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February 1996



Community News

Remember the

**Co-op Membership Meeting
Sunday, February 11, 5-8 p.m.
Moscow Community Center**

*Join us for Wine Tasting!
Child care available*



February Features:

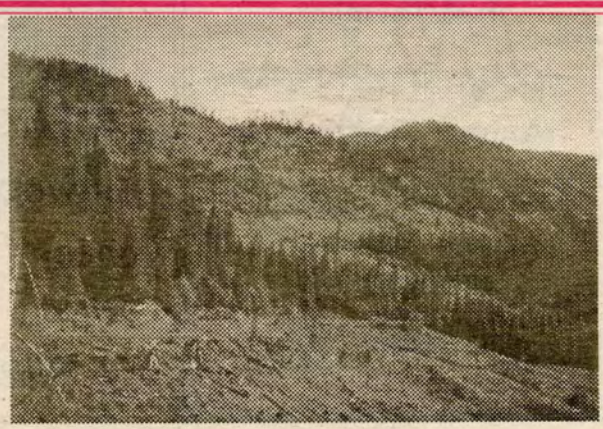
Food and Thoughts for the Heart!



Our first Guest Opinion Page!

*Should Federal Lands in the
Pacific Northwest be owned
and managed by the states?*

Read page 15!



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Bill London

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8:00-5:30 Monday-Friday
(Thursdays until 7 pm)
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Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

Co-op Board of Directors Election News

The annual election of board members is scheduled to take place Sunday, February 11, at the annual membership meeting. As members of the co-op you are encouraged to take part in the elections as voters and/or candidates. Nominations will be accepted from the floor.

The following letters express two members' wishes to continue their service on the board. If you wish to run, please come to the meeting ready to share your ideas.

I have served as Staff Liaison to the Board of Directors for the past year. I wish to continue in my position with the Board as an Employee Director, especially as the Co-op continues to change and grow. I have enjoyed its challenges as well as the spark of team involvement. I also feel that history and continuity are very important now since so many positions on the Board are being vacated this year.

I have been a member of the Co-op for three years and have held the position of Grocery Buyer for 18 months. I like this position very much and enjoy the responsibility of choosing products with nutritional and ethical values in mind. I am very familiar with all of the

day-to-day operations of the Co-op and feel that this perspective is a valuable asset to the Board, since not all of its members are able to be here on a daily basis.

My most important qualification however, is that I wish to see the Co-op continue to succeed. I am committed to supporting the efforts of our membership and our industry in educating everyone concerning the necessity of healthy foods and a healthy planet. Strong leadership and financial guidance are essential to this vision.

Kristi Wildung



I am running for re-election for the Board of Directors. I will complete my three year term this February, but I feel that I still have a lot left to offer the Co-op. I am concerned that there be

continuity on the Board and since we are losing three Board members, I think it is important that my experience be available to new board members. I am excited about the changes that are in the works for the Co-op and I want to be a part of them.

During my term, I became an employee of the Co-op, which has given me a new perspective on the running of the business. This term I will be running as an Employee-Director. This insight into all aspects of the Co-op, my previous experience in construction, and my three years experience on the Board make me well qualified to serve a second term. I hope to see you all at the membership meeting.

Victoria Reich

Monthly Meetings at the Co-op

General Board of Directors
2nd Monday
6:15 p.m.

Strategic Planning
3rd Wednesday
6:15 p.m.

Finance/Legal
4th Thursday
9:00 a.m.

Education/Outreach
1st Monday
6:00 p.m.

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Happy 1996

by Kenna Eaton

IT'S SNOWING!!!

Finally it decides to snow on the day I decide to write my article: coincidence? or is it the weather angels forcing me to sit down and compose? you decide...

1995 ended with a bang at the Co-op. The Holiday Bazaar was a rip-roaring success, the BEST ever.

We exceeded last year's sales, and with the help of great people like Kelley Mitchell, we did it with a minimum of disruption to the rest of our business. No figures are available yet, but my gut feeling is that we were profitable, at least in the Bazaar. We really enjoy the good energy that comes with the Bazaar, all the fun gifts, good food and the lovely fire to keep us warm. I'm so glad to see so many people come back year after year to shop upstairs, and it's great to hear so much positive feedback. Thanks for your support!

One of the reasons I'm unable to give financial details is our current lack of a bookkeeper. In late October our bookkeeper of long, Deb Reynolds, left us for employment elsewhere. We wished her "Happy Trails," and looked for a replacement. Unfortunately the person we hired to replace Deb was unable to meet our needs and resigned in mid-

December. Since this is our busiest time of year, and probably yours too, I'm sure you can understand why we decided to wait until after the holidays to look for just the right person for the job. In the meantime we cajoled Erika Cunningham, flexible person extraordinaire, into keeping up with all the daily parts of book-keeping. In very short time, Erika was able to accomplish what we needed: she paid the bills, payroll, taxes, and generally kept everything straight.

My largest, heartfelt THANKS to her for doing a wonderful job, and to Deb for educating both Erika and I in the basics of bookkeeping (and now I know why we pay bookkeepers so much!!). Though all the bills have been paid, I haven't actually seen a profit/loss statement in a few months, so because of that I can't actually tell you how the Co-op did in 1995. We hired a new Bookkeeper today, Irene Davis-Mundy, and she will be working very hard to catch us up to speed in the next few months. As soon as we know some hard figures for 1995 we will be publishing them.

Happy Sledding, if it doesn't rain tonight!



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Editor's Note: This Article Has No Title At
The Request of the Author

By Kelly Kingsland

Ahem, and Hello. While I would much rather be stirring a soup than writing an article for the newsletter, the time has come for me to clear my throat and talk of all the changes taking place in the Deli.

Many of the changes are pretty obvious, and hardly bear mentioning. Yet the excitement of it all incites me to ramble momentarily. Notice (if you haven't already) the new Double soup server recently installed in the old herb and spice room. Other changes are probably more subtle, such as the wider variety of things we are offering and the semi-consolidation of the Bakery/Deli sales area.

While I understand that many of you may not find all this as exciting as I do, I believe that the take-out portion of our Co-op deserve a moment's thought. During the few months that I have been working in the Deli, many of you have commented, both written and verbally, about the selection, quality, and scheduling of the foods we produce. I welcome the comments and feedback, and see them as an effective method of understanding your needs as customers.

Probably the most vocal of you are the vegans. Week after week I have gotten pleading messages from hungry vegans begging for a wider selection of vegan take-out foods. To all you I can only say, "I'm trying."

I am not only trying to come up with saleable vegan recipes, I am also trying to, if not become fully vegan, then at least cut nearly all the dairy from my diet.

We do offer on a daily

basis, vegan sandwiches, a vegan soup, and often a vegan lunch and/or dinner special. Ironically, while the vegans are the most vocal, our sales often don't reflect the interest they proclaim. Cheesy Pizza, Quiche, Sandwiches and Soups are really the best sellers. But as time goes on, and I collect a vegan repertoire of recipes, I believe we can offer a nice selection of vegan food. I am currently looking for good vegan recipes if any of you hungry vegans feel like sharing.

In addition to a wider vegan selection, I am also trying to widen our range of items we produce in the Deli. My current goals are: to produce a bulk salsa which would be sold by the pound from the deli case, to provide a hot lunch special daily, and begin selling a marinated tofu both baked and raw.

Another change is the arrival of two new deli workers. Vicki Reich has begun working Mondays in the Deli, while I have taken over the sandwich-making morning shift, Tuesday through Saturday. Annie Hubble, our tried and true Deli Queen arrives at 1 p.m. most days, bustles around the kitchen for a few hours before she hustles downstairs where you'll find her at the cash register. I personally LOVE seeing her smiling face warming the front of the store each evening.

And so, the changes in the Deli will continue, as we find a comfortable place for our ideas and creativity. Please feel free to make suggestions and comments, and share our excitement as we grow.

A New Look for the CO-OP!

by Kenna S. Eaton

On Thursday, January the 11th, we closed the store early (6 pm) and started the process called "re-setting" the store. It takes lots of planning, people and energy to accomplish this task -- and we did it with style!

