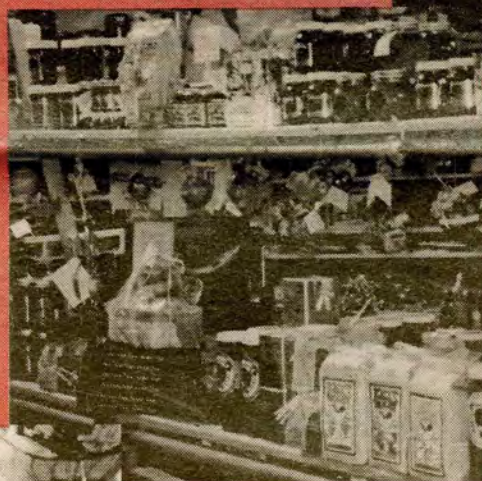


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December 1995

FOOD COOP Community News

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Published by
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Newsletter Changes

by Bill London

Yes, we are making progress here at the Moscow Food Co-op Community News. It may be slow. It may even be glacial, but it really is forward movement.

We're heading toward the brave new electronic future by computerizing the newsletter's layout. At least, as I type this (on the Co-op's computer), that is our plan.

The two new Co-op volunteers who are making this possible are Kate Grinde and Alka Citrin. They plan to put the newsletter together using the Pagemaker computer program, thus eliminating the tedious pasting methods we've used for the last 11 years here. We're hoping the transition is relatively smooth, but ask you to bear with us this month as

wrinkles get ironed out.

Kate has been a Co-op member for a decade and is returning to the volunteer ranks as of this month. We're still using some of the graphics that she created in the mid-1980s. Alka just arrived from Ann Arbor, Michigan. Alka and Kate did not know each other, but both responded to the request for new page designers Kim Cantrell created in last month's newsletter.

Kim Cantrell, with this issue, officially stops being the newsletter layout person. She's been doing this for a long time, and leaves with our gratitude for the great work she's done. She decided that working full-time at the Co-op (doing graphics, advertising, and baking) was enough, and that an added

volunteer position was just a bit much.

Anyway, many thanks to Kim—and welcome to Kate and Alka.

And there's more! We also are very pleased to announce that Cynthia Rozyla will be the new advertising czarina for this newsletter. Kenna had been trying to add this task to her other duties. Now, finally we have a volunteer able and willing to give this important position the energy it needs.

Careful readers of the newsletter might also note that Jackie McLennan has started writing the profile articles.

Thanks to both Cynthia and Jackie for joining the newsletter volunteer crew.

Monthly Meetings at the Co-op

General Board of Directors

2nd Monday
6:15 p.m.

Strategic Planning

3rd Wednesday
6:15 p.m.

Finance/Legal

4th Thursday
9:00 a.m.

Education/Outreach

1st Monday
6:00 p.m.

Everyone is Welcome!



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Last Chance to Experience the Bazaar!

by Kenna S. Eaton
general manager

"Mmmm! It smells sooo good up here!", "I wish you guys could do this year round.", "Where did you find this neat stuff?"

These are just some of the comments we here from customers who walk into our holiday bazaar. Every year we open this store for only two months, so we/you can shop for all your presents without leaving the comfort of the Co-op. Actually, you can't get everything for everyone here, but you can get darn close.

For my mom I found a beautiful Monet-inspired umbrella to keep her dry on those rainy Delaware days. For my sister I found a cute little blue-jay Christmas ornament to hang on her tree, and fill out her collection. My Dad is receiving a hand-tuned windchime that sounds sweet, and a tape of music by local guitarist James Reid. My kids will love the newest Klutz books that will find their ways into the Christmas stockings. And the Man in my life will be thrilled when he sees the Stellarscope, a tool for locating and identifying stars no matter what time of year.

The great smell that greets you as you enter the Bazaar is made up of aromatherapy candles, soaps and oils, joined by the excellent food made by the workers in our Bakery and Deli. Everyday we have two homemade soups, fresh sandwiches, salads and an assortment of sweets -- my favorite being the macaroons made without eggs, dairy or wheat. How can something that good be made without all that stuff? It's a mystery to me, but I sure enjoy eating it! We'll be cooking right up to the New Year.

Well, there is so much more I could say about the Bazaar, but I think you should come and check it out for yourself. We'll be open daily, 10-6 pm, until the New Year. We're having some great sales this year. Our favorite is the "Twelve Days of Christmas," where we find 12 different things to put on sale for each of the 12 days before Christmas. You never know what we will put on special, so you'll need to come check daily.

Hope we see you up in our cozy store soon!



My Worries About the Co-op Board of Directors

by Bill London

I am concerned about the Co-op Board of Directors.

I am worried that they are feeling unappreciated, over-worked, and in general, burned-out.

Joining the Co-op Board is a real responsibility. These folks are running a business with annual sales of one million dollars. They meet regularly and spend 20 hours a month or more on Co-op stuff. They provide plenty of avenues for input from members and shoppers, from surveys to open meetings.

It's a very tough job, and I'm sure glad they are willing to do it.

Product News

by Kristi Wildung

Look for these brand new products around the store:

- ❖ Arrowhead Mills Organic Creamy and Crunchy Peanut Butter
- ❖ Westbrae Organic Mid-Eastern Tahini
- ❖ Fantastic Foods Breakfast Cereal Cups including Apple Cinnamon Oatmeal, Banana Nut Barley, and Wheat 'n Berries
- ❖ Roaster Fresh Nut Butter by Kettle Foods including Sunflower and Sesame Butter. We also carry Hazelnut Butter.
- ❖ Knudsen Conserves, all natural fruit spreads in Orange Marmalade, Peach and Concord Grape.
- ❖ Knudsen Morning Blend Juice
- ❖ Santa Cruz Organic Berry Nectar Juice
- ❖ Greene's Farms Organic Canned Vegetables: Carrots, Corn, Peas, and Green Beans.
- ❖ Tazo Teas out of Portland
- ❖ Montana Coffee Traders coffee in six new flavors; out of Whitefish, MT
- ❖ Knudsen Spritzer Lights in Tangerine, Mango, Boysenberry, and Raspberry.

The following products have been discontinued or are long-term out of stocks at the manufacturer as of 11/21/95. Products can be added to this list weekly:

- ❖ Cascadian Farms Lo-Sodium Sauerkraut
- ❖ Little Bear Organic Blue Chips in bulk: these have been replaced by Mexi-Snax Organic Blue Chips. Little Bear said sales were not enough to warrant selling them anymore.
- ❖ Organic and non-organic pistachios in bulk
- ❖ Earth Science Citre Soft Conditioner
- ❖ Sucanat Sweetener in bulk and packaged
- ❖ Inka Coffee Substitute
- ❖ Lecithin Granules in Bulk
- ❖ Good Earth Original Caffeine Free Tea
- ❖ Crystal Geyser Lime and Orange Mineral Water



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Slave to the Almighty Buck, Revisited

by Kristi Wildung, grocery buyer

Last week I was reading an article written by Kelly Wiseman, general manager of the Community Food Store in Bozeman, MT. It struck a nerve with me because I've been thinking about some of the same issues, namely that people complain a lot about the prices at our Co-op. The name of the article was "Slaves to the Almighty Buck" and I'm going to revisit some of the highlights Kelly touched upon.

