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April 1996



# Community News

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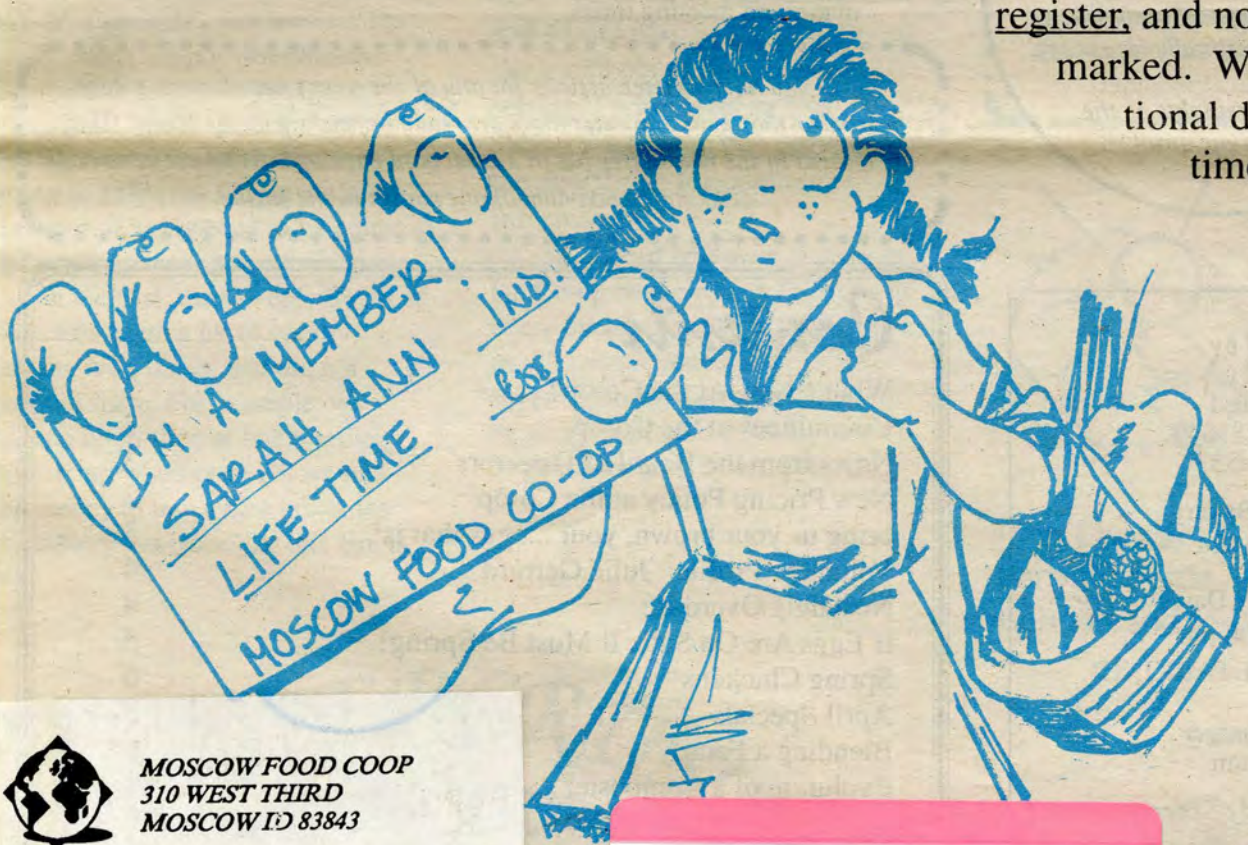
### New Pricing Policy at the Co-op

by Kenna S. Eaton

Starting April 1st, the prices in the store are for everyone, not just members. All members will receive a 2% discount on every purchase when they show their current membership cards at the register, and non-members will pay the prices as marked. Working volunteers will receive additional discounts based upon the amount of time they volunteer.

I was really excited when the number crunchers announced that we could eliminate the old non-member surcharge, give our members a small discount, and still stay in business!! The board approved the policy after much debate and discussion and the staff applauded!

And don't forget that your membership card is also good for discounts at several local businesses (Kinko's, Brown's Cooperstown, 1 Hr. Western Photo, and Copy Court). It also entitles you to vote for your Board of Directors, and lets you volunteer at the coolest store in town for an extra discount on your purchases!!!



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# Co-op News

## What's New At the Co-op?

by Kenna S. Eaton

March brought blustery weather and Spring flowers to Moscow, while the Co-op kept working on their "face-lift." We finally got motivated to paint the inside of the store, something we've been threatening to do for at least a year. Bonnie Hoffman, cashier for the past 6 years, headed the team of workers needed to get the job done, and they did an excellent job too!

At the request of our environmentally sensitive customers, we used "Glidden 2000," a paint known for its low toxicity level. The paint not only looks good, it doesn't smell "painty"—a plus in a store known for its great smelling food.

We painted the walls eggshell white and the trim grocery store green—it looks wonderful!

Thanks to all the workers and volunteers for helping bring it together—you are true Co-operators.

We also purchased a "new to us" dry produce table for our great selection of fruits. This piece of equipment headed the list of "must

haves" for 1996. Actually it headed the list last year too, but we couldn't find one in our size (isn't that always the way?). This refrigerated case allows us to market our fruit in a flat table format. Spoilage of produce is a large expense in a grocery store, but we're hoping this case will reduce our spoilage, while increasing sales.

So, come and check out the new things at the Co-op!  
Happy Spring!!



## Committees at the Co-op

by Eva Strand

The following are the active committees at the Co-op during 1996. If you are interested in any of the topics and would like to get involved with the Board or committee work at the Co-op, please join us.

The **Finance/Legal** committee will meet the 1st Tuesday of the month from noon to 1 PM at the Co-op. This committee will review and help prepare capital and operating budgets for the Co-op; prepare the Co-op for possible audits and work on insurance and other legal issues.

The **Education** committee will meet the 3rd Monday of the month from 2 to 3 PM at the Co-op. This committee is working on in-store education and education of the community at large on Co-op principles and our products.

The **Nomination** committee will meet the 1st Tuesday of each month from 4 to 5 PM at the Co-op. This committee will prepare an information package for new and potential Board members, actively search for new Board members, and organize Board elections.

The **Membership** committee is an ad hoc committee that, for a few months, will work on modifications in our membership policies and prepare information for Co-op members on the updated membership structure. Call Kenna Eaton at the Co-op for information on meeting times.

*If you have written articles for any of the recent newsletters, please remember that your computer disks are ready for pickup at the co-op. They are located in the newsletter file in a cardboard envelope. We'd prefer to hold disks for a maximum of one month in the future.*

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Bill London

**Issue Editor**  
Therese Harris

**Layout**  
Kate Grinde

**Typesetting**  
Nola Steur

**Proofreading**  
Connie Hatley

**Distribution**  
Therese Harris  
Christine McGreevy

**Back Cover Design**  
Beth Case

**Children's Page**  
Robin Murray

**Advertising**  
Cynthia Rozyla

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Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

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# News from the Board of Directors

by Kristi Wildung

This spring begins a new term for the Co-op's Board of Directors, and just as the weather is getting warm and fabulous, so begins a year of renewed energy and commitment. Welcome aboard to our newest members: Mark Becker, Chris Moffet, and Melissa Harris. We've got our work cut out for us.

Right after our annual membership meeting, we had a board training session with Karen Zimbleman, a consultant who has been working with Boards of Directors for about 12 years. It was very informative, to say the least, and we learned a lot about what we have been doing in the past that we should not have been doing. If that sounds discouraging, it wasn't. It renewed our commitment to realign ourselves and do some major goal setting right away. Hence came our first board meeting on March 11.

Congratulations to Vicki Reich, our new Chairperson. We know she will do a smashing job because she really wants the position! Sandy Stannard is next in command as Vice-Chair, and Eva Strand will be our Secretary. These women are going to guide our Co-op in the direction it has needed to be going in for a long time. Let me elaborate.

In the past, the Co-op's Board of Directors spent a lot of energy dealing with issues that did not concern them. For example, we spent a lot of time at one meeting discussing whether or not we had the money to buy a new mixer for the bakery. An issue like this one is

the job of our very competent General Manager, who, in the real world of commerce, would have been guided in her decision by a handy little yearly budget. Unfortunately, we never had this budget, so we were trying to guide her without the background knowledge to do so.

