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June 1996

# MOSCOW FOOD COOP Community News

## Summertime... Time for Another Contest! Win Big Prizes! Have Fun while Recycling Onion Bags!

Yes, it's summertime on the Palouse, and another long winter and rainy spring have driven us all a little bananas. So, it's time do something crazy, something to release those pent-up emotions, something to display a little of that hidden creativity. It's also time to do something about all those onion sacks, those plastic mesh bags that the Co-op receives filled with onions.

The recycling-conscious staff at the Co-op can't bear to throw away those onion sacks, so they stockpile them under the produce back room. The sacks have now filled every possible storage space. We need to do something with them.



MOSCOW FOOD COOP  
310 WEST THIRD  
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### THE CONTEST—PART ONE (THE REAL WORLD):

The Co-op offers one prize for the best, written description of an **actual use** for the onion sacks. The best written use of these handy storage units will receive a copy of the Recipes From India cookbook; a 100-page compilation of great family recipes from the Indian Women of Pullman. Those entering this part of the contest must send or bring a short (50 words or less) description of what they have used empty onion sacks for, or what they have seen the sacks used for. These short narratives, including entrant's name and phone number, must be mailed to the Co-op (310 West Third Street, Moscow 83843) or brought to the Co-op check-out stand and given to the clerks there. Put the narrative in an envelope and mark the envelope NEWSLETTER in big letters. All entries are due by July 15, 1996. These entries will be published in the August newsletter, and the winner will receive his or her prize at that time.

### THE CONTEST—PART TWO (THE NOT-SO-REAL WORLD):

The Co-op offers one prize for the best creation of anything **fanciful or outrageous or whimsical** using onion sacks. Imagine onion sack clothing, toys, hats, curtains, whatever. The best actual use of these onion sacks will receive a copy of the Recipes From India cookbook—plus a selection of Indian foods off the Co-op shelves. The onion sack creations must be brought to the Co-op for display in the store, by July 15.

For these creations, recycled onion sacks must be one ingredient or element of the object—or onion sacks can form the entire object. Contest entrants are encouraged to take some onion sacks home for experimentation or for use in the creation.

### THE HIDDEN AGENDA:

We hope for entries from Co-op shoppers of any age, and even Co-op staff, members. Everyone is eligible to win.

We also hope to inspire everyone to take home some of these onion sacks, your share. They are located around, beside, and under the produce table in the dozen.



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# Co-op - News

## News of the Board

by Kristi Wildung

Remember the annual membership meeting? Recall that we were one member short of a full board, subtract another member who resigned, and voila! We are now short two members on the Co-op's Board of Directors. This is not a good thing and is an issue that is of grave concern and focus for us.

What are we doing to remedy this situation? Well, the nominations committee is hard at work preparing an information packet for potential board members, setting a date for the next election, and exercising our brains to find those two perfect members to join our little board team. So far no one has volunteered their time. In fact, no one has expressed the least bit of interest in serving on the Board. This is surprising and disappointing to me.

When I first came to work at the Co-op two years ago, I set my eye on the position of Staff Liaison. I like to be involved with policy and procedure of the Co-op. I like to know what new changes are in our forecast and how they are going to affect our membership and staff

before they happen. I like to be involved in decisions. What a perfect opportunity to share my views and work with a great group of people to direct and guide the Co-op through the many transitions that are facing us and may face us in the future. I thought everyone would jump at the chance to be a part of this energy. Maybe not.

We're working hard to find someone from our membership to serve with us. We are getting it together better than we've ever done in the past and we're very proud of our progress so far. The six members who are serving on the board now have phenomenal energy, but we can't do everything without more help. If you're interested in becoming a board member or serving on the nominations committee, please contact Vicki or Kristi at the Co-op. Also, if you have any ideas about members who may want to serve, let us know so we can contact them. You owe it to your Co-op to make sure it's managed with care.

## Personality Profiler Packs Up and Moves On!

by Therese Harris

With the July issue of this newsletter, we will have to say good-bye to our Volunteer Profile Writer—Jackie McLennan. Jackie has been talking to and writing up Co-op personalities for a year now, and has done a great job. She will be moving her family and their business, "The Wellness Room," to Lewiston this summer, to be closer to other relatives. Jackie is also involved with Rendezvous in the Park this year, so something has to give. Unfortunately, we have to give up Jackie as a volunteer.

We're sorry to see you go, Jackie! Thanks for all your work! Stop in and see us when you can....

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### Children's Page

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## Volunteer Profile: Carie Eels

by Jackie McLennan



This was a first! I actually had a request to interview someone. Mary Jane Butters of Paradise Farm called and asked if I would interview Carie Eels, an intern at her place. I said I would as long as I could go out there. I'd always wanted to see their place.

I met Carie at a resplendent hermetic place on a bright sunlit morning. She was in the garden planting. It felt as though I had died and gone to one of those angelic places.... Birds were singing but the dog greeted me sternly, it seems I had interrupted his solitude.

Carie greeted me with a gracious smile. I liked her the minute I shook her earth-charged hand. She showed me around the place with much satisfaction; she had actually been a part of the operation for the last few months. She had read about Paradise Farm in a National Geographic article her mother had given her. The ideals of sustainable agriculture appealed to her, so she called and talked to Mary Jane and the next thing she knew she was on her way to Idaho.

Carie comes from Ohio. She says, "My family is art-oriented." In Ohio, Carie worked for the YCC program doing trail maintenance. She values hard work, being positive, and optimistic. She loves it at the farm, but will be glad when other interns arrive. As she says, "I'm learning practical things. I get to have hands on. There's something about real work and getting into the girth of things." This is from a twenty year old who is seeking the simple life. If I'd known then what she already knows I could have avoided about twenty years of searching!

I asked Carie why she volunteers for the Co-op. "It was a given when I came!" She also added,

"The people are fun; it helps me pay for my food." One of her dreams is supplying these kinds of foods to places that don't have them, such as Ohio. She also thinks the co-op should expand.