He starts off his article by saying "When someone who has plenty of money to spend on skis, car payments, beer, and lottery tickets tells me they don't shop at the Co-op because its too expensive, I tend to hit the roof." My sentiments exactly. And in our defense I'll say, "it just ain't so!" Where else in town can you find over 400 bulk items, from rice, beans, and pasta to spices, supplements, soaps, and snacks. If you know the smallest bit about cooking, you'll know that buying foods in bulk is about as inexpensive as you can get. And buying bulk allows you to get exactly the amount you need without wasteful packaging. And if you want to reduce your grocery bill even further, there's our volunteer program, which allows a person an 18% discount on all of their purchases at the Co-op just by volunteering 3 hours of their time per week. You just can't beat it.

But as Kelly suggests, there is a much deeper issue here. Its what Americans have come to

expect: cheap food.

We pay less for our food than any other industrialized nation. Keep in mind, however, that the reason our food is so cheap is because we are a nation of giants. Our small growers get squeezed out of the market and replaced with corporations that receive subsidies from the government (our tax dollars).

Then there are the problems of questionable business ethics, animal testing, pollution, soil erosion, and the exploitation of workers by these giants, just to name a few. They are even trying to move into our market: did you know that Quaker has purchased Nile Spice, the company who makes those great little soup cups we run on special all the time? The point is, cheaper is not necessarily better when you consider the consequences. The food you put in your mouth is what sustains you through out the day. Think about it.

Kelly says: If you go to the supermarket to find cheap sustenance, you are a sucker and a slave. You are buying into the notion that food should cost nothing and there are no consequences to where your money goes. You are a slave to the almighty buck, placing it before community ownership of something as basic as the local food market. You don't really care about the environment if you are otherwise informed and still buy non-organic foods. Whew!

We are not in this business to rip you off, nor are we trying to

compete with other local grocers. We are here because we care about the issues of food. What you put into your body is very personal, and we want to make sure that what goes into your shopping cart reflects the nutritional, social, political, and personal values of our membership.

Unfortunately, sometimes what you put in your shopping cart may cost a bit more. The companies in our industry are trying to make a difference; it costs more to be organic, pesticide-free, and fresh with a long shelf life without overwhelming packaging. The Co-op does not have its own fleet of trucks to transport products, nor can we compete for truckload deals because we just do not have the space to store them. And our employees are not overpaid.

The truth is, against all these odds, we still have very low pricing compared to other Co-ops around the region. And more often than not, we sell our products below the manufacturers' suggested retail price.

Sound a little defensive? Maybe so, but it infuriates me when people place us in a pigeon hole where we don't belong. The point is, you are what you eat and you get what you pay for. We will continue to support our industry and our local growers because it's the right thing to do.



Karen Young

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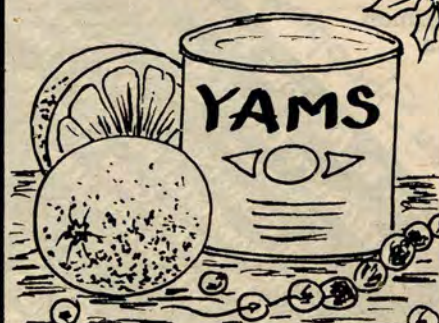


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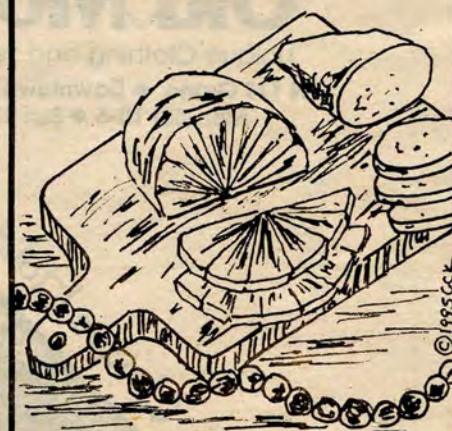
EASY LOWFAT EATS by Ginny Clark Kohler

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SLICE 2 ORANGES



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SPRINKLE TOP WITH CINNAMON

COVER & BAKE AT 375°
FOR 30 MINUTES.



ENJOY
A FESTIVE
YAM DISH!!

VOLUNTEER APPRECIATION PARTY!!!

by Kenna Eaton,
general manager

We're inviting you to come party with us on Friday, Dec. 15th, upstairs at the Co-op. We will wine and dine you (only it'll be hors d'oeuvres and juice) in thanks for all the hard work our volunteers have done in the past year.

Volunteers are integral to the smooth working and running of the Co-op. Volunteers run the Board, put together the

newsletter, bake bread, make deli food, bag, stock and clean the store, garden, fetch the milk, cut cheese, enter financial data, recycle our cardboard, stock produce, watch children, and basically keep us going !!!!!

So, we would like all those people to join us Friday night for a little fun and relaxation (6-7:30 p.m.). This one's on us...

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RUMIANO Monterey Jack Cheese <i>rennetless rBGH free</i> \$2.58# <small>reg. 2.87#</small>	<i>Organic</i> BUTTERSTOCK PEANUTS \$2.61# <small>reg. 2.88</small>
<i>Organic Whole Wheat</i> SPAGHETTI .95# <small>reg. 1.18</small>	UPPER CRUST BAKERY <i>ORGANIC WHOLE WHEAT</i> BREAD \$1.75 / 2LB. LOAF
STRATTON'S <i>LOCAL MILK— rBGH free</i> returnable glass bottles \$1.40 \$1.45 <small>SKIM & 2% WHOLE</small>	IN BULK <i>Organic</i> ROLLED OATS .54# <small>reg. .60</small>
IN BULK MOUNTAIN STAR HONEY \$1.19#	BULK TOFU FIRM 1/4# BLOCKS .36 ea. <small>(from Scandinavia)</small>
<i>Pacific</i> unsweetened Soy Milk \$1.74 ea. <small>reg. 1.93</small>	BIG SPRING BOTTLED WATER in bulk and assorted sizes <i>all minimally priced for Basic Basket</i>
FARM EGGS \$1.35/dz.	P r o d u c e <i>ASSORTED</i> <i>organic & No-Spray</i> SQUASH .69# <i>CAMAS FARMS</i> <i>Mixed Organic</i> POTATOES .69#
<i>Organic</i> Whole Wheat Flour .36 #	MOSCOW FOOD COOP 310 W. 3rd. Street · 882-8537

by: Robin Murray

December Kids page

Did you know..

The oldest person we know of lived to be 120 years 237 days.



His name was Shigechiyo Izumi of Asan on Tokunoshima, an island 820 miles from Tokyo, Japan. Others may have lived longer, but without both birth and death certificates, we will never know for sure!

