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March 1996

MOSCOW Community News



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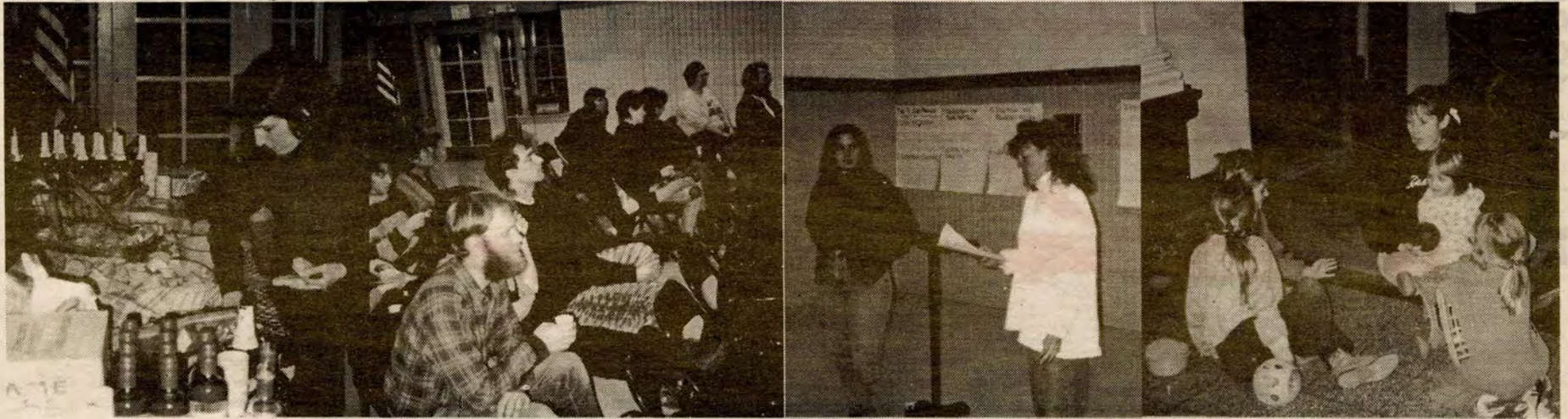


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Co-op News

Volunteer Profile: Taylor Pittman

by Jackie McLennan

When I called to set up an appointment with Taylor, I heard a lively message on her machine about spring, getting our hopes up, and moving forward. It truly depicts the ebullient strawberry blonde that bounced into the Beanery later. Taylor has bright blue eyes and animated movements. I liked her immediately.

When we started talking it was obvious that she and I have much in common, such as the yen to go back and get our degrees after several years away from school. Taylor went to Oregon State to get her B. S. in Psychology and is now working on an M.S. at the U of I. She moved to Moscow in 1994, lured by the program in Environmental Science.

Since being here she has realized "this is an ecstatic moment that is not going to break." She has found her home here among the magic of her relationship with nature. Taylor's thesis is on "Environmental Virtue Ethics." In laymen's terms it is "Philosophical obedience to God or reason." Because, Taylor explains, "We need to put character back into people. People need to value themselves, thus valuing the environment. Right action is what whole people do; people are the creators." Taylor is striving to find out how people relate to their environment. She wants to find out why people stay in an environment; what makes people choose their human/nature relationship and what attaches them to it. She believes, "they are looking for meaning in their lives."

I asked her why she volunteered at the co-op, and got a very enthusiastic, "because it's a wonderful connection into the community. I love the commu-



nity that it is. I love the smell!" She stopped for a moment, thinking with her hand tucked under her chin. "Because of what has recently been said in the newsletter about volunteers and staff, I also want to say what a great job everyone there is doing, everyone is so nice and it's like a family." Taylor helps in the Deli, does the produce, restocks bulk items, or does whatever else needs to be done. You can tell she loves going into the Co-op and just being there.

Taylor spent seventeen years at the Emissary Foundation Farm in Colorado. She explained, "This was a community of people who dedicate their life to the spiritual regeneration of human kind. We wanted to show how spirit would live. We were disciplined by wanting to know in each moment what it is to be the link between invisible creator forces and the visible manifestation of universal forces." She worked the land and lived with a community of people who believed in the art of living, finding synchronicity.

I asked Taylor if she had one wish what would it be. She thought for a moment and replied, "that all of us could stand the intensity of being so fully connected to everything else." I suggest that we all read her wish and think about it. As I read it, I see myself connect with the sun, moon, stars, rocks, land, water, and all living beings as one filament of light shining outwards and then having to bring

New Pricing System At The Co-Op!!! Owner-members go wild!!!

by Kenna S. Eaton

Up until now, owner-members paid shelf price, and non-members paid a 7% surcharge. Unfortunately, there was a lot of confusion with this method: the owner/ members thought they were receiving a discount on every purchase (which they weren't), while the non-members felt they were being unduly punished with a heavy surcharge. We felt that the Co-op was losing a lot of business. No one was really happy.

In early January, the Board of Directors of the Co-op voted to change this system. Now our members will receive a 2% discount on every purchase every time they show their Co-op cards. And no longer will we add a 7% surcharge to each purchase of our non-member shoppers. Instead, they will pay shelf price. Hey!! Everybody will be happy now!!

So, don't be offended when we ask to see your Co-op membership card, we just want to save you money... show your card with pride.

the balance inward. I believe that each of us is a link to the other and that we must become a community of loving beings not only to each other but within our environment for mother earth to survive. Thank you, Taylor, for giving me so much food for thought! I really believe you will reach your goal of working at the U.N. and you will help us create right social policies!



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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Butter is Better

by Pamela Lee

That's how I cast my vote in the butter vs. margarine debate at the Thanksgiving table last November. Opinions and preferences were evenly divided as the table talk focused on the yellow stick of fat, decorously served on a rectangular plate, being passed along the table to be slathered on hot rolls or mashed potatoes. I passed when it got to me—it was margarine and I wanted none of it. My hostess had switched to margarine years ago when experts told us it was healthier than the dreaded but delicious, artery-clogging, saturated fat—butter.