Carie has a close relationship with her family. I asked how often she got to see them. She replied, "Not often; I do random visits every three to six months." Her brother is living in Holland; she hasn't seen him for three years. Her father is a manufacturing representative for a furniture company, and also designs furniture. Her mom markets for craftsmen. Carie makes jewelry, draws, paints and sews. I'd say they were an "art-oriented" family!

After a stint in Finland as a foreign exchange student, and a year in Seattle as a student at the University of Washington, Carie says; "I'm ready to stay in one place for awhile." Carie loves the ideas of being happy and working hard—it beats always wanting to find something better. She feels that part of the problem for youth today is they have too many choices. She feels her generation has really lost their family ties.

I asked Carie if she had one wish, what would it be. She got a big grin on her face and said, "It would be a big one!" But, consistent with her character, she answered with a serious look on her face, "To be close to my family and friends and still lead a simple life." She's like many of us, torn between two worlds. The pull of solitude and the need to be around people. Carie has had some time to think out there in the country, I believe she will find what she's looking for and manifest it at just the right time.

I was left with the feeling I

### Monthly Meetings at the Co-op

#### General Board of Directors

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.

*Everyone is Welcome!*

wanted to say more, to tell her how good she is, how spending just that short amount of time with her made life seem more simple, less hectic. Thank you for taking care of the earth for us, Carie. Thank you for having dreams, for thinking deep, and for valuing the life you were given. Carie's dad used to say, "Discipline and determination control one's destiny." Well, Carie has certainly carried those standards with her.

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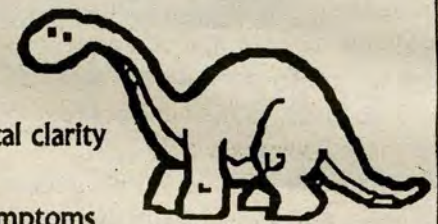


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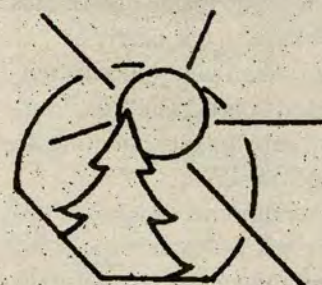
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## Confessions of a Crust Eater

by Pamela Lee

Rhubarb marks the beginning of fresh fruit pie season. Though I must confess that I'll eat pie any time of the year—it's never out of season for me. Package most any filling in a good flaky crust, and I'm hungry.

As a kid just old enough to make my own after school snacks, homemade pie crust was my absolute favorite. I'd mix up a batch of dough, the way my grandmother taught me, using sifted white flour, lard or vegetable shortening, and ice water. My little sister dug right into the bowl, eagerly eating the dough raw. (She'd dig into the lard for that matter, eating it raw, if I didn't stop her!) I'd wait, hungrier by the minute, until the pie crust was rolled, cut into rectangles, sprinkled with cinnamon and sugar, and baked. During those afternoon binges, we never did bother to fill the dough.

Nowadays, I do manage to fill my crusts—with sweet fruit fillings, or layered savory meat and vegetables. And, even though I still mix up an extra batch of dough for "leftover" pie crust rectangles, I still have the nasty habit of nibbling away at a pie's crimped edges, so the crusty edging is gone long before the rest of the pie. This is surely the tell-tale sign of a crust addict. I really try not to do this... a pie is so lovely in its round entirety. But, the edging invariably get broken off, bite by bite, till it's gone. All gone. And I'm left with the ragged evidence of my urges.

### Basic Fruit Filling

- 6 cups of fresh fruit, rinsed and sorted
- 2/3 - 1 cup Sucanat or sugar (amount will depend on the sweetness of the fruit and on your sweet tooth)
- 3 - 4 tablespoons quick-cooking tapioca
- 2 - 3 teaspoons fresh lemon juice (or 2 t. juice and 1 t. lemon zest)
- Optional: pinches of nutmeg or allspice or cinnamon

Gently mix the fruit with the other ingredients together in a large

bowl, tossing very lightly. Set aside while preparing the crust. This allows the tapioca to soften slightly, so it'll thicken more effectively when baked.

### The Crust

If you read about making pie crust, you'll encounter a lot of do's and don'ts; so many that potential pie makers get scared off before trying. Don't be. It's not that hard. There are just a few basic principles to bear in mind. One, handle the pie dough lightly to inhibit the development of gluten. (It's the opposite of how you handle bread: kneading to develop gluten.) Two, measure your ingredients—too much flour makes the crust tough while too much liquid makes it soggy and weak and too much oil makes it greasy. So, measure. Three, most pie crusts need to rest in the refrigerator after mixing, before rolling. Some pastry experts say the resting stops the gluten from developing. Others say the cold rest has nothing to do with gluten, rather it helps the dough to hydrate evenly. I've also read that the chilling and not over mixing help keep the fat and the flour somewhat (molecularly) separate, which is what makes crust flaky. Recipes vary as to how long the dough should rest in the fridge. Some say 1 to 4 hours, others say overnight. I say 30 minutes to an hour if you're making a dough with saturated fat (butter or shortening). If the dough is kept overnight in the refrigerator, let it warm up for an hour at room temperature before you roll it out, or you'll end up over handling the dough, and it will get tough. A pastry cloth is a good investment if you make a lot of pies. You don't have to use nearly as much flour when you roll crust out on a wooden board. The less flour used in rolling, the less handling, the more tender the crust.