(fact from 1994 Guinness Book of Records)

LOOK FOR THESE BOOKS AT THE LIBRARY



Song and Dance Man by: Karen Ackerman and I Dance in my Red Pajamas by Edith Thacher Hurd

Try This:

Make a Granny Doll! (It takes 3 weeks)

You'll need:

- An apple
- Vegetable peeler
- Lemon Juice
- Wire knife
- 2 pins with colored heads
- Disinfectant Spray
- Cotton Balls
- Glue
- Empty Bottle (Plastic)
- Fabric Scraps
- Scissors

- 1 Peel Apple. Cut out rough face with knife. Brush with Lemon Juice. Push wire through apple and hang to dry out of the sun and away from drafts.
- 2 The next day, spray with disinfectant spray. Let hang for about 3 weeks until dry.
- 3 When dry, remove wire. Push in pins for eyes. Glue on Cotton Balls for hair. Glue head to plastic bottle. If it seems too tippy, fill bottle with dry beans or sand.
- 4 Glue Fabric scraps to bottle to make dress and shawl.
- 5 If you want you can paint her face with acrylic paints.



adapted from Sunset's Childrens Arts and Crafts

A Recipe:

My Grandma used to make the most wonderful cookies!

ROBIN'S GRANDMA'S GINGER COOKIES

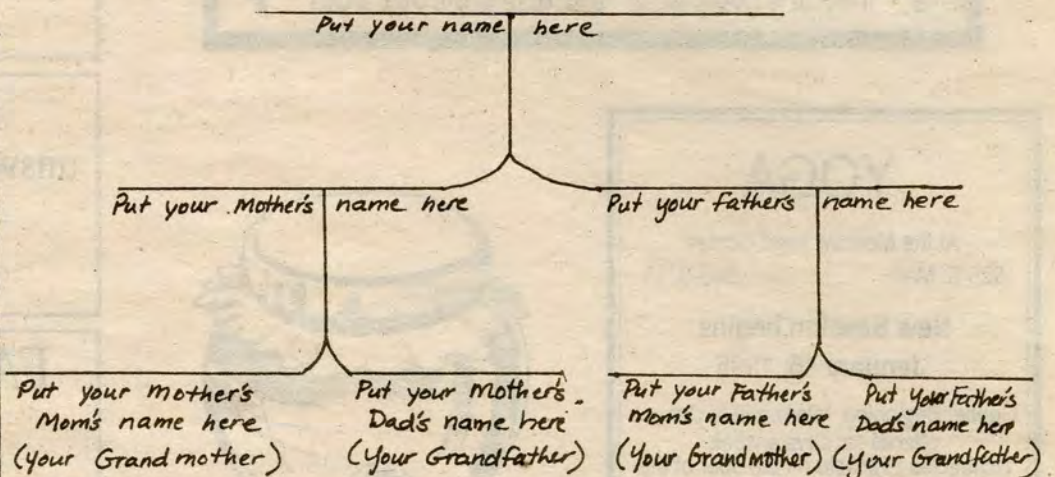
- 3/4 cup Shortening
- 1 cup sugar
- 1 egg
- 1/4 cup molasses
- 2 cups flour
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 tsp. ground cloves
- 1/2 tsp. salt

Smash shortening and sugar together. Stir in egg and molasses. When fluffy, add the rest of the ingredients. Mix well. Roll dough into balls the size of walnuts. Grease the bottom of a glass with a little shortening. Dip in sugar and use to press the cookies flat on a baking sheet. Bake in the oven at 350°F for 10 minutes.



JUST FOR FUN!

Trace your family tree. Ask your parents for any names you don't know:



If you can, get a bigger piece of paper and make your tree go back to your great-grandparents or as far back as you can go!! Good Luck!

Nibbling the Bigots to Death

by Susan Baumgartner

Lately, I've been castigating my Freshman English students for being too MTV-oriented, too spoiled by television's immediate gratification to patiently invest themselves in the tedious work required to become good writers. Then I realized that I am just as bad. There's an impatient part of me that wants to end homophobia in the mythic moment we've all talked about for decades, that moment when every single lesbian, gay, bisexual and transgendered individual in the world comes out. Faced with the overwhelming numbers of gay people, so the myth goes, straight people would simple have to accept us.

However, getting over our own internalized homophobia so we can come out seems to be taking forever. This agonizing slowness frustrates me, but perhaps there are two ways to create a majority acceptance for gay people - the one shot, one gulp approach or nibbling.

Gary Burlow of People Like Us (P.L.US) is nibbling away at prejudice in the Couer d'Alene area, new home of reactionary Los Angeles police officers. "We're going to win," he asserted at a recent northern Idaho meeting held in Lewiston. "It's inevitable. Too many people are out; too many straights already accept us. There's no way they can roll all that back no matter how bad the backlash gets."

There seems to be a basic human desire that inevitably transcends the joy found in control and security; it is the joy of personal liberation. Missions of repression - the Inquisition, the Victorian era, the Nazi's final solution - are never as emotionally glorious as missions of liberation - survivors freed from German concentration camps, the sheer human exultation of the black civil rights movement, the inspiring sight of thousands of black South Africans waiting in line for the privilege to vote. We instinctively respond to seeing repressed people lifted up into the light of freedom and equality. It resonates deep in our souls as the ultimate form of morality and goodness.

Why, then, are so many people lured into repressive ideologies? One possible explanation is that the brain must reach a certain number of synaptic connections before abstract thought becomes possible, the ability to hold two conflicting ideas and analyze them at the same time. For most people, this synaptic maturity is reached around the age of 18, but it may be delayed in some individuals to as late as age 60 or may never happen at all. We all mature at different levels. Those who are synaptically challenged tend to have "high levels of authoritarianism and related personality characteristics, such as cognitive rigidity, dogmatism, intolerance of ambiguity, and dependence on authority."

Many extreme conservatives, therefore, may simply be handicapped by the lack of synaptic complexity in their brains. In addition, the fact that they resist examining new ideas, depending instead on information from authority figures, may deprive them of the input their brains need for full development. The joy they feel in this repressed situation is perhaps comparable to the paradox of an individual in a sadomasochistic relationship who can only feel true release when he or she is more tightly bound, or the way children long for adult power yet feel a certain comfort in being protected from adult responsibility and worry.

Children, after all, are highly conservative. They crave structure and security. They want the same stories read over and over. They want the exact same thing for lunch every day. Parents, bored to tears, find themselves gently nudging their children to explore, to try new foods, even Brussels sprouts, and in this process they free their children to fully develop their intellectual capabilities.

The same process is probably necessary for those people functioning with a brain still locked in its pre-abstract stage. As society at large, the ultimate authority figure, grows in its acceptance of gay people, perhaps fundamentalist thinkers will feel secure enough to

examine their own ideas, to let in new information and, through that process, develop the mental maturity to get over their irrational prejudice.

From all sides we are nibbling them to death. Our own actions coupled with a growing body of scientific evidence and the increased sensitivity of the media mean that we will, as Gary said, inevitably win. Simply coming out worldwide would still be so much easier and quicker, but nibbling is at least better than doing nothing.

Debra Goldfine, Ph.D.
Psychologist
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Are All Memberships Created Equal?

by the Co-op Board of Directors

Eleven score and six days ago our directors set forth upon their collective list of goals one item which would delve into the very fabric of the organization.

