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Co-op - News

Concern for the Community

by Kenna S. Eaton

"While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members."

This, the seventh cooperative principle, is one that speaks to our hearts here at the Co-op. To us it means that we are bidden to give a portion of our earnings, as a business, back to our community.

We do this through many different ways, the most obvious being donations. As Federal funding is cut back, non-profit and humanitarian organizations are forced to do more local fund-raising. I know that personally I am being asked more and more often to donate money to these local groups. As a business this is true also.

I often try to find creative ways of supporting these organizations, such as donating old computers to elementary schools, or oranges to a walk-a-thon. I also donate gift-certificates to fund-raising events (auctions or raffles). In the New Year we donate a portion of sales on Martin L. King day to a local human rights group. And in the late spring and summer we sponsor a parks and rec. softball team. Sometimes though, what the groups really want is a quick infusion of cash. For those situations we have a donations policy. We request that a form be filled out in advance, stating how much money the group wants, and what they plan to do with it. We look for groups that we feel make a positive contribution to our community, and are somewhat in line with our mission statement of sustainability. We have already made all our donations for 1996, but if your organization is looking for a donation in 1997, please remember that we need advance notice. We have a very limited budget for donations, and we give money out only once a month. If you are still interested in asking the Co-op for a donation, please stop by the Co-op and ask for one of these forms.

Happy Holidays!

A Time for Wintering In!

A Report from the October Meeting of the Board

by Paul Weingartner
Board Member

As I write this, I await with patience the promised "winter storm" and reflect upon the abrupt and relative "deep freeze" of the co-op in reference to its pursuit of a new location. Many of you know that the most recent opportunity to relocate—to the old "Jeff's Foods" location—fell through just shy of the member meeting in which the news of relocation was to be announced. Understandably, at the board meeting the following week, talk focused on what the board, staff, management, and members have to do now to make relocation a possibility in the spring of our future. The following is a brief account of this chatter and other important board news.

First and foremost, it was agreed that a fully functioning relocation committee should be empowered to follow-up on all areas associated with relocation-preparedness. Identifying potential buildings, building sites, etc., and contacting the relevant landlord(s) would be one such function of this committee. Another function would be overseeing any fund-raising, capital improvement, or member loan initiatives. This committee is open to all members who would like to share their talents and ideas.

Working closely with the relocation committee will be the finance committee. Their main goal is to improve the financial condition of the co-op. One way to achieve this goal that was discussed is to employ a financial manager, someone who not only keeps the books but engages in co-op specific financial strategizing and forecasting. No decisions have been made yet, but everyone agreed that proactive steps must be taken so that the next time an opportunity presents itself, we won't have to guess at "the numbers" or leverage the co-op too steeply. This committee, too, is open to all members.

Which brings us, lastly, to that perennial issue of member involve-

ment. Whereas the nature of co-op governance permits the board, empowered by voting members, to make decisions such as relocation (when? to where? etc.), some (myself included) have suggested that the board needs to make further and greater attempts to involve members in the mechanics of these decisions. The board cannot (should not have to) shoulder this burden alone. We need members with ideas, talents, elbow grease, and commitment to come to board meetings, come to committee meetings, voice their opinions, and engage us in this monumental conversation about uprooting the co-op and moving it to whoknowswhere.

In short, it is YOUR co-op that is on the line. If you love it, don't leave its next location up to the board alone. Get involved! Help us with the difficult work of making it through this "relocation winter".

+++++

Other brief board news: The board accepted the resignation of Kristi Wildung, and it was agreed that board member elections are near enough at hand that finding a replacement for Kristi isn't necessary. The co-op's "revised" business plan will be completed soon as will the 1997 budget.

Lastly, the board is looking for a member with good writing skills to attend monthly board meetings, take minutes, and post the minutes on the announcement board in the co-op. This voluntary position earns an 18% discount. If you are interested, contact Vicki or Kenna at the co-op.

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The Buy Line

by Kim Cantrell

Yes, it's true, there is a new buyer and it's me, Kim. And, with much hard work on my part and some patience on yours, I'll get myself situated in the job soon. Right now I'm working on what I have to do daily and slowly learning everything else. And trust me, there is a lot of everything else. For example your special orders, which I have caught up on. Thanks for being patient with me with some of those hard-to-find items and others of you who placed your orders during our transition.

I have also been able to look at your customer requests and this is what I have to say:

Please stock the Apricot and Apple-Cherry Cliff Bars-OK!

Please, Please, Please, carry the other flavors of Cascade Farm Sorbet-they are fabulous!-I love those, too, but due to slow sales they have been discontinued. I will consider them again next summer.

We were thrilled you finally had black soybeans-much more palatable than the ordinary yellow stock fed beans-They were nice weren't they, but they stopped supplying us as soon as we got them. I'll keep trying.

Organic Ketchup in a glass bottle. Millina's is the best-We will pick this item up.

Organic Apple Juice-Variable crops make it difficult to keep in stock but we do have it frozen.

Cascadian Farm Jam in an 8 or 10oz. - Sorry, not enough demand

Organic Satsuma's-They are in season now but not always, please look in the produce dept. for them. The lovely produce ladies will keep them in as long as the season lasts.

Barbara's Frosted Funnies Cereal-Sorry, kid's cereals do not sell well.

Organic Plain Apple Sauce-OK! Ecco Bella Vanilla Body Lotion-Discontinued due to slow sales, but we can special order it by the each.

Beeswax Candles-We have these in stock and do all year round

Free Range Eggs-We do when we can.

Wheatgrass juice on the juice bar please-Sorry, we would have to buy a special juicer.

Rising Moon Sauces, Yeah! Now get more flavors-Oh so sorry,

We are already considering discontinuing the others due to slow sales.

I know you don't have much space but some single basic homeopathic remedies for sale would sure be helpful-You are right about space, but please let me know which ones you are interested in & I can order them for you.

Vegan-Rella-This product was discontinued, for yes, once again, lack of sales. But it can be special ordered.

Please get "spicy" Bearitos Refried Beans. Please, oh, please. Thanks for your suggestion. Try our Zapatta Spicy beans, they are organic and less expensive.

Can you please carry some organic black teas.-I'll look into it-in the mean time try Choice, it's great.

Cascadian Farms ice cream is really great, but could you vary the flavors?-Sure

Please bring back Ecover Fabric Softener, it works better than what we carry now-Ecover has had trouble with products not being environmentally friendly and their staff has been unsupportive of the product.

Can you please get the Burt's Beeswax lip balm in the tube form?-It's here both downstairs by the registers and in the Bazaar.

Please get Sno-e tofu milk mix-Sorry, our distributors don't carry such a product.

Please try to get Vegie Jerguee in regularly-We ordered it every 2 weeks, but our main distributor just picked it up so you should see it in as long as they don't tell me it's out.

Can we light a fire under Mt. People to get the green protein powder-It comes from Natures Life and we don't actually carry it (that was a mistake), but you can special order it in 1, 2, & 25 lb. quantities.

Please, please, please get steel cut oats even if they are not organic-It's not that we didn't want to carry them (organic or not) but the distributor was out of stock.

Bulk Raw Tahani-Eh, too messy. If you can think of a good way to handle it let me know.

Masa-It's been discontinued but I'm desperately looking at other sources, I may have found it in packaged form.

Chestnuts-They are here in the produce dept. They are seasonal.

Traditional Medicinals Herba

Tussen-Hey, I just got a sample of it recently, look for it soon.

Monuuka Raisins-OK!

Co-op brand toothpaste-Out of stock at distributor.

Poconos brand cream of buckwheat is a great hot cereal for winter-Try our Lundberg brown rice cereal available in bulk.

Solona Gold Raspberry Applesauce. Please keep ordering, we love it!- Me too, okay.

Please stock Soy Butter-OK! Henna in bulk-I can special order it.

Powdered Goats milk, keep it coming.-OK!

Instant dried potatoes-Sorry, it's been discontinued, but I'll look for a substitute.

There have also been suggestions concerning the Co-op in general. We have come up with a solution to the "messy" bulletin board outside. Our wonderful barristas who serve you hot beverages will be clearing it for us twice a month, unless the material is dated otherwise. We can't seem to win when it comes to using paper or plastic so we offer both about the store. You make a choice. And for those asking about opening the Co-op at 8:00 a.m. we have been taking a survey and the results will be out soon.