My grandmother taught me to make pie crust with lard when I could barely reach the counter in her farmhouse kitchen. The lard she used was freshly rendered leaf lard. It made an exquisitely light flaky crust. I no longer use lard. I wouldn't trust supermarket lard

which is not particularly fresh, is often laced with preservatives, and is now made from a mixture of fats. I also don't use solid vegetable shortening because I avoid trans fats. I know that the best textured pie crusts are made with a combination of butter and shortening, yet I'm willing to sacrifice the flaky shortening crust for the sake of trans fat-free cell walls. (For more on trans fats, see Coop Newsletter article "Butter is Better", March '96).

Many crust makers use a food processor. Others use a pastry cutter or two knives to cut the fat into the flour. I use my fingers, or sometimes a fork. I have a food processor, but for me, it takes the fun out of mixing the dough, feeling the texture change as you add the fat and then chilled liquid to the flour. I have two trusty pie crust recipes that are my favorites. One is flaky and rich with butter; the other is wholesome and dairy free. I've very recently clipped a new low-fat crust recipe from a magazine that I'll also share. These recipes are for eight- or nine-inch pie tins, so double or triple to your stomach's content.

### Flaky Pastry Shell

This recipe makes a single shell crust. Though it calls for all-purpose flour, I use organic unbleached flour, and it works well. The recipe proportions are from COOK'S ILLUSTRATED Magazine, November/December 1993. The mixing and cooking directions are mine since the COOK's directions were for a food processor.

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 10 tablespoons unsalted butter, chilled and cut into 1/2" pats
- 3 - 3 1/2 tablespoons ice water

Mix flour, salt, and sugar; sift. Scatter the butter pats over the flour, toss to coat, then cut the butter into the flour until the mixture resembles coarse oatmeal. (Use a pastry cutter, fork, two knives, or fingers to cut the butter into the flour.) Add ice water, mix with a light and gentle touch until the water is evenly distributed. Lightly pat the dough into a ball. Wrap and chill for 30 minutes to an hour, then roll out. Transfer to pie tin; crimp the edges.

For a crust that is crisp on the bottom, adjust the oven rack to a lower position before preheating the oven. If you are prebaking the pie shell, prick the bottom several times with a fork. Line the pie shell with either foil or dry beans to keep the bottom of the crust from puffing up. Bake in a preheated 400 degree oven for 15 minutes. If the shell puffs up while baking, press it down with mitt-protected hands. Remove the foil or beans and bake for 8 to 10 minutes longer, until golden brown. If your pie's filling is to be baked, simply fill your crust, and bake.

If the crimped edges of your pie shell start to get overly brown, before the rest of the crust cooks, tear two-inch wide strips of aluminum foil, wrap them around the crust edges in a loose, tent-like fashion to keep that part of the crust from browning more.

### Fool Proof Whole Wheat Pie Crust

This dairy-free recipe is from a NATURAL HEALTH Magazine. It is really good, better than any other crust that I've tried that uses a liquid oil (and I've tried many). If you are making a savory pie, or just don't want the sugar in your crust, omit the Sucanat sweetener. I use rice milk in place of the soy milk. Chill the rice milk before adding. The recipe directs you to mix the oil, then the soy or rice milk but I measure and mix the two together, then add them both at once. Just don't over-blend—remember, the lighter the handling, the more tender the crust. This is for a single 9-inch pie shell.

- 1 cup whole wheat pastry flour
- 1 cup unbleached all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons Sucanat (optional)
- 1/2 cup mild vegetable oil
- 1/2 cup cold soy milk (or rice milk)

1. Stir flours, salt, and Sucanat together in a large bowl with fork. Add oil in a slow, steady stream, mixing with fork while pouring over dry ingredients. Mixture should resemble pea-sized crumbs when oil has been incorporated. Add milk 1 tablespoon at a time until dough comes together. Knead briefly with hands to form dough into large ball.



# Death by Rhubarb!

by Peggy Pace

At the office the other day, one of my coworkers called my attention to a just-published mystery novel: *Death by Rhubarb*. The title reminded me how my parents brainwashed me, when I was little, into believing that rhubarb was extremely poisonous, creating in me an almost lifelong suspicion and fear of the plant. Of course, only the leaves are poisonous, but I took their warning to heart and wouldn't touch it in any way, shape, or form. Even when my former husband prevailed upon me to fix his favorite dish—rhubarb pie—I wouldn't cook it. Moreover, I was clueless about how to use rhubarb.

When I moved to Moscow and discovered I had three rhubarb plants in my garden, I overcame my fear and suspicion and began to collect rhubarb recipes. Once I actually tried it, I found I couldn't get enough rhubarb! Perhaps I was making up for lost time. Anyway, three plants are no longer enough, so this year I have planted two more.

Rhubarb is easy to cultivate. Simply ask someone who has rhubarb to give you a start in the fall or buy the plants in the spring, find a sunny location in an out-of-the way area, and put them in. They will produce for years, and are one of the earliest garden plants to bear in spring. For longest production, cut the seed stalks back through the end of June. Harvest rhubarb by snapping the stalks off at the base and discarding the leafy top. Some people like it fresh, but most cook it with strawberries in some manner. I like to make strawberry-rhubarb jam to give as a Christmas gift. Rhubarb

freezes well, so if you have a bumper crop, put some aside for use later on. Following is a most delicious rhubarb coffeecake recipe. It takes a bit of work, but it is well worth the trouble.