Kristi, our excellent buyer, put many hours into planning where, exactly, she wanted our shelves to be. We had decided that due to a shoplifting problem (yes! even the Co-op suffers from this problem) we needed to move our shelf of herbal remedies up front, closer to the cashier. By moving this shelf, it seemed like everything else needed to move also. Much like a game of dominoes, if we move one shelf the

rest must do the same!

Vicki, our multi-purpose Board member/maintenance person/deli worker and newest baker helped Kristi with the technical stuff: measuring shelves, buying new shelves, finding shelves, and solving multiple problems.

Thursday night drew a great crowd of staff and volunteers, plus a few good men from our brokerage and distributor. We started a little earlier in the day moving some of the shelves in the back of the store. When we actually started to work, our first project turned out to be cleaning up a giant soap spill. Vicki and Paul spent hours scooping up

soap, wiping up soap, and mopping up bubbles. The more they mopped the more bubbles appeared. It was quite dramatic.

Beyond that the rest of the move went quite smoothly, everyone pitched to help wherever necessary. Kelly made a great Deli pizza to keep us going when the energy started slipping. Jeff and Jack, our brokers, plus Bruce our distributor representative, set up all the shelf fronts with various workers coming along behind them, loading the shelves with product.

Many lifetimes later found 10 of us in the new bakery room debating the placement of the chips versus the bake case. We

tried many different variations on the theme, until suddenly we all decided enough is enough. It was obviously too late to think anymore, so we sent everyone home, with heartfelt "Thanks!"

The next day we were all curious to find out how the store looked in the daylight. I'm happy to say it all looked GREAT!!!! (except for the Bakery room...and that, well, we fixed that quickly and cooperatively).

Hopefully you are enjoying the reset as much as we are. It is a little challenging to find everything, but we are quickly getting used to where things are, and liking it.

Volunteer Profile: Therese Miner

by Jackie McLennan



Therese was quite shy about doing the interview. However, after I begged, she reluctantly gave in. We agreed to meet the next day. As I sat there waiting for her I wondered if she would show. She did!

The first thing Therese talked about was her boyfriend, Tony Plastino. They volunteer together at the Co-op. She and Tony do the recycling. Therese said it was Tony who got her to volunteer. Tony was also her incentive for moving to Moscow. They are both anthropologists by profession. Their last home was

in Wyoming where they worked on a dig together. He is now a graduate student at the U of I.

Therese is from upstate New York, near Plattsburgh. She and Tony met while attending State University of New York. Since 1989 they have been working on projects all across the country, including California, New York, New Mexico, Utah, and of course Idaho. Therese is between jobs right now and from what I observed, feeling a little lost without a project.

Therese said, "I'm an observer of life." What's important to her is small individual accomplishments.

What she likes most about anthropology is: "you have a hands-on experience, it teaches about people and how people believe, much more than psychology." I could tell Therese cares about our environment and how we got the way we are.

Therese got most excited when she began talking about recycling. I asked her about the books she had been reading on the subject, and she mentioned two that I thought were definitely worth passing on.

Rubbish is a book about rubbish and trash. She says the

book talks about the Arizona landfill-sorting project and it dispels myths about landfills. Like disposable diapers being the worst culprit, when actually newspapers and telephone books are worse.

The other book Therese talked about was Why we eat what we eat, by Raymond Sokolov. This book talks about new world and old world plants. How Columbus changed the eating habits of the world. Therese said, "its hard to eat without thinking about what this book says about our foods, and how we began eating them." She and Tony like cooking hot Asian foods. I'm sure old world spices are abundant in these dishes.

Therese said what she liked most about volunteering at the Co-op was the "good discount." It was refreshing to hear someone admit that! Therese also likes buying local and organic produce. She and Tony take turns hauling away the recyclables at the Co-op. Therese has been involved with the Co-op for eighteen months.

Therese would like to buy land in Wyoming. She and Tony would like to build a renewable energy/energy efficient home.

Therese says, "Wyoming would be a great spot because between wind and solar you never run out."

This settling-down would be quite the change for Therese who has been living from job to job and usually able to fit everything she owns in her car. However, I believe all of Therese's dreams should come true and I hope she makes it to Wyoming and finds her dream spot.

I asked Therese if she had one wish what would it be. She replied, "for world peace." This seems like such a big wish! In view of Therese and her soft-spoken manner, I believe this is something she thinks about often. This is one wish that I certainly hope we achieve soon!

Thanks for talking to me, Therese. It was a pleasure to meet you. Thank you for your individual accomplishments, and for keeping our past alive through your digs and for being interested in why we are who we are. I promise I'll recycle my newspapers, telephone books, and be more careful about all the other recyclables. You've made me think about the old saying, "Each person really can make a difference."

The Fishman Cometh...

by Kenna S. Eaton

Three weeks ago Gary, The Fishman honored us by deciding to move to our parking lot.

For as long as I can remember, I have been going to The Fishman on Fridays to buy Really Fresh Fish !!!

Actually there have been various fishmen, and even once a fishlady. I don't profess to know the history of why we are lucky enough to get fresh supplies of fish on the Palouse in this manner (maybe I'll do some research on this at a later date) . But I do know that this Fish Truck has been part of the Moscow scenery for at least 15 years, 'cos that's how long I've been here.

Anyway, for that past 5 years or so, the truck has been parked at the intersection of Troy Highway and Interstate 95 on Moscow's Lewiston-facing side every Friday, tempting us with its great selection of shellfish, crustaceans and other sea food.

Gary Mitchell, the fishman, has a reputation not only for good food and good prices, but also, no matter what the weather, he is always cheerful and ready to spend a few minutes inquiring about your family, your job, or the latest local news.

With the advent of the new traffic light at Sweet Ave. and the highway to Lewiston (a boon for my children crossing the road, but a bust for the traffic, but that's another story), Gary felt the traffic flow, or lack thereof, was making access to his spot next to impossible at certain times of the day. For some time Gary and I had been talking about the possibility of the truck moving over to the Co-op, and now it seemed like the time was ripe.

The Fishman cometh... and now he's here, so next Friday make a date with yourself to pick up a fish or two, and take them home for dinner.

Yes, More More Active Members are Needed

By Erika Cunningham

As the Co-op's volunteer coordinator, I suppose I need to write a response to Ken Nagy's letter to the editor (Jan.), "More Activists, Not Number Crunchers, Needed on the Board."

My aim in writing is not necessarily to negate Ken's main premise (that the Co-op needs more volunteers and needs to figure out a way to keep them), but to set the numbers straight.

Currently, according to general manager Kenna Eaton, we have 1900+ Co-op members, not 2000-3000 as Ken states. Still, I believe, a "great achievement." Currently, we have around 60 volunteers, not 40. Now the difference from Ken's figure is not huge, but there are a few more than he thinks. The newsletter alone has 20 volunteers, the Board of Directors 7; in store we have 20 volunteers on the floor during the week plus 5 or so that pop in and out. We have 6 people running the milk run and 2 recycling volunteers.

Letter to the Editor Now Let's Take a Step or Two Back

By Ken Nagy

I have been informed that a number of employees and members are upset about the mean things I said in my letter to the editor in the January 96 Co-op newsletter. My sincerest apologies, but I am a bit baffled as to what I said that was so offensive. When I referred to my seeing volunteers at times neglected, ignored ... etc. etc., you can rest assured that I meant it when I wrote a few sentences later that I also have found most of the Co-op's employees to be committed co-operators who work long, hard hours year after year.

Like most groupings of people, the Co-op is at least a bit dysfunctional when it comes to communication. Thus, no matter how much breath I expend exonerating the people involved in a

particular issue, I still find them mortified as soon as I try to deal with the issue in a straightforward manner. For example, it was no doubt another bone of contention when I wrote that employees are there mainly for the money. I thought it perfectly crystal clear at the time of writing that this was true in relation to active members, who volunteer their time and energy for less tangible reasons than a paycheck. Employees are indeed important and good employees are extremely important, however volunteers are the heart of the Co-op for it is they who make a food store into a co-op (just as it is the lack of volunteerism that allows a co-op to become just another food store).

