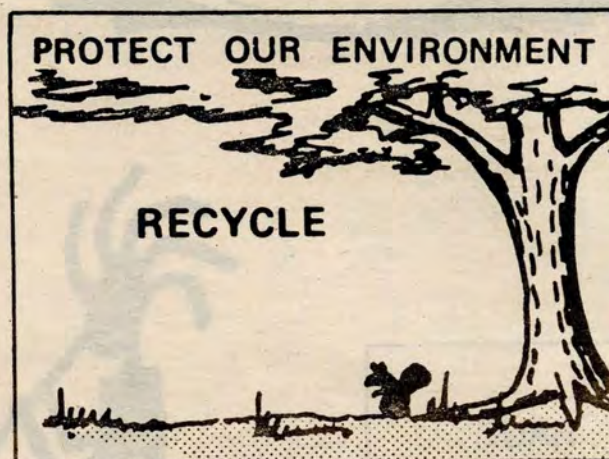
Then at about 10:30 am, the 1995 Moscow Renaissance Fair will begin. The king and queen of the 23rd annual fair will announce its official beginning and two full days of free stage entertainment,

children's activities, food variety from about 25 booths, and handmade crafts from 140 different artisans will begin.

This year the fair organizing committee is going to push all of us to recycle--everything. A sorting area behind the stage building at the center of East City Park will bundle and bale everything for reuse.

To join in the fun, come on down. It's free, after all.

Wear something colorful and whimsical. Leave the dog at home. Bring kids, moms, grandparents, everyone ready to celebrate another glorious Palouse spring!!



LAURIE HONN-ADAMS



By Judith Finel

Laurie came out west with her husband about a year ago. Quite a change from Virginia where she stayed for twenty years and lived right by the ocean. But Laurie has apparently quickly found a spot well suited to her ideologies. For lack of better options, she resides in Pullman, but has recognized in Moscow an atmosphere of community that appeals to her. Right away, she decided to become involved in the community and meet people, a task at which she's been successful by consistently putting in three hours a week of volunteer work at the Co-op.

Laurie started in February or March of 1994 in the produce department. The produce, she finds, is "nice and fresh" and the prices are good. Our "wonderful" Co-op ranks much higher than the one she would go to in Virginia. "There's nothing like it on the East coast," Laurie stresses, and buying items in bulk makes for another especially nice feature.

After talking with Laurie for a few minutes, I realized that what

actually seduces her most about the Co-op is not being able to buy healthful products at affordable prices but rather interacting with the customers. The place gives her a "good feeling" and because supporting diversity is one of her endeavors, she enjoys sharing ideas and being exposed to different philosophies of life. "Moscow is a special place," she concludes.

Professionally, Laurie is a children's therapist. She currently commutes to the YWCA in Lewiston where he is an art therapist for kids who live in shelters. "Basically," she says, "it's crisis intervention type work." In her free time, she also practices Tai Chi on a daily basis--she got started by taking a class in Moscow. Cross-country skiing and biking are two other sports that often get her out, another reason why she'd been wanting to move out west. Her calm composure made me think these activities no doubt benefited her mental as well as physical health.

Laurie doesn't hide her passion for Australian shepherds. She owns two herself, one of which she found at the humane society, and supports the Aussie Rescue (ARF), an organizations which protects and rescues homeless Australian Shepherds. If you find one or would like to adopt one, call 1-800-892-2722, and they will direct you to the nearest representative. Or, if you would like to learn more about the organization and maybe get involved with it, talk to Laurie. She now volunteers on Sundays and I'm sure she will graciously help you with one of her great smiles.



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By Melodie Armstrong

It just goes to show that it's the people that really make the Moscow Food Co-op great!

Chantra Melior is 17 and a senior at Moscow High School. She subs at the Co-op, especially in the deli and the Bazaar (when it is open). Chantra's mom, Annie, is the deli queen. Chantra often cooks at home for her mom and 13-year-old brother.



You may have seen Chantra teaching juggling at various places around town. She even juggles in the AIDS Awareness program, "Corners of our Circle," which several area high school students created and presented around this region. This program uses non-traditional methods to give high school students information on AIDS and AIDS transmission, as well as respect for themselves and their bodies. The presentation includes readings, music, comedy, and dance.

Her involvement in this program demonstrates Chantra's interest in theater and community involvement. She also spoke out against Proposition 1 during the banned book demonstration at the Palouse Empire Mall, as well as committing time to environmental education. Because of her community involvement, she was recently awarded the Rosa Parks Human Rights Achievement Award. This is an annual award given by the local Human Rights Task Force.