## Strawberry Rhubarb Coffeecake

### Filling:

3 C. sliced fresh or frozen rhubarb

1 quart fresh strawberries  
mashed

2 T. lemon juice

1/3 C. cornstarch

### Cake:

3 C. all-purpose flour

1/2 C. sugar

1 tea. baking powder

1 tea. baking soda

1/2 tea. salt

1 C. butter or margarine cut in pieces

1 1/2 C. buttermilk

2 eggs

1 tea. vanilla extract

### Topping:

1/4 C. butter or margarine

3/4 C. sugar

3/4 C. all-purpose flour

In a saucepan combine rhubarb, strawberries and lemon juice. Cover and cook over medium heat about 5 minutes. Combine sugar and cornstarch and stir into saucepan. Bring to a boil, stirring constantly, until thickened; remove from heat and set aside. In a large bowl combine flour, sugar, baking powder, baking soda, and salt. Cut in butter until mixture resembles coarse crumbs. Beat buttermilk, eggs and vanilla; stir into crumb mixture. Spread half of the batter

evenly into a greased 13 x 9 x 2 inch baking dish. Carefully spread filling on top. Drop remaining batter by tablespoonfuls over filling. For topping, melt butter in a saucepan over low heat. Remove from heat and stir in flour and sugar until mixture resembles coarse crumbs. Sprinkle over batter. Lay foil on lower rack to catch any spills. Place coffeecake on middle rack and bake in 350° preheated oven 40-45 minutes. Cool in pan and cut in squares.

## Rhubarb Flummery

1 1/2 pounds rhubarb

1 1/2 C. water

1/2 C. sugar

1/4 tea. vanilla

3 T. cornstarch

Heavy cream

Cut rhubarb into 1/2-inch slices. Add water and sugar and simmer until mushy. Add vanilla. Mix cornstarch with a little cold water and stir into rhubarb. Cook, stirring constantly, for 5 minutes or until thickened. Serve warm or chilled with cream, extra sugar if desired, and butter cookies

## Rhubarb and Strawberry Jam

1 quart rhubarb, cut into 1/2-inch pieces

1 quart strawberries, cut in pieces

2-4 cups sugar (I use 2 cups since I don't like very sweet jam)

Mix fruit and sugar and let stand for 1 hour. Bring to a boil in a heavy kettle and simmer 30 minutes or until thick. Stir often to prevent scorching. You can then either pour it into sterile jars and process in a hot-water bath as per jar manufacturer's directions or freeze the jam in small containers after it cools.



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## Crust Eater (cont.)

2. Flatten dough into 5-inch disk and place on a large sheet of waxed paper that measures at least 12 inches across. Center second sheet of waxed paper that is same size as the first sheet over dough. Roll into 12-inch circle, pressing rolling pin against center of dough and pushing out towards edges. Turn pin and continue rolling until dough reaches desired size.

3. Remove and discard top sheet of waxed paper. Center inverted 9-inch pie pan over dough. Slide hand under remaining sheet of waxed paper and carefully invert paper, dough, and pie pan in one motion.

Remove and discard waxed paper. Press dough into edges of pan. Trim excess dough to within 1/4 inch of rim. Flute edge as desired.

4. If prebaking pie shell, adjust oven rack to middle position and preheat to 425 degrees. Prick bottom of crust with fork to prevent crust from bubbling up as it bakes. Bake until crust turns a rich brown color, about 15 minutes. Do not let crust burn. Cool pie pan on rack and fill as desired.

If pie is to be filled and then baked, do not prick crust. Refrigerate pie pan until filling is ready. (Crust can be wrapped in plastic and

refrigerated for 1 day if desired.) Fill crust and bake as instructed in recipe you are using.

## Low-Fat Pie Crust

I clipped this from a recent IN HEALTH Magazine. It's a recipe from the Culinary Institute of America. Only 22% of the crust's calories come from fat. Most crusts weigh in at about 55% of calories from fat. The recipe makes two single-crust pies, or one double crusted pie.

1/2 cup low-fat ricotta cheese,  
cold

1/3 cup sugar

3 tablespoons skim milk, cold  
1 egg white, chilled  
2 tablespoons cooking oil  
1 1/2 teaspoons vanilla  
dash salt  
2 cups all-purpose flour  
2 teaspoons baking powder

In a large mixing bowl, stir together ricotta, sugar, milk, egg white, oil, vanilla, and salt. Add flour and baking powder, and stir until just combined. On a lightly floured surface, roll the pastry into two 10-inch circles. Before adding filling, bake [bottom] crust at 350 degrees for 10 minutes.



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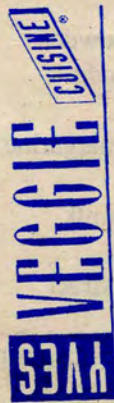
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# June

## Kids page

by:  
Robin  
Murray

### Did you know..

The oldest dog on record lived to be 29 years old? Most dogs live between 10 and 15 years. When you



think about getting a new puppy, you need to remember that it means that many years of feeding, walking and taking care of a dog.


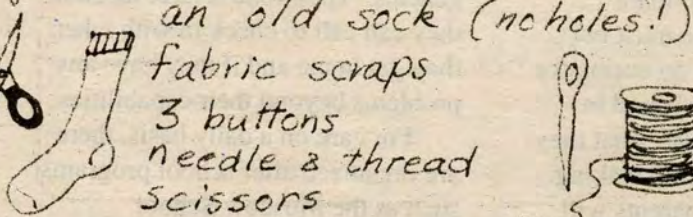
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Harry the Dirty Dog by Gene Zion,  
and Madeline's Rescue by Ludwig Bemelmans,  
Something Queer at the Library by: Elizabeth Levy

### Try This:

#### Doggy Puppet

You'll need:   
an old sock (no holes!)  
fabric scraps  
3 buttons  
needle & thread  
scissors 


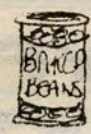

From your fabric scraps, cut out two teardrops about as long as your hand and one about as long as your finger.

Using your needle & thread stitch the small piece to the toe of the sock and the larger ones on either side of the heel. Sew on the buttons to make the eyes and the nose and get ready to play!