Now while I'm proud of the volunteers that come on a regular basis I agree with Ken that for such a large membership we have an alarmingly low amount of volunteers.

Why? I'm not exactly sure why. I've been the volunteer coordinator for 3 of my 5 years working here at the Co-op and the numbers of volunteers, the seasons in which they volunteer, the length that they volunteer doesn't seem to change, whether I dedicate 20 hours a week or 40 hours a week to the job.

Sure, the numbers have been higher—I think the highest was around 80 or so, and they have been lower. My plea is that if anyone has any ideas to "rethink and revamp the volunteer program," bring them to me—let's do it!

In response to volunteers being "neglected, ignored and even ... harassed and discouraged from returning," I'd love to talk to these volunteers. I have heard

no complaints, nor has Kenna, not in our 5 years of working together. We've had one experience of excusing a volunteer from one job they were doing, as we were getting customer complaints. That volunteer is still volunteering and very happily so.

The status of volunteers in co-ops across the northwest is like ours. Numbers are low -- membership and sales are up.

Why? Again, I don't know, except that natural foods are gaining popularity with a wider variety of folks, who maybe have less time to give. I don't know.

Even 1st Alternative, a co-op known for its volunteer program, is disbanding its volunteer system.

I'm not trying to make excuses for low numbers, I'd love to have higher ones. So, I guess I'd like to put it again to those reading this article: If you're concerned like Ken or I, please call me, volunteer, give me ideas! I'd love to hear from you!

behalf of the employees got lost in the shuffle of misconceptions and insecurities. However, my charge still stands that employees are being mistreated by receiving sub-standard wages and, on top of that, having their hours cut in order to satisfy some bizarre notion of industry standards. For those of you who disagree with the premise of my letters, the burden of proof is on you! Judging by co-operative standards (that is, comparing our co-op to other co-ops) rather than by food industry standards, the Moscow Food Co-op is doing great financially but the level of activism is sparse. I am certainly not implying that our co-op is thus a lousy co-op—only that there is a general dynamic that is unhealthy and that the system is flawed and needs to be fixed. For those of you who are insulted by my letters, you already stand in the path of improvement.

Chocolate—Food of the Gods

by Peggy Pac

Theobroma (which means “food of the gods”) cacao is a native of the hot, humid forests of the Amazon and grows only in tropical climates. I wonder what Old-World residents did for comfort before chocolate was brought back from the New World.

The Aztecs gave it the name chocolate (choco = foam and atl = water in Nahuatl), and served it flavored with spices, but unsweetened. Cortez introduced chocolate into Spain, where it was served with vanilla and sugar. In the nineteenth century, Daniel Peter of Switzerland thought of combining milk and chocolate for eating, thus inventing milk chocolate. And the Swiss were also developers of “conching”—a method by which chocolate is kneaded, for up to seventy-two hours, into a smooth and velvety texture that melts in your mouth.

Many consider chocolate to be more than a fattening indulgence. Chocolate is a standard part of army rations and has a stimulating effect on the heart and general musculature of the body, and, as we all know, can bring comfort when one is feeling down. As for the fattening effects of chocolate, they are a the result of added fat in the form of cocoa butter or other fats used in baking. Cocoa powder by itself contains no fat, and you can make a reasonably fat-free chocolate confection by using cocoa powder and substitutes for the fat, such as pureed stewed prunes.

The Co-op carries chocolate in several forms. In the bulk containers you can find Guittard unsweetened cocoa, and with the bulk teas you can find sweet ground cocoa (which makes pretty good hot chocolate). Ah! Laska hot cocoa in several flavors can be found with the packaged teas (but it's a bit pricey) and there you will also find Ibarra Mexican-style sweet chocolate (flavored with cinna-

mon). Opposite the baked goods (which have moved to where the coffee was located) you can find bars of Ghirardelli unsweetened chocolate, milk chocolate, and semisweet chocolate. There are also Ghirardelli vanilla chips and semisweet chocolate chips. And, of course, if you don't want to make your own chocolate treat, you can try ready-made chocolates from the candy section.

The following two recipes do contain fat. Life is far too short not to enjoy some of the journey, and chocolate is one place where I indulge. The Chocolate Oatmeal Cake is a family favorite. I got the basic recipe out of a newspaper years ago (the original called for more sugar, but I reduced the amount), and I have been passing it on ever since because everyone loves it. The Individual Soft-Center Chocolate Cakes recipe appeared in the December issue of *Vegetarian Times*. I tried it because I wanted to see if tofu really worked (it does) and because it sounded like a little healthier version of chocolate souffle, which my mother made for me on my birthdays. These cakes are very rich and need to be eaten within a half hour of baking, so be certain you have eight people around to consume them when you make them or the rest will go to waste. I added some heavy cream to mine when I served them, as you would a chocolate souffle (I told you this was not low fat), and they were quite good.

Chocolate Oatmeal Cake

- 1 1/4 C. boiling water
- 1 C. regular or quick cooking oats (regular oats give a bit more texture)
- 1/2 C. butter
- 1 bar of German (sweet) chocolate, broken in pieces

Pour boiling water over the above and let stand 15-20 minutes.

After twenty minutes, prepare

the following:

- 1 1/2 C. flour
- 1/2 C. sugar
- 1 C. brown sugar
- 1 tea. baking soda
- 3 eggs

Beat the eggs. Mix the flour, sugars, and soda together and alternately add the eggs and the water-oats-butter-German chocolate mixture stirring well. Pour into a greased 13 x 8 pan and bake at 350 degrees 1 hour or less. Watch it closely at the end.

Topping

- 6 T. butter
- 1/4 C. light cream or canned milk undiluted
- 3/4 C. brown sugar
- 1/2 cup chopped fresh pecans (optional)

Mix the above ingredients in a small saucepan and bring to a boil. Boil for about 3 minutes before pouring over hot cake. Place cake under broiler for 3-5 minutes or until the topping is bubbly.

Individual Soft-Center Chocolate Cakes

- 2 C. semi-sweet chocolate chips
- 10 Oz. soft silken tofu (I used the Coop's prepackaged tofu off the shelf, not the fresh)
- 3/4 C. honey
- 3 eggs
- 1 1/2 T. vanilla
- 1 C. unbleached flour
- 1/2 tea. salt
- 1 tea. baking powder
- 8 3 to 4 inch diameter baking or souffle cups

Preheat the oven to 350 degrees. Place the rack in the center of the oven. Melt the chocolate chips over hot (not boiling) water in a double boiler. (If the temperature is too high, the chocolate will burn and lose smoothness.) While the chocolate melts, puree the tofu in a food processor or blender 3 to 4 minutes until smooth, scraping sides as necessary.

When the chocolate is melted, remove from heat, stir

well, and add the honey. Stir until the honey is incorporated. Add the tofu, eggs, and vanilla. Sift together the flour, salt, and baking powder in a separate bowl, and stir in the chocolate mixture.

Spray baking cups with nonstick cooking spray. Divide the batter evenly among the cups (they will rise slightly so leave a little room). The batter may be stored in the refrigerator for up to 4 hours, if desired.

Place cups on baking sheet and bake 15 to 18 minutes or until cakes are mostly firm yet still pudding-like in the center. The center should remain soft and somewhat underdone and the top crust should start to crack. Serve within 20 minutes.

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Oil of Olives

By Pamela Lee

FAT. It's a short word with broad significance. Fats are concentrated sources of energy that provide twice the caloric energy of either protein or carbohydrates. Essential fatty acids are good and necessary for a healthy metabolism. Fats are important carriers of fat soluble vitamins. Stored body fat holds our vital organs in place and protects them from bumping around during normal activity. Body fat insulates our organs from external temperature variations.