I recently read statistics, from the American Dietetic Association, on various reasons Americans have for not eating right. Among the listed excuses, 21% cited contradictory health information and another 8% said they don't understand health guidelines. There were other excuses, but I mention these two because they apply to this question: which is better to spread—butter or margarine? The debate resurfaced recently when some scientists spoke out against trans-fatty acids, found in margarine, shortening, and some other processed foods. Though I had cast my vote for butter at the Thanksgiving table, I was not, at that time, able to articulate why I thought trans-fats were worse than cholesterol-containing butter. Over the last month, I've been studying current and past articles on margarine, butter, and other edible fats. I want to know which fats are the healthiest choices. Now, I'm firmer in my opinion that butter is better than margarine, and I can tell you why. But first, I should admit that I rarely use either. I spread butter as an occasional treat, and when baking I use butter rather than margarine, though I often use less than a recipe calls for.

Some Margarine History

Margarine was invented in 1869 by a French pharmacist. Because a European cattle plague had rendered butter scarce, Napoleon III offered a big cash prize to him to produce an attractive alternative. This first margarine was a mixture of beef fat, milk, chopped sheep's stomachs and cow's udders. It was hard, white, and glossy. Though the French ate it when deprived of butter, they knew the difference.

The hydrogenation process was developed in 1905, at which time vegetable oils began to be used to make margarine. In the 1920's, chemicals were added to improve margarine's appearance, flavor, and 'spreadability'. During World War II's food rationing, butter became scarce, giving margarine's sales and popularity a real boost. After WWII, the dairy industry worked hard to undermine margarine's popularity. Some dairy states didn't allow the sale of margarine; other states required that it be sold in its natural white state to distinguish it from real butter. I grew up in Minnesota, a dairy state, where we couldn't buy margarine in the 1950's. I remember my parents buying margarine in Nebraska when we visited my grandparents. I have a distinct memory of sitting in the back seat of the car, wedged between my brothers on the ride home, squishing and poking at the outside of a whole pound plastic bag, mixing the capsule of intensely colored food dye through the pound of white oleo-margarine. It delighted me to witness the intense blue dye turn the white glob of fat into a smooth, pale yellow color, as we drove bumping home through Sleepy Eye, New Ulm, and other tiny, main street towns of rural Minnesota. My folks bought the

oleo-margarine for budgetary reasons, a way to feed four young, hungry mouths on a slim salary. Back then, we ate real butter on special occasions. As my parents became more prosperous, we ate more butter.

During recent decades, margarine gained popularity as Americans worried about heart disease, and were warned against the dangers of saturated fat. Many health experts and margarine advertisers told us margarine was not just a substitute, but that it was better for us than butter. Further, some said it was better to buy margarine made from polyunsaturated fats. By 1993, Americans were consuming twice as much margarine as butter. Meanwhile, the "trans-fat" danger bubbled to the surface in the popular news during the 1990's, and I'm not sure it's made much of an impression, other than announcing to us yet another "bad food" culprit.

Fat and Trans-Fat

Fat molecules are chains of carbon atoms, of varying lengths. Starches are also carbon chains, but in a starch, the carbon skeleton has water added to it ("carbohydrate"). With fats, hydrogen is attached to the carbon chains. Fats are "hydrocarbons," structurally similar to petroleum.

In a fat molecule, each carbon atom has the capacity to attach to four other atoms. Besides being attached to the adjacent carbon atom in chain-like fashion, each carbon may also be attached to two hydrogen atoms. When all the potential hydrogen atom spaces are filled, the fat chain is "saturated." Highly saturated fats are solid at room temperature.

Sometimes a carbon atom will not link with a hydrogen atom, but will form a double bond with the carbon next to it.

If there is only one such double bond in a fatty acid, it is called mono-unsaturated. Whereas a saturated fat has a straight line shape, a mono-unsaturated fat has one flexible joint at the carbon double bond.

A fatty acid with two or more carbon double bonds is polyunsaturated. Each carbon double bond is a flexible, curved joint. This flexible, naturally-curved, comma-shaped double bond is called the "cis" shape of fatty acids. The exact degree of the curvature varies with the number of double bonds in the molecular structure of each fat or oil.

Hydrogenation is a chemical process where vegetable oils are combined with hydrogen gas under pressure at high heat to transform the liquid oil into a solid margarine or shortening product. The hydrogen gas and a metal catalyst (such as nickel, copper, or zinc) break the poly-unsaturated double bonds and force the carbon to join with the supplied hydrogen, in effect creating a saturated fat. Most hydrogenated fat products are only partially hydrogenated; complete hydrogenation would make it too brittle and dense to be useful. During partial hydrogenation, the double bonds that do not take the supplied hydrogen gas are still rearranged. The result is that even with partial hydrogenation, the joint of the carbon double bond is no longer flexible, it acquires an unnatural "trans" shape and now behaves like a rigid saturated fat.

Trans-fats are not metabolized by our bodies like "cis-form" fats. Some food experts are now warning us that as the body tries to incorporate these processed trans-fatty acids into cell membranes, deformed cellular structures may result. Dr. Mary Enig, Ph.D., expert in

fats and oils analysis and metabolism, President of the Maryland Nutritional Association, and Fellow of the American College of Nutrition, said in an interview, published in the "Mastering Food Allergies" Newsletter, February 1996:

"The changed shape of the molecule causes a case of mistaken identity in the body. The transfats can now displace saturated fatty acids, or occasionally even polyunsaturated fatty acids in various locations and functions throughout the body. This substitution changes the way cell membranes are able to function.

The cell membrane is a very important structure. It defines each cell in the body, and determines what shall enter and what must remain outside the cells, like an elaborate security system. All of our cell membranes are made up of phospholipids, and each phospholipid has two fatty acids. The source of those fatty acids is either from the food eaten or they may be made by the body.

The membranes function best when they have a certain amount of fluidity and complexity. When trans-fatty acids become a part of cell membranes, the complexity of those membranes is diminished. Further, certain enzymes present in the cell membranes also are affected. The way they're able to function is different ...research suggests that change in the body resulting from ingesting transfats are

indeed harmful. People may not become immediately ill, but research now confirms the changes I've been describing are occurring at the cellular level."