Questions arise repeatedly about whether or not the Co-op's membership structure and pricing system promote truth, justice, and liberty for all. So the board of directors wanted to look into it. In fact, on that day the directors decided they'd like to hear a lot of input on these and similar questions. Who should comprise 'family' on a family membership? Should non-profit organizations pay for institutional membership in order to receive member prices? Would it be better to create incentives for membership other than discounts and then offer the same prices to all (non-volunteering) shoppers? What do you think?

Let us know. Should we change things or leave them alone? Send your comments to

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Happy Birthday to Mort

by Dennis Baird

Mort Brigham of Lewiston just celebrated his 80th birthday, in fine mind, good health, and full of energy. Some readers of this newsletter know Mort, but many probably don't. You should, because he is, in many ways, the "father" of most of the conservation work now going on in central Idaho.

Mort was born and raised in Latah County. His father represented Latah in the Territorial Legislature, and introduced the legislation that placed the University in Moscow (and the prison in Boise). Mort, himself, graduated from the UI Forestry School in 1937, and a Life Magazine of that year carries a nice photo of Mort and his father, captioned: "University Founder Gives Diploma to Son."

Although badly crippled by polio, Mort worked until the late 1940's as a forester for the USFS and for various private industries. He was working for PFI in the early 1950's when he became an outspoken opponent of industry and Corps of Engineers plans to build Dworshak Reservoir. Mort accurately predicted that the reservoir would be a loser, that it would never work for log haul (which is why Potlatch Corp. wanted it), that its harm to fish and wildlife would be massive, and that it would waste money on a massive scale. Mort was right on all counts, but the thing got built anyway. Potlatch got temporary revenge by firing Mort.

For many years thereafter, Mort cut firewood for a living, devising some amazing mechanical tools for use in the woods. He was - and is - one of the best practical engineers imaginable.

These great engineering skills led him to his second career - as a sawmill designer. Working everywhere but Idaho (where he was blackballed), including many foreign countries, Mort's specialty was in taking old, wasteful and inefficient mills and turning them into efficient ones that used fiber better and made money. Waste reduction and log handling efficiency were his real success stories. His years of work in this area led him once to tell a crowd in Moscow that his business was designing sawmills and his hobby was closing them down.

During the 50s and 60s, Mort also became affiliated with the Sierra Club (Brock Evans), the Wilderness Society (Cliff Merritt and Stewart Brandborg), and with an equally great figure (and still living - I drank some great bourbon with her in Hamilton just last week), Doris Milner (Mrs. Magruder Corridor).

With these allies, Mort literally invented the idea of the Gospel-Hump Wilderness as well as the Mallard-Larkins Wilderness. He organized the Idaho part of the long fight to keep roads out of the Upper Selway. He led the fight against Penny Cliffs Dam, which would have flooded the junction of the

Selway and the Lochsa to a depth of 300 feet, putting a "lake" far up the Selway, above the mouth of Meade Creek.

Mort also played a big role in the River of No Return Wilderness Council, and worked on the Hells Canyon Act as well.

Mort and his wife, Frances, lead a quiet and frugal life in the Orchards. His garden is immense and legendary for its success - based on about fifty years of soil enhancement. He is a noted tester of strange and innovative vegetables, and once had Lewiston's largest firewood pile - over 100 cords on hand!

Mort reads widely, including magazines like Nature and the Bulletin of Atomic Scientists. His brief, pithy letters to the Forest Service and, above all, to politicians, are models of humor and argument. One of the best that I can recall was sent to Senator Jim McClure, complimenting him on his years of work on behalf of wildlife and the right to bear a vast range of arms. Mort told the good senator that as a result of McClure's work in Congress, all that Idaho gun owners and hunters would soon be able to shoot with their machine guns and other hunting weapons would be paper targets.

Mort stands out as a big, visionary, and courageous man. What a contrast he is to the shrimps now running the show in Congress!



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EASY LOWFAT

EATS by Ginny Clark Kohler

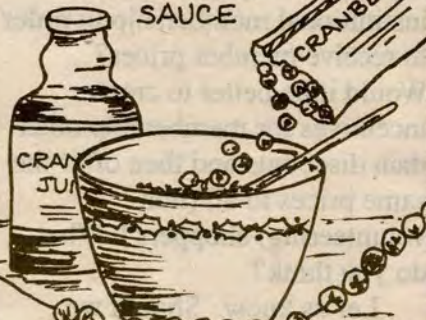
CRANBERRY BREAD



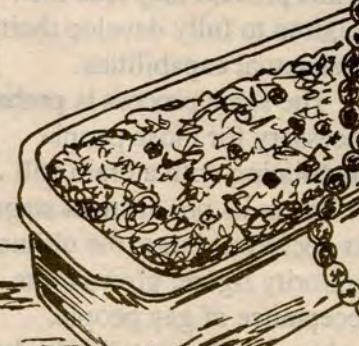
COMBINE
2 CUPS FLOUR
1/2 CUP SUGAR
2 t BAKING POWDER
1/2 t BAKING SODA
1 t CINNAMON

t = teaspoon

ADD AND STIR
JUST TO MOISTEN
1 CUP CRANBERRIES
(WHOLE OR CHOPPED)
3/4 CUP CRANBERRY JUICE
1/4 CUP APPLE SAUCE



BAKE IN 350° OVEN
FOR 45 MINUTES
OR UNTIL DONE



DELICIOUS AS IS
OR ENJOY
WITH NONFAT
CREAM CHEESE!



OR WRAP FOR GIFTS

Volunteer Profile: Ron Hatley

By Jackie McLennan



When I called Ron to set up a meeting I had no idea what I was getting myself into.

His first proclamation was, "I'm a communist." My first thought was that he dresses funny for a communist. He certainly wasn't my idea of a typical communist. I was mystified by Ron from the start—not quite knowing what to think of this man dressed in ethnic clothing and a big smile, and a person with plenty to say to the world.

Ron was born in Walla Walla, and raised in Colfax on a farm. (He didn't fit my image of a Palouse farmer either.) He was a graduate student at WSU who spent a year in Asia as an undergraduate exchange student, then spent six years in Java with the South East Asia program. There was a lot of other traveling

in there but I was unable to grasp all the places and the time sequences! I was intrigued by his grasp of foreign affairs, knowing that it would take more than one interview to hear all the stories and to get them all straight in my mind.

Ron is a faculty member at WSU. He teaches Political Science, Asian studies in the honors program, and, as he puts it, "I wake up my students to how life works."

Ron definitely has a unique way of looking at how life works. He actually talks to his students (this interaction is compulsory—students must talk about the issues raised in class or they don't get their grades). You can tell that Ron is convinced that we can make a difference.

Equality is the most important thing to Ron. He believes strongly in a community working together, doing our "hands on" parts for each other. He came back to this area in 1991 partly because he feels responsible for his community. He really does feel responsible for his farm cousins and for the community.

Ron is a Friday morning baker at the Co-op. When I asked him why he volunteers, he stated simply; "because I always volunteer for the Co-op. It is a

community, and it actually works a bit!"