Please feel free to call me at the Co-op concerning products and special orders and I'll help you the best I can.

Attention Potential Co-op Board Members!

Don't forget
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Staff Profile: Jason Brown

by Linda Canary



I am twice Jason Brown's age. I know this because he told me he is turning 22 on Christmas day. (Who else do we know whose name begins with "J" and was born on Christmas day?) Anyway, the reason I mention our ages is that despite their difference, we seem to have very similar outlooks on life — which just goes to show you that ideas can and do transcend generations. It was kind of neat to hear someone young articulating my own hard-earned views.

When we sat down at the Deli across from each other and pulled off our hats, we both had very scary hair, and Jason also told me that he recently had cut off his four-year dreadlocks. What was a guy from Great Falls, Montana doing with a Rasta hairstyle? Well, being a Rastafarian. He was drawn to the religion in part because of its vegetarianism and other philosophical principles. But when I asked him if he'd like to go to Jamaica, he said, "No, I want to go to South America — Patagonia, where the big rocks are." Big rocks? He means mountains, as in climbing. Turns out, he's an avid rockclimber.

"When I'm climbing, I'm on top of the world." Jason says climbing hones his mind and keeps it sharp because of the intense need to focus and stay in the present moment. "If your mind slips, it can be detrimental to your health."

I wondered what else he liked to do, and found out that he rebuilds old Schwinn's because of their beauty, functionality, and design. "I

like to take a pile of rust, and give it back something it once had." Jason once lived a whole summer on his bike, touring the great Northwest and meeting some really wonderful people along the way. He's settled, for now, in Moscow to be with his girlfriend, Autumn. Because the Palouse has the same rolling foothills geography as Great Falls, he feels very much at home here. Loves the pace of the place especially in the summer when he can porch-sit and watch the flowers grow.

Jason likes working at the Coop — especially in the bakery. "I love to cook, love to watch the bread rise while I'm by myself and can think, turn things over in my head." And he's thought about a lot apparently: like how peace of mind is worth everything; how he's glad to have the time to appreciate everything; and how he's poor but happy — has everything he wants. I agreed, "You can have everything and have nothing. You can have nothing and have everything." I think the Buddha said that, but I'm not certain.

"What about the future?" I asked. He wants to travel, maybe go to school to learn Latin and study soil. Why Latin? Because he has a good friend (52 years old) that writes great poetry with Latin in it, and he wants to be able to fully appreciate it. Jason values friendship a lot, and he has an eclectic group of friends. Even his parents are his good friends. The poet friend is also a chocolate maker whom Jason helps during busy

seasons. That would be heaven to me: to work in a chocolate store. And think about it — a chocolate covered cherry does contain all the food groups, doesn't it?

We began to wrap it up, the conversation and ourselves into our coats and hats that crushed down our wild hair, and started to walk to his house so that I could get a picture of him with one of his Schwinn's. We talked about getting upset. Turns out he doesn't get upset much; he has a sense of the big picture and it all seems just fine with him. "But, really," I press him, "don't you ever, ever get upset?" And then he admitted, that, yes, once in a great while he'll be upset, but then he just gets a friend who will let him lay his head in their lap, and he mellows right out. I've decided to try it next time, and I'll let you know how it works for me. Until then, have a great Christmas day, Jason — and the rest of you merry gentlefolk, too.

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Baking without Wheat Part II

by Pamela Lee

In November's Newsletter I reviewed four food allergy cookbooks and shared with you some tasty baked-goods recipes from those same four books. My research (reading, baking, and eating) this month has focused on finding recipes for making breads and cookies without using wheat flour. My decision to feature cookies was dictated by season — the holiday season. And, bread is not only the "staff of life," but it is also necessary to make a sandwich. When one can't eat wheat, baking bread offers a sizeable challenge. If you suffer from wheat allergies, you're probably aware of the packaged Ener-G-Foods brown rice bread (in the cooler across from the peanut butter). This is good bread, but if you are eating it as a staple, it can quickly begin to lack variety. Home-baked rice breads can be overly crumbly, too delicate to build a sandwich with or too loose-crumbed to hold together well enough to pop in and out of the toaster intact. My search for successful no-wheat cookies was far easier than my quest for the perfect no-wheat bread. Wheat's gluten-power was not missed when I was baking cookies. But, its absence was apparent when baking breads. After trying oodles of cookie and bread recipes, I've narrowed the selection here to those I liked most and that worked the best. Cookies first, then the breads, some with yeast, some without. Happy holidays, eat well, live and love long!

I found this cookie recipe last March on a single-page flyer handed out at Lorient's Natural Foods, in Spokane. It quickly became a favorite. It is easy to make, and deliciously sweet. You will note, though, that it is not low-fat. (I added a touch of salt to the recipe.)

Wheat Free Shortbread

- 1/2 cup rice flour
- 1/2 cup barley or oat flour
- 1/2 cup unrefined vegetable oil
- 1/4 cup rice syrup

Mix all ingredients well to make a smooth dough.

Roll out 1/4 inch thick and cut into desired shapes.

Bake on an ungreased cookie sheet for 17 minutes at 375 F.

This recipe is from The New York Times Natural Foods Cookbook by Jean Hewitt. I used only 3/4 cup of Sucanat, plus quick-cooking organic oatmeal flakes, no nuts, and currants in place of the raisins. They turned out great.

Oatmeal Drop Cookies

- 1 1/4 cups raw sugar
- 1/2 cup safflower oil
- 2 eggs
- 6 T. unsulphured molasses
- 1 3/4 cups brown rice flour
- 1 t. cinnamon
- 1 t. baking soda
- 1 t. sea salt
- 2 cups rolled oats
- 1/2 cup chopped nuts
- 1 cup monukka raisins

Preheat the oven to 400.

Cream the sugar with oil until light and fluffy. Beat in the eggs and then molasses.

Sift the rice flour with the cinnamon, baking soda and salt and stir into the sugar-mixture. Stir in the remaining ingredients. Drop by teaspoonsful onto oiled baking sheet. Bake 8 to 10 minutes or until done. Cool on a rack.

Yield: 3 dozen cookies.

These cookies are from The Allergy Self-Help Cookbook, by Marjorie Hurt Jones, R.N. The author's notes indicate that the recipe makes 50 "delicate cakelike cookies that contain no wheat, butter, sugar or milk".

Chinese Almond Cookies

- 1 1/2 cups sifted brown rice flour
- 1/4 cup sifted arrowroot
- 1 t. cream of tartar or 1/4 t. vitamin C crystals
- 1/2 t. baking soda
- 1 egg
- 1/2 cup honey
- 1/2 cup oil
- 1 t. pure almond extract
- 50 whole almonds

Sift the flour, arrowroot, cream

of tartar or vitamin C crystals and baking soda into a medium bowl.

Beat the egg in a large bowl with an electric mixer for 1 minute. Beat in the honey in a thin stream. Beat in the oil the same way. Add the almond extract.

Add about half the flour mixture to the bowl, and beat in on low speed until thoroughly mixed. Add the remaining flour, and mix on low speed until well blended. Chill dough for 1 hour.

Drop rounded teaspoonsful of the dough onto lightly oiled cookie sheets. Allow at least 1 inch between cookies. Press an almond into the center of each cookie.

While these ginger cookies are not as sumptuous as the packaged "Pamela's" (brand name) cookies on sale near the Co-op's checkout counters, they are good. They are the only no-wheat ginger cookie recipe that I found good enough to make again (and again, and again...). All the other no-wheat ginger cookie recipes were so resilient (in texture) that I wondered if they could be used as tiles. (And I'm exaggerating only slightly.) This recipe is from Ruth Shattuck's Allergy Cookbook. The recipe yields is 2 1/2 to 3 dozen cookies. Although I am transcribing the recipe as the author wrote it, I use only 1/4 cup each of molasses and honey when I make them. Since this cuts back on the amount of liquid, I use the lesser amount of flour.

Ginger Cookies

- 1/2 cup safflower oil
- 1/2 cup molasses
- 1/3 cup honey
- 1 t. ground ginger
- 1/4 t. salt
- 1 t. baking soda, dissolved in 1 T. hot water
- 2 2/3 - 3 cup brown rice flour—
or, 1 cup brown rice flour
plus 1 cup millet flour and
2/3 - 1 cup garbanzo flour

Combine oil, molasses, honey, ginger, and salt in a saucepan. Stir to mix. Bring to a boil. Immediately remove from heat. Add baking soda dissolved in hot water immediately. While foaming, add flour. The dough should ball in the pan and be stiff enough to make into a roll on waxed paper. Chill the roll of dough.