### A Recipe:

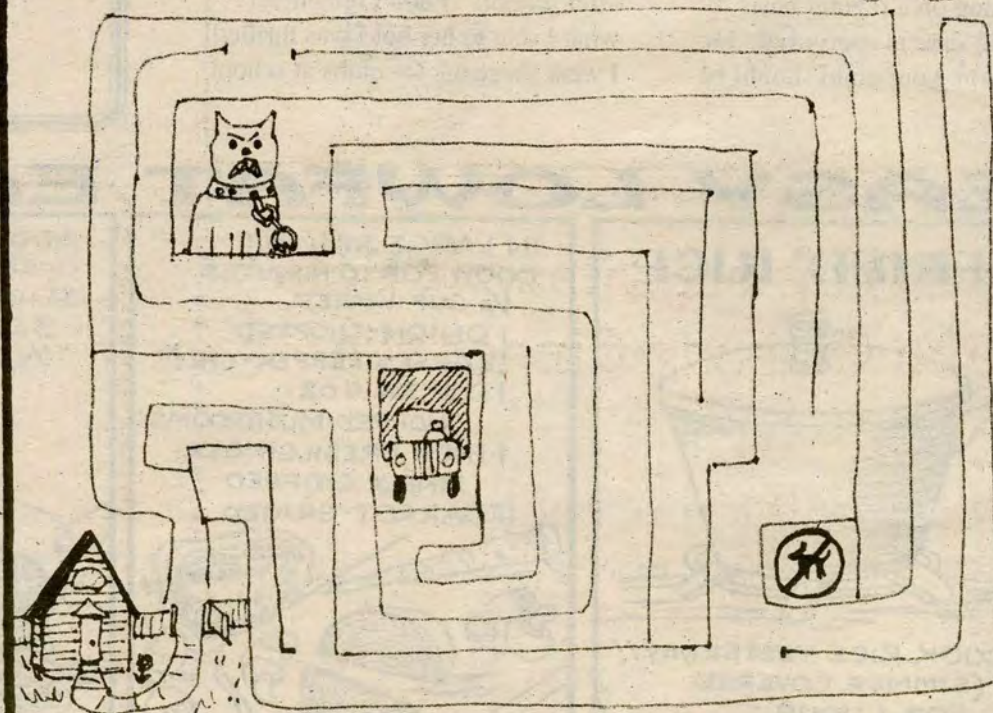
#### Triple Decker Hot Dog Sandwich

- 3 slices of bread 
- 1 hot dog (regular or tofu)
- 1/4 cup canned baked beans 
- ketchup
- 1 lettuce leaf, washed 

Cut the hot dog in half lengthwise and then again crasswise. Arrange on one slice of bread. Spread beans on another slice. With adult help, put all three slices on a pan under a broiler. Broil until beans are bubbly. Set slice with hotdog on top of slice with beans. Top with ketchup, lettuce and 3rd slice of bread. Cut into fourths and enjoy!

### JUST FOR FUN!

Help this lost dog find it's way safely home!





# Family & Friends

## School-aged Child Care

by Robin Murray

Ninety-two percent of all comprehensive learning takes place outside the classroom. Therefore, if we want our children to learn positive things, then we must not only look at what they do during the nearly 1000 hours they spend in school each year, but also what they do during their other 3000 waking hours. Since average parents will spend about 2000 hours at work per year, there is a 1000 hour gap, an amount of time equal to that spent in school, wherein children must either be alone or under someone else's care.

Self-care is by far the most common arrangement for the school-age child, but it has some definite drawbacks. Three to 5 PM can be a worker's least productive time of the day if they are worrying about where their child is. For the child those hours can be boring or even stressful and frightening. Some children may thrive on the sense of responsibility of self-care while others may find it emotionally damaging or physically unsafe.

There is no magic formula for deciding if self-care is appropriate for a child. It depends on the emotional maturity of the individual, the safety of the neighborhood, and the length of time they are to be alone. Generally, children under 12 are too young to be left completely alone for long on a regular basis. If you feel self-care is appropriate for your situation, your child should be

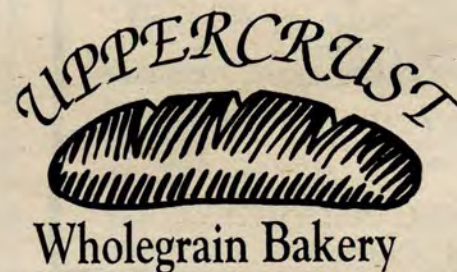
very clear on your expectations for them during that time. They should know what to do in case of emergencies. They should have an adult they can call to check in with when they get home and if they have any problems beyond their capabilities.

For care on a daily basis, there are organized after school programs such as the Moscow School District's Adventure Club and St. Mary's After School Program, as well as many summer day camps. Combining self-care with other organized recreation programs is another approach which works well for many families. Moscow has many part-time programs for children including: the Parks and Recreation Department, the U of I Enrichment Program, two Gymnastics studios, Linda Canary's Art After School, Scouts, Moscow Arts Commission Youth Choir, Youth Bowling Leagues, not to mention all the clubs and sports teams offered by each school.

Junior High and High School students benefit from parent involvement in their extra-curricular activities as well. Although they may roll their eyes and sigh heavily, your interest in how they spend their time lets them know you love them. When I entered the 7th grade my mother said, "I want a written plan of what you're going to do each day after school." I don't remember what I said to her but I was thrilled! I went shopping for clubs at school

and came up with a plan that included music, sports, science, homework and time to hang with my friends. I felt my mom trusted me to steer my own life, and she had peace of mind knowing what I was doing.

Promoting youth recreation in Moscow is one of my personal projects. If you have questions or ideas please feel free to contact me at 882-7041.