Margarine Increases Risk of Heart Disease

No wonder it so hard to sift through confusing news releases on what's healthy to eat! In 1990, Dutch scientists completed a study, published in The New England Journal of Medicine, reporting that hydrogenated trans-fats not only raised the so-called bad cholesterol (low-density lipoproteins, LDL), but also reduced the amount of "good" high density lipoprotein (HDL) cholesterol. This was an effect that even saturated fats did not have in the study.

A 1992 USDA study found that diets of 10-20 grams of trans-fats per day, the average amount of trans-fat Americans eat, raised serum cholesterol as much as a diet high in saturated animal fat.

Startling news was reported in 1993 about the Harvard Nurses Study. In the ongoing analysis of the diets of 90,000 nurses, it was found that women who frequently use products containing hydrogenated fats have more than a 50% higher risk of heart disease than those who rarely ate such products. The more hydrogenated fats consumed, the higher the risk.

The marketplace is saturated with foods made with hydroge-

nated oils. It's not just margarine and shortening; hydrogenated trans-fats are found in all kinds of products—Bisquick, cake and pie crust mixes, french fries, fast foods, cookies, crackers, snacks, Hamburger Helper, and other food extenders, frozen convenience foods, even fancy restaurant fare. Ironically, many manufacturers and consumers made the switch to trans-fats in fear and avoidance of saturated animal fats, the dreaded butter and lard. Although, technically, trans-fats are considered unsaturated, scientists now freely admit that they act, in our bodies, like saturated fats. And some respected scientists are warning us that trans-fats may be worse for us because of their altered, unnatural molecular structure.

A Fat Choice

Butter contains 25-30 milligrams of cholesterol per tablespoon. Margarine, while containing no cholesterol, has been shown in studies, to raise serum cholesterol, and moreover to lower the so-called good (HDL) cholesterol.

The choice of what you spread on your bread is yours, of course. I admitted at the outset how I cast my vote, for butter, but I actually eat very little of it. There is a product in the Co-op cooler called Spectrum Spread; it is a non-hydrogenated soft margarine substitute. I haven't tried it, but you might if you are looking for a healthier vegetable

oil spread with a zero trans-fatty acid profile. While reading margarine labels in the Co-op cooler last week, I also discovered an organic ghee. Ghee is clarified butter; milk solids and water have been removed. It's labeled as a lactose-free product. Ghee is popular in Ayurvedic cooking; clarified butter is supposed to promote healing of injuries and gastro-intestinal inflammations. I can't speak, personally, of any healing properties of butter, but I sure like it's taste, and will try the organic ghee some time.

When I used butter more frequently, I made Laurel's Kitchen's "Better-Butter." The lecithin and skim milk are optional, as the recipe works well without them. This spread can be sweetened with honey, maple syrup, or a fruit preserve. It can also be made savory by using olive oil and adding spices, herbs, or peppers.

Better-Butter

- 1 C. unrefined oil
- 1 C. butter
- 2 T. water
- 1/2 tea. salt
- 2 T. dried skim milk
- 1/4 tea. lecithin

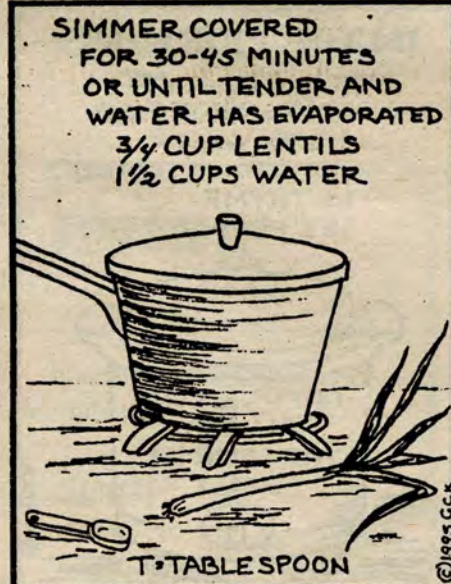
Dissolve salt in water. Add and blend all other ingredients until smooth. Pour into containers and store in the refrigerator.

EASY LOWFAT EATS by Ginny Clark Kohler

LENTIL & ORANGE SALAD



SIMMER COVERED FOR 30-45 MINUTES OR UNTIL TENDER AND WATER HAS EVAPORATED
 3/4 CUP LENTILS
 1 1/2 CUPS WATER



T • TABLESPOON

STIR IN
 3 T RED WINE VINEGAR
 3 T ORANGE JUICE
 6 GREEN ONIONS-SLICED
 1 T FRESH GINGER-MINCED
 3 ORANGES-PEELED & SLICED



CHILL 3 HOURS OR LONGER

TANGY, UNIQUE, & HIGH IN IRON!!



SERVE ON LETTUCE LEAVES

Product Review: WonderSlim Fat & Egg Substitute

by Peggy Pace

In my quest to find good, low-fat or fat-free foods, I stumbled across WonderSlim in the Co-op last summer and thought it would be an interesting product to try, but I was put off by the high price (\$5.37), especially after I read the ingredients—water, plums, and unbleached lecithin. I have since learned you can simply cook up some plums and puree them, or buy plum baby food and use it for pretty much the same effect, but I still wanted to try Wonder-Slim. It comes with its own little packet of twenty-five “delicious, cholesterol-free recipes,” and you can store the unused portion in the fridge for future use. I also discovered a little card with the recipes suggesting you invest in Natural Food Technologies, which “will be one of the star companies of the 90’s,” and it might not be a bad investment if they are successful selling this product at over \$5 a bottle! They argue that using it saves money since you can make approximately one pound of cookies with it, saving approximately two pounds of butter and two dozen eggs. So, while it seems pricey, it may save you money in the long run.

First I tried substituting WonderSlim in the gingerbread

recipe I used in the November issue of this Newsletter. I substituted 1/4 cup of WonderSlim (at 35 calories) for 1/2 cup butter or oil (at 876 calories) and used egg whites instead of two whole eggs. The end product tasted like it should but was a mite dry. As one friend who tried it said, “It would be fine with a glass of milk.”