Ron also volunteered for Friends of the Earth, the Co-op in Melbourne, Australia. That cooperative had a crisis center, direct action advocates, anti-nuclear groups, and a gay rights center—more like a "real" community center. The Melbourne co-op had a requirement, he explained: "All members work there." In reality he thinks we could really use a Co-op like that one, but believes that the one we have is the best thing in this community.

However, he also thinks that we're in serious trouble if that's all we've got. With a look of dread he added; "We don't put enough in to it." His view point made me look at things a little differently, it actually made me feel guilty that I don't do more.

When I asked Ron what the most important thing he had done was, he pondered for a moment and then, like a light going off, said, "working at the Koppel farm, to bring the camas back." He is president of the board of directors at the Pullman community farm. He feels that since it was our great grand parents who pulled the camas out of the land here, it is our duty to save the plants and return them to this region. He works with

volunteers from the university and community, and his pride showed when he talked about them actually placing a plant in the ground that will be there in years to come.

I know Ron is planting ideas wherever he goes, giving seeds of hope of a better place, building community spirit, and being truly interested in what people have to say. Thank you, Ron, for the lively conversation and being completely responsible for the world. May you be in one place and have complete peace. As he rode off on his bike and I drove off in my truck, I knew that he was really doing something to make the world a better place.

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Northern Idaho Forest Symposium Slated

by Barbara Coyner

The woods . . . we live in them, work in them, and play in them. To a large extent, we're dependent on them for products, solitude and renewal, too. That's why I encourage you to pencil in the date of February 2-3, 1996, so you can attend "Dynamics of Northern Idaho Forests: A Symposium on Plants, Animals, and People," at the Coeur d'Alene Resort.

As coordinator of the event, I'd like to see a good cross-section of people from the Palouse there. Topics will run the gamut, from actual conditions in our northern Idaho forests, to the social impacts of

land management in today's world. Because sponsorship and the speakers list are mixed, you'll be hearing viewpoints from university professors, environmentalists, industry people, tribes and various state and federal agencies. Plus, nationally noted conservationist Neil Sampson will be the special luncheon speaker (Sampson grew up in nearby Worley). Planners hope to educate, inform and be scientific, and the focus will be especially on our own familiar forest lands north of the Salmon River.

The second day offers a hands-on "fishbowl" exercise,

which will allow symposium participants a chance to come up with a management plan for an actual northern Idaho watershed. During this activity, the audience will be divided into three separate groups who will work under an interdisciplinary team to develop a plan for the land using information given in the first-day presentations. It should be interesting to see how each of the three plans might differ.

Aside from a wide range of speakers and the hands-on workshop, the symposium boasts another good reason to come. It's affordable! The whole event is \$25 for just the meetings, or \$35 if you include the luncheon

with Neil Sampson as guest speaker. Also, if you need overnight accommodations, the Coeur d'Alene Resort is running a special rate of \$55 for a single/double for symposium guests.

Last, but not least, if you're interested, give me a call at (208) 875-1528 and I'll send you a flyer and registration form. Or send your check to Northern Idaho Forest Symposium, P.O. Box 564, Potlatch, ID 83855. I know February 2-3 are months away, but as we get into the Christmas season, time has a tendency to fly. Because the attendance is limited to 300, you might want to get your reservations in before the holiday rush sidetracks you.



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And as a special holiday "thanks" we will be offering a free 18 pound Tom Turkey to the first ten customers who fill their carts with \$120 in groceries at the Co-op before December 20.

Happy Holidays!

Way To Go, Emmitt!

by Rodger Stevens

Miracles usually happen in the midst of otherwise mundane circumstances. And when they happen, it's like a bright light bursting forth from a muddy field - miracles don't belong there, but there they are.

I was watching the Monday night football game, Philadelphia v. Dallas, on November 6. I like to watch Dallas lose, and it wasn't happening again tonight. But a miracle did happen, and it leapt from the screen so brightly that I forgot about the rest of the game.

Emmitt Smith for Dallas is one of the stellar running backs in the league. His name is already found in sentences (like this one) containing the names of Walter Payton, Gayle Sayers, Earl Campbell, Tony Dorset, and others too numerous to mention (nobody mentions O.J. anymore, but him too). He is also reputed, Frank and Al and Dan told me in the first half of the game, to be a quality person - a really nice guy in addition to being a great athlete. Okay, they often say things like that because it is easy to say nice things about great athletes.

Midway through the second half of the game, Dallas was driving, and from short yardage, they gave the ball to Emmitt around the right end. He scored easily, putting Dallas further out of reach of the Eagles. Then the miracle happened.

Slanting into the corner of the end zone, Smith slowed up as he crossed the goal line, since there isn't much room to stop in that part of the field before colliding with the stadium wall. A player can get hurt when he leaves the field and is no longer on turf where his cleats can grab. Footing becomes treacherous, and there are always photographers, cameras, and nasty sharp steel things to contend with.

Mark McMillian, a defensive back for the Eagles, arrived too late to prevent the touchdown, so in a gesture of frustration, he gave Smith a shove as he went out of bounds. It wasn't a powerful shove, but it did have the potential to unsettle Smith's exit from the field, and carried clear intent to do some hurt to the guys who "just scored on us

again."

The TV camera remained on the scene as Smith emerged unhurt from the shadows.

Nine time out of ten, maybe more, the pushed player would have felt he had 'every right' to launch at least a retaliatory shove of his own. A fight could easily have broken out. But worse, a fledgling animosity of a very personal sort would have formed between Smith and McMillian, a hostility which would lurk in the background for the rest of their careers, awaiting the chance to get even. This vicious, self-righteous poison always debilitates anyone involved, yet it is proudly spewed forth all the time in all areas of our lives. Even on the football field.

Emmitt Smith, however, was supposed to be one of those 'special' players whose humanity and depth of character surpasses the norm. What did he do?

Smith caught up with McMillian as the players were walking back from the end-zone. He put his arm around McMillian's shoulder and said a few words, turning into McMillian's helmet to make sure he was connecting. I couldn't hear the words, but judging from the body language (Smith like a gently admonishing big brother, McMillian like a kid who knew he had done something uncool) it was Smith saying "Come on man . . . you didn't have to do that . . . you could've hurt me . . . is that what you really want? That ain't class, man. You're better than that . . ."

See what happened. Smith 'had every right' to retaliate, to push and shove and act like just as much of a jerk, yet he rose above that macho, egocentric attitude so dominant in sports, and life in general today - the intense desire to put the other guy down. He allows his human compassion and big-heartedness to prevail where it might normally have been ignored in favor of something more assertive.

The result? McMillian will never again push someone needlessly, and will never get into a fight for having done so. How many needless injuries,

both physical and spiritual, were prevented by this simple act of human brotherhood? Nobody can say, but everybody who watched that game saw a miracle the likes of which we see far too infrequently in this hard, retaliatory world. Seeing it on national television, unrehearsed and spontaneous, was like seeing a burlesque at the Vatican.

How many of us will choose to live our lives like Emmitt Smith lived that moment, with forgiveness and compassion for those who might intentionally slight or seek to harm us, knowing that we all make mistakes, and we all want to be forgiven them? How many of us can choose to do good where we have 'every right' to do even more harm? I am still learning that one, perhaps you are also. This little incident was a major lesson for all of us. Way to go, Emmitt!