Slice the dough 1/4-inch thick and put onto a lightly greased cookie sheet. Bake at 350 about 10 minutes, or until lightly browned (do not overcook).

Variation: If you use can gluten but not wheat, you can substitute a mixture of barley and oat flour.

Some years ago, the Co-op's Upper Crust Bakery made a weekly yeast-risen rice bread. This is the recipe they used. It is taken from The Laurel's Kitchen Bread Book. This is a slow rising bread. One mixes the dough 12 to 18 hours before baking. When I copied the recipe out of the Upper Crust's copy of Laurel's Bread Book, I failed to note the recipe's title, so I'm just calling it Laurel's Rice Bread. The methocel, which is required, can be mail ordered from Ener-G Foods. (In last month's article, I mistakenly quoted an expired [Washington] in-state phone number. The current toll-free number is 1-800-331-5222.)

Laurel's Rice Bread

- 6 cups brown rice flour
- 1 T. salt
- 2 2/3 cups tepid water
- 4 t. active dry yeast
- 1/2 cup warm water
- 2 T. honey
- 1/4 cup oil
- 1/4 cup methocel

Mix rice flour and salt. Make a well in the middle. Pour in the 2 2/3 cups tepid water, mixing gradually from the center outward. Beat vigorously for 10 minutes by hand with a wooden spoon (or with an electric mixer) at medium speed to smooth and aerate the batter. Let the mixture stand at room temperature for 12 to 18 hours.

Dissolve the yeast in warm water. Stir yeast, honey, and oil into the grain mixture. Mix thoroughly until smooth and uniform. Add the methocel and mix thoroughly again. The dough will become very stiff.

Spoon into 3 well-greased 8" x 4" loaf pans. Wet your fingers with water or oil and smooth the tops. Keep the loaves in a warm (80 F) and humid place to rise, until the batter reaches the top of the pans. Watch the surface of the dough and be ready to put the bread into a preheated oven as soon as the first

tiny pinholes appear on the top.

Bake at 350 F. for about 45 minutes, or until done. Allow to cool before slicing.

TIPS: If the dough is too stiff, the bread will be too dense and won't rise properly. If too wet, it'll rise up like wheat bread, but will then collapse.

Don't use butter or shortening for the liquid oil; it'll affect the methocel's function.

Store the bread in the refrigerator, or freeze it. This bread tends to go stale quickly.

As an introduction to the next bread, from *The Gluten-Free Gourmet*, author Bette Hagman notes that "This bread is so good your friends won't believe it is gluten free. But this mix, with very little sugar to keep the yeast working, needs to be kept extra warm. This bread is best baked at a time of low humidity. Damp weather seems to make the bread soggy." If you are allergic to gluten, I hope you know not to use a vinegar that is made from grain, as are most white distilled vinegars.)

Donna Jo's French Bread

- 2 cups white rice flour
- 1 1/4 cups tapioca flour
- 1 1/2 t. salt
- 2/3 cup dry powdered milk
- 3 1/2 t. xanthan gum
- 1 1/2 t. sugar
- 1 3/4 cups warm water
- 2 yeast cakes, or 2 T. dry yeast
- 1 t. vinegar
- 4 egg whites at room temp.
- Optional: 1 egg white, beaten.

Into bowl of an electric mixer place flours, salt, milk powder, and xanthan gum. Add the sugar to the warm water and crumble in one yeast cake. This will not foam up, since there is very little sugar to make it work. Add remaining yeast to the dry ingredients and blend with mixer. Add the vinegar and mix. Add the egg whites and beat 2 or 3 minutes.

To form loaves, spoon dough onto greased cookie sheets in 2 long French loaf shapes or spoon into greased French bread pans. Slash diagonally every few inches. Brush with beaten egg white if desired. Cover the loaves and let rise in a warm place until doubled (up to 1 hour). Bake 30 minutes in preheated oven at 400. Makes 2 loaves.

The next bread is a quick bread (no yeast), also from *The Gluten-Free Gourmet*. It is easy to make, has a nice crust, and will hold

together for making sandwiches or toast. I found that this recipe lent itself nicely to alteration. Unlike the previous yeast-risen bread, this bread works fine with or without the xanthan gum...though the gum does help the loaf hold together. Let the bread cool before slicing. You can bake more than one loaf at a time as it holds up well to refrigeration or freezing. Egg white will beat to stiffness best if they are first brought to room temperature. Also, your bowl and beater must be grease-free to get egg whites stiff.

Potato Quick Bread

- 1 cup milk or buttermilk
- 2 eggs
- 2 T. sugar
- 2 T. vegetable oil
- 2 cups potato starch flour
- 2 t. baking powder
- 1 t. salt
- Optional: 1 t. xanthan gum

Scald sweet milk (if used), and set aside to cool. Buttermilk does not need to be scalded.

Separate eggs. Beat whites until stiff. In a separate bowl, beat yolks. Add cooled milk, sugar, and oil to beaten yolks.

Sift together flour, baking powder, salt, and xanthan gum and add to yolk mixture. Mix well. Then gently fold in egg whites.

Pour batter into a greased 8" x 4" bread pan. Bake in preheated 350° oven for 40 minutes.

My variations: Use rice or soy milk in place of the cow's milk. Neither will require scalding. In place of the 2 cups potato starch flour use a combination of: 1 cup potato starch flour and 1 cup brown rice flour; or use 1 cup potato starch flour, 1/2 cup brown rice flour, and 1/2 cup white rice flour (or amaranth flour).

This carrot bread is from Ruth Shattuck's *Allergy Cookbook*. It does crumble easily, but the crumble factor is more than forgiven by the fact that this bread is so wonderfully delicious. It is more of a sweet bread than a sandwich bread.

Carrot Bread

- 1 cup oat flour
- 1 1/2 cup plus 2 T. brown rice flour
- 6 T. arrowroot
- 3 t. arrowroot baking powder (or about 2 t. other baking powder)
- 1/2 t. salt
- 1 t. cinnamon
- 1/4 t. allspice

- 2 envelopes plain gelatin
- 1/4 c. honey
- 1/2 c. safflower oil
- 1 c. grated carrots
- 1/2 c. chopped dates, raisins, or nuts

Combine oat flour, brown rice flour, arrowroot, baking powder, salt, cinnamon, and allspice. Set aside. Stir gelatin into cold water and dissolve over low heat. Lightly beat eggs. Slowly add molasses, honey, oil, and gelatin. Stir in carrots and fruit. Blend in dry ingredients. Mix well. Batter should be medium-stiff. Spoon into two well-greased 5" x 3" loaf pans or one 8" x 4" pan. Bake at 350° for 30-35 minutes for the small loaves or 60 minutes for the large loaf. Bread should be lightly browned and a toothpick inserted into the center of loaf should come out clean. Turn onto a wire rack to cool.

Variations: If you can use corn, you can substitute 1/2 c. cornstarch for the arrowroot and 2 t. regular baking powder for the arrowroot baking powder.

I invented this quickbread four years ago. It's not too sweet because I like the naturally tart taste of cranberries. You can add a couple tablespoons of sugar if your sweet tooth demands it. Note that it is not baked in a loaf pan.

Cranberry Buckwheat Quickbread

- 2 cups buckwheat flour
- 2 t. baking soda
- 1/2 t. salt
- 2 T. poppy seeds
- 1/2 t. vitamin C powder
- 1 cup water
- 1 egg
- 3 T. safflower oil
- 1 T. maple syrup
- 3/4 cup chopped cranberries

Preheat the oven to 425 F. Oil an 8" square pan.

Sift the flour, baking soda and salt together in a mixing bowl. Add the poppy seeds and the chopped cranberries. Gently toss to distribute evenly.

In a 2 cup measuring cup, dissolve the vitamin C in a few tablespoons of warm water. Add cold water until you have a total of 1 cup. Add the egg (lightly beaten with a fork), the oil, and the maple syrup to the water.