Just one of our many focuses this year is making sure we do not expend energy on tasks that do not require our assistance. Others include reviewing our bylaws and changing them if necessary, re-evaluating our mission and vision statements, setting up a competent and timely way to evaluate the General Manager, working on a nomination format for new Board members, and discussing options for relocation of the Co-op. I'm sure there will be many more issues that will arise as the year goes on. We're going to be busy and we need your help. We discussed the direction of all of our committees and would love to see as many of our members as possible volunteering. Please refer to Eva Strand's article in this issue of the newsletter for committee information.

The Board will meet upstairs at the Co-op on the fourth Thursday of every month at 5:30 PM. Please join us with your concerns or just for support. We are all very excited to be your directors and hope you will be just as excited by our progress.

*bring us your brown,  
your green, and your  
white . . . eggs that is!*

by Maia Cunningham

Well, it's that time again people—weather is warming up and the hens are 'a-layin'. Most customers who purchase eggs get very excited this time of year, as the fresh farm eggs are plentiful. For those of you who are unaware, we purchase farm eggs from local growers who bring them in fresh and washed. The advantage of this system is that our eggs are from non-restricted chickens that are fed greens and grains (often from the produce trimmings we make at the co-op!).

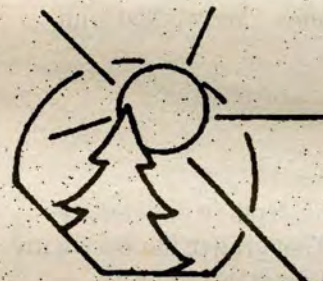
In order to create a smooth system where farm eggs are available as much as possible, we ask that the growers who bring us eggs follow these simple steps:

1. Call the co-op, ask for Maia or Ellyn (your friendly produce women), and inquire if farm eggs are needed.
2. Wash your eggs and place in 1 dozen size containers. (we recycle these at the co-op; you can pick them up in the back produce area)
3. With a black marker, cross out any lettering on the container that indicates grade, size, or brand.
4. Write "FARM" on the side of the carton.
5. Refrigerate your eggs until they arrive at the co-op.

We really appreciate the time that our growers take to follow these guidelines.

So, as the weather warms and spring arrives we can now look forward to our fresh brown, well green, well white eggs.

Happy Solstice everyone!



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## Volunteer Profile: Julie Gerrard

by Jackie McLennan



Welcome to Moscow, Julie and Rick! Julie Gerrard has been in Moscow for just a little over three months. She and her husband, Rick, moved from Boise; he works for GTE and she attends the U of I. Julie, a petite woman with small features and the most beautiful pale blue eyes, has a very easy and soft manner about her—I immediately felt comfortable sitting and talking with her.

Julie and her husband of twenty-six years met when she was 13 and he was 14. I asked her what the trick of staying married all those years was, and she answered,

“Being friends. We’re buddies; we have a lot in common.” Twenty-six years of marriage may not seem such a feat to most people, but to me it’s a small miracle (having been married three times myself.) She really didn’t seem to think there was any big secret, just being friends! Perhaps it’s her easy going manner that makes the difference.

I asked Julie what she thought of Moscow: “It feels so comfortable. I like a small community to live in and a big city to visit.” This seems to fit with her major: ‘Family life education.’ I get the feeling Julie wants everyone to be comfortable in their lifestyle. She would like to be a consultant to families—teaching them healthy life styles, showing them how to eat healthy and live longer without having to spend a lot of money. I thought this would make a great class for High School students, giving them alternative ways to live on their own, knowing how tough it is starting out. Julie agreed, saying she would also be getting her secondary education degree.

Julie certainly has had extensive experience in working with people and their lifestyles. She worked at the Wellness Center, and RADAR (Regional Alcohol Drug Awareness Resource) at Boise State University. Julie explains, “We worked with

people in helping them plan a healthy diet, exercise, and weight program, and did testing for assessments.” One of her own favorite past times is cooking and experimenting in the kitchen. Rick has been known to implore her not to cook dinner so that he can have time to be with her. (Eat your heart out ladies! This could be another of their secrets to staying married for 26 years!)

I asked Julie why she volunteered for the Co-op; “I thought it would be fun” was her reply. I said expound! So she mentioned saying to Rick that she “wouldn’t live here if there wasn’t a Co-op.” She shopped at the Co-op in Boise but they didn’t have a volunteer program. She also added to her list of reasons; “The people are great; I feel comfortable; I love bagging the basil!” Julie volunteers Fridays in produce.

My next question to Julie was very difficult for her. I asked if she had one wish what would it be. She thought for awhile then replied with some hesitation, “I’m pretty happy; I’m not sure I want anything,” but then like a light bulb going off she added, “some land so I can have more dogs.” She has two dogs: Mona (because she moans) and Jasmine, a border collie. (One doesn’t like other dogs and the other

doesn’t like people.) Julie admits her dogs are strange, but they are very important to her—she can’t understand how people can mistreat children or animals.

Other important things to Julie are living a good, healthy life, being happy, and not allowing other people to control her life. She says, “We should find what works for us and do it.” Obviously life works for Julie—she has found contentment, enjoys living, and does what she can to make it better for everyone. Thank you, Julie, for spending time with me, for making life seem easy and effortless (though I’m sure it’s not always) and for being a true humanitarian!



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## Nostalgia Overdose

by Bill London

If you don’t like reminiscences, go ahead and turn the page. (After all, not everyone is into looking back.)

But I was remembering what the Moscow Food Co-op was like when we moved to town in 1984—not that long ago (just seems like forever), but the Co-op was not the same.

In 1984, I recall a tiny food store tucked in where the frame shop now sits on Washington (314 S. Washington, I think it was). Not very inviting. Uncertain cleanliness. Earnest folks doing the best they could with the resources available. Not at all as inviting, well-stocked and well-staffed as the Co-op is now—much more the shoestring operation. But it was the community center where I heard of the apartment we rented when we arrived in town.

(The Co-op now is a far better place than that funny little storefront, also much stronger now, both financially and in terms of the

breadth and depth of community support. That growth has been a joy to see and share.)

But anyway, David Cook was the staff person I knew best. He was working hard to bring a financial orderliness to it all. As soon as we arrived, he started working on me to volunteer. We finally settled on my starting a newsletter.

I decided to follow the professional process for beginning such a publication, (like I was using in my own freelance writing business): start with a survey of the potential readership, troll for ideas, volunteer help, photos, writers, designers, etc. We had moved to Moscow in September, so Willow could start second grade; the survey came out in October of 1984. I got some submitted copy; Melissa Rockwood agreed to do a cover and help put it together. The first issue came out in December of 1984, and followed the responses received in the survey (bylines, variety of topics, ads,

community forum).

Anyway, now we are getting to the point of this story: From the beginning, I heard nothing but support for doing a newsletter. Even if they never came through, at least people promised to turn stuff in. And enough people did get involved that I could see the newsletter was starting to take on a life of its own. It was becoming institutional. Part of the social fabric. And all that.

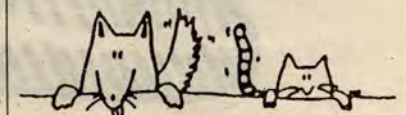
That’s what I haven’t seen for the addition of the editorial page to our newsletter this year. No support. Nobody telling me it’s a good idea. Little in the way of suggestions for topics. I am starting to get worried that this idea is not going anywhere.

This month is the third editorial. I’m not going to search for anymore. If this section is a good idea, it will have to work on its own now.

That means if you like this idea of a pro/con editorial page, this is your big chance to get two opposing

views and a question together. Let me know what you have in mind (call 882-0127) and we’ll plan a space for it.

And of course, if this pro/con editorial section doesn’t work out, we will go back to the earlier rules for political stuff (no electoral issues, but general diatribes welcome).



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Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

# Food & Nutrition

## If Eggs Are On Sale, It Must Be Spring!

by Peggy Pace

It wasn't until I owned my own chickens some years ago that I truly came to appreciate fresh eggs and the seasonal nature of laying. At that time I was a meat eater, and I had gone into the venture thinking about also having fryers and stewing hens and big, fat roasters. However, I quickly discovered I liked my birds far too much to eat them. Each bird had its own personality, and of course there was a pecking order. One bird always came up to be petted when it was feeding time, the Aracanas produced wonderful blue-green eggs, and a large Barred Rock was too handsome to eat.