Chantra was born in Spokane. When she was three, her family moved to Manitou Springs, Colorado, where she lived until she

moved to Moscow at age fourteen. Having moved a lot when I was in school, I asked Chantra if it was hard moving here and changing schools. She said that since she was home schooled in 8th grade it wasn't bad. After graduating, Chantra plans to go to a private college, possibly in Oregon or Minnesota. This means she will be taking her community involvement with her. "I'll probably have less time here, but I'd still like to be involved." What will she be taking at college? "Physics, and I'd like to go on to Astronomy."

To me, this is what the Moscow Food Co-op is all about--people doing what they are interested in and using it to help the community. Chantra is doing that--at the Co-op and in her life.

P.S. Please, Anne, let us know what Chantra is up to when she's at college--and tell her "hi" from all the rest of the great Co-op people.



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April kids page

by:
Robin
Murray

Did you know..

The first detective story was published April 20th, 1841?

It was titled: Murders in the Rue Morgue by Edgar Allen Poe.



LOOK FOR THESE BOOKS AT THE LIBRARY:

Something Queer is Going on by Elizabeth Levy ill. by Mordicai Gerstein.
and Taxi to Intrigue by Robert Quackenbush

A recipe for Mom or Dad & Me

Mystery Muffins

These muffins have a secret inside!

2 cups whole wheat flour	1 Tbsp. cornstarch
2/3 cup brown sugar	4 tsp. vinegar
1 tsp baking soda	1/2 cup oil
1/2 tsp salt (optional)	1 cup water
1/4 cup of your favorite jam or jelly	

Preheat oven to 350°F. Grease a muffin pan. In a large mixing bowl, combine flour, sugar, baking soda, salt and cornstarch. In another bowl combine vinegar, oil & water. Mix water mixture into flour mixture 'til smooth. Fill muffin cups 1/2 full. Put 1 tsp. jam in center of each. Fill the rest of the way with batter. Bake for 20 minutes. Let cool before eating.

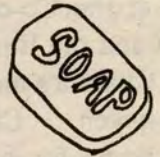
Try This

MYSTERIOUS MESSAGES

You'll need:



White Paper
White bar soap
A pencil



Using the soap, write a mystery message or draw a picture on the paper. The message or picture will be invisible. To reveal what you have done, scribble over with your pencil and it will mysteriously appear!



Can you Decode this secret note?

1 16 18 9 12 19 8 15 23 5 18 19

2 18 9 14 7 13 1 25

6 12 15 23 5 18 19.

Hint: The numbers correspond to a letter of the alphabet.

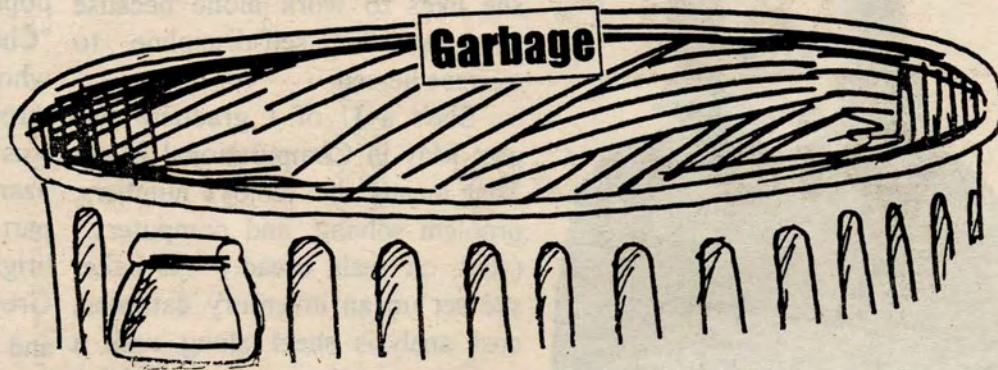
Sort It!