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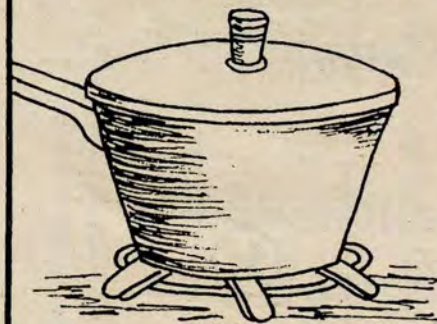
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## EASY LOWFAT EATS by Ginny Clark Kohler

### 'FRIED' RICE



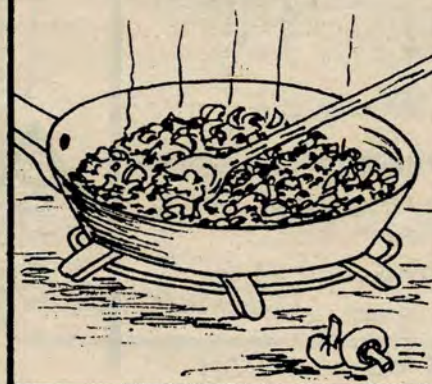
COOK RICE YESTERDAY!!  
(SIMMER COVERED  
FOR 1 HOUR  
1 CUP BROWN RICE  
2 CUPS WATER)

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IN LARGE SKILLET  
COOK FOR 10 MINUTES  
1/2 CUP WATER  
1 ONION-CHOPPED  
1/2 GREEN PEPPER-CHOP  
1 CUP OR 4 OZ.  
CHOPPED MUSHROOMS  
1 INCH FRESH GINGER-  
FINELY CHOPPED  
1 CARROT-GRATED



ADD AND COOK 5 MINUTES  
OVER MEDIUM HEAT,  
STIRRING OCCASIONALLY  
3 CUPS COLD COOKED RICE  
1/4 CUP SOY SAUCE



### FLAVORFUL NONFAT RICE!!



NEXT TIME ADD  
OTHER VEGETABLES



# Gardening

## Water-Wise Gardening

by Theresa Beaver

What image comes to mind when you think of drought tolerant gardening? A sparse garden with lots of red rock or a garden full of spiny cactus? These are common, but misconceived, images of drought tolerant gardens. With all the flooding we've had this year, it may seem odd to be talking about drought tolerant gardening. But, believe it or not, it's not too early to start preparing for using less water in the garden this summer. By following these three easy steps, you can have a beautiful and productive water-wise garden.

### 1. Adding Organic Matter to Soil

The water holding capacity (WHC) of a soil will determine how much water will be available to plant roots. Clay soil has a very high WHC, as compared to pure sand which has no WHC. If there is too much clay in your soil it will dry very hard and plant roots will have a hard time moving through it.

Organic matter, in the form of rotted manure or compost, has a WHC many times greater than clay, but is also porous enough to allow plant roots to move freely through it. Digging organic matter into a clay soil, at least 6 inches deep, will greatly improve the amount of water available for plant growth, while providing a healthy environment for plant roots. Soils that are not heavy in clay will also benefit from the addition of organic matter.

When I was taking my first soils course we had a joke about organic

matter. Before a test we would say "If you're not sure what the answer is, put 'organic matter,'" because organic matter is so often the answer to soil problems.

### 2. Mulch your Garden

Mulch is anything that is put on top of the soil to reduce water evaporation and suppress weeds. Mulches range from inorganic products like rock, to organic products such as compost, manure, grass clippings, straw or leaves. Organic mulches are the best choice because over time they slowly decompose and add nutrients to the soil and improve the tilth, or physical properties of the soil. Apply at least one inch of organic mulch to the garden every spring, and reapply in summer if needed.

### 3. Water Wisely and Efficiently

One of the biggest wastes of water during the summer is overhead watering. This is the use of sprinklers that shoot the water up into the air, sometimes oscillating back and forth. Many times I have seen overhead sprinklers going on hot, windy days. I call this call "watering the Palouse." Even if it is not windy, over-head watering loses water to evaporation.

It is much more efficient to use surface irrigation. One method of surface irrigation is the drip hose. These are hoses that lay out in the garden all season, with little emitters about every 1, 2 or 3 feet, with a cap

at the end. The emitters are placed by the base of plants. When you are ready to water you just attach the garden hose to one end of the drip hose. All the water will slowly drip directly into the soil, without waste.

My favorite method of surface irrigation is by soaker hose. This hose has tiny pores over the entire surface and works well in a garden where the plants are not uniformly spaced. The hoses are laid out in the garden early in the season. Converting completely to soaker hoses has saved me money on my water bills, saves me time by not having to fuss with sprinkler locations, and has reduced weeding because no water is wasted on paths.

By following these three simple steps: incorporating ample organic matter into your soil, applying thick mulch after planting, and using drip or soaker hoses, you will have a water-wise garden, without resorting to red rock and cactus.

## Paradise Farm Organics' Mailbox

A Letter from the Backcountry

Dear Mary Jane & the gang:

Recently, my wife and I went on a 2 month tour of the U.S. We called you up and asked your advise on how much Backcountry Ecocuisine to bring with us since we were camping most of the way out. Well, after 11,000 miles and 2 months later we came home well fed and totally happy with our ecocuisine experience. Your new dairy line is fantastic. Also we turned many people onto your food. I will supply the addresses so you can mail them catalogs if you would please. One of our best experiences was waking up in Yosemite National Forest to your Outrageous Outback Oatmeal. Thanks so much. We're excited about the new catalog. If you need anything give us a call.