In spring the number of eggs produced was enormous and in the cold, dark months of winter there was nothing. If it got hot, the hens quit laying. If spring came early, the hens would start to lay, but would stop if we had a cold snap. I learned about giving hens calcium to strengthen shells and the fondness hens have for eating mice, who loved to cohabit with the hens because they can get free food if they can run fast enough. If I let the hens run in my garden in the early spring, I had fewer insects to deal with later on, and of course they provided fertilizer. I also learned about never turning your back on a rooster! But most of all, I learned what a truly fresh egg tastes and looks like (and it does have taste, unlike the mass-produced store eggs).

Every now and then I think about sneaking a few hens into my backyard, but I'm afraid that because I live within the city limits, someone will turn me in. But you don't need a lot of space for 3 or 4 hens, just a small laying box inside a shed and a chicken wire run so they can get out and scratch and enjoy dirt baths, and if I screened it with a bit of fence, no one would ever know.

If you don't want to raise your own birds, at least try the Co-op's fresh eggs. Some people are put off by them if they find a spot of blood, indicating they have been fertilized, but they are the real thing, not the sanitized version we have come to think of as an egg. They are a wonderful treat and are far superior to commercial eggs.

### Stir-Fried Eggs with Red Peppers\*

- 6 eggs
- 1 tea. salt
- 1/4 tea. freshly ground white pepper
- 1 tea. sesame oil
- 1/4 C. vegetable oil
- 1 red bell pepper cut in 1/8-inch strips
- 1 small onion, thinly sliced
- 1/4 C. chopped chives
- 1 T. chopped parsley

Break the eggs into a bowl and beat with a whisk until light. Add the salt, pepper, and sesame oil. Set

aside.

Place a wok over medium heat. When it begins to smoke, add the oil, the red pepper, and the onion. Stir-fry 1 minute. Pour in the eggs and chives; stir-fry until the eggs are firm but still moist, about 2 minutes. Transfer the eggs to a warm serving plate and sprinkle the parsley over them. Serve immediately.

### Lion's Head Casserole

- 2 T. vegetable oil
- 1 medium onion, chopped
- 1 tea. minced ginger
- 2 cloves garlic, minced
- 1 T. cornstarch
- 1 pound soft bean curd (tofu), mashed with a fork
- 8 water chestnuts, rinsed, drained, finely chopped
- 3 eggs, lightly beaten
- 1 tea. rice wine or dry sherry
- 1 tea. sesame oil
- 2 tea. vegetable bullion powder
- 1 large head Chinese cabbage cut in 1/2-inch shreds
- 1 C. vegetable stock

Place a wok over medium-high heat. When it begins to smoke, add the oil, then the onion, ginger, and garlic. Stir-fry about 1 minute. Remove from wok and put into a mixing bowl. Sprinkle in the cornstarch then add all the remaining ingredients, except the cabbage and stock. Using a spoon or your hands, combine the mixture well, then form into 6 large patties (the

mixture will be fairly soft).

Arrange half the shredded cabbage in the bottom of a 3-quart flameproof casserole or cast-iron pan. Place patties on top in a single layer, then cover with the remaining cabbage. Pour stock over all.

Cover and cook on top of the stove over medium heat until the liquid comes to a boil. Turn the heat to very low and simmer one hour. Serve directly from the pan with rice.

\*These recipes are from Joanne Hush, *Classic Chinese Cooking for the Vegetarian Gourmet* (New York: Crescent Books, 1984). I found my copy at Walden's—it has some very good and easily prepared Chinese recipes adapted for the Western kitchen and the vegetarian.

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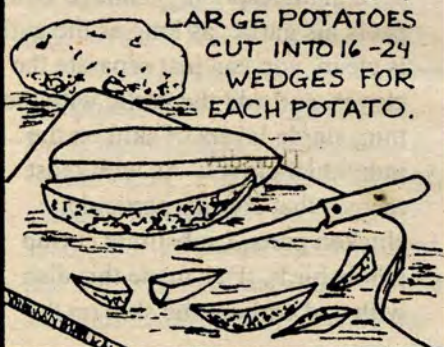
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## EASY LOWFAT EATS by Ginny Clark Kohler

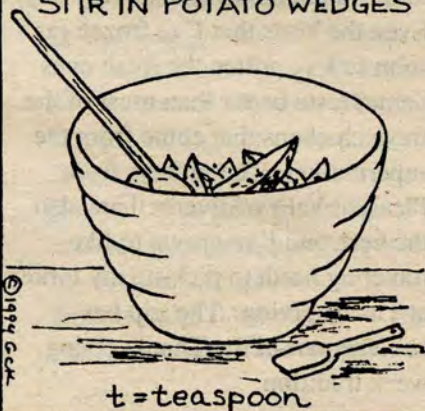
### CRISPY POTATO WEDGES



SCRUB 4 LARGE POTATOES CUT INTO 16-24 WEDGES FOR EACH POTATO.

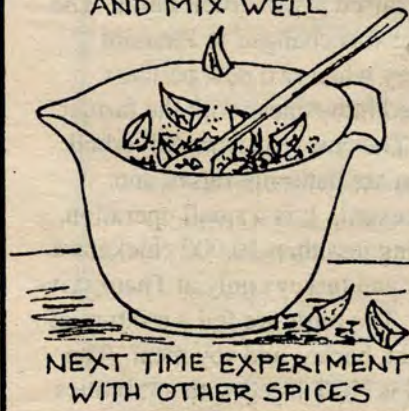


COMBINE IN LARGE BOWL  
1t CORN STARCH  
1/4 CUP WATER  
2t PAPRIKA  
1t ONION POWDER  
STIR IN POTATO WEDGES



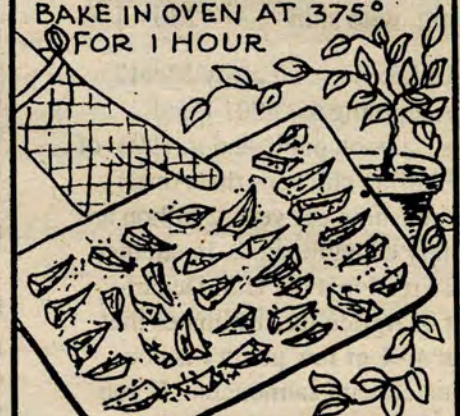
t = teaspoon

IN ANOTHER BOWL MIX  
1 CUP SOFT BREAD CRUMBS  
3t THYME  
ADD COATED POTATOES AND MIX WELL



NEXT TIME EXPERIMENT WITH OTHER SPICES

SPREAD ON COOKIE SHEETS  
BAKE IN OVEN AT 375°  
FOR 1 HOUR



ENJOY THESE CRISPY POTATOES WITH NO FAT!!

# Spring Chickens

By Pamela Lee

Herbert Hoover promised "a chicken in every pot" during the 1932 presidential campaign. It was a slogan aimed at hungry voters during the Great Depression. The earliest promise for poultry can be traced further back in time. In 1589, at his coronation ceremony, King Henry IV pledged that his subjects would enjoy "la poule au pot," promising that, "If God grants me the usual length of life, I hope to make France so prosperous that every peasant will have a chicken in his pot on Sunday." Assassinated in 1610, King Henry IV did not live to provide the promised prosperity of the peasants' weekly poultry.

Over the last thirty years, the amount of poultry Americans consume has tripled as the consumption of red meat has simultaneously declined. Americans now eat over 6 billion chickens per year. When eaten without the skin, chicken can provide a succulent, low fat source of protein. I deliberately chose the words "can provide" because much depends on how you cook your bird. If your dish uses oodles of butter, cream, and cheese, then the low fat part obviously won't fit. Depending on which chicken piece you choose, you gain 23 to 26 grams of protein per serving. If you eat chicken without the skin, very little of the fat consumed will be saturated. The following calorie counts apply to 3 oz. portions of roasted chicken

	cal.	cal. from fat
breast, no skin	140	125
breast, with skin	170	60
drumstick, no skin	150	45
drumstick, with skin	180	90
wing, no skin	170	60
wing, with skin	250	150

## Chicken - A Healthy Meat?

According to "4001 Food Facts," a book published in 1993: of the 6 billion chickens that Americans consume per year, 2 billion are possibly contaminated. In another book I read that the U.S. Department of Agriculture estimates that about 40% of raw poultry is contaminated with salmonella. If you follow the news by way of television, magazine or newspaper, you've undoubtedly become aware

of problems in the poultry industry's food safety practices. There have been a number of 60 Minute and 20/20 - type television segments investigating bad poultry raising and slaughtering practices that seem to welcome the spread of salmonella. Video footage of these foul processes are grim and unappetizing. After watching or reading of birds raised under horrible conditions, fed and fattened unnaturally with antibiotic and hormone-laced food, slaughtered in huge processing plants, you may have considered quitting eating chicken. I did. I gave up foul shortly after I heard a news clip about workers getting sick from exposure to formaldehyde in a large chicken processing plant. Upon investigation, I learned that formaldehyde is also used when transporting chickens from large poultry factories in refrigerated tanker trucks. I'm allergic to formaldehyde; I quit eating commercially raised birds. But, wait ... You may have noticed that there are recipes with this article, so this isn't just more nasty food facts and grisly stories. I can offer an alternative if you want a source of fresh, naturally raised and safely butchered chicken. I resumed consuming chickens when I learned of Silverbell Farm.