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▲ All Volunteers Welcome ▲

More Sweet Things

by Pamela Lee

SUCANAT (r) is unrefined, dehydrated sugar cane. It is a certified organic food product and it's kosher. To make Sucanat, juice is pressed from freshly cut, organically grown cane. The juice is concentrated into a rich syrup, dehydrated, then milled into powder. Since nothing is added to the pure organic cane and only water is removed, Sucanat retains the mineral salts, vitamins, and trace elements that naturally occur in the sugar cane. Sucanat granules are light brown in color and larger in size than white sugar granules. Sucanat's sweet taste has a fuller, rounder, and a more complex flavor. I've taste-compared straight, plain Sucanat, white refined sugar, and brown sugar, sipping water in between. This taste test dramatized the white and the brown sugars' bland and cloying sweetness, especially compared to the complex flavored sweetness of Sucanat (r). Since I first tried baking with Sucanat, about a

using about 2/3 cup of Sucanat to each 1 cup of sugar. Because Sucanat is unrefined, it will produce baked goods that are browner in color than those made with white sugar.

BARLEY MALT is a whole food-based sweetener. Barley, the grain, is high in natural sugar. To make the sweetener, barley is sprouted, then dried. The dried sprouted barley is mixed with water, heated, and cooked in a brewing vat until a thick syrup is produced. It can be bottled and sold at this point, as a thick, sticky syrup. It can also be dehydrated to produce dried barley malt sweetener. This is what the Moscow Co-op sells. It has a robust distinctive taste that is somewhat reminiscent of molasses, but far more delicate, subtle, and complex than molasses. As with Sucanat, the sweet taste of barley malt makes refined sugar's sweet taste seem pale and boring by comparison.

Barley malt digests more

slowly than refined sugar. Whereas white refined sugar is 99.9% sucrose, barley malt's sugar profile is composed of about

72% maltose, 25% glucose, 2% sucrose, and 1% fructose. The numbers mean that you are less likely

to experience sugar's jits and dives with this sweetener than you might after consuming refined sugar or honey. (Moderation is still a wise approach, and sweets are best consumed after a nutritious meal.)

To bake with dried barley malt sweetener, substitute at a 1 to 1 ratio with the amount of white sugar called for in a recipe. The distinctive full flavor of barley malt particularly enhances and compliments the taste of

ginger, vanilla, carob, or chocolate in baked sweets. Barley malt would also be good in a baked bean entree. This dried sweetener is less granular than sugar; it's more of a flaky powder. Be sure to keep the barley malt sweetener dry in a jar with a tight fitting lid. If moisture invades your container, you'll have a firm, sweet brick molded to the shape of your jar.

I tried baking with FRUCTOSE once. I was lured by the claim that fructose was less likely to create fluctuations in blood sugar levels than refined sugar. This is why food products marketed to diabetics use fructose. Crystalline fructose is absorbed by the body more slowly than glucose or sucrose, and, I've read, does not require insulin to metabolize.

Though the name 'fructose' sounds natural, like fruit, this sweetener is a highly processed product. In taste, it reminds me of regular sugar. Fructose, like sugar, offers a taste that I'd best describe as a 'single-note' flavor. Besides the flavor issue, and the amount of processing involved, my other concern with fructose is that it has a tendency to be converted into fat by the body instead of being converted into glycogen. (Glycogen, also called animal starch, is the form in which carbohydrates are stored in our liver for future conversion and use in performing muscular tasks and for heating our bodies.) To much fructose may lead to elevated triglycerides in the blood.

Crystalline fructose is about 60% sweeter than sugar. For unheated or lightly cooked foods, the recommended conversion is to use 1/2 - 2/3 as much fructose as one would use white sugar. Sustained heat does reduce the sweetness of fructose. So, in baked goods, you may want to use a 1 to 1 substitution for refined sugar.

FRUITSOURCE (tm) is a brand name sweetener made from a blend of grape juice concentrate and brown rice syrup. The Co-op carries a light amber granule form of FruitSource that is about 80% as sweet as white sugar. Most of the sweetness comes from the grape juice. The sugar profile of FruitSource is 22-27% glucose, 20-25% fructose, 5-11% maltose, 0-6% sucrose, and 35-45% complex carbohydrate. The

complex carbohydrates in this sugar profile are from the brown rice syrup. This combination provides a quickly metabolized sugar boost, backed up by complex carbohydrates to sustain it.

You can substitute FruitSource for refined sugar in recipes at a 1 to 1 ration. For best results when using this sweetener, mix the FruitSource with your recipe's moist ingredients first, set aside for at least 5 minutes while you measure the dry ingredients. Before blending the wet and dry ingredients together, first whisk the FruitSource wet ingredients again for 15-30 seconds. Bake FruitSource sweetened products at 325-350 degrees F. This sweetener will bake and brown quickly.

I invented this frosting to use on a layered carrot cake. It could be used on any flavorful cake or cupcake.

BARLEY MALT FROSTING

8 oz. Neufchatel or cream cheese, softened at room temperature
4 oz. well-drained low-fat plain yogurt
1 1/2 t. vanilla extract
1 1/2 T. fresh lemon juice
1/2 - 3/4 cup dried barley malt sweetener

Beat the soft cream cheese with an electric hand mixer. Blend in the drained yogurt, beating well. Add the vanilla and lemon juice, mix thoroughly. Beat in the barley malt, mix well. Let the frosting sit for 5-10 minutes, then spread onto your cake.

I've adapted the following from a recipe in the Jan/Feb issue of COOK's Magazine. Other than what's in the eggs, there's no fat.

LEMON BISCOTTI

2 cups organic unbleached flour
1 t. baking powder
1/4 t. salt
1 cup FruitSource (tm) sweetener
2 large eggs
1/4 t. vanilla extract
1 T. finely minced zest from an organic lemon
1 T. minced crystallized ginger OR cranberries OR anise seed

Preheat oven to 350° F and adjust your oven rack to the middle of the oven.



year ago, it has become my favorite sweetener for baking. Sucanat is considerably more expensive than white sugar. At first, because of the price, I thought I'd only use Sucanat for special occasions. But, I've been spoiled by the rich wholesome flavor of this sweetener, and by the assurance that it is an organic food; now, I use Sucanat more than any other sweetener.