Color items
Then cut out boxes and paste them into the proper container

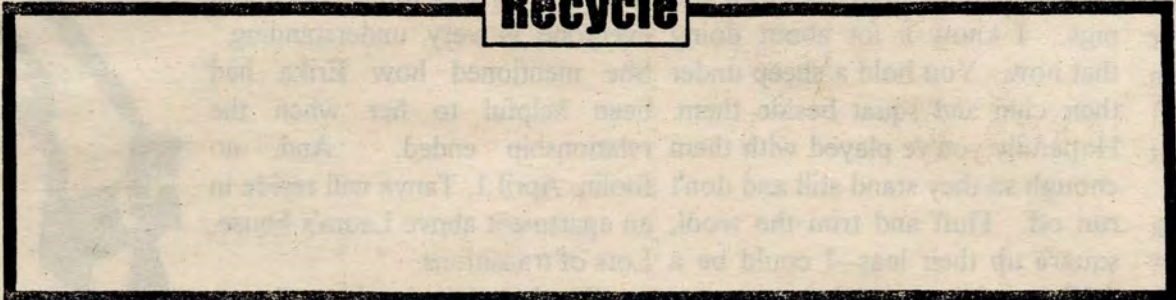


Sort It!

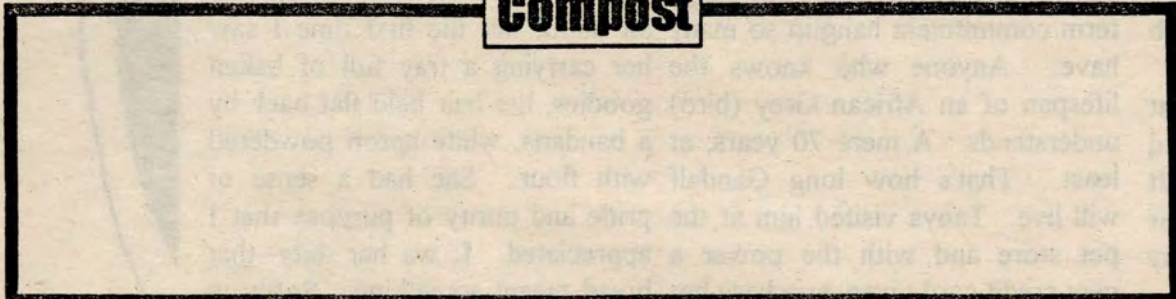
Paste items in proper container.



Recycle



Compost



Second Hand Store



Interview with Tanya Heikkinin



by Misty Meadows

It rates as one of the most distinctive smells--right up there with canned tuna, a wood fire and the coming of rain. Fresh bread. As it wafts past your nose, you salivate with anticipation of biting into a warm, not too doughy, buttery bite. Of course it takes hours to produce a loaf of savory lust and so most of us don't bake bread. We let someone else work the hours and hours. 2 am to 10 am is the time kept by the first baker at the Co-op. That baker until March 9 was Tanya Heikkinin (her interesting last name is a gift from her Finnish immigrant grandfather.)

Tanya says she loves to cook and "always wanted to be a chef." As a volunteer veteran of 3 years, she heard about the opening for a baker and jumped at the chance. She wanted to leave a stressful job at the university.

Stressful. Tanya used that word frequently as we spoke and with a truly personal definition. It means "people not working their share or not meeting you halfway in communication."

Tanya has been 1st or 2nd baker since May. It took her 3 months to get "comfortable"

making the bread, but really loved the go-go-go-pace of the bakery. You have to be "efficient and flexible." The job takes a lot of dedication; you don't find a sub baker so easily. I got the feeling she likes to work alone because she has the self-discipline to oversee herself.

She's a U of I graduate this past May in Computational Math. That means she "enjoys numbers, problem solving, and computers." (And, oh yeah, bread.) As baker she set up an inventory database, cost analysis sheet along with a procedures document. After retiring in March, she will still volunteer for the bakery, but on the computer. She wants to "refine" the program so non-computer people will feel comfortable using it.

Having grown up in Deary, she prefers small towns and hopes to stay in Moscow. She attended one year of university in Chicago and actually got out a map to plot how far she'd have to walk to get to some woods. she figured about 100 miles.

As a kid she showed sheep and pigs. I know a lot about doing that now. You hold a sheep under their chin and squat beside them. Hopefully you've played with them enough so they stand still and don't run off. Fluff and trim the wool, square up their legs--I could be a 4-H'er now.

Along with loving animals, you can tell she doesn't share the long-term commitment hangup so many have. Anyone who knows the lifespan of an African Grey (bird) understands. A mere 70 years, at least. That's how long Gandalf will live. Tanya visited him at the pet store and with the power a new credit card gives, purchase her feathered friend because, "well" she says truthfully and a bit shyly, "we needed each other." So that's

how you got that long red scratch down the centre of your nose? "Yep, he was angry at me yesterday for not spending enough time with him."