## Pleasant Valley/Silverbell Farms

About five years ago I heard of "Silverbell Farms" north of Spokane. After calling and asking Mr. Ottoson, the farmer, whether he used hormones, antibiotics, etc., I've been buying fresh chickens from Silverbell Farms. Before you consult the Spokane phone book, the chickens are now sold under the company name "Pleasant Valley Farms"; the phone number is 1-800-547-0356. The person you'll reach when you call that number is Rick Schauble, who handles the sales and marketing of the chickens that are still raised at Silverbell Farm. The name was changed to Pleasant Valley when two new partners joined in business with the farmer.

The chickens from Silverbell Farm are naturally raised and processed. It is a small operation, selling less than 20,000 chickens a year and turkeys only at Thanksgiving. The birds are fed a mixture of wheat, barley, and soy meal. The feed is NOT laced with antibiotics

or hormones. The two-day-old-chicks to drink water that medicated with Teromyocine. Without this medication, many of the chicks would die. (According to my research, this is necessary and is standard practice for all naturally raised chickens. There won't be a trace of this early two-day-old-chick medication in the meat when the birds are slaughtered. Further, this early medication is considered beneficial in building the immune system of a healthy bird.)

The Pleasant Valley/Silverbell chickens are raised in batches of 6500-7000 birds three times a year. Fresh chickens are sold in March, May, and October. Turkeys are raised to be picked up fresh during Thanksgiving week. Chickens cost \$1.25 per pound, and the turkeys are \$1.35 per pound. It is best to pre-order and reserve birds as the number raised is limited. To purchase these fresh birds you do have to travel to the farm during the period that butchering occurs. The butchering is spread out over a 5-6 day period. Admittedly, this is less convenient than a trip to the local supermarket, and it helps if you own a home freezer. I travel to Spokane for fresh chickens because, for me, the value of knowing that the poultry I eat is always going to be good, natural, and free from chemical additives is well worth my time and travel.

I like knowing where the chickens I eat come from. When I first bought chickens from Silverbell Farm, I wanted to see the processing procedures for myself, so I looked into the slaughter and the cleaning area. It all looked and smelled remarkably clean; I was impressed! It bore NO resemblance to the gruesome pictures of large assembly line poultry processing factories that I've witnessed via the television. The butchering at Silverbell is accomplished by the skilled and careful hands of a small group of people. At Pleasant Valley/Silverbell Farm, you always get birds butchered fresh that very day. Even the birds that I've frozen (as soon as I've gotten the fresh ones home) taste better than most of the fresh chickens that come from the supermarket. The turkeys from Pleasant Valley/Silverbell are also the best, and I've grown to like traveling north to pick-up my turkey at Thanksgiving. The trip has become part of the Thanksgiving week tradition.

## Chicken Recipes and Tips

My method for thawing frozen chicken: In a big pot or clean tub, dissolve 1/4 to 1/2 cup of sea salt in a cup of warm tap water. Add lots of cold water, then submerge the chicken in the cold salty water to thaw. This can be placed in the refrigerator for about 12 hours for a real slow thaw. (Use only 1/4 C. salt if slow thawing, or the bird gets too salty.) Rinse the bird well, and cook. I don't add any additional salt to the bird when thawed this way. When cooked, you'll notice how moist the chicken meat stays; the salt-water seems to seal the moisture in.

A Chinese method for cleaning that helps eliminate bacteria: clean and rinse the chicken thoroughly inside and outside, dry, then liberally rub the bird with 1-2 tablespoons distilled white vinegar.

If a chicken is oven roasted breast side down, the breast remains moister and is less apt to be over-cooked by the time the dark meat is done. A whole chicken will cook faster and more evenly if it isn't trussed or stuffed.

If you don't own a V-shaped roasting rack, which cradles the bird when roasting, just crumple up a large piece of aluminum foil, and place it in your pan to form a supportive nest when baking your bird.

A good way to season a bird before roasting is to place your seasoning under the skin. To do this, loosen the skin from the bird's breast, wiggle your finger in and around over the meat, gently loosening the skin from the flesh.

Freeze left-over chicken broth or defatted pan drippings in ice cube trays. After they are frozen, store the cubes in air tight freezer bags. Label and date the broth. When a recipe calls for broth, simply defrost the cubes.

The following is an adaptation of a James Beard recipe from BEARD ON BIRDS. The original recipe calls for 1/2 cup dry vermouth; I use water or broth. He uses 2/3 cup of olive oil; I use several tablespoons. Though Beard peels his garlic, as long as the garlic is clean, you can just separate the cloves, and add the garlic with the thin, single layers of skin on the individual cloves. As with most recipes that specify particular chicken parts, I substitute cut-up whole birds. I've made this dish with and without the skin on the

chicken; I prefer the skin removed before baking.

### Chicken with Forty Cloves of Garlic

- 8 chicken legs with thighs
- 40 cloves of garlic
- 4 stalks of celery
- 2-3 T. olive oil
- 6 sprigs of parsley
- 1 T. chopped fresh tarragon (or 1 1/2 tea. dried)
- 1/2 C. broth or water (or dry vermouth)
- 1 tea. salt (Beard used 2 1/2 tea.)
- 1/4 tea. freshly ground black pepper
- a pinch of freshly grated nutmeg

Preheat oven to 375 degrees F. Wash the chicken and dry thoroughly. Peel the garlic, leaving the cloves whole. Trim the celery, cut into thin slices. Rub olive oil on the chicken pieces. Pour a bit of oil into the bottom of a heavy casserole with a tight-fitting lid. Lay the celery slices in the bottom, add parsley and tarragon, then lay the chicken pieces on top. Pour the 1/2 C. liquid over the chicken, add salt, pepper, and nutmeg. (Beard drizzled on the remainder of his 2/3 C. olive oil.) Toss in all the garlic.

Put a piece of aluminum foil over the entire casserole so that the edges of the foil extend slightly beyond the top, then cover to make a tight seal. Bake in the preheated oven for 1 1/2 - 2 hours without removing the lid.

Serve with hot toast or thin slices of pumpernickel — to be spread with the garlic sauce. You'll find that the garlic has been tamed in the cooking and acquired a delicious buttery quality.

This comes from an old Gour-

met Magazine, vintage 1985-86. I've cooked this for, and shared the recipe with, many a friend, which is nice because when I have misplaced my copy of the recipe, I can get back with a phone call. The hotness of the dish can be customized by adjusting the amounts of cayenne and black pepper. I use far less salt and more garlic.

### Tandoori Chicken

- 2 tea. coriander seeds
- 1 T. cumin seed
- 1 tea. cayenne
- 1 T. sweet paprika
- 2 tea. salt (or less)
- 1 tea. freshly ground black pepper
- 1 T. minced peeled ginger root
- 2 garlic cloves, minced (or more)
- 1 c. plain yogurt
- two 4 1/2 lb. chickens, quartered, wings removed and reserved for another use; skin the chicken

In a spice of coffee grinder, finely grind together the coriander and the cumin seed; then in a bowl, combine the ground spices with the cayenne, paprika, salt, black pepper, ginger root, garlic, and yogurt. With a sharp knife cut deep slashes 1 inch apart into the chicken quarters. Rub some of the spice mixture into the slashes and coat the chicken with the remaining spice mixture. Put the chicken in a bowl and let it marinate, covered, for at least 6 and up to 24 hours.