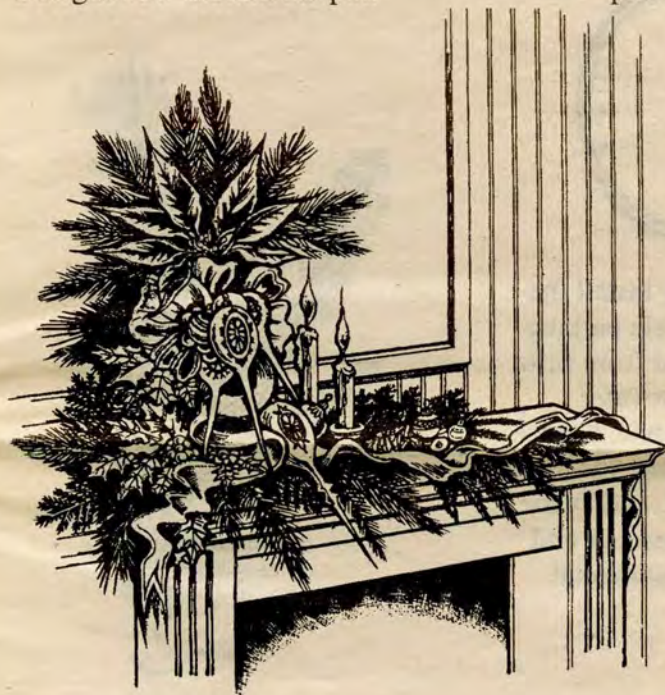
All the cooking information that I've read recommends that Sucanat be substituted at a 1 to 1 ration for refined or brown sugar in recipes. Personally, I prefer

Decorate With Plants

by Jacqueline Soule

Holiday time again. Many people stress out, wanting everything to be perfect. Almost everyone overspends their budget. RELAX! Surround yourself with beautiful and very inexpensive GREEN decorations. I mean "green" in color, as well as environmentally friendly, even recyclable.

Dress up your house plants. You don't need to buy poinsettias. Tape old holiday cards together into a sleeve which fits around the plant pot, or make a bright sleeve of material (I staple the pieces together rather than sewing). Tie a bright bow around the pot.



Don't have house plants? Get yourself one and decorate it. The great advantage of this is that, if you forget a gift for someone, you have one on hand they wouldn't expect to be wrapped!

Volunteer to trim a neighbor's juniper. Juniper will last several weeks in a dry arrangement. Try to find branches with the bright blue "berries." Actually the "berries" are tiny cones, and are well loved by the waxwings, which fly through every winter. Yew will last several weeks outdoors, less inside.

Evergreens smell great, plus swags or wreaths of juniper or pine can be decorated

in many ways. Use rose hips, small gourds, walnuts or almonds. Fresh fruit can be used in outdoor wreaths or swags. Try lemons, small oranges, tangerines, or limes. The decorations can be recycled by placing it in a tree for the birds to feed on. The needles will add

organic matter to your soil.

Go out for a walk and see what wild plants you find. Paint-ed or gilded seed pods and flower heads can be a creative game for the kids. Teasels can be spray painted any color (use

gloves to pick). Pine cones are fine, but how about trying to find the most unusual locust bean shape? Can you find a giraffe neck? A Wiener dog? They may need some painting, but not much.

Painting is not necessary. One year I filled a big vase with juniper branches, teasel heads, and some wheat stalks tied with a bow. This got rave reviews and lasted a long time.

When I was a small child we decorated walnuts. We didn't waste the nut, we carefully split the shell in two pieces, then glued them together with a string loop hanging out the top. These were then hand painted and



garnished with gobs of glitter applies with white glue.

Have you ever strung cranberries and popcorn? It does look pretty, and the birds will recycle it for you after the holidays.

The main thing to remember is to relax and enjoy the season. Old expectations may rattle their chains and try to haunt you, but take it easy, and take it slow. Surround yourself with portions of the natural world. When you start to feel stressed, take a deep breath, and rest your eyes and spirit with the beauty of nature.

More Sweet Things (cont.)

Whisk together the eggs and the FruitSource in a mixing bowl. Add the vanilla, lemon zest, and seasoning of your choice. Let this moist mixture set for at least 5 minutes while you measure and sift the recipe's first 3 dry ingredients.

Stir the moist ingredients again for about 15 seconds, then fold together the wet and dry ingredient mixtures until dough is just combined.

Divide dough in half and turn the two halves onto an oiled cookie sheet covered with parchment. Using floured hands, gently pat and smooth the dough into two long logs, each measuring about 13" x 2".

Bake, turning the pan once, until the loaves are golden, about 30-35 minutes. Be sure to keep your oven temperature at or

below 350 degrees.

Remove loaves from oven, turn the temperature down to 325 degrees F. Cool loaves for 10 minutes, then cut diagonally with a sharp serrated knife into 3/8" slices. Lay the slices on the cookie sheet, return them to the oven. Bake for about 10-15 minutes, turning the cookies over once during that time.

Completely cool the biscotti on a wire rack. Biscotti can be stored in an air-tight container for at least a month.

I like pumpkin pie enough to have it at Christmas, as well as at Thanksgiving, or any other day for that matter. The following filling uses Sucanat and rice milk, though you could use soy milk, milk, or cream if you'd prefer.

SPICY PUMPKIN PIE FILLING

2 cups pureed pumpkin
1 cup Sucanat (r)
1 t. ground ginger
1 t. ground cinnamon
1 t. fresh grated nutmeg
1/4 t. ground allspice and/or cloves
1/2 t. salt
1 t. vanilla extract
1 cup rice milk
4 large eggs

Preheat oven to 350 degrees F. Adjust oven rack to a lower rung. Prepare your pastry for a 9" pie.

In a large mixing bowl, beat together the eggs and the Sucanat. Blend in the rice milk, vanilla, spices, salt, and the pureed pumpkin. Mix well, then pour into the prepared pie pastry.

Bake at 350 degrees for 15 minutes; turn the oven down to 325 degrees and bake for another 45-60 minutes, or until the pie is set to a light touch in the center. Remove and let cool before slicing.

This pie is good warm, but if there are leftovers, you'll notice how the spices marry and intensify when refrigerated for a day.

NOTE: Some people like to prebake the pie pastry for 10-15 minutes before adding the pie filling. You can do this, or you can brush the bottom of the pie shell with one lightly beaten egg before pouring in the filling. The egg wash serves as a barrier, a sort of varnish, to keep the bottom crust from getting soggy.

Bike Racks at Moscow High School

by Robin Jenkins, MHS Senior

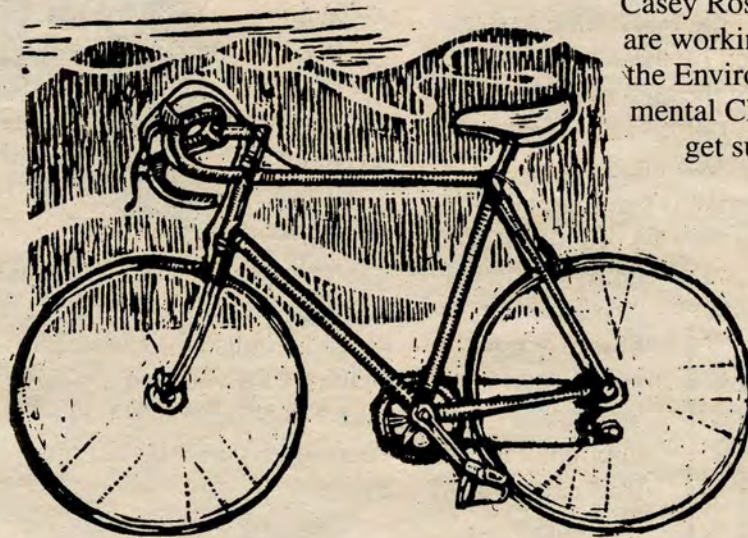
Crossing Third Street to get to school, I jumped to the side as a black truck zoomed by, splashing water all over me. We were 6 minutes late to Moscow High School because we couldn't find a parking place. Attendance Secretary, Jackie Smith, says students are "always trying to get excused because of parking." At least once a week, our morning bulletin warns of towing if kids keep parking at the bank, in the teachers' lot, or one of other many spots. The city complains, downtown merchants are unhappy, and residents feel crowded, all because so many high-schoolers drive, and need to park somewhere before school. Nobody seems to have an answer, apart from filling in the only outdoor open space at the school, the Commons, with a new parking facility. But there is a solution, and a cost-efficient, environmentally-friendly, and space-conserving one at that!