Next I made the chocolate “cake” (see the following recipe), and it turned out very well. I would recommend trying it. I’m not sure if the WonderSlim did the trick or if it was the fact the cake was chocolate, and anything chocolate tastes pretty good (or maybe it was the coffee liqueur). Also, it’s not totally fat-free since you add a little butter, but the amount is so small it’s insignificant. When I tried it on my coworkers, they seemed to think it was pretty good and it disappeared quickly.

Last I tried one of the WonderSlim recipes for salad dressing. I was a little leery at first, but they had several salad dressings listed. I found the honey mustard dressing quite good, but a little sweet. Next time I’ll probably add a tablespoon or two of wine vinegar.

I’m looking forward to trying some other WonderSlim recipes

since I still have half a jar left, and trying some recipes using prune baby food for comparison. I’ll let you know in a future column what I come up with as I continue my quest for the best in fat-free cooking.


Chocolate Cake

- 1 1/2 C. flour
- 1 C. sugar
- 1 1/2 tea. baking powder
- 1/2 tea. soda
- 1/2 tea. salt
- 3/4 C. cocoa
- 1 C. strong coffee or espresso
- 3 egg whites
- 1/2 C. WonderSlim or pureed stewed prunes or baby food
- 1 tea. vanilla
- 1 tea. butter

Mix dry ingredients in a bowl. Melt the butter in the hot coffee and let it cool. Mix the egg whites, WonderSlim, vanilla, coffee, and butter into the dry ingredients, but don’t over mix. Pour into a loaf pan sprayed with fat-free cooking spray and bake at 350° for 40 minutes or until a toothpick comes out clean. When cool, remove from pan, pierce the top with a toothpick and pour coffee or chocolate liqueur over the cake before serving.


Fat Free Honey Mustard Dressing

- Stir together:
- 1/3 C. WonderSlim
 - 2 T. lemon juice
 - 2 T. honey
 - 1 1/2 T. dijon mustard
 - 1/4 tea. salt (optional)
 - A pinch of fresh ground black pepper to taste



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EASY LOWFAT EATS by Ginny Clark Kohler

SPLIT PEA SOUP



THE NIGHT BEFORE

CHOP

- 1 LARGE ONION
- 1 LARGE CARROT
- 2 STALKS CELERY
- 3 CLOVES GARLIC



t=teaspoon

IN THE MORNING-

MIX IN CROCK POT

- 2 CUPS SPLIT PEAS
- 8 CUPS WATER
- CHOPPED VEGETABLES
- 1 t THYME
- 1/8 t PEPPER



COVER & COOK ALL DAY THEN STIR IN 1 t SALT

WHEN YOU ARRIVE HOME- DELICIOUS HOT PEA SOUP AWAITS YOU!!



LEFTOVERS FREEZE WELL

Yogurt for the Dumb Cook

by Nancy Casey

I made yogurt this morning. It is especially easy to make yogurt this time of year because its basic requirement — to sit in a warm place for 8-10 hours — is easily met.

When I was shopping yesterday and the yogurt caught my eye, I recalled how my family's yogurt consumption has risen sharply of late: yogurt and granola, yogurt on pancakes, yogurt with fruit, yogurt with yogurt. (Clearly, we are ice cream deprived.) I prefer yogurt to milk for pancakes and baking. It is also good for making a variety of sauces and salad dressings.

I find yogurt somewhat expensive to buy for unlimited snacking and cooking use, but if you make it, it's as economical as powdered milk. So, when I plucked a quart of Nancy's Yogurt (no relation) from the shelf, I made a mental note to use some of this yogurt to start a homemade batch.

When the household yogurt vultures descended on my purchase, I interjected my stern demand into the first round of serving-size negotiations, "I want a generous half cup left in there for a starter!"

The acidophilus bacteria which thrives in warm milk is what turns milk into yogurt, so you use yogurt to make yogurt. Most, if not all, of the yogurt you can buy at the Co-op has live acidophilus bacteria in it. This is what you need. Unflavored kinds work best, but I've made yogurt with a flavored starter when that was all I had on hand. I intended for that generous half cup of starter to make about a gallon of yogurt. More starter is fine. Less can be risky.

You can find very precise straight-from-the-lab directions for making yogurt, but I can never remember them. Making yogurt with that kind of precision requires thermometers. Fortunately, yogurt is a living culture. As such, it's tolerant of a certain

amount of variance in the recipe.

The principle behind yogurt-making is that if a little yogurt containing live acidophilus bacteria is mixed with warm milk and kept warm for about 8 hours, the acidophilus will multiply and turn the milk into yogurt. The "official" yogurt-making temperature is something just above 100 degrees, a temperature that feels cozily-warm to the touch. At lower temperatures the bacteria work more slowly (sometimes too slowly) and significantly higher temperatures can scald and kill the bacteria.

Yogurt keeps well in the refrigerator. The environment created by the profusion of acidophilus inhibits the growth of other bacteria. I usually make about 4 quarts at a time, using quart-sized wide mouth canning jars. I find the quart size handy for the measuring that you do, the wide mouths are comfortable for spooning the yogurt out, and the rubber-sealed lids won't let the yogurt leak if you store the jar on its side.

I use non-instant powdered milk because it is relatively inexpensive, easy to keep on hand, and somewhat less processed than instant powdered milk. An important advantage to using powdered milk is that it is much easier and less messy to heat the water you mix the milk with than to heat the milk itself. I do my mixing in a stainless steel pan large enough to hold the whole batch — stainless steel because you can just touch the pan to feel the temperature of the milk in it.

I start by turning on the tea kettle and measuring milk powder into the stainless steel bowl. For non-instant powdered milk, a cup of powder will make a quart of milk (or yogurt). Pour one quarter of the water that you'll be using into the milk powder and rest of the water, alternating hot water from the kettle and cold water from the tap until you have

measured out all the water you need and the mixture feels pleasantly warm to the touch. If you get the temperature wrong, the best way to recover is to add extra hot or cold water and a corresponding amount of milk powder.

When the milk is all mixed and the temperature is right, it is time to add the yogurt that you are using as a starter. (If you add it sooner, you traumatize or kill the acidophilus bacteria with the wild temperature variations as you alternate boiling and cold water.) Mix the starter in well with the whisk, ladle the mixture into the jars, set (don't screw) the lids on top of the jars and leave them undisturbed in a cozy warm place until the milk has turned to yogurt — about 8-10 hours, sometimes less.