Broil the chicken on an oiled broiling pan under a preheated broiler about 6 inches from the heat for 20 minutes; turn it and broil 15 minutes more, or until the juices run clear. Serves 8.

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## EASY LOWFAT EATS by Ginny Clark Kohler

### PASTA PRIMAVERA

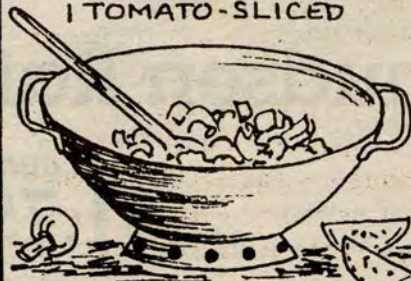


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10 GREEN ONIONS-SLICED  
1/4 CUP PARSLEY  
1/4 CUP FRESH BASIL  
1/2 t RED PEPPER FLAKES  
1/2 t SALT (OPTIONAL)  
1 TOMATO-SLICED



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SERVES 4



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# April

by:  
Robin  
Murray

## Kids page

### Did you know..

On April 26, 1785 Naturalist James Audubon was born.



He spent years studying and drawing birds. Today we still have the "Audubon Society" which publishes bird guidebooks, does bird watches & education and has bird sanctuaries.

LOOK FOR THESE BOOKS AT THE LIBRARY



Hey, Al by Arthur Yorinks  
Bird by David Burnie and  
Field Guide to the Birds of North America

## Try This:

Make some "Binoculars"

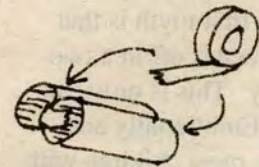
you'll need:



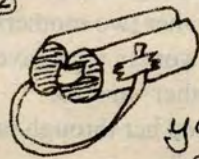
2 toilet paper tubes  
masking tape  
string  
scissors  
tempra or "poster" paint  
paint brush



① Tape paper tubes together from the inside on both ends



② Cut a piece of string long enough to go over your head. Tape to the sides of the paper tubes



③ Paint outsides of "binoculars". When dry, you can head out on a bird watching trip!



## A Recipe:

### Bird Seed Pilaf

Some people think millet is only for birds, but when it's cooked right, its a lot like rice!



3 cups water  
1/2 tsp. salt  
1 cup millet  
1/2 cup shelled sunflower seeds



In saucepan, bring water and salt to a boil. Add millet and sunflower seeds. Cover tightly. Reduce heat to low. Let simmer for 30 minutes. Do not peek until its done!

**NOTE: ONLY USE FOOD INTENDED FOR PEOPLE! DO NOT USE ACTUAL BIRD SEED! ASK AN ADULT BEFORE USING STOVE.**

## JUST FOR FUN!

Look for these common birds around Moscow. Have you seen any?



Connect the bird to its name!



Flicker

Magpie

Black-capped Chickadee

Great Horned Owl

Red Tailed Hawk

Robin

# Family & Friends

## Blending a Family

by Robin Murray

Divorce happens. It affects every aspect of a person's life—their home, their work, their children. Eventually, people get on with their lives, but sometimes getting on with things can be almost as hard. This is especially true when your new path means bringing you and your children into a new living group.

There are several myths that surround new unions after the divorce or death of a previous partner. The first myth is that children are better off in a two-parent family. This is only true financially. Emotionally and behaviorally, most children with step parents are no better off than those with single parents. Parents need to realize that having a new mom or dad is not going to magically make everything better for their children. If adults enter a new relationship, they are doing it for their own happiness.

Another myth is that people who have been divorced before are more likely to get divorced again if they remarry. The latest statistics indicate that this just simply isn't true. Initially, a new relationship is more stressful, especially where children are involved, but your

chances of making it last are just as good as anybody else's.

Society harbors all kinds of prejudices about "step families," starting with the myth of the "evil stepmother." Although as adults we know the fairy tale to be untrue, for young children the prospect of a step mother can be frightening. Talking through fears without saying things like, "don't be silly," can be very helpful to these children.

More evidence of society's biases that may confuse children is the constant reference to biological parents as "real parents." This suggests that the new parent is not the person they are really supposed to be with. One friend clarified the distinction between her two mothers by referring to the woman who gave birth to her as "mother" and the woman who nurtured her through her childhood as "mom."

Not every child is going to bond closely with their new parent, however. Often, adults have unreal expectations that everything will work out just like they did on the Brady Bunch. The truth is that building a parent-child relationship takes years. While a parent needs to require that their children behave

respectfully towards their new parent, it is up to the new parent to earn each child's inner respect.

In addition to new parents, blending households often includes new siblings. Unfortunately, bonds with step-siblings are seldom ever as strong as bonds with original siblings. Parents can help by creating common experiences through family activities and new family traditions. Minimizing perceived imbalances and competition can also improve new sibling relations. No child should be pushed to become closer than they are ready to be, however, so have patience.

One final tip in blending a family is to remember that although you may have divorced your child's parent, your child did not. Your former partner's family is part of your children's identities. They will be more secure in themselves if you acknowledge and support that part of them. Letting them visit their "other" parents and grandparents without guilt or jealousy will demonstrate your trust and acceptance of who they are. This trust, in turn, will strengthen your new family.

For further information, read "Remarried Family Relationships" by Lawrence Ganong (1994).



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# Nature's Friends

## Evolution of a Composter

by Teresa Beaver

I've been fascinated by composting ever since I saw my first bin. "What's that old barrel on legs out in the yard for?" I asked my new roommate. I found out that the barrel was where we throw all the kitchen scraps. "Really," I said. Newly transplanted from San Diego to the coast of Northern California, I had a lot to learn about the rural lifestyle and was eager to take it all in. Gardening was something I had wanted to learn about for so long, now I had two acres on which to try it. And as all gardeners know, once you start gardening, it's not long before you discover composting.

I was so eager to learn everything I could. I read all the past issues of roommate's Organic Gardening and found an old copy of Rodale's "The Complete Book of Composting" in the used book store. I devoured everything I could find on the subject.

I quickly learned that the compost process requires both a carbon source and a nitrogen source. The kitchen scraps we threw in the barrel (or compost tumbler) contained nitrogen. Another good source of nitrogen was the manure from the horses, bunnies, and chickens in the neighborhood. For the carbon source I gathered dry things like straw, dead garden debris, leaves, or woody things like sawdust or wood shavings.

I started building compost piles whenever I had the chance. If I had been told I had to clean out horse stalls when I was young, I probably would have hated it, but strolling over to the neighbor's barn with my wheelbarrow and shovel, I couldn't have been happier. The straw bedding (carbon source) mixed with fresh manure (nitrogen source) was the perfect mix for a compost pile. All I had to do was add water as I layered it and by the next day it was steaming. I loved pushing a stick down into the center just to feel how hot it would get. I now have a compost thermometer, but I still like the stick method.

Over the years I discovered other compost systems. I outgrew the barrel method right away because it couldn't keep up with the volume of compost I wanted for enriching my sandy soil. I tried the trench method, and sheet composting. Both of these methods involve thinly layering the

materials on the ground. This worked for a while, and made great spots for next season's garden beds, but that was too easy—I loved building and turning piles. Seeing what I used to think of as "trash" turn into a dark, crumbly soil amendment and plant food was magic to me. And I loved the smell of compost, so earthy, like being in the woods. I learned that the earthy smell of finished compost is due to actinomycetes, the same fungi-like organisms that are decomposing litter on the forest floor.

It seemed like I could not get enough of composting. When I found out about a local goat farm, I loaded up the Volkswagen bus with cardboard boxes and headed over to collect a new form of poop. Oh, the simple pleasures! In the fall I would drive around neighborhoods looking for bags of leaves. I had to try it all.

I took my study of compost very seriously, and used it for subject matter in college courses whenever the opportunity arose. When my Appropriate Technology professor asked the students to come up with innovative project ideas, I suggested giving a compost workshop.

Now was my big chance to really make sure I understood the whole process. I would tell them everything I'd learned about composting: that microorganisms produce heat; that the heat is important to kill weed seeds and pathogens; that moisture and oxygen are important to the process, that turning speeds up the process by keeping the oxygen content high, and that not turning the pile slows the process, but you'll still get compost eventually. What a great experience it was for me, and since that time I have given many workshops. Sharing my love of compost seems to be part of the fun for me.