Add the liquid ingredients to the flour mixture. Toss and mix gently until the ingredients are lightly blended, but not over-mixed. Turn batter into the prepared pan. Quickly

level the batter with a spatula. Bake for about 20 minutes, until a toothpick inserted in the center comes out clean. Cool at 10 minutes before cutting.

I also invented the following recipe. I've tried so many variations on it that I've lost count. You can use other chopped dried fruit in place of (or in addition to) the currants. You can add 1/4 cup chopped nuts. Use fennel or poppy seeds in place of the caraway. Try soy, oatmeal, or nut milk in place of the rice milk. I've also made it with just water (no rice milk). Instead of the amaranth flour, try oat flour, millet flour, buckwheat or barley flour. You can turn whole millet into flour a little bit at a time (about 1/4 cup), in a blender, on high speed.

Amaranth/Rice Soda Bread

- 1 cup amaranth flour
- 2 cups brown rice flour
- 1/2 cup arrowroot flour
- 1 t. salt
- 1 t. baking soda
- 2 t. baking powder
- 1 or 2 T. sugar
- 2 T. caraway seeds
- 1/2 cups currants
- 2 eggs
- 2 T. unrefined vegetable oil
- rice milk to make a total liquid of 2 cups (when mixed with the eggs and oil)

Preheat the oven to 375° F. Oil an 8" x 4" loaf pan.

Mix together the flours, salt, baking soda and powder, and sugar. Sift them into a large mixing bowl. Add the caraway and currants, toss to distribute them evenly, then create a well in the center.

In a 2-cup measuring cup, beat 2 eggs well with a fork, add the oil and mix. Gradually add room-temperature rice milk to the egg and oil, continuing to stir with the fork, until the total measures 2 cups.

Pour the liquid into the center well. Beat and mix gently until the flour is evenly moistened. Spoon the mixture into the prepared loaf pan. Gently smooth the top of the batter with a water-moistened hand or a moistened rubber spatula.

Bake for 50 minutes to 1 hour. Cool 10 minutes, then remove from the pan. Let the loaf cool before slicing.

All-Natural Snacks

by Mandi Pike

My name is Mandi Pike and I am a junior at WSU. My field of study is Communications: journalism. This is a review of beverage and snacks from the Food Co-op -- two brands of potato chips and spiced apple brew.

Starting out with the Jalapeno Jack Kettle Chips, Natural Gourmet Potato Chips was probably not a good choice. I felt that the first thing I should have tasted was the jalapeno and cheese, but the first thing I tasted was oil. In contrast to the attractive looking bag, the flavor was extremely bland. The chips varied in size and were all broken up. Compared to Lay's brand potato

chips, Kettle chips were of poor quality and quite expensive (\$1.37). For 9 grams of fat and 140 calories per 28 grams of chips, these chips did not hold their flavor and the bag was not even half full. Next I tried Westbrae Natural's Organic Ripple Sour Cream Ranch Potato chips. These chips were better. They were about medium size chips, less oily, and had more flavor, but they were more expensive (\$2.27). They were crisp with a sour cream flavor, but the ranch taste was not apparent. They had 10 grams of fat and 160 calories per 28 grams of chips. They were of much better quality than the jalapeno and jack chips, but compared to Ruffles brand potato chips these still have a little work to do with their bland flavoring.

To wash down these all-natural potato chips, I had a 12-ounce bottle of Reed's Spiced Apple Brew, Spiced

Apple Cider. This was the most refreshing beverage I have ever tasted. This non-alcoholic beverage had the exploding taste of real cinnamon-apple cider. Surprisingly, the flavor that stood out most was the ginger which made it so refreshing and clean tasting. I enjoyed every sip I took. The aftertaste consisted of ginger and lemon with a hint of the apple cider. The beverage was average in price and of good quality. I definitely would buy it again.

These snacks were a new experience with a broad spectrum of flavors. Remember when shopping at the Food Co-op, the products will not taste like the popular brands in the grocery store, but if you keep an open mind, you might acquire a different taste.

Nutmeg and Mace

by Robin Ohlgren-Evans

Nutmeg and mace come from the same tough-husked fruit of the tree *Myristica fragans*. This tree probably originated in eastern Indonesia, but it was carried westward as soon as trade of any sort got going and it apparently reached Europe by about AD 600.

Mace is the lacy outer covering of the fruit—when freshly picked it is pink in color, turning brown as it dries. It is used whole in cooking fruits or desserts or ground into a powder for seasoning baked goods and meats. In the Caribbean, oil of mace was at one time considered valuable for the relief of insomnia.

Nutmeg is the hard inner kernel of the fruit. It is an aromatic spice, warm and stimulating in taste. It can be found whole or ground in the

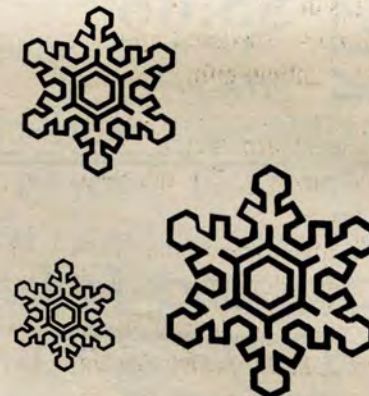
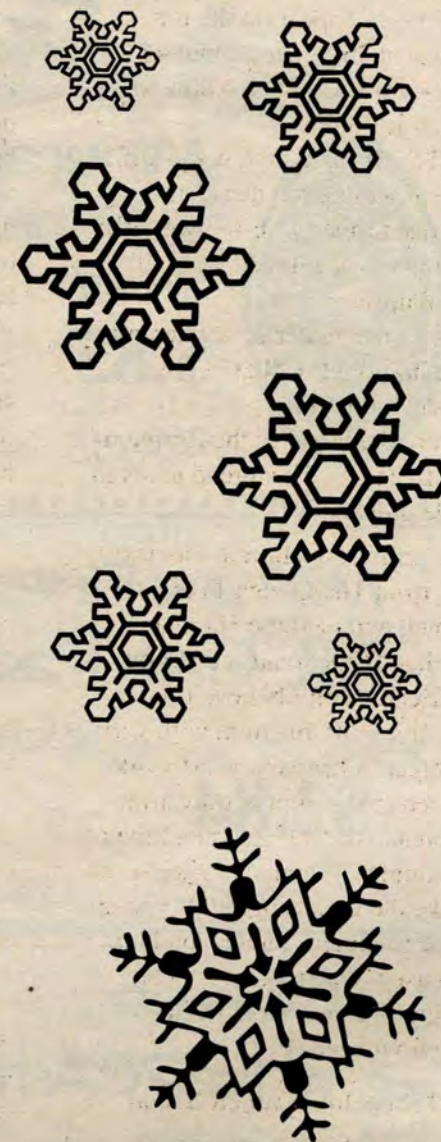
spice section—use it sparingly but often, especially as the holiday season approaches. For full flavor, grate it fresh (properly stored, whole, dry nutmegs keep indefinitely). Try it not only in baked items but in spinach, with squash and pumpkin dishes, on French toast—and always with eggnog!

Nutmeg Pancakes

- 2 C. flour
- 1.2 C. flax seed meal*
- 1 tsp. salt
- 3 tsp. baking powder
- 1 T. nutmeg
- 2 C. milk
- 1/2 C. vegetable oil
- honey to taste
- 2 eggs

Stir dry ingredients together in a big bowl. In blender (or with beaters) mix together milk, oil, honey and eggs. Stir liquid ingredients into dry ingredients with wooden spoon and mix well. Fry pancakes on lightly oiled cast-iron skillet and indulge with maple syrup and maybe a dollop of plain yogurt. (Sliced bananas on the side make a real tempting treat.)

* Flax seed is available in the spice section of the Co-op and you can make a meal by grinding it very finely in your coffee grinder (use dry bread crumbs to clean the grinder).



EASY LOWFAT EATS by Ginny Clark Kohler

MOLASSES COOKIES

STIR TOGETHER
 1/2 CUP BROWN SUGAR
 1/2 CUP APPLE SAUCE
 1/2 CUP MOLASSES
 3t CINNAMON
 2t GINGER

t = teaspoon

ADD
 3/4 CUP FLOUR (WHOLE WHEAT)
 1 CUP OATS
 1 CUP RAW WHEAT GERM
 1t BAKING SODA
 1/2t SALT (OPTIONAL)
 1 CUP RAISINS

MIX THOROUGHLY
 SPOON ONTO NON-STICK
 COOKIE SHEETS
 BAKE IN OVEN AT 375°
 FOR 10 MINUTES

ENJOY SPICY,
 NONFAT COOKIES

COOKIES

MAKES 4 DOZEN
 DELICIOUS COOKIES

December Co-op Specials



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Lemon, Lime, Orange & Plain

20% off

\$0.85 reg. \$1.04

20% off

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\$2.84 reg. \$3.28

15% off

KISS MY FACE

Oil Free w NaPCA moisturizer

16 oz.