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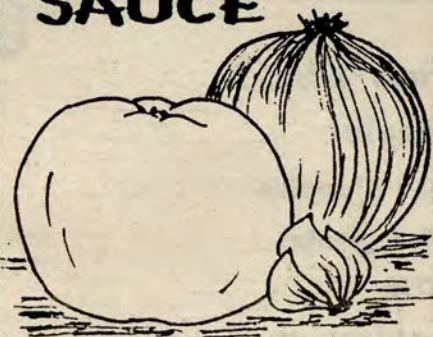
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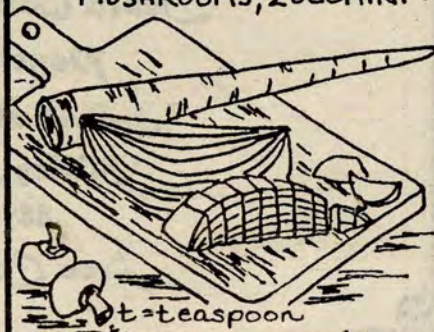
## EASY LOWFAT EATS by Ginny Clark Kohler

### TOMATO SPAGHETTI SAUCE



COOK A DOUBLE RECIPE & FREEZE FOR A QUICK MEAL

IN A LARGE KETTLE SAUTE IN 1/2 CUP WATER FOR 5-10 MINUTES  
1 LARGE ONION-CHOPPED  
3 CLOVES GARLIC-MINCED  
CAN ALSO ADD CHOPPED- GREEN PEPPERS, CELERY, MUSHROOMS, ZUCCHINI



ADD & SIMMER 30 MINUTES STIRRING OCCASIONALLY  
1 CAN TOMATOES - 28oz.  
1 CAN TOMATO SAUCE - 8oz.  
1 CAN TOMATO PASTE - 6oz.  
2 t OREGANO  
1/2 t SALT  
3 t SUGAR OR  
1/2 CUP SHREDDED CARROTS



MAKES 5 CUPS

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ALSO MAKES GREAT PIZZA SAUCE



# Insights

## Fight or Flight?

by Susan Baumgartner

Fight or flight? Do I stay and keep trying to make Idaho a comfortable place to live or do I bolt? I've always been a runner. When things get dull or miserable, I simply move, preferring exciting new problems to intractable old ones. Though the word 'flight' carries such negative connotations — traitor, rat, chicken, wimp, quitter; it also holds other meanings — escape, freedom, release, hope, happiness. For better or worse, I have decided to be a rat. Whether I'm a traitor rat or a clever rat escaping a sinking ship remains to be seen.

I love Idaho. In spite of my history of running, Idaho is the one place I always come back to. Idaho is my roots. Even though they're now logging one of the last unmolested sections of forest land on the way to my cabin, the cabin is still the most wonderful home I've ever had. And Idaho is full of some of the bravest, most charming people I have ever met.

But it's not enough.

When I came out in the fall of 1993, I assumed I would merely be one of the first of hundreds of gay people in the area to proudly claim who we are. I looked forward to a great surge of gay pride as we celebrated our unique and lively contributions to the community. I wanted to be one of a dozen openly gay and politically active faculty members at the University of Idaho. I wanted to be part of the growing movement of Catholics dedicated to purging our church of homophobia. Knowing how much I enjoy my straight friends and how much they seem to enjoy me, I wanted to

increase that circle of sharing and mutual enrichment.

But Idaho is a slow, slow place. In spite of Herculean individual efforts, most of the gay community has remained closeted, content with partial freedom and partial safety. The tangible rewards from society for lying outweigh the larger psychological rewards for telling the truth. By staying, I only seem to hurt my closeted friends and make them more alarmed. At the same time, I cause pain to the straight Idahoans, including members of my own family, who feel harshly attacked when I try to defend myself and my friends.

I can't do it anymore. I've moved too far ahead. I can't remember back to my own internalized homophobia and my own fear in order to be empathetic. Like someone who's been stung by wasps and developed an irrational fear of all flying insects, I've become fearful of all religions, even those that have been supportive. What's to keep even the good ones from turning illogical and hurtful in the name of doctrinal purity? So I run from religion as if it were a curse and refuse to believe in anything that I can't touch or measure or verify. Convinced that I have only this life here on earth, my choice becomes easier: Stay, fight, and be always embroiled in turmoil, or move and enjoy the time I have.

It's a cliché in the local gay community that most of us last here about five years, long enough to grow strong and come out, and then we're driven to move somewhere freer and more accepting. Instead of living as resistance fighters, we join

the allied forces outside the state, adding to the national cry for acceptance and celebration of gay people, hoping that this national consensus will eventually trickle down. Only a few of us have such a strong commitment to Idaho that we can stay year after year, making the best of things, slowing our spirits to the slow crawl of change in such a sheltered place.

But even though I've decided to run, I'm still deeply conflicted about this choice. Maybe that's why I've only agreed to stay for a year in Santa Fe, New Mexico. Maybe that's why I'll be voting absentee, hoping that 1996 will be more encouraging than 1994 in terms of Idaho becoming part of the 21st century rather than retreating back to the 19th. And maybe that's why I'll feel guilty every day from June 15th on, thinking of the magnificent, brave Idaho people I've deserted, praying that they won't also lose heart and sadly leave.

Time is supposed to heal all wounds. I plan to wallow in the acceptance of Santa Fe where being a lesbian environmental atheist liberal is considered perfectly normal. Then, depending on the outcome of November 1996, I hope to come back, healed and strong, ready to torture you all some more.



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## June Book Review The New Age Herbalist

by Linda Kingsbury,  
Consultant Editor Richard Mabey

What I like best about this book is the clear photographs of fresh edible and medicinal herbs in the glossary. Many herb identification guidebooks show only sketches or limited photos. More than 200 herbs are described including their active ingredients, plant parts used, potential cautions, and traditional uses. I find the descriptive herb information in the glossary section limited, but chapter 5 speaks on herbs for healing and breaks down the information according to the body system, with helpful diagrams for understanding the body system, natural healing, and using herbs as home remedies. There are growing tips and valuable recipes in the book, too. Growing tips include basic soil analysis methods, companion planting, and a chart categorizing flowers by blossom color. Recipes cover herbal skin care, dyeing with plants, insect repellents, and culinary uses. Here are a few recipes from the New Age Herbalist:

### Summer Herb Cheese (p.179)

Serve this cheese on tomato or cucumber rings, with toast or crisp breads, or as a sandwich filling. (I have included some of my personal substitutes to this recipe)

- 4 oz. cottage cheese or tofu
- 2 Tbls. sour cream or nonfat plain yogurt
- 1 Tbls. chopped fennel leaves
- 1 Tbls. chopped Lemon Balm leaves
- 2 Tbls. chopped Parsley
- 1 garlic clove, chopped

Blend the first two ingredients then add the herbs, one by one, and blend until smooth.