With Gandalf, the homefront is populated with a cockateel named "Chewy" (short for Chewbaka) who left birdy bite marks all through her textbooks when she was in college. There's also 3 lizards. I don't know why but this part surprised me. A baker with 3 brightly colored lizards named Grey (for obvious reasons), Henry and Alfie. There was also a boyfriend of 5 years and his bird.

"Suddenly," Tanya confesses, "I knew something was wrong, but I thought the relationship was fixable."

This breakup, coupled with feeling so isolated from her friends and humanity because of the crazy hours (going to bed by 7 pm), moved her to find a new job at Northwest River Supplies." It will be totally different, very social, more money conscience than the Co-op or uni, more guys ..."

She'll miss working with all women. "It was totally open and everyone is very understanding." She mentioned how Erika had been helpful to her when the relationship ended. And, no foolin, April 1, Tanya will reside in an apartment above Laura's house. Lots of transitions.

One last thought about Tanya. She said, "I like to know what to do, and to do my job." I felt that air about her the first time I saw her carrying a tray full of baked goodies, her hair held flat back by a bandana, white apron powdered with flour. She had a sense of pride and purity of purpose that I appreciated. It wa her duty--~~that~~ bread meant something. Softly in my ear Jimmy Buffet crooned, "It's my job..." As she passed me to return upstairs, I gazed into her very round gray blues and stood a little taller as I packed those chips a little more carefully into their translucent ziplocs.





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By Jacqueline Soule

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The sunny skies, balmy breezes and blooming spring hillsides lure many people outdoors to spruce up their yards, plant flowers, and begin a vegetable garden. To ensure that your pleasure doesn't lead to pain, keep in mind these tips for preventing body sprains or strains, serious injury, over-exposure problems, and exposure to harmful chemicals.

*** Start Slowly.** Back strain may occur if you've been relatively inactive through the winter and suddenly decide on a marathon session of yard work. Start slowly, with 20-30 minute sessions, and pace yourself, don't overdo it.

*** Stretch Those Muscles.** In shape or not, always start with gentle arm and leg stretches. Stretching warms up your muscles and increases flexibility. Take a break every 15-20 minutes and stretch your muscles again.

*** Protect Yourself From Overexposure.** The Palouse winds and hard work can dry your body out (cause dehydration). If you dehydrate, yet keep on working, you could get "heat-stroke" on a cloudy, 65-degree day! Drink often when gardening. Take regular 15-minute breaks, sip some luscious cool (not cold) herbal tea or juice, pat yourself on the back for the work you've done so far, restretch your cooled muscles, then go back to work. Do not take salt tablets, they can cause further dehydration.

*** Protect Yourself From The Sun.** Sunscreen, sunblock, UV-lip protector, sunglasses, broad-brimmed hat. A single dose of sunburn is far more damaging to your skin than a slowly, acquired, healthy tan

*** Avoid Fatigue.** If you get tired while working, stop and rest. If possible, switch to a different task for a while when you resume work. Fatigue puts you at greater risk for accident and injury.

*** Pick The Proper Tool.** Lightweight tools with long handles are generally the best. They help you avoid fatigue and bending motions that encourage back strain.

*** Use Correct Technique.** When raking, avoid bending or

twisting your torso. Keep your back straight and use your arms and legs in a smooth, coordinated, rocking motion. Be kind to your shoulders, too switch the lead hand (and foot) every so often, so you get a total body work-out.

*** Lift With Your Legs.** Don't bend from the waist to lift.

*** Be Wise Around Wheelbarrows.** With a heavy load, the wheelbarrow might abruptly shift to one side, jerking your arms and twisting your back. For heavy loads, use a dolly and push the load without the lifting involved with a wheelbarrow.

*** Beware of Lawn & Garden Chemicals.** If you decide to spray, go to the Goodwill and get a cheap, disposable outfit of long pants, long-sleeved shirt, and head covering. Get impermeable gloves, a breathing mask, and goggles too. Choose a still day. Keep the kids and pets out of the area for 24-48 hours. Follow label instructions. Dispose of containers properly. Please to not rinse the container into my water supply. I will discuss no-spray alternatives in future articles.



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-Zelda
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By Bill London

Right now, today, in our sad and cynical world, actual people are being brave and outspoken. Look around you, here in North Idaho even, real people are choosing dangerous courses for their lives. And luckily for us, there are some here, sharing our community.

For example, gays and lesbians live with the reality of gay-bashing and violence. The closet would look so appealing with that kind of trauma virtually everywhere. But yet, there's Natalie. Out and out front. I know others too, certainly, are so openly positive about themselves. But I just got finished talking with Natalie, trying to help connect her with people I know in rural communities who I thought cared enough about human rights to discuss such things with a lesbian or two. Taking gay issues to St. Maries or Kamiah or Priest River sounds brave to me.