A cozy, warm place that is just right to make yogurt isn't too hard to find in most houses during the season when we are heating our homes. I put my jars behind the stovepipe of the woodstove and lay a tent of dishtowels over it to minimize drafts. Near an electric heater works, as does near a forced-air heating duct. The lowest temperature on most electric ovens is too hot, though, so you have to be more creative than that. I have been told that wrapping the jars in a down sleeping bag with a couple of extra jars of very hot water also works. The key is for the jars of soon-to-be-yogurt to remain pleasantly warm to the touch while the yogurt is making.

It is done when it looks, tastes, and smells like yogurt. Yogurt gels a bit when chilled, so warm yogurt may seem a little soupy to you.

Don't despair if your first batch of yogurt is less than wonderful. When you use

commercial yogurt for a starter, you are using a strain of acidophilus bacteria perfectly suited to grow in yogurt factory conditions. You don't need to try and duplicate these conditions when you make yogurt, just give your yogurt-making a chance to develop a strain of acidophilus that is perfectly suited to the conditions in your home.

Even if you weren't terribly impressed with its quality, use your homemade yogurt as a starter for the next batch, and after a few batches your yogurt culture will stabilize, have good consistency, and be delicious. You might consider starting out with small batches of only a quart or two at the beginning, especially if you don't share my cooking philosophy of "Make a lot, then figure out what to do with it."

One thing to remember: it's pretty hard to fail at making yogurt. If the consistency is too thin or the flavor too strong in a particular batch, it is still perfectly good for baking and for soups, sauces and salad dressings that call for yogurt. If the yogurt stands warm too long, sometimes the water separates from the solids. Pour the water from the white feta-like stuff (dubbed "Nancy's cheese" at our house). Use it plain in sandwiches and salads, or mix it with onion, garlic and spices to make a spread.

By supper time tonight the yogurt that sits behind the stovepipe will be ready and the yogurt-slurpers of the family can go to town: cups of yogurt, bowls of yogurt, dollops of yogurt in your soup. Yogurt and peaches. Yogurt and trail mix. Yogurt and jam. Yogurt and honey. Yogurt and chocolate chips. . .

Debra Goldfine, Ph.D.

Psychologist

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Save 20%

Ayla's
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by: Robin Murray

March

Kids page

Did you know..

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Mrs. Ida McDougall of Australia and Miss R. Norton of England began being pen pals in 1904 and kept writing to each other until Mrs. McDougall died in 1979!



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The Jolly Postman by Janet and Allan Ahlberg. and The Post Office Cat by Gail E. Haley

adapted from: Looking at Plants by David Suzuki

A Recipe:

Berry Ink

1/4 cup ripe blueberries, blackberries or cherries
1 1/2 Tbsp. water

a cup, a spoon, a small jar with a lid, paper towels or cheesecloth

- Take leaves & stems off berries and put berries into cup
- Mash berries with back of the spoon until they are mushy.
- Stir in water and mix well.
- Lay paper towel on jar and push in slightly
- Slowly pour berry mixture through paper towel.
- When all the liquid has drained you have your ink! Use with a small paint brush or fountain pen.



Try This:

Make your own Envelopes:

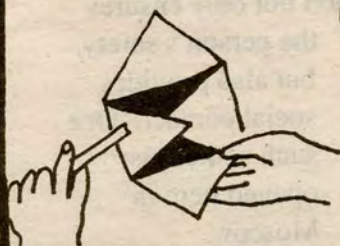
You'll Need:

a whole sheet of paper
a pencil or a ruler
stickers or tape

- Place the card or letter you want to send at an angle in the center of a sheet of paper



- Fold over sides then the bottom. Rub the edges smooth with the side of pencil or ruler.



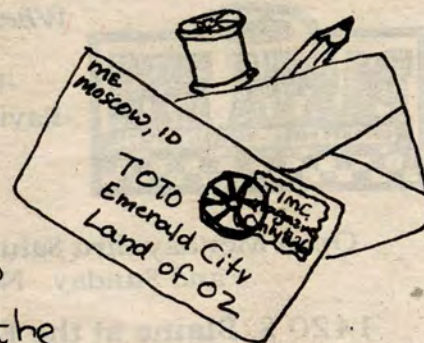
- Fold Down the top of the envelope and seal with the tape or with stickers



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Set up your own pretend Post Office!

Make your own cards and envelopes (see above for envelopes.) Use sweepstakes stickers for stamps. For your postmark you can use an ink pad and a rubber stamp or the end of an empty thread spool. A shoe box makes a great mail box. A large bag with a strap or a purse to carry the letters in adds the finishing touch!



Family & Friends

Elder Care

by Robin Murray

At the beginning of this century only 4% of the population was over 65, but now the percentage is 13% and rising. People are living longer due to advances in health care, sanitation and nutrition and are having children later in life. The result is that middle-aged people often find themselves sandwiched between caring for their children and caring for their parents. In addition, the average person will spend more years caring for their parents than their children. Also, people are having fewer children, which means fewer siblings to share in caring for elders.

When parents need help from their grown children, they seldom need nursing home-type care. Most older people can remain quite independent with just a few areas of assistance. Frequently needed help includes a ride to the doctor, someone to shovel snow in front of their house, or someone who can bend over and clean the bath tub. For families pressed for time, using transportation services, home cleaning and repair services, and personal care services can be important ways to cope.

More and more service

coordination agencies are springing up. These people make sure services are getting done and that clients are not being abused or robbed by those hired to help them. Another form of elder care service gaining popularity is "Adult Day Care." These are centers where adults who might need help during the day can come while their families are at work. This type of situation not only ensures the person's safety, but also provides social contact. One such center just opened here in Moscow.



When serious illness strikes, families may be called on to give more intensive help. This type of situation is usually temporary, lasting about two years while parents recover. Unfortunately, employers tend to remain sympathetic for only a few weeks, leaving workers juggling work and caring for their older relative. Often, older friends can help during this time. Family members can rest easy knowing there is someone who will check on their relative a few times a day and call if anything is wrong. Sometimes home health care workers or short term nursing home care might be the

solution.