For thousands of years in human history, fats were relatively scarce, therefore valuable. In these times of abundance, "fat" is often a word we apply to ourselves in derogatory terms. We are supposed to restrict our fat intake to 20-30% of our total caloric intake. This can present a challenge since fats are responsible for imparting so many pleasurable and satisfying qualities to the food we eat: flavor, smoothness, flaky texture, moistness, and richness. As we straddle our urges for pleasure and healthy living, it is nice to learn that not all fats are the same. An increasingly appreciated fat is the oil pressed from olives. Olive oil is a part of the much touted Mediterranean diet. Recent research indicates that olive oil can raise HDL, the so-called good cholesterol levels and lower LDL, the bad cholesterol levels in the blood. Olive oil is comprised of about 77% monounsaturated, 14% saturated, and 9% polyunsaturated fats. Like other vegetable oils, olive oil is a rich source of vitamins A, D, E, and K.

FLAVOR, PRESSING, GRADING

Olive oil has a distinct flavor. My fondness for olive oil has been an acquired and a developed taste. Fourteen years ago, when I first watched a dear friend dip a slice of my fresh baked bread into a saucer of olive oil, I

thought to myself, this person has very odd eating habits indeed. When he invited me to try this odd combination, I did, in the spirit of politeness. After all, he'd eaten my garlic tofu miso soup without complaint. I didn't like that first bread dipped in oil, but then that first olive oil was labeled "pure," which I've learned is not as nice as it sounds.

Parallels have been drawn between olive oil tasting and wine tasting. The price of estate bottled vintage labeled olive oils can rival the price of fine wine, though the oil should last longer than the bottle of wine. As with wine, there are many factors that figure into the flavor of olive oil: the olive variety, where the olives were grown (both country and region), annual climatic fluctuations, when and how the olives were harvested, and how the oil was extracted.

Fleshy olives favored for eating have lower oil content than smaller olives that are grown primarily for their oil. Spain is the largest producer of olive oil, followed by Italy, Greece, Tunisia, Turkey, Portugal, Morocco, and France. I don't know how California figures into these international production ratings, but I sure see a lot of California olive oil on the shelves these days, with price tags from reasonable to outrageous.

Though there are variations within these generalities, the flavor of olive oil grown and produced in Tuscany tends to be green, rich and fruity. Olive oil from Southern Italy is more delicate and mellow in comparison to the oil from Tuscany. Spanish olive oil is full-bodied, fruity, tinged with a slight bitterness, and deep golden in color. Greek oils are generally robust and assertive in flavor. California olive oil producers have been

growing olive varieties from all over Europe, so their oils can run the gamut from deep gold to green, from fruity to grassy, herbal to peppery.

It takes between 1300 to 2000 olives, or about ten pounds, to produce one quart of olive oil. Since olives don't ripen all at once, trees are picked several times within each season. Hand picking is the best and most reliable method for harvesting olives. Some producers harvest their fruit by shaking the branches and letting the olives fall on blankets spread out on the ground. But olives are delicate, the fragile fruit is easily bruised, and bruising does compromise the quality of the oil. Oil can be pressed from olives that are



mottled in color (half ripened), or from completely ripened fruit. Some olive oil lovers claim that the best tasting olive oil comes from the green olive that's picked as it barely begins to ripen. To me, this greenest, first oil of the season is just too raw and acrid tasting. Let your own taste guide you. Generally, the greener the oil, the more fruity and pungent the flavor. Yellower oil is pressed from more ripe olives and tends to have a sweeter and more subtle, nuttier flavor.

To extract high quality olive oil, olives are crushed to make a thick paste. This paste is either pressed or centrifuged to break down the cell walls, in order to separate the juice from the fiber. The olive juice, called the must, contains oil, some solids, and some water liquid. Pressed must is left to stand until the oil floats to the top and then can be separated. Centrifuged must is centrifuged a second time to further separate the oil.

The International Olive Oil Council, based in Madrid, sets the legal definitions for grading olive oil. Grading is based on the measure of free oleic acids. Oleic acids are the predominant fatty acid in olive oil. The lower

the acidity, the more highly prized, rated, and expensive the oil. When fatty acids separate from the oil structure, such as occurs when water gets into olive oil, they impart an unpleasant taste to oil.

Extra virgin olive oil is the top grade of oil. It has superb flavor and a distinct inviting aroma. By legal definition, extra virgin olive oil has a maximum acidity of 1% (or less) free oleic acids. Extra virgin olive oil comes from the very first pressing. Virgin olive oil has good flavor, with 1 to 3.3% free oleic acids. Both extra virgin and virgin are unrefined oils.

Olive oil that has an acidity level higher than 3.3% is refined and processed, then blended with a small percentage (anywhere from 5 to 20%) of quality virgin oil in order to improve the flavor. This is classified and should legally be labeled as "pure olive oil" or just plain "olive oil." "Pure" olive oil is not as pure and nice as the label implies. It has been cleaned, filtered, neutralized, bleached, and deodorized, stripped of the characteristic olive flavor using high heat, pressure, hot water and solvents. The solvent used to extract (refine) oil is hexane. Hexane compounds have been deemed carcinogenic by the Environmental Protection Agency and are considered a hazardous substance. Oil manufacturers claim that when the oil and solvent blend is heated and distilled that the hexane is removed. Since I learned that hexane was used in refining oils, I've avoided all oil labeled "refined." "Pure," "refined," or just plain "olive oil" on the label means the oil has been chemically and physically processed.

"Light" olive oil has no fewer calories and no less fat than other olive oil. It is simply lighter in color, has almost no olive taste, and has been refined. "Olive pomace oil" is derived from the olive mash that is left over from aforementioned extractions. Yet more solvents are used to extract

(continued on page 13)

February Specials



Cascadian Farms Frozen Organic Vegetables

Broccoli, Green Beans, Corn, and Peas

All 15% off



Annie's Homegrown Pasta Mixes

Alfredo with Garlic & Basil, Mild Mexican, Shells & Cheddar, Whole Wheat Shells & Cheddar

.99 cents each!!

Save 20%



Knudsen Lemon Ginger Echinacea

32 ounce size

\$1.75 each!!

Save 35%



Traditional Medicinal Teas. We'll try this again folks!

breathe easy, echinacea plus, ginger aid, and golden green

\$2.48 each!!

Save 20%



Millana's Finest Pasta Sauce

Marinara with Zinfandel and Garlic, Garlic

\$2.64 each!!

Save 20%



In support of Heart Healthy Month, Millana's Finest will donate one hot, healthy meal of Pasta and Sauce to the nation's free kitchens for each jar of pasta sauce sold during the month of February.

A Rose is a Rose is a Rose

by Jacqueline A. Soule

Flowers can symbolize many things —love, friendship, romance, constant devotion. There is a “language of flowers” which has quite an etiquette to it, and is discussed in a separate article later in this issue.

The rose has a very long history as a flower symbolizing love. Swains would liken their fair loves cheeks to the blush of the rose. A pet name for a girl may be “Rosebud” (movies have started with less*). On the wedding day, rose water was used a hair rinse in medieval times, and candied rose petals were served at the wedding feast. (*you win if you said “Citizen Kane”)

Later, in England, a series of civil wars erupted, and one had to swear fealty to either the red or white rose. The white rose was the emblem of the House of York, and the red rose that of the House of Lancaster. These “Wars of the Roses” is also called the “100 Year War.” The wars ended with a marriage which united the two houses, and the two roses were joined to form the Tudor Rose seen in the English royal heraldry today. ©Soule 1986



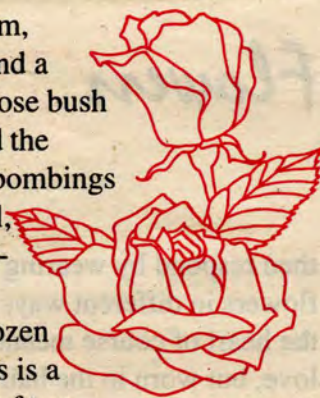
War is a chilling topic to bring up in this month which

includes St. Valentine’s Day, but the rose is not just a symbol used during a ancient bloody clash, it is also a symbol of peace, and hope, and persistence in the face of adversity.