Or another example: Greg and Mare. They're pushing for limitations on hunting (of black bear, specifically) in Idaho. Hey, those hunters have guns. They don't like such talk. The bears will surely appreciate the help (the few left, since it is still legal in this state to hunt bear with bait or dogs

in the spring). But the hunters, they can be mean if disturbed.

Natalie, Greg, and Mare--and of course, others--are giving our melting pot a little stir, standing for something that will advance us as a species, and I thank them for it. As Mare's father told me when I chanced upon them out for a stroll: without people like his daughter stirring things up, we wouldn't ever get anywhere, now would we?

Oh, Lord, these essays are so weighty. But I do think we need more of them. The library and the UI conferences and enrichment folks are planning a series of discussions in Moscow this summer on "community." We can prepare for that topic now. Community, and the lack thereof, is a root problem for us in this culture. And notice how community and communication seem so similar? Communications, and the lack thereof, is another of those root problems. So start communicating. This forum is open and waiting. More than 1500 families across the Palouse want to know what you think.

Or maybe they don't and they'll just turn the page--but that's another problem.

Fabulous Fennel

By Linda Kingsbury M.S. Herbalist

Fennel (*Foeniculum vulgare*) has been chosen as the official herb of National Herb Week, May 8-14. It was the favorite herb of Hildegard of Bingen, a twelfth century nun, herbalist, and artist. During medieval times it was considered to be one of the nine sacred herbs.

Growing Fennel: Fennel is easy to grow and produces tall green filigreed leaves, and yellow lacey flowers. It grows best in full sun with a humus rich, well-drained soil. For early harvest, plant in the fall. According to companion planting techniques, plant Fennel away from green beans, tomatoes, caraway, kohlrabi, coriander, or wormwood.

Harvesting Fennel: All parts of the Fennel plant are edible. Snip bits of the leaves and use fresh in foods once the plant is established. The stems mature in approximately 80 days and harvested just before the plant blooms. Wait to harvest some plants so you can enjoy the seeds, maturing to a light golden brown color. Place the seed heads in a paper bag for a couple of weeks until completely dry, then store in jars.

Cooking with Fennel: The seeds have been used in the kitchen as a spice for generations to add a mild licorice-like flavor to tomato sauces, vegetable dips and cookies. Fresh leaves are tasty in salads and the young stalks and bulbs can be eaten like celery.

Medicinal uses: Fennel seed has properties that soothe the stomach and digestive organs. In the 1600's it was used by people to help digest meat and fish. To make a cup of tea boil one teaspoon herbs in 1 1/4 cup water for 10 minutes. Many people find Fennel helpful to relieve a bloated feeling and intestinal gas. Diluted, the tea is used as a safe home remedy for babies with colic. Since ancient Greece, Fennel seed tea has helped to increase the flow of breast milk in nursing mothers. The seeds can also be used as a mild appetite suppressant and breath freshener.

Emotional healing uses: On an emotional level the seeds are helpful for feeling comfortable and anchored in your body. It can help to cultivate a healthy mind-body connection.

Look for fresh Fennel bulb and leaves in the produce section, bulk seeds, and "Grounding" tincture available at the Coop. Linda will be speaking at our HERBFEST during National Herb Week. Join us upstairs at the Coop May 10th from 7:00-8:30 to sample Fennel tea and share favorite Fennel recipes. Linda will also present a free Introduction to Herbal Wisdom. Bring your herbal questions and a friend. See local calendar listings or call her at 883-2827 for more details. Linda will also be speaking at the Palouse Empire Mall Health, Beauty & Fitness Fair on Sat. April 29th and Sunday April 30th at 2:30 pm.

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National Herb Week

May 8-14

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HOW I CAUGHT AN OVERWHELMING PRESENT WITH A BIG NET

21

By Rodger Stevens

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Remember the delight you felt as a kid on plunging your arms into a mysterious new package of goodies from Uncle Bill or Aunt Agnes?

That's about how I have felt for the past few weeks, as I've dug eagerly into a new package of intriguing and potentially powerful electronic goodies. You see, I am what is called a "newbie," and I am playing with electronic messengers known by such absurd names as Archie, Gopher, Veronica, and something called a web worm, messengers which scoot all over the globe at the speed of light to fetch things for me. I am fishing on the Internet, and the present I am catching is overwhelming.