I'm still as fascinated by the composting process as I was the day I saw my first bin. I can still be found driving around Moscow collecting leaves, and regularly check my favorite collection spot for horse manure. But since I have discovered composting worms I no longer throw my food scraps into the compost pile. Next month I'll tell you about my fascination with these special worms.

## PCEI Annual Meeting Combines Business and Pleasure

by Tom Lamar

This April the Palouse-Clearwater Environmental Institute (PCEI) celebrates our Tenth anniversary of service to the environmental community. We are having a party and we want you to be there! To honor the anniversary, the Board has scheduled this year's annual meeting for Saturday, April 20 at the Carol Ryrie Brink Nature Park and the Eastside Marketplace in Moscow.

The day will begin at 9:00 am with a work party and unveiling of signs, benches and picnic tables at the Carol Ryrie Brink Nature Park. This event will augment the traditional Creek Clean-up usually scheduled.

"What will our community look like when we grow up?" is the theme for an art exhibition by area school children open for public review at the Eastside Marketplace at 11:30 am. By noon, PCEI members and supporters will sit down for a lunch catered by *Pasta, etc.* Lunch will cost just \$5 and promises to fill you to the brim.

During lunch, we will watch slides of PCEI projects. Board elections will, of course, be an important part of the day, as we will add four new board members.

Following lunch and elections, we will listen to a panel of speakers addressing the question: "What will the community look like when our children grow up?" Following the speakers we will discuss the role of PCEI in the formation of our community's future. At the heart of the discussion are questions such as, "How does PCEI best respond to issues of local concern?" "What should be PCEI's geographic focus?" "Can Board members better represent community interests if they represent a chapter unit of PCEI?"

The day promises to be fun, entertaining and productive for all. Please RSVP for lunch by Friday, April 12 at 882-1444 or [pcei@moscow.com](mailto:pcei@moscow.com). For a schedule, see the calendar on the back page of the newsletter.

## Household Hazardous Waste Day

The 8th Annual Household Hazardous Waste Day will be held Saturday, April 27 from 8 am to 4 pm. Take your waste to Tidyman's Parking Lot, 1638 S. Blaine, Moscow

This event provides for safe disposal of toxic household chemicals which should not be included in normal household trash. Gather up your unwanted paints, motor oil, solvents, and other toxic household chemicals and bring them in for safe disposal. Remember, this event happens only once per year, so do your spring cleaning now! Due to the funding of this event it is limited to Latah County households only.

**Volunteers are needed** for the event. Safety suits, safety training, lunch and snacks will be provided. Please help make this community event a success. Call Carrie at as soon as possible.

**FREE Recycled paint** is available as a result of the event, but you must sign-up for it now! Call Carrie to put your name on a first-call-first-served list. Please be ready with the quantity, type, color you want.

**If you have any questions, or want to volunteer just call: Recycling Information Line, (208) 882-2925.**

## Clearwater Mud Slides

By Larry McLaud, Idaho Conservation League

November and December rains on top of snow caused major mud slides. The Clearwater and Idaho Panhandle National Forests are generally wet this time of year and some of the habitat is disjunct coastal rain forest. The rains caused a 10 to 20 year flood event. The impacts on the Clearwater Forest are major. The preliminary reports show 295 slides in the forest with many roads closed. The Forest Service believes that over 77% of the mud slides were caused by roads or logging.

The impact on fisheries are devastating due to sediment delivered to the streams, covering spawning beds and filling in pools.

A "blowout" of a watershed is very impressive. The creek bed is completely scoured out on both sides of the stream several yards up the bank. It takes everything in its path and deposits it at the bottom which is usually at the confluence of a bigger stream. The debris ends up in the bigger stream and may form a dam. The consequences are devastating to the stream ecology with major impacts on fish, insects, and the riparian zone as a whole. Mud flows like molten lava anywhere it could reach.

These Clearwater blowouts are warning signs of a major extinction spasm in our neck of the woods. We need to save the remaining unroaded drainages in North Idaho — like White Sand Creek, Long Canyon, Marble Creek, Weitas Creek, Kelly and Cayuse Creeks.

So far, the biggest slide is the

Quartz Creek slide. 500,000 tons of debris has moved — enough to fill 30,000 dump trucks. Since the Quartz Creek was built in the 1960's, about 200 million board feet of timber has been cut in the Quartz Creek watershed. District Ranger Art Bourassa acknowledges some of the roads in the forest should not have been built. Logging has been aggressive in the past. "Up to 4 or 5 years ago, everything has been clear-cut," Bourassa says. "That probably wasn't what Mother Nature planned."

Al Espinosa, the chief fisheries biologist on the Clearwater for 20 years says, "I've been warning them since 1974 to stay out of those watersheds and let them heal.... Those watersheds are steep and fragile, and once you nuke the hell out of them, they never recover."

There is much scientific evidence that points to roads as a major problem. Professional journal articles clearly blame roads and associated activities for much of the problems of cumulative sediment loading in our streams in North Idaho in the past.

In February, 1996, there was another epidemic of slides that hit North Idaho. In addition to the 295 slides on the Clearwater National Forest over 130 more slides have been reported.

Idaho State lands and the industrial forest lands were also hard hit with new slides. One report lists over 500 slides on the Potlatch and Plum Creek lands. A flyover sponsored by the Idaho Conserva-



Slide on Quartz Creek, a main tributary of the North Fork of the Clearwater River.

tion League on February 13th, over the Floodwood area, noted many slides on Potlatch land as well as state lands. The damage is significant as many roads have failed and one fisheries biologist estimates that between 30 and 80% of the native fish have been lost in drainages that have slides.

Idaho Conservation League, along with other groups, has asked for an independent investigation of

the causes of these slides and a moratorium on activities on Forest Service lands at least until the study is complete.

To lend your support please call or write to the Clearwater National Forest Supervisor's Office at:  
Clearwater National Forest  
Regional Office  
12730 Hwy 12  
Orofino, ID 83544  
(208) 476-4541

## Stop Unwanted Phone Calls!!!

by Robin Murray

It seems that whenever the phone rings in the middle of dinner, nine times out of ten it's a telemarketer. About half the time, that telemarketer is a long distance phone company trying to get you to switch to their service. That's why I was surprised when our long distance carrier (Working Assets Long Distance) told us how to register to avoid getting sales calls. All you have to do is send your name, address, and telephone number to:

Direct Marketing Association—Phone Preference Service  
P.O. Box 9014  
Farmingdale, NY 11735-9014

If you want information about the non-profit long distance company who sent us this valuable information, call me at (208)882-7041. And may your dinners be uninterrupted!

The Lower Loutey Slide is located across the North Fork of the Clearwater by the Canyon Work Center. The upper road was built recently in order to do the clear-cut where the slide happened. The proposed Fishbait Salvage Sale is just to the East of this photo.



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# Auction for Justice

by Susan Baumgartner

Last time we (the Latah County Voices for Human Rights) sponsored an art auction (September, 1994), it was remarkably successful. There was a positive euphoria and a contagious sense of fun. And we raised \$2,000 for the "No on One" campaign.

We're back again. This time, bigger and better. We're bringing Dan Maher for entertainment, and have more art available. The space is bigger and more conducive to viewing the art.

Doug and Barb Garrett will

again be our auctioneers. Our food will be a delicious combination of desserts and hors d'oeuvres.

Admission is only \$5. The admission fee and the prices paid for the auctioned art, will help finance this year's campaign against the ICA's four initiatives (the anti-gay, anti-choice, anti-public school, and anti-teacher's union initiatives).

We hope to see you on Sunday, April 28, from 3 to 6 PM at the Moscow Community Center, for the Auction for Justice!

# Don't Miss the Moscow Renaissance Fair

by Bill London

Spring on the Palouse.

We've survived another winter, and it's time for a community celebration. How about May 4 and 5?

The Moscow Renaissance Fair happens again those days, and newcomers might not know to stop by East City Park that weekend. It's worth a visit—it's free after all. No admission, not even to the stage area for the entertainment, not even to the kid's area for the activities there.

Of course, you may want to buy something, like the food, (all offered for sale by local non-profit groups),

or the crafts, (all offered for sale by the artisans who create the work).

You might even want to carry some extra quarters in your pocket for the few extra-special 25-cent activities for the children.

Two days of music and fun—why not? Just remember a few things to make it easier for everyone. Leave your dogs at home. Parking is at a premium, so please carpool, bike, walk, etc. Wear something whimsical and colorful, dress for the weather -- it is outside during spring on the Palouse.