The Peace Rose, a pale gold, cream, and ivory flower with pink tips, was bred in 1939 in France by nurseryman Francis Meilland. In 1940, shortly before France’s borders were overrun, the Peace Rose was smuggled out of the country, with cuttings going to rose growers in Italy, Germany, and the United States. Soon after, France fell to the Nazi regime, but the Peace Rose survived outside the borders of France. When the Germans surrendered in 1945, and the United Nations was formed, the Peace Rose re-emerged from hiding, and was named the U.N.’s floral symbol. Each of the original U.N. delegates was presented with a living Peace Rose, and a message concerning world peace. Today the cuttings from these original Peace Roses are planted around the world. Peace Roses are found in many of the officially named “Peace Gardens,” such as the one on the Washington/Canada border, or at the site of the first U.N. conference in San Francisco, and outside the U.N. Headquarters in New York. There are Peace Roses in the Peace Garden in

Jerusalem, Israel, and a Peace Rose bush survived the bloody bombings in Kabul, Afghanistan.

A dozen red roses is a symbol of true love, often presented to a beloved partner on February 14th. A vase of long-stem roses in the dead of winter is touching and beautiful, but I’m also hoping for my very own cutting of the Peace Rose, with wishes for everlasting peace on earth.



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Everything

by J. Thaw

Vivid memories of faces lighting up
opposite me reflecting me
the miracle of mutual-affection desires any kind
one big one latched tight and strong
hundreds of little ones connected loosely and delicate
lifelong or passing or abstract
souls and societies and protoplasm
silliness and confusion and endeavor
like trying to love everything any way you can
any way everything will let you
like crying to prevent sickness or death
wishful bodies doing deeds to feel life deserved
laughs written in letters to friends and relatives
like long lost memories surprised or uncorked
slightly delayed reactions springing up

EASY LOWFAT EATS by Ginny Clark Kohler

CHOCOLATE, CHOCOLATE CHIP COOKIES



(t = teaspoon)

STIR TOGETHER

1 CUP BROWN SUGAR
1/3 CUP UNSWEETENED COCOA
1/2 CUP APPLE SAUCE
2 t VANILLA



MIX AND ADD TO ABOVE

1 CUP FLOUR
2 CUPS OATS
2 t BAKING POWDER
1/4 t SALT
1 CUP CHOCOLATE CHIPS

MIX THOROUGHLY
YOU CAN ADD 4t OF WATER
IF BATTER IS TOO THICK
SPOON ONTO NON-STICK
COOKIE SHEETS



BAKE 375° OVEN
10-12 MINUTES

DELICIOUS,
ALMOST
FAT FREE,
CHOCOLATE
COOKIES



MAKES 48 COOKIES
(IF YOU DON'T EAT THE BATTER)

The Language of Flowers

by Jacqueline A. Soule

Receiving a bouquet of flowers is always a delightful experience. The joy of a gift of flowers is heightened at this time of year when we are house bound with cold and unpleasant weather. Sweethearts may give or get red roses for St. Valentine's Day, but do they know the symbolism behind the act?

Since ancient times, many flowers and plants have had symbolic meaning. The Greeks and Romans honored their heroes with laurel wreaths. Greek mythology abounds with tales of how many flowers were created. In Hamlet, Ophelia recites the meanings of the herbs in her arms. Since Elizabethan times, English poets have extolled the virtues of flowers, but it was the Victorians who turned flower-giving into an art. The Victorians created and practiced a "floral code" with the same dedication which they built cities and furnished their homes. Flower choice was important, but so was presentation. If the flowers were turned upside down, the opposite meaning was intended. Thus, tulips presented with their stems up meant blatant rejection from a lover. If the ribbon was tied to the left, the meaning referred to the giver, if tied to the right, to the recipient. A woman could

then respond by wearing the flowers in different ways — over the heart of course meant love, but worn in the hair implied caution. Combinations may be made.

Ivy may be sent to convey fidelity, and ivy combined with jonquils would be a request for a return to faithfulness.

Roses have many meanings. A cabbage rose implies ambassador of love, a French Rose invites the loved one to meet by moonlight, while the yellow rose means that love is waning. White roses indicate purity and spiritual love. A yellow rose combined with a dozen red roses can indicate that the love which was once waning is now returning (ribbon tied to the left), or it can request a return to the prior loving state (ribbon tied to the right). Elizabeth, The Virgin Queen, chose the rose as the royal flower, and it still appears in the crest today. There are numerous books and lists on the language of flowers, and, as a

botanist, I must warn you to beware of common names. For example, you may read that "marigold indicates grief." Actually, the English marigold, which we Americans call the "pot marigold" or "calendula," is used to indicate grief. The

"marigolds" we plant around here

Tagetes are used to indicate happiness or joy.

Here's

some more: Amaryllis for pride. Camellia for perfected loveliness. Carnation, "Alas my poor heart." Chrysanthemum, "I love."

Clematis for mental beauty. Daffodil indicate regard and chivalry.

Daisy is for innocence.

Geranium for melancholy.

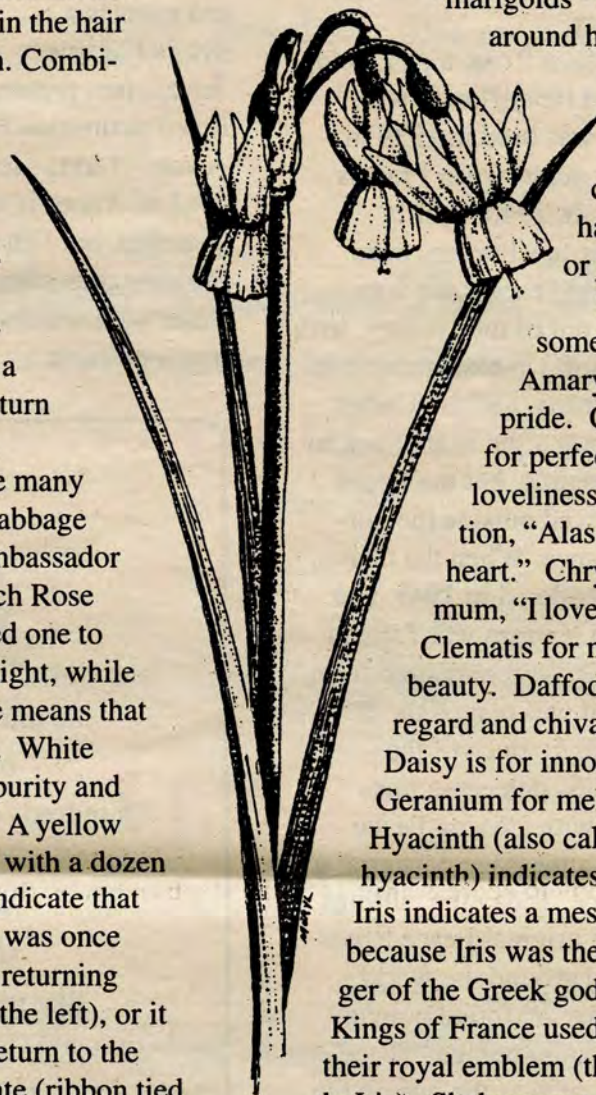
Hyacinth (also called grape hyacinth) indicates sorrow.

Iris indicates a message, because Iris was the messenger of the Greek gods. The

Kings of France used the iris as their royal emblem (the Fleur-de-Lis). Shakespeare used the anglicized name Flower-de-Luce in his plays. Ivy indicates fidelity. Jasmine is for grace and elegance. Lavender is for distrust, but Lilac is for the first emotions of love. Lily indicates purity, but

Lily of the Valley indicates the return of happiness. Narcissus is named after an egotistical young man who often admired his reflection, and, big surprise, it indicates egotism. Nasturtium indicates patriotism. Orchid is given to a belle (on prom night perhaps). Pansy for thoughts. Peony for bashfulness, or shame. Sunflower for haughtiness. Tulip is a declaration of love. Violet indicates modesty.