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20% off

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"Lite" firm, Soft, X-tra Firm, Firm

\$1.19 ea.



Nature's Gate Moisturizers

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Maranatha Cashew Butter

16 oz.

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15% off

Mates

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by: Robin Murray

December Kids page

Did you know...

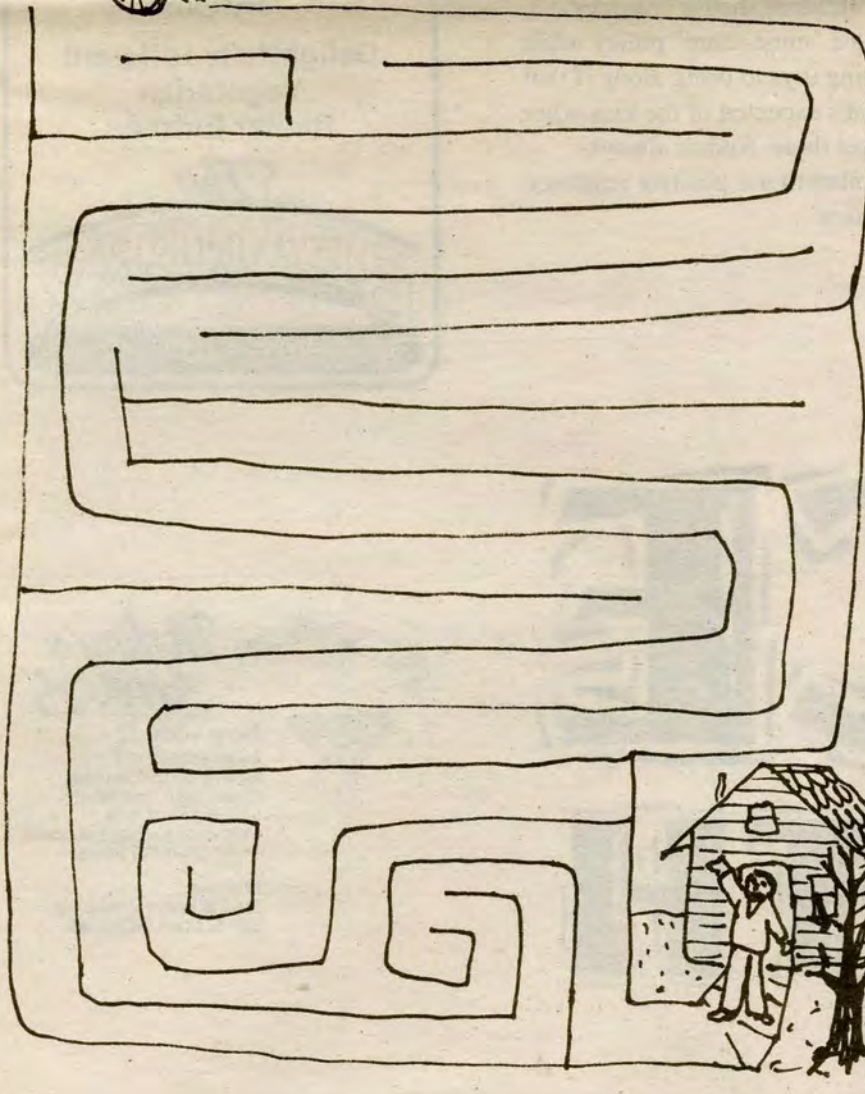
The first bicycle was built in 1840? It was by Kirkpatrick



Macmillian and is now in the Science Museum of London, England.



Help Jay get to Shawn's house



Enter Poster Contest

Who? Any kid between 5 and 12 years old who lives in Latah or Whitman county.

What? A handmade poster up to 11x14 inches showing what you think the Palouse Trail will look like when it's finished. (No computer images!)

When? Posters must be received on or by February 7, 1997.

Where? Drop off your poster with Brent at Moscow's First Federal Bank or with Bill at Pullman's Washington Mutual Bank.

Prizes! The best poster from each age group will win a prize from our local bicycle shops.

The Palouse trail will go from Moscow to Pullman and be open to bicycles, skating walking and jogging. For more information on this contest call Candy at 883-2688

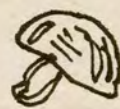
The Sidewalk Racer

OR

ON THE SKATEBOARD

Skimming
an asphalt sea
I swerve, I curve, I
sway; I speed to whirring
sound an inch above the
ground; I'm the sailor
and the sail, I'm the
driver and the wheel
I'm the one and only
single engine
human auto
mobile.

a poem by Lillian Morrison



Family

Holiday Visiting

By: Robin Murray

The holidays are a time for gathering family together and watching the glow of excitement in the children's eyes. Unfortunately, all too often that glow turns into a glazed look of boredom and exhaustion, followed by whining and fighting which ruins the atmosphere of festive company. Part of the problem lies in balancing the needs of adults and children. There are several ways to help do this.

First of all, pay attention to pacing. Adults need lots of time to sit and chat. Children need time to play, time to exercise, time to relax, time to be creative and time to have the undivided attention of adults. Giving children specific, self-directed activities to do which conclude with adult appreciation can help meet both groups' needs. Some sample activities include:

1. Have the kids create a snow sculpture gallery outside, preferably within sight of the living room window. When it's done, have the kids provide a guided tour of the gallery to some of the adults. The rest of the adults can look appreciatively through the window as a group for a few minutes. For added exercise, take pictures and then have a sculpture destruction session.

2. Have the kids assemble

appetizers in the kitchen and serve to the adults. This serves a dual purpose: keeping the kids busy and allowing the adults to get a chance at the food before the kids devour it all!

3. Have the kids prepare a puppet show or play to be performed after dinner or at some other specific time. (Not specifying a time will result in endless short, ill-rehearsed productions which constantly interrupt the adult conversation.)

All of these separate the activities of adults and children in order to better meet the needs of each group, however it's also important to plan some activities that bring the two groups together. Some ideas for that include:

1. Send the kids on a scavenger hunt, but instead of looking for objects, they look for the answers to questions, such as "Who won a statewide essay contest in 1975?", "Who was a nurse in World War II?", "Who was captain of their high school football team?" The kids have to ask the adults whether they're that person, to which they can only answer yes or no. The adults are not allowed to tell the kids who it was or even answer yes or no if asked about another person. This takes a little advanced planning to get the questions, but it makes the kids talk to

every adult and shares some family history.

2. Have a talent show after dinner where you invite both adults and children to do their special thing. An older child can be a good candidate to organize the event. Make sure to give them some guidelines such as alternating children and adults and alternating songs and stories.

3. Board games that can accommodate several players or teams of players make good mixers for different ages. Even small kids who may not understand all the rules can still have fun counting and moving the players when teamed with an older person.

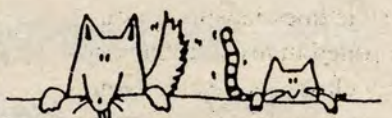
4. Have an "activity potluck" by assigning one family to bring a board game, one to bring a craft project, one to bring a video and so on. This encourages participation since everyone leads an activity and can also avert a video marathon.

One of the most important ways to make a gathering go smoothly is to make sure the kids know what's expected of them. Hosts need to tell them where they CAN play, especially if there are some areas preferred to be kid-free. Parents going to a place where there will be other children should consider setting a "must-share" policy while selecting toys to bring along if that is what's expected of the kids when they get there. And as always, remember to use positive reinforcement first!

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Reflections on Middle Age

by Susan Palmer

Although I am entirely confident that turning 40 left me unscathed, I confess that it prompted me to ponder the definition of what constitutes "middle age."

I posed several social survey-style questions to the students enrolled in my introductory sociology class. To prevent them from second guessing the purpose of the survey, I threw in one frivolous item: "In the definition of 'middle age,' at what specific age does it begin?" To my surprise, the mode (most frequent response) and median (midpoint) were both thirty-five! I had been middle-aged for five years without knowing it!