Bill London started this ongoing discussion of TV in our February issue, Mary Beth Dugan carried it on in March, and now . . .

## Letter to the Editor

I enjoyed Mary Beth Dugan's piece, "Television encourages apathy towards nature" (March 1996), but I can't say I agree with it much. Right off, I'll admit I grew up watching television, and still do. My primary use of TV is the very criticism Dugan has — appreciation of nature. Growing up, I was exposed to many of nature's wonders, that I otherwise would not have been aware of. The programs I remember well were created by National Geographic, Wild Kingdom, etc. These productions usually had an underlying theme instilled by a conservation ethic. I didn't learn about endangered species in public school, but from TV. In addition to the educational programming, I received hours of entertainment. Grizzly Adams reaffirmed my spiritual ties to the animal kingdom. Old episodes of Lassie inspired me to move to the West and become a forest ranger. Although I did not watch cartoons much, I knew park-roaming bears couldn't change flat tires and moose couldn't recite poetry. I didn't care that the bison appeared purple. I was inspired by filmed scenes of birth, play, and predation of wild things in settings I could not travel to as a youngster.

Dugan brings up some good points about cartoons oversimplifying nature, but this stuff's for kids. What's the excuse of the

major news networks? They can hire doctors who report on human health but no experts to report on natural science issues. This is why we are told that American forests are abundant, the cowboy culture is good for the West, and the Yellowstone fires were "devastating." This is TV at its worst, in my opinion.

Regardless, I dispute Dugan's contentions that TV is not an effective teacher, it encourages apathy towards nature and that it's "dangerous to kids' minds." The apathy lies in the parent who allows their child to watch hours upon hours of cartoons. The apathy lies in consumer-driven media networks whose news and information are exercises in ecological illiteracy. I believe TV can be used as a tool, rather than abused as a Great Pacifier.

I'll continue to select nature programs about the Big Outside when I'm not fortunate enough to be experiencing it firsthand.

Michael Murray

## Television Harms Children's Development

By Mary Beth Dugan

In last month's newsletter, I argued that watching television encourages apathy towards nature in people of all ages.

Besides promoting an indifferent attitude towards the natural world, I also believe that television harms children's mental and physical development.

One of the detrimental impacts of TV on kids' learning is weakened eye-hand coordination. The more a

## Blow Up Your T.V.!

Paul J Weingartner

This is a subversive article.

What will you do? Will you read it anyway and think critically about its subversive message and the negative effects it may have on you? Will you keep it away from your children and other impressionable minds? Will you write your own article to share your views and engage in the public debate?

Or will you tear it up—and all the rest of the newsletter with it—and encourage others to do the same?

The choice is yours.

This is a submissive article. It is brought to you by a medium that can print subversive articles because it exists. This medium can also bring you articles you agree with, articles that have positive effects, that are educational and inform you,

the public, about what is right and wrong with the world.

Are you willing to destroy this medium because it has the potential to subvert you, to make your mind mush and your approach to life entirely passive?

Or will you take a chance and simply choose not to read this article?

The choice is yours.

This is a subversive article. If you agree with the views expressed in it, then you may agree that the best thing to do (in the melodic words of John Prine) is "Blow up your T.V."

B.U.Y.T.V.

No matter what you choose to do, the choice is yours.

This is a subversive article.

child is glued to the tube, the less opportunity s/he has to develop the eye-hand connection, which is an important reading skill. Scientists believe that hand-body movements, directed by the eyes, promote binocular vision, which is especially important for reading. A child usually learns to read by gradually turning unfamiliar symbols into words that then become language. A child further strengthens his/her reading skills by beginning at the start of paragraphs, moving across the page from left to right, and then comprehending what s/he has read at the pause between lines. To become proficient at these focused eye movements, children must practice them frequently. When a child watches TV, s/he is not exercising these skills.

(Continued on the next page)

# Bored? Out of Shape? Spring-Fling Your Television!

By Ken Nagy

What more can be said on a subject when so much has already been said? It has gotten to where it is impossible to talk about TV without getting into an argument or someone being offended. Let us then try to establish a few indisputable truths in the hope of finding some common ground. The facts alone might convince you to dispose of your television set in whatever manner you feel most appropriate (call me for some creative suggestions). I believe most of us would agree that:

1. Watching TV is mostly a waste of time, if we define "waste of time" as an activity which is not productive. It may indeed be relaxing, entertaining, or whatever but few of us would try to deny that it is generally anything but loafing.

2. Television viewing is not a satisfying substitute for actual life. When we do manage to force ourselves off our butts, we find it a more rewarding experience, whether it be that we had a nice walk in the woods or that we simply got the laundry finished. *The Love Boat* is vastly less interesting than a real life love affair, and seeing animals in the wild (or even in the zoo!) is more fun than *Wild Kingdom*.

3. Television is here to stay. There is no denying it. Television viewing fills some void, touches some bizarre chord within many of us and thereby makes the modern condition

somewhat more tolerable. It is vegetation time after a long day's work. It's the omnipotent baby-sitter that pacifies even the brattiest of brats. Those of us who have broken the TV habit aren't necessarily better people, but our lives are indeed different. In abandoning television, one no longer wholeheartedly embraces that modern condition.

On the other hand, there are many things that people will claim about TV that are quite dubious. The foremost assertion is that television is an effective educational tool. This is a curious issue in that these people will oftentimes simultaneously claim that the programming is not making us a more violent society. It is as if our children are so brilliant that they will absorb only the good and winnow out the bad. The issue then comes down to this: in light of all the garbage that is on TV, is the fragment of positive programming worth it? Look at it another way. If you have a neighbor who is generally obnoxious and at times even psychotic yet can, in rare moments, be generous and friendly, would you feel satisfied with that person as a baby-sitter?

It is also assumed that you much watch the news shows in order to keep in touch with the world. Unfortunately, as a source of information, television has actually proven itself more capable of supplying disinformation. The news shows are not, by their own admission, impartial entities. Every three or four minutes, they tell you who

pays for the programming. Only a poorly-managed company would support a television program that at times held that company in a poor light. And, from experience, it is just those companies and corporations that we most need to hear the truth about. Just as we think at least twice before believing anything a used car salesman told us about his product, we should seek out alternatives to corporate sources of information if we hope to get an untainted version of the news. You will not find any on any of the television channels.

Also, contrary to popular opinion, the quality of entertainment ranges from tired to poor. In fact, vastly more money is spent making the commercials than producing the programs which are, for the most part, anything but innovative. There are only perhaps a dozen or two plots for each genre of program series that have been recycled for at least the past fifty years. And, how more pathetic than to have to rely on a laugh track which indicates to the viewers the appropriate time to chuckle. Television is cheap, easy and accessible. As always, you get what you pay for.

There is one more point that we can all agree on, however, and it is the most important of all:

4. We only get one life to live here on planet Earth (anything that might come afterward is still open to vociferous debate).

The thought of being an old man and looking back on a wasted life scares me more than most anything. The average American

now spends one-third of his or her life in front of a television set. If we spend one-third sleeping, that leaves only a third for everything else. That's not nearly enough.

"Ah-ha!" you say. "I don't watch the full seven to eight hours a day that the Neilsen Survey says I do."

I dare you, then, to figure out how much of just the next 25 years of your life you will spend in front of the tube. Calculate it out. Be honest (this is no time to lie—your life is on the line!). If you spend an average of just two hours a day, for example, that comes to over two full years of total television viewing over the next 25 years. See what I mean?

You don't want to waste your life away laughing at tired jokes, watching terrified animals running away from helicopters or falling in love with people who don't exist. Screw on your courage! Lace up your boots! There's a world out there that's a-calling (inside your TV there are only vaporous gases sealed in a vacuum). Sell that thing and use the money to take a trip. A hundred bucks will get you farther than you think — especially if you walk. Kick the kids outside and tell them to pick you some flowers. Spring is here! A time for breaking free, starting anew, stealing your neighbor's flowers.

How do you know anything until you've tried it?

(Children's Dev. cont.)

While watching television, children are also prevented from actively developing physically. Viewers sit and passively receive artificial light and sounds. One teacher observed that some of her kindergarten students have trouble using scissors to begin a cutting project. This teacher also remarked that the children having the most difficulties were the ones watching the most TV.

Considering the average American watches more than 4 hours of TV per day, it is not surprising to find that upon graduating from high school, the average American child will have spent more time watching television than learning in the classroom.