What's so good about the Internet? Well, like many things these days, its goodness or badness has nothing to do with its existence. The Internet just is ... a truly global communications system of which everyone can potentially become a part, located nowhere and everywhere.

At the risk of betraying my amateur status, I think the Internet is at least a highly educational and increasingly interactive entertainment center. I have been learning about things I never knew existed: scientific papers on the magnetosphere, academic studies of cockroaches, up-to-the-minute earthquake reports and maps from all over the world, newspapers from Russia, South Africa, and almost anywhere else, opinions about movies, music, politics,

religion, philosophy--you name it--all from people who generally have something worthwhile to contribute.

Contrary to what most of us perpetually experience in the dollars-and-cents world which has grown up around us (where help is hard to find without an up-front fee), there are countless people on the Internet who take pride, and probably joy, in helping the continuous stream of novices like me find our way around. It's one of those rare places where the almighty buck hasn't (yet) gotten in between the people, like happened with TV.

The Internet is the portal to a virtually endless stream of information on just about any topic you can think of. If you don't find what you are looking for, then there are plenty of people more than willing to help you find it. For free. Generosity like I have found on the net is rare between strangers anywhere these days, and suspected of being ulteriorly motivated when it does occur. On the Internet, people can afford to be themselves, and that's refreshingly healthy.

I continually marvel at the possibilities which are opening up for us, and for our children who will inherit as a part of their everyday lives what the Internet becomes in the next few years. While there are parts of me that rebel at excess technological dependence, this is one area where technology has succeeded in

making it possible for normal everyday people around the world, folks like me and you, to by-pass the usual avenues of inter-cultural contact (business, government, religion, and sometimes education) and establish connections and even friendships based on mutual likes and interests without the prohibitive costs of going there in person.

Of course, you have to be able to work a computer, but you don't have to be a nerd or a programmer. Local servers are popping up everywhere around the country to provide what is called a "gateway" to the Internet, sort of a hole in the wall separating us from the sea of electronic impulses whizzing at light speed all over the globe.

The main thing is, don't be afraid of the Internet; everyone out there has screwed up while learning how to work it. But unless the whole economic system comes crashing down around us, then computers and electronic communication are with us for the duration. We may not like it, but they didn't like cars much when they first came out either, and look at us now. The same thing will happen with communication, education, and even making a living.

This is a marvelous, expansive new tool, but a tool that requires skill and responsibility to realize its full benefits. Embrace it if it comes into your life, and delight in it when it does. I promise you will not be underwhelmed.

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A FUNNY THING HAPPENED ON THE WAY TO THE PARADE...

By Bill London

I thought the anti-TV people were going to get it together. I thought we were going to march in the Mardi Gras parade.

But it didn't quite turn out that way.

After making the initial suggestion that people who refuse to have a TV in their homes should express that viewpoint in the parade (I wrote that in an article in this newsletter about six months ago), a total of about eight adults told me they wanted to do it. With their spouses and kids, we were talking a good group.

One of these people even found a dead TV in a dumpster and brought it to my house for storage.

We fantasized imbedding an ax into the TV, as we hauled it down Main Street, or some such.

Then, as the parade approached, people kept dropping out. Going to be out of town. Have to work. Sorry.

A few days before the parade, it was obvious that there just wouldn't be enough of us. Not the critical mass needed to make a point and appear not quite completely foolish.

For all of us who agreed to march, as the reality of the event approached, the experience may have become more embarrassing than fun. I, for one, have been in several Mardi Gras groups and increasingly felt like I just wasn't that excited about doing it again.

Plus, I think about the fact that by attacking TV we would be attacking the biggest, most well-fed sacred cow in this nation. This caused plenty of second thoughts. Questioning TV is a dangerous, reckless thing to do in this country. People get really upset if you bring up their TV addiction.

And now if I could just get rid of this stupid dead TV in the carport ...

**KOPPEL FARM SPRING
FAIR MAY 20;
GARDENING STARTS
APRIL 22**

Would you like to grow your own healthy food this summer? Grow vegetables and flowers in the community gardens, or in the new Children's Garden at the Koppel Farm in Pullman? Help care for the native plants on the farm's hillside and riverbanks? Can you help others learn gardening or nature care? We need your ideas and energies to make the Koppel Farm grow in to a place for us to learn agricultural and environmental sustainability.