One student offered the best definition: "Middle age begins whenever your children become teenagers."

Although I am uncertain how effective a deterrent to teen pregnancy this insight might be, its veracity has undoubtedly influenced many of my friends to postpone the onset of middle age. Several have timed it so that, by this definition, they reach middle age in their late 40's or early 50's

Lest the childless believe they can avoid middle age altogether, there are other markers and indicators that middle age is unavoidable. One of those may be anticipating the inevitable family reunion planned for the 50th anniversary celebration of one's parents. More sobering, however, is that for many people, middle age arrives prematurely when they are forced to deal with parental long-term care decisions or funeral arrangements before there is an opportunity to marvel at the

achievement of a 50-year union.

The preponderance of "Forty Happens" and "Chronologically Challenged" artifacts suggest we are supposed to loathe growing older. Although I fret about middle-age issues like adequate retirement planning, an appropriate curfew time for our 15-year-old, what cashiers and waiters see when they fail to

card me, and a shifting center of gravity; overall I enjoy getting older.

It is a challenge to articulate what is so enjoyable about growing older without sounding maudlin or cliché. Yet most middle-aged

people I observe are highly self-motivated and productive.

Perhaps we've internalized our parents' voices so well that no one needs to tell us any longer what needs to be done. We see it and just do it.

For the most part, there's more gray everywhere. Not

just at our temples or beneath our cranium, but in the issues around us. What was once black-and-white and simple is now confounded by our enhanced ability to grasp the complexities—the gray areas.

We also take mortality more seriously. Growing older generally reduces our youthful carelessness and irresponsibility. We're less cavalier about how we live. Not that we are afraid of death, just more familiar with its face.

Although I wouldn't give any of those things up for everlasting youth, I don't mind it when people say, "You don't look that old!" Borrowing from Gloria Steinem (in reference, however, to turning 50), I reply, "This is what 40 looks like."



MOSCOW'S Youth Speaks!

By Robin Murray

On November 1, 1996, nineteen teenagers gave up their day off school to come participate in a brainstorming session called the Moscow Youth Congress, sponsored by the League of Women Voters, the Dan O'Brien Foundation, the Tammany Project and the Moscow Impact Team. The day's activities involved dividing up into several small groups for some serious brainstorming on the topic of Youth Center(s) in Moscow. The groups were asked to answer questions about their priority activities for a youth center, potential locations, priority times for operation, their experiences at other youth centers or communities, adult involvement, creating a comfortable atmosphere and sense of ownership, as well as their ideas on financial issues. Their answers brought out three main points:

1. The youth of Moscow are not being adequately served by the facilities and activities currently available.

2. The youth of Moscow want to be involved in finding and implementing solutions to this inadequacy. And

3. They want to do it now!

On November 12, 1996, the community came together for a town meeting to hear the results of the Youth Congress. Several of the participants as well as other concerned teenagers came to present their ideas to an audience of about forty people. In addition, the staff of the new, late-night program at the public schools (nicknamed *Insomnia Outbreak*) talked about the enthusiasm teenagers have shown for this very new, if somewhat limited,

program. Bob Liming of the Lewiston-Clarkston Boys and Girls Clubs talked about the struggles and successes of the program in Lewiston. The meeting was then opened to public discussion.

Public comments included a general complaint that the Moscow Parks and Recreation Department's Eggan Youth Center is not open for general youth recreation long enough (3-6pm M-F only); and some reminiscing for the 'good old days' when it was open weekends, holidays and later hours with many special events. Shawn, the new Youth Coordinator at the Eggan Youth Center, responded with the information that declines in youth participation at the Youth Center (and the subsequent ending of programs) could be traced to the opening of the Palouse Empire Mall. He also indicated that his department would be very interested in being involved in future discussions of the issue.

There was further talk about the kinds of support—financial and otherwise—needed to begin addressing the needs of our teens. Concluding comments brought up the idea of having a task force made up of both youth and adults look into solutions to Moscow's need for youth activities and facilities. Many of the youths, parents, teachers, politicians and community members present indicated an interest in future participation in the issue. At press time, the task force was still in the planning stages. Keep an eye open for upcoming announcements as to how you can get involved in this important issue!



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Seasonal Water Use on the Palouse:

Moscow Returns to Winter Water Rates

by Annie Volmer

Fall rains and snow have begun to replenish the soil moisture lost during the summer. Gardens are being put to bed for the winter and sprinklers put away for the season. The end of the watering season means less water use, and thus lower water bills for municipal residents who regularly water lawns and gardens. For Moscow water users, an additional savings takes effect as Moscow returns to lower water rates for the winter.

Since 1984, the City of Moscow has used differential water rates as a conservation incentive. The winter water rate (October-May) is \$1.00 per hundred cubic feet (about 750 gallons), and the summer rate (June-September) is \$1.25 per hundred cubic feet of water. This represents a 25% increase in water rates during the highest water use months. Pullman water rates remain consistent all year.

The seasonal fluctuation in water use in Pullman and Moscow is monumental. In January 1995, the Cities of Pullman and Moscow, combined with Washington State University and the University of Idaho, pumped 169 million gallons of water from our municipal wells. In August 1995, these combined entities pumped 315 million gallons (see graphs). Why the difference? Our summers can be dry, yet our flowers, vegetable gardens and lawns need water. Consequently, we pull out the hoses and sprinklers and use municipal water to replace the rain we aren't getting.

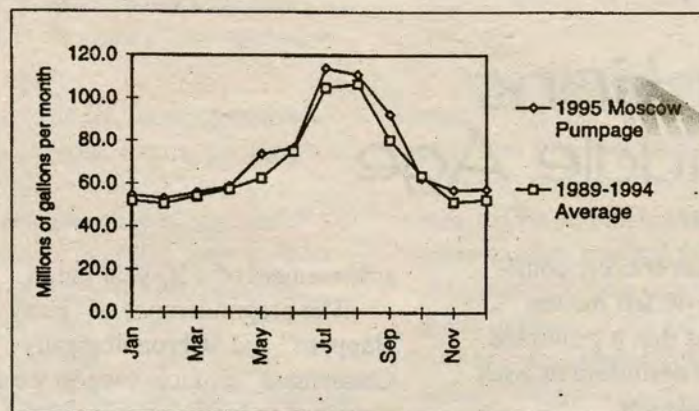
There are problems associated with this seasonal fluctuation in municipal water use. One problem involves fire hydrants. The cities must maintain a certain level of sustained water pressure from hydrants in order to meet insurance requirements. These requirements are easily met in the winter when residential water use is down, but they are more difficult to meet during the high-use months of June, July and August. In some instances this problem is addressed by tearing up the streets and installing larger water pipes; a great expense for the cities and a great inconvenience for the residents. In other instances, the extra water pressure needed for fire

emergencies must come from storage. During the high-use summer months, storage levels can be depleted, lowering the water pressure as well as reducing the amount of water available for a fire. The City of Pullman experiences this depletion, and while it is not a problem at current water use rates, upgrades in water storage are being incorporated into long range plans to account for continued growth of the City.

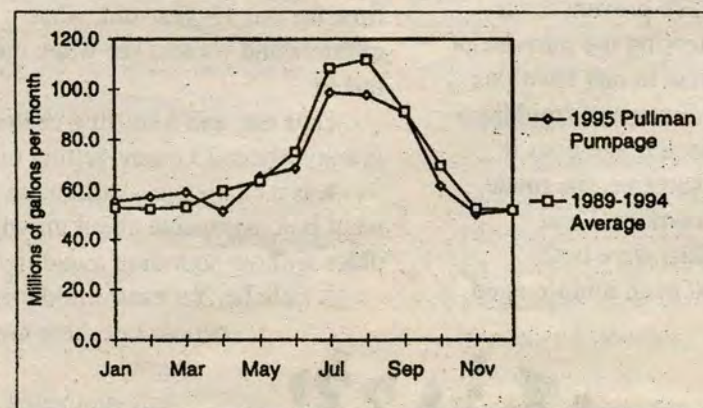
Another consideration is our declining aquifer. While Moscow and Pullman enjoy a plentiful water supply for current needs, the water table in our most productive aquifer is declining at the rate of about 1-2 feet per year. Hence, efficient water use is becoming a priority in our communities. Look for future articles addressing water conservation and efficiency in your home. Meanwhile, Moscow water users can look for reduced water rates beginning in October.