You may wonder how a cut flower, which is going to die soon, can possibly indicate undying love. Some folks do feel that cut flowers are frivolous, and that a living plant would be a better "use" of the money spent. The concept behind giving flowers is that you are also giving brightness and cheer, and perhaps, a special message. Life is short, and sweet, and is to be savored for as long as it lasts. Occasional frivolity is necessary to avoid a dour, drab, and bleak existence. Flowers can indicate many things: romance, constant devotion, the agony of love lost, or they may simply be an indication that someone thinks well of you and thinks you deserve something both beautiful and slightly frivolous to brighten up your life. If someone gives you flowers the best answer is always a warm smile and sincere thanks. Remember to stop and smell the roses!



EASY LOWFAT EATS by Ginny Clark Kohler

CHOCOLATE PUDDING CAKE

MIX WELL
1 CUP FLOUR
(WHOLE WHEAT)
1/2 CUP SUGAR
2 T COCOA-
UNSWEETENED
2 t BAKING POWDER
1/4 t SALT

t=teaspoon T=TABLESPOON



ADD AND STIR IN
1/2 CUP NONFAT MILK
2 T APPLE SAUCE
1 t VANILLA
POUR INTO 8"x8"-
NONSTICK
BAKING PAN



MIX AND SPRINKLE ON TOP
1/2 CUP BROWN SUGAR
1/4 CUP COCOA-UNSWEETENED

SLOWLY POUR OVER TOP
1 3/4 CUPS VERY HOT WATER
YES,
THIS
REALLY
WORKS!



BAKE IN 350° OVEN
FOR 45 MINUTES

THIS IS VERY RICH
BUT LOWFAT!!



SURPRISE!!
(IN THE PAN THE CAKE
IS ON THE TOP AND THE
CHOCOLATE SAUCE IS
ON THE BOTTOM.)

Gardening in February?

by Theresa Beaver

It may seem too early for some people to start thinking about gardening. But by this time I am starting seeds, planning my next garden remodel, and anxiously awaiting the first day of planting. I'm what you call a "garden enthusiast," also known as a "garden nut." You could even call me obsessed. But one thing you can't call me is: "without a garden."

And that's what this new column will be about — the garden. Every month, I'll talk about how to grow everything from artichokes to zinnias, how to have healthy soil and compost, and how to have lots of happy worms and flocks of butterflies.

Though you may not be thinking about planting a garden yet, February is not too early to start thinking about what you'd like to grow. If this is your first garden there are a number of things to consider.

1) Do you have a sunny spot? Most vegetables and herbs require at least 6 hours of full sun each day. If you don't have enough sun for a vegetable garden, you can still have a nice flower garden, using shade-loving plants.

2) You'll need to consider what you want to grow. Don't overwhelm yourself with trying to grow everything you can think of. I used to do that, then I realized I wasn't eating certain things like turnips or Swiss chard very often, so now I stick to my favorites.

3) How much space do you have to plant and how many pounds of produce will you need for your family size? Most seed packages will tell you how much produce to expect. Don't make more work for yourself by planting more than you need.

4) How much time do you have to prepare the site, plant, and maintain the garden? Be realistic about how much time you want to invest in the garden.

5) You'll also want to con-

sider harvesting and storing or canning the surplus produce. This is another reason why you should not plant more than you can manage. It's a shame to see fresh garden produce go to waste on the vine.

Consider these questions, but don't be overwhelmed. With some forethought and careful planning, having a manageable, productive garden is not only possible, but a very satisfying activity. You can begin your preparations now by looking at gardening books and seed catalogs. Most catalogs contain lots of valuable gardening information. Talking to other gardeners is also one of the best ways to learn.

Next month I'll talk about how to prepare the garden site. This is one of the most important aspects of gardening. If done right, you can greatly reduce the time you'll need to spend weeding, and reduce water usage.

I'd be happy to address any of your gardening questions. Just mail your questions or comments to me **in care of the newsletter** at the Co-op, 310 W. Third, Moscow ID 83843. (Laura says put the word newsletter in big letters on the envelope to make sure it goes where it's supposed to.) You can also bring written comments or questions upstairs and put them into the newsletter slot on the side of the filing cabinet upstairs, or leave the paper (stick it in an envelope labelled newsletter, in big letters) downstairs at the counter.

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More Life on Polka Street

by Bill London

Rod Hardies, our neighbor until his death in October of 1994, loved to walk around Moscow with his small black dog, Summer. Astute readers of this newsletter may recall my earlier articles on that subject—first, Rod's obituary, and later, my story about the return of Summer to his house (but to the new owner, Margo Kay).

Here's another update. We're heating our house with Rod's wood.

He spent the summers gathering wood: branches, scraps of lumber, pallets, and anything else burnable. Many of his Moscow walks were actually scouting missions. Besides getting exercise, he was checking out dumpsters, alleyways, and construction sites, looking for anything thrown away that could be turned into Btu's in his Franklin stove.

If he found something good, he'd return home, fire up his 1978 baby-blue Mercedes sedan and go pick it up. He'd regularly return with a stack of pallets in the trunk, or a pile of 2 by 4 scraps in the back seat.

Then he would spend hours in his back yard with one of his collection of circular saws in

hand (none had sharp blades, so when they got too hot, he would trade them for another from his stash in the basement). Then he would load the cut firewood into grape boxes taken from the dumpsters behind the local supermarkets. Each box, once filled with wood, was stacked in a large pile in his back yard and covered with pieces of used plywood.

When he died, he left behind about two full cords of firewood, most packaged neatly in boxes.

Gina has not-so-fond memories of the whining blades of his circular saws.

But she got her revenge. We are heating our house this winter off Rod's wood.

When Margo bought the house, she converted to natural gas and tossed out the old Franklin. Among other things, she was faced with the problem of disposing of Rod's pile of grape crates.

We took as many as readily fit in our carport, and several other people finished off the pile. Now, we can recall, with just a hint of satisfaction, how those whining blades were actually cutting our wood.

The Old Mole
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of Northwest
Style

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looks like a shoe!

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Shoes!
Comfort ~ Clearance

Sweetheart
of a deal
for your feet!

Family Issues: Keeping a Relationship Healthy

by Robin Murray

So often in trying to balance our roles as worker and parent and individual, we let our relationship with our partners slide. Yet often it is our partner who has the most support to offer us as we struggle with our other roles. Re-evaluating our relationship in terms of time, expectations and communication can be helpful.

Time is the most difficult of the three. If you don't seem to have time for your partner, look at how you are spending your time. Is it housework? Remember dust on the china won't ruin it, dust on a relationship might. Is it caring for your children? Can you delegate some things? Most children gain from having little responsibilities such as making their own lunches. Are you always working? Why? So you can have a "better life?" Is your life better? Look carefully.

Next to time, the biggest thing to look at in our relationships with spouses and partners is what we expect of the relationship. So often we consciously or unconsciously believe in fairy tales. Happily ever after only comes with a great deal of effort on the part of both partners. Another myth which people often believe in when they enter a relationship is "I can make him/her change." In reality individuals can only change themselves.

The final great myth of relationships is "love is never having to ask." Many times partners can second guess us, but there are always times when they can't. We get hurt because they don't give us what we need and then they get hurt because what they are doing isn't good enough for us. It's easier just to say "let's go out tonight" than to hold a grudge because you never go out anymore.

John Gray, summed up the biggest communication problem beautifully in his book Men are

from Mars, Women are from Venus;

"We mistakenly assume that if our partners love us, they will react and behave in certain ways - the ways we react and behave when we love someone."

He goes on to say that if we try to understand and even celebrate the different ways in which we communicate we can make our relationships more loving. For example, some people (often women) solve their problems by talking them through, while others (often men) solve their problems by thinking through them privately. To make the former feel loved, all you have to do is listen attentively and without judgment. To make the latter feel loved all you have to do is wait for them to ask for advice before suggesting a course of action.

Here are a few other little ways to make your partner feel loved:

- ♥ start your day by smiling at each other
- ♥ when you get home, make a hug your first priority
- ♥ call when you are going to be late
- ♥ compliment their appearance
- ♥ if they need to talk, put down the newspaper and just listen
- ♥ tell them you're proud of them and why
- ♥ say thank you for something you appreciated them doing
- ♥ say the words "I love you" every now and again

Happy Valentine's Day!



One of Our Own

by Susan Baumgartner

He bit the cap off his pen and wrote the figure on the receipt.