The decision to move permanently to a nursing home is difficult and must be made by the whole family. The selection of a facility must be made carefully, much like selecting a day care for a child. Is the facility clean? Are the patients sitting idly or are there things to do? How do staff members interact with patients? At my grandmother's nursing home, the staff take her on their daily medication rounds. In spite of her Alzheimer's, she enjoys handing out glasses of water and visiting with patients not as able-bodied as herself.

Once someone is in a nursing home, families need to remember to visit often. Even if Great Auntie doesn't remember who you are, she still enjoys having someone hold her hand and listen to her talk about the things she does remember. If the nursing home permits it, bring along the family pet every now and again, too. Mostly, just let them know you care.



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Gardening

A Gardener's Nightmare

By Theresa Beaver

When I first saw the yard of the house I was buying, I thought, "What a big yard this is, and what a nice garden it will be." I had visions of corn plants dancing in the wind, squash and pumpkins rambling, asparagus, artichokes, broccoli, carrots, to name a few of my favorite vegetables, and flowers and herbs to attract butterflies and beneficial insects. There was room for it all, and I could have it all in one year. Wrong! To my horror, I was not only purchasing a house with elm trees and a big yard, I was acquiring every type of weed known in the Pacific Northwest.

What should have been as simple as removing sod, as I have done many other places, turned out to be a never-ending chore. If all you have to deal with are annual weeds like pigweed, lambsquarters, goatsbeard, and chickweed, consider yourself lucky. Pulling them before they go to seed will reduce next year's population, and pulling or cultivating while they are young will soon eliminate the problem. A thick layer of organic mulch like leaves, straw or compost will also help eliminate annual weeds by suppressing their growth.

I was not so lucky as to have just annual weeds. I had quackgrass, dandelions, Canadian thistle, and everyone's worse enemy, morning glory. These

perennial weeds regenerate from their roots. This means that simply pulling the weeds is not effective—you have to get all of the root. For some weeds, like morning glory and thistle, where the root system seems as deep as the ocean and as interwoven as a freeway interchange in Los Angeles, getting all of the root is just impossible. But repeated pulling of new growth will eventually deplete the energy reserves stored in the roots. Don't expect this to happen in one year though. And, there are seeds in the soil that will continue to germinate, so it will take several years of persistent weed patrol. Morning glory is the worst, with its deep reserves of energy, you will have to continuously pull the new growth just to keep it from strangling garden plants, and you may never really be rid of it. Realistically, the best you can do with morning glory is keep it under control.

I didn't realize how bad the morning glory was in my new yard until I covered a large area with black plastic where I planned to put in the vegetable garden. After two months of warm weather the quack grass, thistle, dandelions, and goatsbeard were all dead and withered away, but to my horror, white morning glory vines were covering the whole area. That's when I decided that morning

glory is the weed from hell. I later found out that this method is effective, but only if you leave the black plastic down for three years, and there are no holes or cracks anywhere in the plastic to let sunlight in.

Thick mulches will only slow down perennial weeds, but at least they are easy to pull up through the mulch. If you have a severe problem with morning glory or thistle, you might want to try physical barriers like black plastic or weed cloth. The weeds will still come up around the base of plants, but they will be easier to keep up on.

I never did see corn plants dancing in the wind that year. I knew that with all the weeds, I would only be able to keep up a small area at first, so I devoted it to my favorites; flowers and herbs. I would have expanded the garden the next year, but as luck has it, I sold the house.

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Insights

Grow

by Jacqueline A. Soule

Two years ago this month I wrote my first article for the Co-op newsletter. It was in honor of St. Patrick's Day and was about shamrocks. This ushered in a series of articles about plants and the world we live in. Last year in March I wrote about the potato, the mainstay of the Irish diet. This year I write a farewell. I have accepted the position of Director of Education at the beautiful new Frederik Meijer Botanic Garden in Grand Rapids, Michigan. (More working with people and plants!)

I have moved 5 times over the past ten years, again and again leaving the security of a freshly made nest for new horizons. The moves have always been to further my career, but I am reaching a point where I am tired of ripping up roots and moving. This move is hardest of all for many reasons.

I hate leaving the wonderful Palouse region, the rolling hills, the prairie landscape, the greening and browning cycle of the seasons. I will miss the scattered pines, arid air, and the sky... so crystalline blue it makes your heart ache, and so close you can reach up and touch it, yet still so infinitely far away.

I have made many wonderful friends here, and I miss them already, although I won't leave

for several weeks. I will carry with me the memories of good times, smiling faces, and warm and loving hearts. I know I will make new friends, but each individual on the face of the earth is just that, individual. Unique. Special. I will miss the physical presence of the friends I made here. I will miss watching the kids, young and old, growing and changing with the days, weeks, and years.

I have discovered many wonderful new truths about myself and the world while living here. I have explored both aspects of the world; the outward, physical world we all live in, and the inward, spiritual world that we all share, knowingly or otherwise. The physical world was explored for work. I investigated the change in populations of plants over the centuries following the retreat of the glaciers. I explored the spiritual world because I can, and that is the very best part of being human. It may well be what makes us human; this ability to change and to grow spiritually.

Finally, I wish you all - friends, acquaintances, and total strangers, all of you in this world - the very best. May you all cherish and feel cherished, learn and teach, and may you all grow as much as you are able.

Television Encourages Apathy Towards Nature

by Mary Beth Dugan

Before I launch into a television tirade, I'd like to introduce myself, since I am a newcomer to this area. My name is Mary Beth Dugan, and I just completed an undergraduate thesis for the University of Vermont. My thesis focused on the relationship between television cartoons and children's learning about the natural world. Since kids today spend more time watching television than doing anything else except sleeping, I was interested to see what children are taught by TV. I chose to study how animated programs depict the natural world, because this type of program is popular among kids.

I analyzed cartoons for their treatment of nature, concentrating on images of plants, animals, the general landscape and human influences on the environment. The results of my research were disturbing, but not surprising. I found large amounts of inaccurate ecological information, which included anthropomorphism and oversimplification of nature. Anthropomorphism is the practice of assigning human characteristics to non-human animals. In the cartoons I observed, it was common for me to see such things as talking bears wearing clothes, or a lion lounging in a hammock, reading a newspaper.