Please contact me with questions or comments concerning water on the Palouse, and visit our web site at www.uidaho.edu/~avolmer.

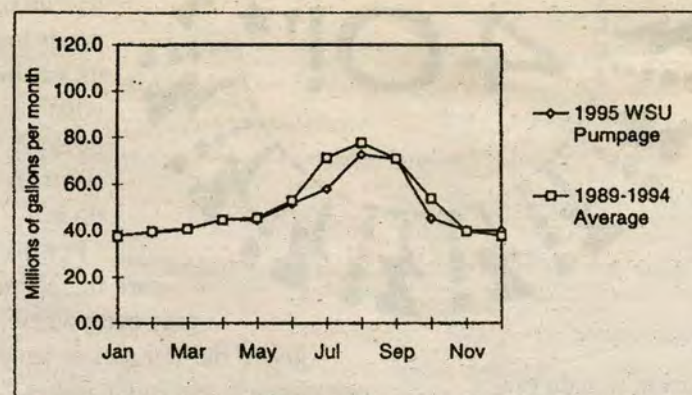
Pullman-Moscow Water Resources Committee
106 Morrill Hall
University of Idaho
Moscow, Idaho 83844
Phone: 208-885-2170
e-mail: avolmer@novell.uidaho.edu



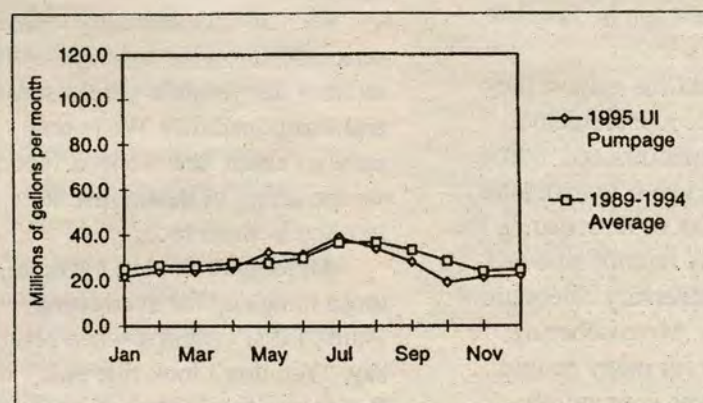
Comparison of 1995 Moscow pumpage with the 1989-1994 average monthly Moscow pumpage.



Comparison of 1995 monthly Pullman pumpage with the 1989-1994 average monthly Pullman pumpage.



Comparison of 1995 Washington State University pumpage with the 1989-1994 average monthly Washington State University pumpage.



Comparison of 1995 University of Idaho pumpage with the 1989-1994 average monthly University of Idaho pumpage.



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Spring Forward to Springtime Fun

by Bill London

If the leaves are falling, can
spring be far behind?

The organizing committee of the
1997 Moscow Renaissance
Fair seems to believe that
spring and Moscow's

celebration of spring at East
City Park (May 3 and 4) is
just around the corner. The
board of directors is meeting
regularly, committees are
forming, and positions are
filling.

There's always room for more
volunteers. If you're interested in
helping out, please contact the fair
president, Sam Obermayr, at
882-2518.

One important position, the

coordinator of publicity, has not
been filled. This person writes press
releases, works with local reporters,
handles the poster
contest and all
other things
related to public
relations. A
stipend is offered
to help compen-
sate for the hours
of mostly fun
meetings and
activities. I filled

that position for ten years, and can
certify that it's a fun job. I'll be
supervising and helping the new
publicity coordinator, and anyone
interested in the position should
contact me at 882-0127.

And remember, think spring.

Spring Time



Balancing Freedoms

by Susan Baumgartner

For decades, I've attempted to sneak through life. Like a stripped-down runner or an aerodynamic plane, I've felt that if I could only simplify enough, I could slip through the cracks rather than face the whole thing head on. The bulk of my simplifying has been economic, balancing out an equation of time, work and money. If you need a lot of money you have to work a lot, which means you have less time. If you need less money you can work less and have more time. Elementary.

During the seven years I spent at the cabin, I thought I had a lock on the only workable alternative to the system. Give up a few comforts like electricity and indoor plumbing in exchange for freedom from financial/work demands. Now, however, having uprooted myself from that alternative, I'm learning that there may be myriad ways to purchase freedom, many possibilities for beating the system.

Even at the cabin, my time went too quickly. I was still never able to do all the things I wanted to do. Was I over-ambitious? Not necessarily. I think I was just busy surviving. I was chopping wood; hauling water; building fires; heating water for bathing; digging ditches; emptying chamber pots; packing up to leave, hiking out to the car, driving to the farm, unpacking; packing up to go to the cabin, driving to the end of the road, hiking in, unpacking once I got there.

As I mentioned last time, civilization here in Santa Fe has been a revelation to me. It's been a shock to live in just one place. The only time I pack up food now is to make a simple sack lunch, rather than loading a pack frame with supplies for three or four days. The water that comes from the faucets is always clean, no time spent straining out silt or worms. If it's cold, I turn on the gas heat. If I want to write, I turn on the computer. Amazing.

Seduced by change, I've been experimenting with new kinds of freedom. In Idaho, I felt deprived because I didn't have television at the cabin, so during my time at the farm with Mom, I was obsessed with recording/watching every show that might have the slightest interest to me. I bought TV Guide every week, an addiction that had begun in

September of 1973. If there was even the possibility of a gay or gay-friendly character or situation, I had to watch it. I had favorite shows and watched made-for-TV movies with favorite actors. I even had my sister, Annie, tape the two Star Trek series for me, which were available on her Lewiston cable service. Since moving, I've stopped buying TV Guide, with only a couple of relapses. I watch two shows a week on my black and white, five-inch television: Star Trek, Voyager and ER. After all, I'm not sure I could live without Star Trek, and there's enough human drama packed into an hour of ER to last all week. Surprise. Two shows are enough. The little twinges about possibly missing something become less bothersome every week. Time to read in the evenings. No more guilt from being seduced by television. No more piles of 20 to 30 videotapes packed with shows waiting to be watched. Freedom.

Realizing that it would be much more expensive to live here, I decided to strip down by not bringing my car. I use a bike, the city buses, or shoe leather. After seven years of a 30-minute hike followed by a 45-minute commute, I chose an apartment that's only a ten-minute walk from beautiful downtown Santa Fe. It's a ten-minute bike ride from my job. There are eight different movies playing every day, all within a walking radius of fifteen minutes. Cinematic heaven. I'm getting in shape. I get lots of fresh air. No more car insurance. No more spending money on gas. No more oil changes, car repairs, tire changing. While the bus driver fights the often alarming driving habits of native Santa Feans and bewildered tourists, I can daydream or read. Instead of driving around endlessly looking for a parking place, I just walk into buildings. Freedom.

So there are many different ways to purchase an increased quality of life. No matter where you live or what you do for money, there are ways to increase the time and freedom you have. You just have to choose the sacrifices that give you the best return for your investment.

How to Become a Caretaker

by Gary and Thea Dunn

Caretaking is a career. We know people all over the U.S. who spend all or part of the year watching over, managing, and maintaining other people's homes, ranches or remote lodges.

Imagine staying at a beautiful home in a gorgeous remote location—and being paid for it, too! That's caretaking—and that's the subject of our magazine, published from Pullman, the "Caretaker Gazette."

More people than ever are looking for property caretaking opportunities. They have discovered that caretaking is an interested and varied profession, offering unique rewards. People wanting a lifestyle change, retirees seeking a second career, and city dwellers searching for new job opportunities have discovered caretaking. Many newcomers to the caretaking field have spent their entire lives in cities or suburban areas. They're motivated by the desire to live simple, rural life and enjoy the challenge of living in harmony with nature. Successful caretakers are self-reliant types who enjoy an independent lifestyle, free from the constraints of a 9-5 job and the constant scrutiny of supervisors. Working independently, they manage their own time, take care of the property and fulfill their caretaking responsibilities at their own pace.