"Your name would be what?"

"Sorenson."

"What am I supposed to write down for a first name?"

"Just plain Sorenson will do."

"Girl Sorenson." Patchins chuckled.

Landy. Girl Sorenson. Alex. Alexandra. Landy. The main character of Lesa Luders' novel, *Lady God*, struggles to settle on a name for herself, and each name change is a layer, revealing the life experiences of this mysterious young woman. Through Landy we come to know a darkly magical childhood on a northern Washington mountain top that wounds, but also helps create an individual of unusual vision and perceptions.

Lady God is a big story tightly packed into a thin, mesmerizing novel. Most writers will tell you it is "voice" that makes a novel—a unique, narrative voice that is quirky and engaging. In *Landy*, Luders has found a "voice" that pulls readers in and makes us care.

Lesbian fiction has been stigmatized, historically, by the detective genre. An unusual percentage of lesbian novels are detective stories and, though they have long filled the huge hunger for lesbian characters in lesbian-themed stories, they can rarely be termed literature. *Lady God*, on the other hand, is literature. The writing is gorgeous. The images are surprising and satisfying. The story is about deep, heavy, important things ñ sexuality, family dysfunction, child abuse, incest, coming of age, coming out, coming home. At the same time, the novel is not stuffy literature. The story is leavened with unexpected humor and a reaching toward what is good in life. Readers who have lived in the West will recognize the scent of the wind in the trees and the prickly characters of isolated Western towns.

And yet, ironically, this

literary novel has many of the elements of a detective story. The reader struggles to understand the behavior of Landy, who moves from her mountain to a college town even though she doesn't trust books or education. What drove her to move? What is she looking for? Why is she so afraid of so many things? How can she seem both worldly and yet surprisingly ignorant of common, everyday experiences? Through a series of flashbacks and memories and nightmares, Luders skillfully reveals bits and pieces of Landy's life until, as the novel ends, the reader/detective begins to understand. But unlike the endings of a typical mystery, this ending is not a neat tying up of loose ends. Rather, the reader is left with a sense of lingering puzzlement and the feeling that Landy will continue to retrieve and to reintegrate all the scattered facets of her past. *Lady God* is both as illusive and as rewarding as real life, and time spent in Landy's world will be time well spent.

This experience is made all the more pleasant because Lesa Luders is one of our own, local girl made good. Raised in Ione, Washington, she attended Eastern Washington University where she earned her MFA in creative writing in 1982. Following a year of teaching English as a second language in Japan, Lesa taught at EWU and then worked for several years as a technical writer in Spokane. In 1990, she joined the faculty of the English Department at the University of Idaho, where she teaches composition and business writing. On leave from UI for the current academic year, Lesa is teaching upper division and graduate level creative writing courses at EWU. Her return will mark an end to nine months of commuting between Moscow and Spokane, resumption of her writing routine, and renewed closeness with her life-partner, Connie Kersten.

(Cont. next page)

YOGA

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and homemade soups.

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(next to Burger King)
NE 1000 Colorado 332-8902

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(One of . . . cont. from prev. page)
Kersten, working toward her
doctorate in biology, and Luders
were joined in a commitment
ceremony last August. They live
in a cozy "shack" north of Mos-
cow where Luders will continue
working on her current project, a
nonfiction book tentatively titled,
Saint Lesa from Paradise Ridge.

Lady God is available locally
at Book People of Moscow, or
from New Victoria Publishers
through your own local book-
seller. Compared favorably by
reviewers to Dorothy Allison's
Bastard out of Carolina, Lady
God is a novel well worth
reading and, perhaps, reading
again.

(Olive Oil . . . cont. from page 7)

yet more oil. It's further refined
and blended with a small amount
of virgin oil to make it palatable.
It is cheap, but no bargain.

Though there are internation-
ally recognized legal standards
for labeling olive oil, enforce-
ment of those standards varies
from country to country. Span-
ish olive oil has an excellent
reputation for quality. Spanish
oil is also sold to other countries,
including Italy, for bottling and
labeling, and can be falsely
labeled as being a product of that
country. Since classification of
extra virgin olive oil is gauged by
its acidity, unscrupulous manu-
facturers can blend refined and
virgin oils to achieve an acidity
level of less than 1%. I have read
that there have been incidences
of cheating in labeling in Italy,
though with recent bad press, the
Italian olive oil industry is trying
to clean up its labeling practices
and regain its reputation.

STORAGE

Unlike fine wine, olive oil's
flavor is at its peak in its first
year. It does not benefit from
aging. Even though olive oil's
high vitamin E content helps
preserve it, freshness is key to
good flavor. Good olive oil is
more stable and keeps longer
than polyunsaturated oils be-
cause, being monounsaturated, it
doesn't bind as easily with
oxygen, which causes rancidity.
If your oil does go rancid, you'll
taste it. It'll taste fishy; throw it
out. Buy oil that hasn't been
exposed to heat or bright light.
Once opened, good quality olive
oil should last up to a year. Store
your oil away from heat and
light, tightly closed in a dark
glass or stainless steel container.
It is not necessary to refrigerate
olive oil. If you have, you've
already learned that refrigerated
olive oil solidifies and must be
rewarmed to room temperature to
make it liquid. Frequent chilling
and warming instigates a break-
down in the oil structure which
leads to unnecessary early ran-
cidity. Don't add new olive oil to
a used container. Don't add new

oil to a clean but damp container.
Both old oil and water speed
rancidity and deterioration.

COOKING, EATING, ENJOYING

Olive oil has a smoking point
of 350 degrees F, so it is best
used in low to medium heat
cooking, such as light sauteing.
Use olive oil in baking savory
breads, in concocting sauces,
marinades, and salad dressings.
You might even want to dip a
slice of fresh baked bread into a
saucer of extra virgin olive oil.

The following recipes are
from the book *Brushetta*,
Crostoni and Crostini, by Ann
and Franco Taruschio, published
in 1995 by Abbeville Press, N.Y.
The book was printed in Spain.

Bruschetta Tricolori (Three-Colored Bruschetta)

Serves 4

4 slices of bread for
bruschetta
4 ripe plum tomatoes
1 medium onion
24 slices of cucumber
dried oregano
salt and freshly ground black
pepper
extra virgin olive oil

Slice the tomatoes and onions
thinly. Toast the bread on a
griddle. Layer the tomatoes and
cucumber on the top, then scatter
the rings of onion over the
tomato and cucumber. Sprinkle
dried oregano over, season with
salt and freshly ground black
pepper and dress with a little
extra virgin olive oil. Serve.

Bruschetta Con Spinaci E Pomodori Secchi

(Brushetta with Spinach
and Sun-Dried Tomatoes)

Serves 4

4 slices of bread for bruschetta
900 g. / 2 lbs. fresh spinach
2 T. sun-dried tomatoes, cut
in julienne
1 1/2 T. extra virgin olive oil
2 cloves garlic, finely
chopped
salt and freshly ground black
pepper

Thoroughly wash the spinach
and remove the stalks. Cook the
spinach with a little salt and only
the water left on the leaves after

washing. Drain and squeeze any
excess water from the spinach.

Heat the olive oil in a frying
pan over medium heat, add the
garlic and sun-dried tomatoes
and briefly fry. Add the spinach
and season with salt and freshly
ground black pepper to taste.
Toast the bread on a griddle and
spread with the spinach mixture.
Serve at once.

Crostini Con Pasta D'Olive (Crostini with Olive Paste)

Serves 4

This olive paste should be
served in the same style as the
French tapenade, brought to the
table separately in a pot for each
person to serve themselves
crostini with an aperitif. Keep
the bread warm on a folded cloth.

slices of bread for crostini
200 g. / 7 oz. black olives,
pitted
50 g. / 1 3/4 oz. salted capers
60 g. / 2 oz. anchovy fillets
2 T. extra virgin olive oil
juice of 1 lemon

Rinse and dry capers and put
them in a food processor with the
rest of the ingredients. Process
until a smooth paste is obtained.