Saturday, April 22, 10 am - 4 pm, is Spring Clean-Up Day at the farm. Come down to select a plot for your garden this summer. If the weather is right, we can prepare for planting, clean up the farm and the riverway, and set up composts. So bring some gloves on April 22 -- and if you can bring tools or other gardening needs, call Ron Hatley at 882-8782.

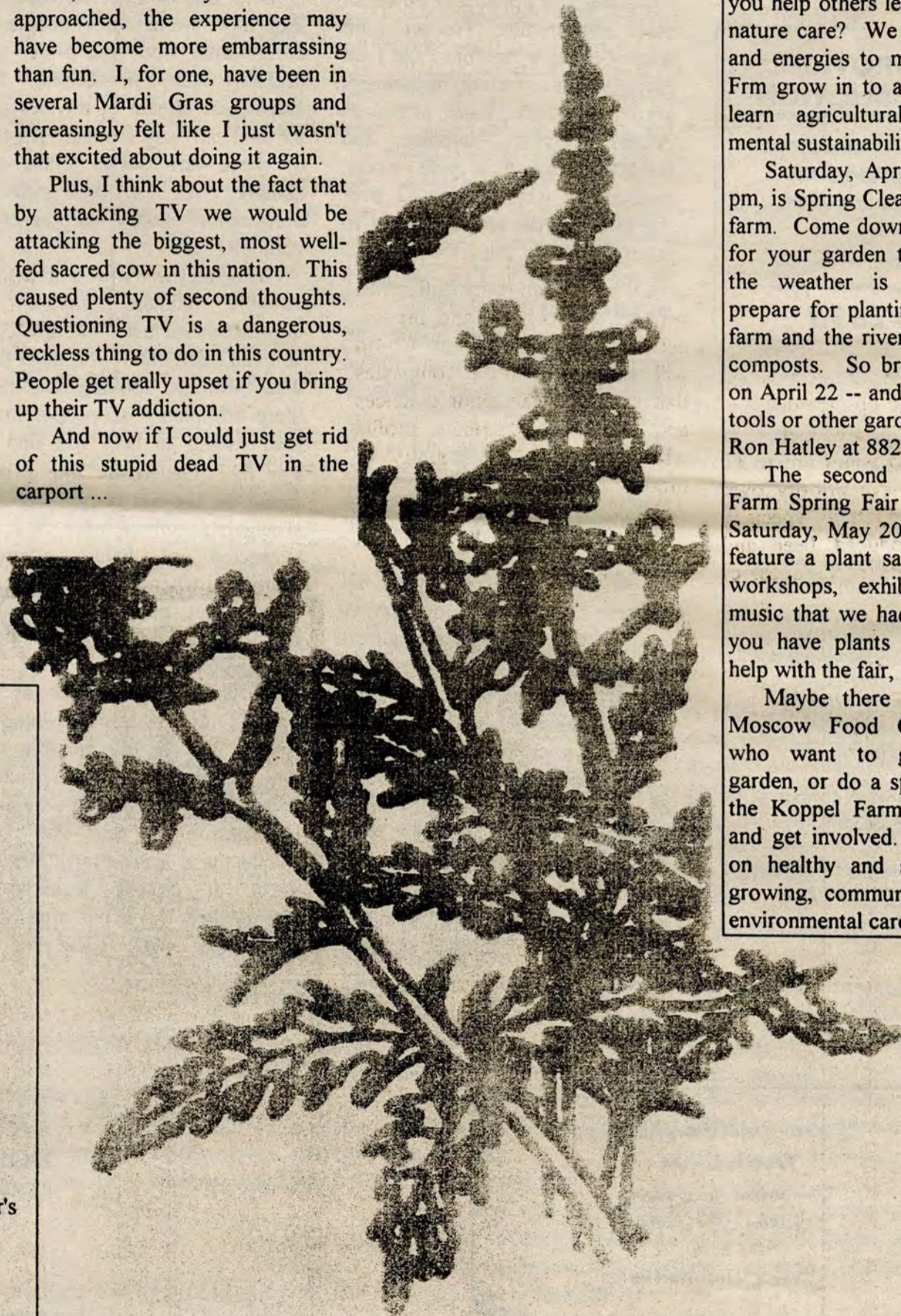
The second annual Koppel Farm Spring Fair will be held on Saturday, May 20. This year will feature a plant sale to add to the workshops, exhibits, lunch and music that we had last spring. If you have plants for sale or can help with the fair, call us.

Maybe there are a group of Moscow Food Co-op members who want to grow a Co-op garden, or do a special project, at the Koppel Farm? Come down and get involved. Put your ideas on healthy and sustainable food growing, community building and environmental care into practice.