Even in the newer, so-called "ecologically conscious" cartoons, I found the natural world to be poorly represented. For example, Captain Planet, a program with themes of ecological awareness, featured a group of ethnically-diverse teenage "Planeteers," who travel around the world solving environmental problems by using magic and battling "bad guys" like Hoggish Greedly and Loot 'n' Plunder.

When the crises become too much for the Planeteers, they call on the superhero Captain Planet for help. While some might think this cartoon is worthwhile and educational, I found many of the lessons from Captain Planet to be flawed, since they contained incorrect information. For example, purple buffalo tromp across the screen, while a musician sang to the Planeteers about respecting the earth.

Besides the abundant inaccuracies present in the program, TV puts children at a further disadvantage when learning, since this electronic medium produces zombie-like behaviors in kids. Many parents have observed the symptoms of a television-addicted child: still body, dropped chin and glazed eyes fixated on the glowing dots of the screen. In this somnolent state it is impossible for children to be active learners. Between the biased information presented, and the sub-conscious mode by which children receive the information, I believe that television is not an effective teacher, and is, in fact, physically dangerous to kids' minds and bodies.

I welcome comments and opinions about this article.

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The Privilege of Being Privileged

by Susan Baumgartner

It is only the happy who are hard, Gilles. I think perhaps it is better for the world if ... one has a broken heart. One is then quick to recognize it elsewhere.

Helen Waddell

Privilege. It's a hard concept to get. Most of us who are privileged end up so deep inside that privilege, we can't fathom what it means.

I remember privilege, back when I thought I was a straight white woman. I'm fairly personable. I smile a lot. Most people react to me in positive ways. Perhaps the biggest shock since I came out as a lesbian has been my changed perception of myself and the way other people respond to me. I still present myself as a friendly, white woman who wouldn't hurt a fly, but people who know me and the rest of the story can choose not to accept that persona. They can see me as a sinner or an exhibitionist or a sex maniac or a threat to their children. I find myself watching people's reactions closely. Do they know? Are they uncomfortable? Do they stare at me after I leave?

It's a consciousness of myself as a label as well as my own innate self. It's a self-awareness that rarely goes away. However, I still have the option, by visiting a place where no one knows me, of taking a vacation from suspicion and second glances, something African Americans and the elderly and Native Americans and the disabled and Orthodox Jews and most everyone else who lives out on the margins can never do. Many of them have never experienced, and never will experience, the sense of belonging, of unquestioning acceptance, of matter-of-fact affirmation that straight white males enjoy.

Or do they? All of us, privileged, once privileged, or never privileged, seem to have fallen into this new trap of dividing into "despised minority" groups and then bashing each other. Group after group is singled out and pushed to the front of the firing range. African Americans. Jews.

Native Americans. Hispanics. Gays. Secular humanists. Environmentalists. Smokers. Straight white males. Militia members. Democrats. Fundamentalist Christians. Single mothers. Government workers. We experiment with each labeled group. How much hatred can we vent through them? Lynchings. The Holocaust. Gay bashings. Waco. Oklahoma City. In most every case, we wallow in our need to hate someone else until we sicken ourselves, and then we pull back, waiting for the emergence of a new group to hate. The cycle is vicious in more ways than one.

Strangely though, the extent of the bashing may also have provided a way to stop the cycle. Having all been targeted, perhaps we can now feel a sort of targeted camaraderie. Certainly, we can't help realizing how painful it is to suddenly find ourselves on that firing range, in the next row of ducks, ripe for slaughter. The pain may differ depending on the level of privilege, but it is still pain.

For example, let's think about what it must be like for straight white males. Those men who aren't too angry to think clearly, must be reeling. They were raised a certain way and stayed true to that upbringing, thinking they would be heroes, only to discover that all the rules have suddenly changed, that now they are seen by some people as villains, pigs, dinosaurs, impediments to the liberated hordes of women and people of color and gays eager for a change at their jobs and prestige. Tom Wolfe's "masters of the universe" are now convenient scapegoats for everyone else's disappointments, taking their turn on the firing range just like all the groups before them.

But again, that's why there is

Green Light on Development or Don't Just Say No

by Nils Peterson

The time has come when we must recognize Nancy Reagan was wrong: "Just say No" is not adequate public policy. It was laughable policy against drugs, and it won't work forever as a planning and growth management tool in Moscow and Latah County.

Michael Riehm, an urban planner recently made presentations to the City and County Planning Commissions. He was invited as part of local efforts to think about population growth. He talked about the value of neighborhoods, and the impact traditional neighborhoods can have on reducing vehicular traffic—as well as improving the quality of life. If you missed Riehm's talk, take a walk through the Fort Russell neighborhood and compare it to any of the recent additions to Moscow.

Implementing Riehm's vision faces challenges. Local developers, real estate agents, and others who shape the growth process, are risk-averse and driven by "market" forces. They want to create what sells and they know what has been created, sells. The tendency is to create more. New visions imply taking some (manageable) risks.

.....

hope. Because everyone has been bashed, everyone is equal. We've all been brought low. We've all had our hearts broken in some way. If those of us who have been most privileged can understand even a little, there is hope. And if those of us who have been least privileged can at least see the possibility of understanding from the other side, there is hope.

In a crowded world, maybe none of us can have as much privilege as we always hoped to obtain. In a crowded world, maybe singling out the scapegoat du jour is not in our best interests. Certainly I never bargained

I'm looking for some partners with an alternate vision. People who think there is a market for more neighborly neighborhoods, both in town and in the country. Folks who will put their own money down to be that market, to build and live the vision we share. I'm also looking for a developer or land owner interested in joining this vision. Together we need to state some visions and goals, then develop some housing for ourselves and demonstrate that it can be done. It will take work, because what we seek may require educating local officials, seeking alternative zoning, or convincing a bank.