Toast the bread for the
crostini under a grill (US broiler).
Serve the hot crostini and olive
paste separately for everyone to
spread their own.

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Leonard Peltier Update

By Ken Nagy

Peltier attended a parole hearing on December 11, 1995 at which the prosecuting attorney stated, "somebody murdered those agents. Even if it wasn't him, somebody had to do it." This is not the first time that the prosecution has admitted they do not know who was responsible for the deaths of two F.B.I. agents for which Peltier is serving two consecutive life terms. A decision on when and if he is eligible for parole will be made in the next few weeks. He has been denied parole already in the past.

Two days prior to this hearing, Peltier was assaulted by another inmate in an attempt to provoke a fight. Peltier was immediately transferred to solitary confinement and then, inexplicably, removed from Leavenworth Prison in Kansas and put on a plane bound for a notoriously unsafe penitentiary in Atlanta. You can let officials at that prison know that they will be held responsible for anything that may happen to Leonard by phoning 404-622-6241. Also, continue to voice your concern and call for immediate justice by phoning the White House at 202-456-1111.

It is also important to send letters to the Parole Commission urging them to act favorably. Letters may be sent to the following address:

U. S. Parole Commission
5550 Friendship Blvd., Suite 420
Chevy Chase, MD 20815
FAX: 301-492-6694

A campaign of nonviolent civil disobedience is scheduled to begin on March 20, 1996 in Washington, DC in hopes of encouraging President Clinton to grant Leonard executive clemency. For more information:

National Committee for
Non-Violent Civil Disobedience
to Free Leonard Peltier
P.O. Box 76609
Washington, DC 20013-6609
Phone: 202-783-2512
or 612-871-7110
or 913-842-5774

Can You Go TV Free for a Week?

By Bill London

The second annual National TV-Turnoff Week is a good time to find out if you can control that TV addiction.

Last year more than 1,000,000 people and 4,000 schools participated, showing that families can survive without TV, and indeed can prosper (with increased time for family interaction, reading, exercising, or volunteering) with the TV off.

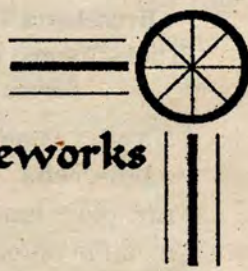
National TV-Turnoff Week is April 24-30. Organizers are hoping that 3 to 4 million Ameri-

cans will participate this year.

For information on how your family, church, or school can participate, contact *TV-free America* by phone (202) 887-0436, FAX (202) 887-0438, or mail at 1322 - 18th Street NW #300, Washington, DC 20036.

You can also subscribe for free to their electronic mail list server. Send an e-mail message to listproc@essential.org and in the message type only: subscribe tvfa-announce your name.

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March 2	Spiritual Self Help	2:00 to 5:30 pm	\$35

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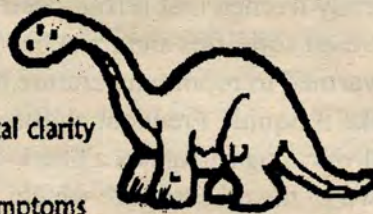
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Guest Opinions

Welcome to our first Guest Opinion page. As we mentioned in last month's newsletter, this is a new venture for us. Our plans are to present you with the pros and cons of a timely topic as presented by two writers who have volunteered for the job.

Should federal lands in the Pacific Northwest be owned and managed by the states?

Pro

By Daniel G. Johnson
Resource Organization on
Timber Supply (ROOTS)
HCR 1, Box 50
Nezperce, ID 83543

If I introduce my opinion into the reporting of facts, that makes me an editorializer. But what does it make me if I can convince you that the facts support the opinion I hold as true?

Consider the grassroots and legislative proposals circulating throughout the Pacific Northwest regarding the transfer of ownership or management responsibilities of federal forest lands to the states. Those which propose ownership most certainly will face a prolonged legal battle much like others in the past. But what about those which propose to transfer or share some of the management responsibilities? The idea may seem too radical at first, but it really is not.

It is a fact that federal forest land-use planning, designed to protect and enhance federal forest lands and to support multiple use thereupon, is not working for a myriad of reasons. One very important reason is that national policy is being made which restricts these lands from realizing their full potential in wood-fiber production and other commodity outputs and amenity values. Almost anyone could argue that federal forest lands are not the key to social and economic growth in the Pacific Northwest, thus dispelling the root of many conflicts. However, it is a fact that these lands con-

tribute significantly to the social and economic health of communities and states in the region.

For example, the USDA Forest Service controls 9.7 million acres or two-thirds of the forest lands in Idaho which are managed for multiple use.

It is my opinion that a new national policy is needed to establish better management of federal forest lands. The new policy needs to highlight the human dimensions of forest use as well as incorporate forest management regimes from state and private forestry sectors. And who better to develop and implement a new policy than the people of the states in which federal lands are located? Just like there has been a need throughout this century to extend federal forestry involvement beyond national forest boundaries to address state (e.g., cost sharing) and private forestry concerns (e.g., technical assistance, information, and education services), there now exists a need to extend state and private involvement within national forest boundaries to address federal concerns (e.g., ecosystem health and government reorganization).

State and private forest land managers consistently equal or exceed their federal counterparts in economic activities derived from and environmental protection provided for forest lands. Awarding them with some or all of the management responsibilities on federal forests would have additional benefits including granting states and local people more responsibility for their own future.

Con

By Larry McLaud
Idaho Conservation League
PO Box 9783
Moscow, ID 83843
882-1010

Two thirds of the land in Idaho is owned and managed by the Federal Government. The land and its uses would be far different if this land was not in federal ownership and management.

The major reason why the U.S. Forest Service was created was to protect Western lands from the robber barons at the turn of the century. The railroads and the big timber companies were quickly liquidating the Western forests much like they did in the Midwest. Without Federal ownership and management, the federal land would look like Plum Creek, Potlatch, Weyerhaeuser lands do today. Go on a tour of these industrial lands to see degraded wildlife habitat and dirty water. Ask yourself if you want the federal lands to look like Floodwoods, with massive clearcuts and road failures.

State and private ownership of public lands could be a major obstacle for recreation. According to Assistant Secretary of the Interior, Bonnie Cohen, there were 65 million people who hunted, fished, camped, hiked, picnicked, and otherwise enjoyed public lands last year. In the eastern U.S., where there is little public land, finding a place to recreate can be a problem due to lack of access and degraded

landscapes.

Although the federal land managers have done a less than perfect job, it is far better than the State of Idaho or the industrial private managers have done. Department of Lands Director, Stanley Hamilton, stated in a confidential memo to Idaho State Attorney General, Alan Lance, that the only way Idaho could profitably manage federal lands would be if the state doesn't have to comply with federal environmental protection laws. The overcutting in the Floodwood area is a good example of the state's idea of managing lands. At least the federal managers have an obligation to take into account public input before manipulating the land for corporate profits.

Certain politicians, including state legislators, Senator Craig, Congressman Chenoweth, and industry henchmen want to STEAL your federal lands. Once the management for the public is gone, the natural resources are sure to follow. Proposed legislation would not prevent states from restricting public access to the land or from selling land to corporations and other private owners. Perhaps the most sobering thought is the possibility of foreign entities buying up land that is the rightful heritage of the American people.

Our stressful everyday lives need a reprieve from the constant pressures. Quality wildlands can offer solitude and a place for spiritual renewal. Further manipulation of nature on our federal lands lessens our opportunity to experience the natural world.

Letters

To be filled next month with your letters about this issue!
Please write!

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Come join us for the
**ANNUAL MEMBERSHIP
MEETING**

Sunday, February 11, 5-8 pm
Moscow Community Center

Childcare available

-election of board members

-snacks and non-alcoholic beverages
provided

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

It's time to find volunteers for the 8th annual
Hazardous Waste Day! We will be accepting toxic
wastes, plus recycling motor oil, antifreeze and
latex paint. Please help make this important event
a success! Please volunteer for a 4-hour shift.
Lunch & snack provided, plus a thank you letter
from the Mayor for your files.

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!**

Thank you!

Bulletin Board Announcements

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

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