Fortunately, National TV-Turnoff Week is April 24-30. During this seven-day period, Americans will voluntarily turn off

their sets and engage in alternative activities such as reading, volunteering, exercising, and thinking! If you would like more information about this event, contact TV-Free America (202) 887-0436.

National Service Week also coincides with the TV-Turnoff, so you can participate in community service projects, while you abstain from TV! To learn more about National Service Week activities in

this area, call the Lewiston AmeriCorps program at (208) 799-5126. AmeriCorps is a national service program with 20,000 members of all ages who assist communities by: strengthening education, improving health programs, preserving the environment and attending to public safety needs.

# Guest Opinions

## Should it be legal to discriminate against homosexuals?

**Pro**

**Douglas Wilson, Pastor**  
Community Evangelical Fellowship in Moscow &  
Editor of Credenda/Agenda Magazine

Any defense of the right to discriminate against homosexuals may seem, at first glance, tantamount to a defense of civil rights idiocy. We have all been indoctrinated well; we have come to the point where a defense of civil rights is thought almost universally to be an assault upon them.

Modern Americans have tremendous difficulty distinguishing sins from crimes—our prohibitionist streak runs deep. This explains the war on drugs; it accounts for the frenzy over Joe Camel; it reveals a deep national disposition to wowsersism. If we disapprove of anything, we immediately rush to say “there ought to be a law.” So even if someone granted that discrimination against homosexuals were morally wrong, it would by no means follow that such thoughts and attitudes ought to have civil penalties attached to them. For, of course, if it is not legal to discriminate against homosexuals, the law would be meaningless and ineffective without some sort of penalty. And if adequate penalties are brought to bear, the real question becomes: “Should we persecute those whose religion requires social disapproval of homosexuality?” And the forces of tolerance cry yes.

All law is imposed morality. The only question is, “Which morality shall we impose, and which morality shall we repress by force?” The question is not whether, but which. Suppose a landlord refuses to rent to a homosexual couple. The imposed morality of constitutional

law requires we respect his right to deal with his property as he sees fit, whether or not we approve of what he does with it. The proposed regime would fine, imprison, or reeducate the hapless doof who dares think his own thoughts. But pink swastikas are no better than pink triangles.

The apostles of tolerance have done a magnificent job with their camouflage. In the name of keeping the government out of our bedrooms, we have put the government in charge of everyone’s bedroom. You can’t have a bedroom without a permit, and you can’t rent it without permission. Go fill out your forms and applications like a good boy. The program of our most beneficent Masters appears to be that you can do whatever you want in your bedroom, but you can’t do anything you want with your bedroom.

As we debate these issues, we should honestly face our choices. We are not discussing whether there will be intolerance in the law, but rather which kind of intolerance.

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chiropractic physician

**Palouse Chiropractic Clinic**  
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803 S. Jefferson, Suite #3  
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Left-handed children severely punished. People with epilepsy castigated for letting the devil enter them. Misinterpretations of the Bible that encouraged the extermination of Jews and the lynching of black people in the name of morality. Women arrested and imprisoned simply for trying to vote. A wave of anti-immigrant feeling after World War I culminating in a national law designed to destroy the parochial school system. Loyal American citizens of Japanese descent stripped of their property and shipped off to detention centers. Mixed race couples forbidden to marry.

Initially, none of these laws were labeled as discrimination. They were passed to promote public decency or to protect women from taking on masculine burdens or to aid in the war effort. But, eventually, all of these legal actions were recognized as discrimination based on false information and all of them were repealed.

Throughout American history, we have banded together to discriminate against other Americans. The banding together always felt good initially, and it was an easy way to vent our fears. Unfortunately, the pleasure in the act of discriminating always resulted in pain, and even physical harm or death, for the fellow citizens we discriminated against. And, once we got better information, we were plunged into guilt over our earlier cruelty and unfairness.

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**Susan  
Baumgartner**

**Con**

Having repeated this cycle of discrimination, enlightenment, and subsequent guilt a hundred times, must we now go through the same cycle with gay people? Perhaps not. Perhaps it will be too hard to find a majority of people willing to discriminate.

First, subtract the millions of gay people who exist. The tens of thousands who have come out. Their parents, children, relatives and friends. Researchers in the sciences, history, theology and the arts who find homosexuality a healthy, natural, beneficial occurrence in all human cultures throughout time. Their students. Many pastors, priests, and rabbis. Countless religions. Fans of Melissa Etheridge or David Geffen or Martina Navratilova. Moviegoers who cried at “Philadelphia” or loved “The Birdcage.” Everyone who watches “Friends.”

People like these and other clear thinkers will see divisive catch phrases like “special rights” and “protecting children” for what they are—one more sad attempt to legalize discrimination. But this time we could say “no.” We don’t need it, and the majority of Americans don’t want it. Finally, perhaps, we’re no longer doomed to ride every pendulum all the way to genocide before we return, shamefaced, to human decency.



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# THE CO-OP Bulletin Board

## Grow a Garden at the Koppel Farm

Healthy organic food for friends and neighbors!  
Grow food to sell at the Co-op or for the Koppel Farms Market this summer!

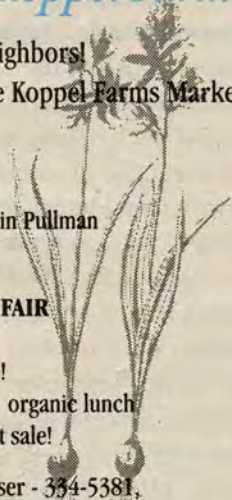
### PLANT PALOUSE NATIVE PLANTS

restore the native habitat along the South Fork in Pullman  
Each Saturday in April - 10 am to noon

### COME ENJOY THE KOPPEL FARM SPRING FAIR

May 18 th - beginning at 10 am  
planting of community flower beds & plant sale!  
workshops • animals • exhibits • music • organic lunch  
Plant some seedlings now to donate to the plant sale!

For further information call Susan Lutzenhiser - 334-5381,  
Erika Kuhlman - 332-5154 or Ron Hatley - 882-8782.



## Palouse-Clearwater Environmental Institute Annual Membership Meeting

9 am - 4 pm

Events include Carol Ryrle Brink Nature Park work party, Paradise Creek Clean-up, Youth Art Review, PCEI Board Meeting, Lunch by Pasta, Etc, Slideshow of PCEI's accomplishments, Election of new board members, Speaker Panel.

Theme: "What will our community look like when our children grow-up?",  
Discussion of PCEI's role.

Everyone welcome.

You can join  
the **National  
TV-Turnoff  
Week**

April 24-30!  
for more  
information  
call TV-free  
America  
(202)887-0436

## SPRING GATHERINGS

**Columbia Barter Fair**  
April 12-14  
Northport, WA  
(509)732-8845 or (509)732-6130

**Ferry County Barter Fair**  
May 3-5  
Orient, WA  
(509)684-6656 or (509)738-2853

**Heartlake Healing Gathering**  
June 21-23  
Kettle Falls, WA  
(509)684-1370

## LOST: 2 DOGS

Please help us find our  
lost dogs! They are both  
German wire-hair pointers.  
They vanished Tuesday,  
March 26th in Deary. One is  
male, liver color, with white  
spots and very short hair,  
answers to Flint. The other is  
female, white and liver, wirey  
hair and a beard, she answers  
to Bell. If anyone sees them  
please call us at 877-1614.

## Voices for Human Rights Auction for Justice

Sunday, April 28

Moscow Community Center

3 pm - 6 pm

entertainment by Dan Maher

free food/art auction

\$5 cover charge



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)

## Volunteers Needed for the 8th Annual Hazardous Waste Collection Day!

It's time to find volunteers for the 8th annual  
Hazardous Waste Day! Gather up your unwanted  
motor oil, antifreeze, paint, and other toxic  
household chemicals. Please help make this  
important event a success! Please volunteer for a 4-  
hour shift. Safety suits, safety training, lunch &  
snack provided, as well as a thank you letter from  
the Mayor and a public thank you in this newspaper.

**Date:** Saturday, April 27

**Volunteer Shifts:** 8-Noon or Noon-4

**Contact Person:** Carrie Lipe,  
Moscow Recycling; 882-2925

**Please Call ASAP so we know how close to  
you 50-volunteer target we are!**

## 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.

## MOSCOW RENAISSANCE FAIR

May 4 & 5

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