### Mite prevention for flour (p.161)

Keep 2 or 3 nutmegs in the bag.

### Outdoor insect repellent (p. 161)

"You can wear elder leaves or lavender in your hair to repel insects. Oil of lavender and citronella are both lovely scents to wear outdoors on the hair or skin, and effectively keep off mosquitoes."

New Age Herbalist is a valuable addition to your natural healing library and a great cross reference with other books that have more detailed information about dosages and plant use. Look for it on special at the coop this month.

## Doing Good (Socially) While Doing Good (Financially)

by John A. Hauser

Social investing is one of the fastest growing sectors of investing today. Twenty years ago, social investors were relatively few in number, but by the early 1980's South African divestiture became a prominent investment issue. Today, there are 42 mutual funds that screen securities using social criteria.

The most common screen in socially responsible investing is a ban on alcohol, tobacco and gambling. Such "avoidance screens" may also exclude companies associated with weapons and nuclear power generation. Newer screens seek to define appropriate roles for a corporation in society. These "positive screens" seek out companies that provide the greatest opportunities for women and minorities, have profit sharing programs and high product quality strength ratings and follow environmentally sound practices. Increasingly, socially conscious mutual funds have begun to focus on companies that are models of sustainability. These companies typically devote substantial resources to product development and have few, if any, product liability problems.

How well, financially speaking,

have socially responsible investors fared versus other not-so-conscious investors? For many, not so well. I'm not sure exactly why that is, but you can increase your chances for success by avoiding mutual funds with high annual expenses and by investing in "no-load" mutual funds. You purchase shares of no-load funds directly from the fund company without paying sales commissions to a broker. This means more of your investment goes to work for you and your conscience.

Many investors think they have too little expertise to invest on their own, but you can do this yourself. All you need is some help and a small investment of your time. I can provide the help. Plan to attend my free seminar on socially responsible investing on Monday, June 24, 1996, at 7:00 PM upstairs at the Moscow Food Co-op. Bring your questions. And let's get your investments aligned with your conscience!

Editor's note: Mr. Hauser is an Investment Adviser for Global Portfolio Management. His seminar is intended to educate people about socially responsible investing, as well as to let them know he is available for investment advising on a commercial basis.

## Doggy Manners

by: Robin Murray

The kid's page this month is on dogs because they've been on my mind lately. We are owners of a somewhat ill-tempered six-year old German Shepherd mix who's due for another round of obedience classes soon. She's not particularly disobedient, but she seems to have forgotten her manners when it comes to being around other dogs. I've noticed though that some of us Moscow dog owners have forgotten our manners when it comes to being around other people. What I'm talking about here is mainly poop, especially in our neighborhood park.

A few years ago we had a problem with some folks drinking beer at the park on Saturday nights, leaving the cans around for me to pick up each Sunday morning. My husband solved the problem by going out there one Saturday night and politely asking them to pick up their cans. I'm hoping that the dog owners of Moscow will be as reasonable as the beer drinkers

were. Since I can't make a plea to the dog owners in person, I'll have to rely on this printed version:

**FELLOW DOG OWNERS:** If other people are likely to SEE it, SMELL it or STEP in it, please pick it up! It's not hard, really. You tie a plastic bag to the handle of the leash so it's there when you need it. Turn the bag inside out over your hand like a glove, pick up the mess, turn it right side out again and tie the bag shut. Moscow parks come complete with garbage cans.

I know the rest of you think I'm wasting my breath, but I have faith in most dog owners. In the city of Victoria, British Columbia, they opened up the entire coastal section of their famous Beacon Hill Park to off-leash dog use. If it weren't for the hoards of dogs running around, you would never know it, because everyone picks up after their pets. So you see, it's possible, and I figure it can't hurt to ask. Please folks?

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# THE CO-OP Bulletin Board

## Win Big Prizes!

Enter the Co-op Contest to find uses for recycled onion sacks. See rules in this newsletter.

## "Making Choices That Make a Difference"

the Provender Alliance's 19th Annual Educational Conference

October 4-6

Ft. Worden State Park  
Pt. Townsend, WA

Three days of natural foods industry workshops covering topics such as aromatherapy, organics and retailer certification, social responsibility, in-store demos, shop security, and more. For more info, see the flyer on the Co-op's outdoor bulletin board, or call the Alliance at (541)345-3843.



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(attn: Bill London)

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July 12 & 13

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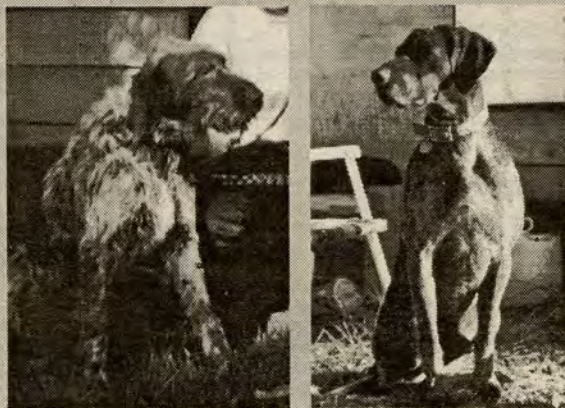
Location:  
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Idaho

Tickets: \$8 per concert or  
\$25 for all 4 concerts

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## STILL LOST

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



REWARD \$100 per dog.

## Northwest Environmental History Symposium

August 1-4

Washington State University

For high school history teachers and others interested in the Pacific Northwest's history and environment. 335-3530

Over thirty healthy, lush perennials were added to two flower beds at Moscow's East City Park in early May. A warm thank-you to Bill Stookey of Stookey's Feed and Garden store for his generous donation.