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and do chinese exercise
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or knowledge
of the interests of the master's
grey and white Cat

- paul j weingartner



including non-allergenic and sugar-free products. Vitamins and supplements that contain animal products will be clearly identified. Should members desire vitamins and supplements that are not carried by the Co-op, they can work with the Co-op buying staff for special ordering.

Frozen Foods

Frozen foods will be limited due to the energy consumed in the freezing process, transportation and storing of frozen foods. Also, frozen foods are generally packaged in large amounts of non-recyclable and non-reusable packaging. The general guidelines such as organically grown, environmental impact etc. will, naturally, also apply to frozen foods. Freezers should be kept in good condition to conserve energy.

Alcohol

Beer and wine products may be sold by the Co-op provided the following criteria are met: a) organic beer and wines are to be promoted and have priority over non-organic products, b) specialty and locally produced beer and wine products are encouraged, c)

microbreweries are to be favored over large, national breweries, d) beer and wine products will be made available in bulk (e.g., kegs and gallon jugs).

Additives and Food Processing

The Co-op will not sell products that contain artificial colors, flavoring and preservatives nor products that are the result of genetic engineering. In addition, the Co-op will not knowingly sell products associated with the use of growth hormones (e.g., rBGH) or foods that have been irradiated.

Coffee

In recognition of the potential and real environmental impacts of coffee growing practices in sensitive, and biologically rich tropical areas, the Co-op will sell only organic coffees unless there is a very significant price difference between non-organic and organic coffees. In addition, the Co-op will sell coffee from companies that engage in fair labor practices and that fairly distribute profits with farmers in the country of origin.

Tobacco

The Co-op will not sell tobacco products.

Moscow Food Co-op Newsletter Calendar

What:

Idaho Conservation League presents Walkin' Jim Stolz. Jim's show, "Forever Wild," combines slides, poetry, and music inspired by his treks in wilderness. Tickets for sale in various places.

When:

April 28, 1995 (Friday)
7:30 pm

Where:

U of I Administration Auditorium

Contact:

Idaho Conservation League
Box 9783
Moscow, ID 83843
(208) 882-1010

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Bulletin Board

HELP SAVE THE STEAMBOAT JEAN

Almost a year ago, the Idaho Historical Society put The Jean up for auction, and Captain Elmer Earl and First Mate Howard Winroth have taken on the task of restoring dignity to a Lady of the river and are now seeking supportive crew to help with the steamboat Jean, and some "good messing about".

For more information, contact Doug Grider
334-6336

Celebrate Spring

Moscow Renaissance Fair

May 6 and 7, East City Park

Free admission, and free entertainment, all day, both days.

Dress colorfully and please leave your dog at home!

MOSCOW RECYCLING

7th ANNUAL HOUSEHOLD HAZARDOUS WASTE DAY

Saturday, April 22
8 am to 4 pm

Eastside Marketplace, corner of Blaine & Troy Hwy in Moscow
Safely recycle or dispose of toxic household chemicals.

VOLUNTEERS NEEDED FOR HOUSEHOLD HAZARDOUS WASTE DAY!

Help keep Latah County's water and soils free from toxic chemicals. Volunteer at the 7th annual Household Hazardous Waste Collection Day.

PLACE AN ORDER NOW FOR RECYCLED PAINT!

Call Carrie at Moscow Recycling, 882-2925.

FREE COMPOSTING WORKSHOP

Saturday, April 8
9 am to noon

Learn to reduce waste and recycle yard and kitchen organics into a valuable soil enhancer. Workshop includes a slideshow, written materials and a tour. Please call Carrie at Moscow Recycling before Friday, April 7 to make a reservation, 882-2925.

KOPPEL FARM

Spring Clean-up Day

May 20
10 am-4 pm

Select your garden plot.
For further information, call Ron Hatley at 882-8782.

Want to place an ad in the Moscow Food Co-op Newsletter?

Call Felice at 882-0912.

Remember: The Co-op will no longer make graphic changes for you. If you need a change made give a new camera ready ad to Felice and tell her to pull the old one. Thanks!

Did you visit the Co-op display at the Moscow Public Library?

Ed Clark put it all together, and the glass display case will be filled with Co-op memorabilia until about April 15.

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.

SPRING BARTER FAIRS!

Columbia Valley Barter Fair
Northport, Washington
April 14, 15 & 16
Info at (509)732-6130

Ferry County Barter Fair
Republic, Washington
May 12, 13 & 14
(509)775-2087

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