Perhaps you have a vision of co-housing, or some other cost-sharing arrangements. Maybe you worry about water conservation or hope to have your small-scale business in the neighborhood where you live. Perhaps you think housing developments should include parks. Maybe your focus is preserving agriculture and protecting Latah County's rural beauty. Are you ready to stop saying "No," commit your money and sweat, and build the community we want? I am.

for living in a land "with divisiveness and misery for all." And even putting an end to the bashing in the name of selfishness is not a bad idea. The hearts we save may be our own.



Haitian Siesta

(or, What to do When
You Can't Get a Latte)

by Nancy Casey

Oh, how I loved my tropical nap!

For lunch we served ourselves small mountains of steaming rice laced with beans and vegetables. By the time we finished the dishes, all of my blood had been pulled to my belly. Squinting against the sun's high glare I would propel myself though air hot as a just-ironed sheet toward my dim, shuttered room. There I would squat to unbuckle both sandals at once, then flop backwards onto my bed in my cotton dress.

At home I sleep round, curled under the weight of covers, storing warmth. In Haiti in the afternoon it is too hot to sleep anything but spread-eagled. This is the position that allows the maximum circulation of air.

The tug of after-meal fatigue is not new. At home, this familiar sluggishness is my call to seek out espresso. If I do ever yield to the urge for a daytime dose of sleep, my consciousness

must post a sentinel outside, alert for the sounds of a neighbor or the UPS man who could catch me napping, a lazy person, snoozing away the day. In the stifling brilliance of the Haitian afternoon, however, napping is what everyone else is doing, and so I am given the daily luxury of sighing onto my bed, spread-eagled and safe.

With each exhale my skull sinks farther into the pillow and I yield to full-bellied fatigue. A soft vortex opens in the back of my brain and all of me sweeps into it, heavy and dreamless, except for the sense of falling, only falling. At the bottom, I land softly, outstretched on the surface of the bed, alert. It is over. Might as well open my eyes. It is the same blend of satisfaction and disappointment as when I have finished a rich bitter bite of chocolate or a cup of strong coffee and wish it wasn't gone.

it is not my birthday or christmas yet i am opening boxes filled with your life, looking for any meaning you left behind. a miner, i strike memories in deep veins, digging to bottoms where you put your letters your drawings and high school year books. an intruder, i force myself into corners whose contents i knew of but did not know, for there are many details better left in boxes. a thief, i take away momentos that are not mine, the essence that was your life before me, before we had life. a pack rat, i see usefulness in reminders, and pile in my boxes memories to be opened later when i am gone by someone like you. never thought i'd open your boxes first

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Guest Opinions

**This month's question:
Should hunting black bear in the springtime or hunting black bear with dogs
or using bait be allowed?**

Pro

Ted Beach
Latah County Co-ordinator,
Sportsmen's Heritage Defense Fund

The biggest political issue facing Idaho Sportsmen will be the Bear Initiative on the ballot in November of 1996. The initiative, if passed, will stop all spring bear hunting, baiting of bears and the use of hounds for taking bears.

This initiative is nothing more than a guise at an attempt to stop all hunting and fishing in Idaho. The sportsmen of Idaho, whether they agree with the methods of take, need to see through the guise and get involved with supporting their hunting and fishing privileges. The Humane Society of the United States is taking over the initiative from the Idaho Coalition United for Bears. Mr. Wayne Pacelle, Vice President of HSUS, has been in Idaho actively holding meetings and collecting signatures. Mr. Pacelle was quoted in the Impassioned

Agitator as saying, "If we could shut down all sport hunting in a moment, we would." The Sportsman's Heritage Defense Fund was formed to run a political campaign against the initiative.

To preserve hunting SHDF has to conduct a top-notch campaign. SHDF has started on that mission. To date, SHDF has established a statewide campaign with regional and county coordinators, drafted a campaign plan and is recruiting volunteers and seeking financial aid.

JOIN the SHDF campaign and volunteer your time or send financial support if you want to protect your hunting and fishing privileges.

Call the Latah County coordinator for SHDF and sign up today so that you can still hunt and fish tomorrow!



Sue Emory
Latah Black
Bear Initiative
Committee
882-1543.

Idaho currently allows hunting black bear in the springtime as well as hunt-

ing black bear with dogs and using bait. These three methods of killing black bear should not be allowed because they are ethically wrong. A petition effort in Idaho is underway to make these bear hunting practices an issue for Idaho voters to decide. Those of us supporting the petition are not trying to outlaw all bear hunting (fall hunting without bait or dogs would continue). We are not trying to outlaw other hunting or ban guns. All we want to do is end those three unethical bear hunting practices.

Wildlife biologists say that when bear hunting is allowed in the spring, nursing cubs die when their mothers are killed. No one knows how many. In Idaho every year, about 1,300 bears are killed in legal spring hunts. About one-quarter of those dead bears are female. Biologists agree that it is very difficult for anyone to differentiate nursing mother bears from other females or even from males. Nursing bears are regularly killed. Bear cubs are left to die. Spring hunting for black bear is wrong.

Hunting with bait brings

Con

bears together to a bait site (a pile of rotting food) where hunters kill them at close range. That is not sportsmanlike hunting. Also, eating human food creates "problem" bears that learn to raid garbage cans. In 1990 the Idaho Fish and Game Commission, on the advice of their biologists, tried to eliminate bait hunting for black bear, but a vocal minority of hunters forced the Commission to back down. But those state biologists were right. Bear bait hunting is wrong.

Bear-hunting dogs today wear radio collars. When they have terrorized a bear enough to force it up a tree, the hound hunter follows the radio signal and kills the bear. Again, this is not sportsmanlike hunting. In addition, the hounds kill cubs they find, and chase and harass other wildlife. Being chased by hounds requires the bear to use a tremendous amount of energy, and especially in early spring, that energy loss can be enough to mean the death of the bear. Often the chase separates cubs from nursing mothers, resulting in cub starvation. Hound hunting for black bear is wrong.

If enough Idaho voters' signatures are gathered on petitions to eliminate these three unethical hunting practices, it will appear on the November ballot. For information on signing an Idaho petition call 882-1543.

A similar initiative effort is happening in Washington. Washington area residents should call Garrett at 334-0514 for information.

*We hope to use this space for
letters in response to our new
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