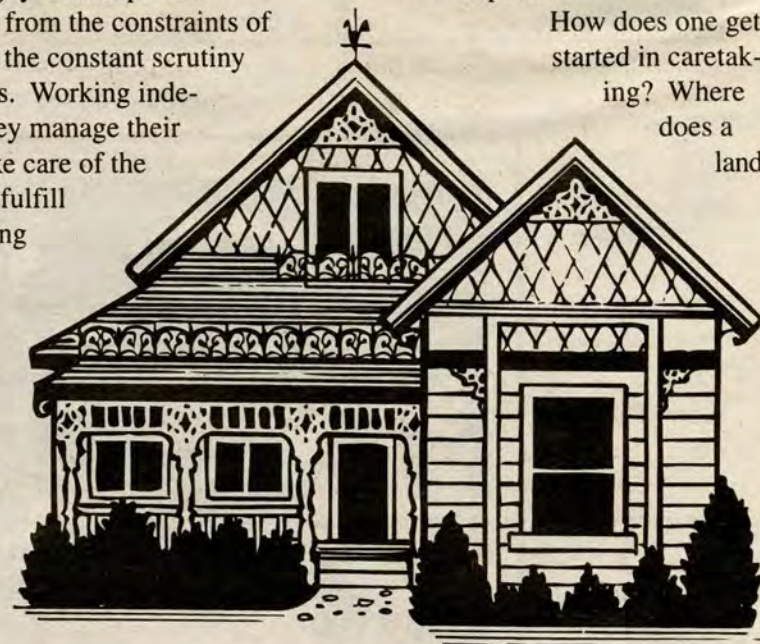
Caretaking can also be an inexpensive way to experience life in a specific geographic area. Housing is provided by the landowner, enabling the caretaker to live rent-free without incurring rent or mortgage obligations. Caretaking also enables people to leave the rat race behind, along with the crime, pollution and other problems associated with urban blight.

Locations and responsibilities for caretaker jobs are as varied as the landowners and caretakers

themselves. Caretakers may be single persons, couples or families. Landowners are not always individuals: nature retreats, ecological preserves, camps, and national or state forests and parks also employ caretakers. Depending on the position and its location, caretaking can give one an opportunity to work in dozens of areas, among them: grounds keeping, land stewardship, farming, organic gardening, forestry, ranching, animal husbandry, and fisheries.

Caretaking can also be an inexpensive way to explore other areas of the country before settling down in a specific location. A caretaker usually lives alone on the property of an absentee landowner. In this situation, the ability to function independently and fulfill one's responsibilities without daily guidance and instruction from the landowner are important qualifications. Although a love of nature, solitude, and the simple life is important, having hobbies and interests that can be pursued in what are often remote areas is extremely helpful.

How does one get started in caretaking? Where does a land-



owner go to find caretakers? We will send a free report that answers these and other questions to anyone who sends a large self-addressed, stamped, envelope. (The report discusses caretaking from both the landowner and caretaker perspectives.) *The Caretaker Gazette*, 1845 NW Deane Street, Pullman, WA 99163-3509.

Letter to the Editor Dear People of Good Food,

I just thought I would write to you all. I just want to tell you how messed up our government is. I, Sir Robert L. Edson, are in jail as I speak. I have been in jail since Oct. 5, 1996. But I couldn't been certain on that. Nonetheless my point for my reason for writing you is this—I like to eat good healthy food and I was a member of your fine resort for quite some time. Then I move to Lewiston unexpectedly, due to some trouble I got into. But I still like to eat healthy food. Which brings me to my point now. I got in some trouble with the law. I call it a bit of carelessness and stupidity on my part. But now I am in jail now. I saw their food and I want a vegetarian diet. So they did. But what they call a vegetarian diet...was not. It is more like junk food which disturbed me so. My breakfast was more a mere bowl of fruitloops and toast or sometimes a bowl of sugar puffs. Now what kind of vegetarian diet is that. A bowl of junk food more like. They also give pancakes and french toast. Now that is not a vegetarian diet for a breakfast.

Their lunch is P.J. [sic] sandwiches. For lunch like chocolate or other sweets. B.Q. chips not much...to eat. Which should have more. They give you fruit, which is good. That's about it though on lunch. Dinner is alright but it is not as healthy when I first got in. Now all they give you is soy patties and rices. And they call that a vegetarian Healthy diet or vegetarian. HA! These do not know the meaning of the word. I wrote several letter to gentleman that run this resort and they just give more of the same stuff. Now here is the main point and woman or man should have the right to eat a good well balanced healthy vegetarian diet. That to me make a clear point of how mess up the government is, or I should [say] one of the reasons.

Regardless of the person is in jail or not. They should have the

right to eat what they eat and get it serv[ed] right. I have been getting sick because of their f[ailure] to service the right foods. But I will not eat the meat because it is gross. And if they cant serverice [sic] it right well then they need to get education on it so they can serverice [sic] proper or get some one in here who can cook it right and serverice [sic] the

right food. I had to pay \$30 on a class on it so I know what to eat. And it cook like they have not been through the class. I would file a law suit on them but I am in here so there is no way. And I have been having sleeping problems. I dont sleep to well. I throw up a lot. Have morning sickness. I dont throw up too much no more. But never the less there should be action done on this. I can't go on like this. Don't you agree with me. There should be some people that get their head together and see what they can do. Otherwise this will go on with out getting stopped. I do not know if this letter was of importance to you or not but I just want to tell you what things go on in here. There are other things that go on in here but I am uncertain on them. So if you like this letter could you please put it in your newsletter so some of your reader can know what some thing go on. I would be greatfull [sic]. But none the less when I do get out I am going to get education...on rights and get in some clubs. I send my moral support to you and all your great health food. That is good for our bodys. Sincerely, Sir Robert L. Edson

P.S. I will be need a new card when I get out so [I] can eat healthy again. Forgive my writing I don't write so well I had some difficulty in school. I would type it but I am not at a type writer as you can see my hands are free right at the moment. If you are wondering how old I am well...not as old as you think. I am 21.



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Monthly Meetings
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4th Thursday
5:30 p.m.

Nomination
1st Tuesday
4:00 - 5:00 p.m.

Finance/Legal
1st Tuesday
Noon - 1 p.m.

Education/Outreach
3rd Monday
2:00 - 3:00 p.m.

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at the Co-op...

The Beanery - 10% off the price of any meal at breakfast or lunch, 602 S. Main, Moscow

Brown's Cooperstone Sports and Memorabilia - 10% discount, 202 S. Main, Moscow

Columbia Paint - 20% discount and New Homeowner discount on window treatments, 610 Pullman Rd.

KINKO'S - 10% discount and free Co-op card lamination, East Side Marketplace.

Massage or Knot - Annie Hubbie, Massage Therapist, 15% discount, 106 E. 3rd., Appointment 882-9793

1-Hour Western Photo - 10% discount on processing, 320 W. 3rd. St., Moscow

John A. Hauser, Global Portfolio Management - 10% discount on investment advise, 126 S. Grand Ave., Pullman, 334-3351

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Copy Court - 10% off all services, 428 W. 3rd St, Moscow, 882-5680

Northwest Showcase - 10% off all purchase, 520 S. Main St., Moscow, 883-1128

Pasta, Etc. - 10% off all purchases, Eastside Marketplace, 882-4120

Hobytown U.S.A - 10% discount on all purchases, 1896 W. Pullman Rd., Moscow, 882-9369

Please help by asking about details and showing your membership card before making transactions. Understand that discounts can not be combined with sale prices and other promotions.

Visit the
Holiday Bazaar
open upstairs at the Co-op
10-6 daily

Auntie Pasto's Holiday Cookie Recipe Exchange

Auntie Pasto will make a cameo appearance accompanied by her favorite holiday treat at this tasty event. Merely bring a sample of your cookies (1-3 dozen or so) for others to taste, and an ample number of photocopies of your favorite holiday cookie recipe. Unlike most exchanges, participants leave with only your recipe (not your cookies) and their palates wanting more. Arrive with one recipe, leave with a handful!

UI Women's Center, 12:30 p.m., December 11.

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)

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.

Holiday Art Fair

10:00 a.m. - 3:00 p.m.

Back by popular demand, most of last year's local women artists are returning to the Women's Center Holiday Art Fair and we've added a few more! Make headway on your gift-giving list at this festive event. View the expressions and creations of local female artists such as Rebecca Rod, Linda Canary, Jennifer Rod, Amy Wilson, Gwen Snow, and Gerri Saylor, UI Women's Center,

December 4.