Moscow High School students can ride bikes.

Bicycling would make up for the lack of exercise studies say we get, and surely, car-parking

wouldn't be such a problem. Students would need to park something though; namely, their bikes.

There are two bike racks at Moscow High School now. The one on Third Street overflows



daily. The other, a single bar of rusting metal, is near the Fifth Street entrance. For students who could be enticed to ride, there just aren't enough racks to park their bikes safely.

If there were safe places to park bikes, many high school students, who now drive, could

become bike riders. Right now there is an opportunity to let the School Board know that you also want to encourage high school students to bicycle to school, rather than drive. Call in your support (882-1120) for bike racks at Moscow High School.

A student committee, formed in early November, is dedicated to getting new bike racks for MHS! Robin Jenkinson, Traci Worwich, Gordy Jenks, Melissa Barnes, and Casey Rossetto are working with the Environmental Club to get support for,

plan, and eventually install the very necessary bicycle parking. With encouragement from Fritz Knorr, Palouse Clearwater Environmental Institute, Loreca Stauber, Better Living, Inc., Pam Palmer, City Council, and Diane Erickson, Biology teacher and mentor to the Environmental

Club at Moscow High School, the students will present their proposal to the school board at its next meeting, December 19th at 7:00 PM. They hope to convince those who drive to school to convert to bike riding.

But before this can happen, a secure and convenient place to park the bikes must be agreed upon. A survey has been given in all the English classes assessing student support, and a contest for the bike rack design is in the making. Other ideas include asking the metal shop class to fabricate the racks, and involving the art classes in painting them. As of yet, thought, funding is scarce. This could be a great opportunity for local businesses and civic groups to help!



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Help STAMP Out Injustice!!!

by Jacqueline Soule

It's time to make a real difference this holiday season! I am going to recommend something that you can do in the privacy of your own home, and yet the effects can reach across the globe. While you are getting ready to send out all those holiday missives to friends and family, you can help lick injustice, plus help raise the consciousness of people far and wide. How? Postage stamps.

Instead of settling for the traditional Christmas stamps, with angels, toys, or olde tyme santa, do something different, radical even! March into your local post office and sing a bar of . . . oops, wrong song. March into your local post office and ask for these obscure stamps I'm about to tell you about. Have those cheerful guys and gals dig through their drawers and come up with the bits and pieces of our American History which are often overlooked by the school system. Buy postage stamps which feature women and minorities!

Bessie Coleman is a great example. She was a manicurist in Chicago and she dreamed of flying. Nobody in the USA would teach her to fly, so she worked very hard, saved her tips, and went to Paris to become the FIRST African-American woman pilot. This was back in 1923. She is featured on a 32 cent stamp.

Another early woman pilot, Harriet Quimby, is featured on a 50 cent stamp, which you can use for an overseas postcard, or an extra heavy letter (plus add 5 cents).

Another woman, Alice Hamilton, an M.D. and social reformer, is on a 55 cent stamp

which can also be used for those 4 page letters.

There are only two Native Americans currently featured on stamps. Red Cloud (10 cents), and Sitting Bull (28 cents). Send your mail with three Red Cloud stamps plus a Mary Lyon (2 cents).

If you wish to celebrate our Hispanic-Americans, there is one stamp, Luis Munoz Marin, a Puerto Rican Governor (5 cents). This could really cover an envelope, but works well for postcards.

For postcards, you could also use Virginia Apgar, a physician (20 cents). You could donate 3 cents to the Post Office and use Mary Cassatt (23 cents) to mail a post card. Then again, you could get creative and mail a letter with her, a Luis Marin (5), and two Mary Lyon (2) stamps.

The United Nations, for all its drawbacks, does provide a very crucial forum for tiny nations to be heard. It is celebrated on a 32 cent stamp.

If you send mail out of the country, use an Alice Hamilton (55 cents) plus a Marin (5). Alice Paul, suffragist, is featured on a 78 cent stamp.

Currently there is a set called Jazz Musicians, with 10 different male African-American Jazz artists (32 cents). Louis Armstrong is also featured alone (32). The Jazz/Blues singers are a separate series (29 cents) and may be gone by now, but it doesn't hurt to ask. Celebrate music this holiday season!

Another old 29 cent stamp celebrates this year's Chinese New Year, the Year of the Boar. Since it says "Happy New Year" and it is still the Year of the Boar for another two months, this

might make a great holiday stamp, combined with a Mary Lyon (2 cents) plus an American Kestrel (1 cent).

By the way, if you can't get any of these locally, call 1-800-stamp24, and have your plastic ready (8-4:30 central time).

WHY? Why use stamps featuring women and minorities? When you do, you create a positive impression about these groups in the person who gets your letter. This is a small subtle thing, but not to be discounted. It takes many small steps to walk a mile, but if you don't even start walking, you'll never cover the mile.

Also, think of the examples these people provide. Children may see a new role model. How

about Bessie Coleman? She wanted to fly. One person after another told her "No way," but she kept trying. She worked very hard, and she made her dreams come true. What better lesson for your kids to learn? What better story to share with others in this season? It is a great story to start the New Year with.



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THE CO-OP

Bulletin Board

at the Co-op . . .

Do you have ideas or suggestions for this newsletter?

Bring them to the Newsletter Betterment Meeting

December 8, Friday
6:30 pm
Upstairs at the Co-op

Volunteer Appreciation Party!

Friday, Dec. 15th

6:00-7:30 pm

Upstairs at the Co-op

Hors d'Oeuvres, drinks & fun!

All Volunteers invited!

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.



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)



Holiday Trees!

Cut your own tree and help in sound management of a local woodlot. Hundreds of beautiful Christmas tree sized seedlings need to be thinned.

Two Saturdays, December 9 and 16
11 am to 4 pm

1225 Wallen Rd, 8 miles east of Moscow
phone 882-9698 for directions
other times by appointment

Suggested donation one dollar per foot
Proceeds from this year's sale will help provide bicycles for needy people in Moscow and in Latin America.

Bring appropriate footwear
Please no dogs

Y's Buys Thrift store

All proceeds go to support the Sojourner Truth House and the Food and Clothing Bank
110 Jackson St., downtown Moscow.
883-3438

Master Gardener Class

to begin in Pullman
January 25- April 26
at the Cougar Depot

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Events

at the Coeur d'Alene Resort . . .

February 2 & 3

Dynamics of Northern Idaho Forests
more information at (208)875-1528

March 22,23,24

Restoration Weekend – Retreat for Women

more information at (509)624-7770