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1998

# Moscow Food Co-operative



Community News

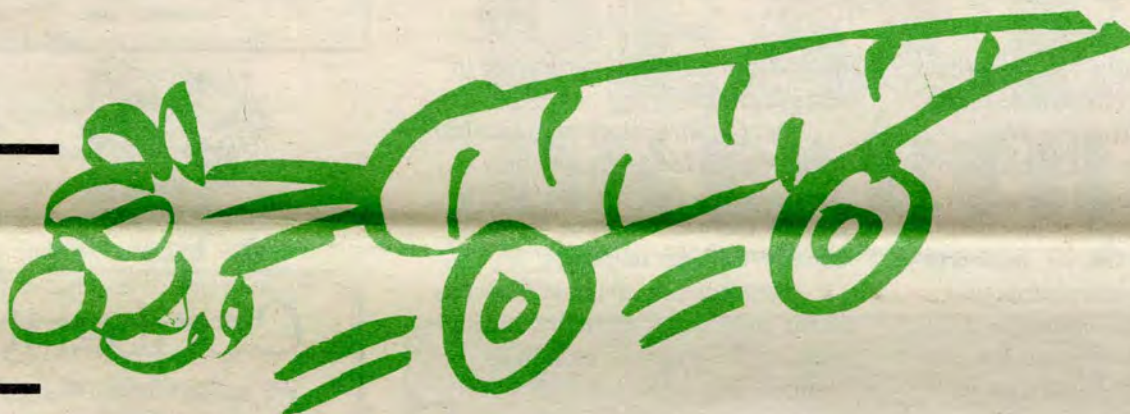
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## We're So Close, We're Almost There

By Bill London

It's true!

Both fund-raising objectives established by the Co-op Board of Directors and staff have nearly been achieved. The Co-op needed support in both loans and gifts to make the move possible, and (as of this writing, November 19) both goals are very close to attainment. Of the \$5,000 in donations needed, the Co-op now has \$3,815.79. That's almost three-quarters of the target amount. When the receipts from the Moveable Feast are counted, that total will likely be surpassed.

Of the \$75,000 in loans required, the Co-op now has \$62,200. That's more than 80 percent of the target amount. Many other Palouse area members and supporters have taken home the prospectus that outlines the details of the loan program. With further strong community support, this goal will also be surpassed.

Now is the time to offer your support to the Co-op. The Co-op needs the money during the month of December to help pay for the final renovations as well as for new equipment at the new store. The Co-op also needs the money this month to pay for the training of the new staff needed at the larger store, and to fund the inventory moving and expansion required to fill the new shelves.

Please consider a loan or gift to the Co-op. Support your local community resource.

### SPLASH: The Co-op Closes and Reopens

The Co-op will move to its new location during the first four days of January. The last day of business at the old location (310 West Third) will be on December 31, 1998. The first day of business at the new location (221 East Third) will be on January 5, 1999.

If you want to help move the Co-op equipment and inventory, please fill out one of the yellow "Let's Move" forms or talk to general manager Kenna Eaton.



# Co-op - News

## Project Update

By Vicki Reich, project manager

The Co-op's new location is starting to look like a store. As of November 20<sup>th</sup>, the windows have been installed in the brick wall that faces the Post Office, the new mini-park on that same side of the store is taking shape (three sunset maples have been planted and two herb beds built), and the interior painting is nearing completion.

The floor is next. We will be laying 12-inch square vinyl composition tiles in early December, then we'll follow that with the installation of the new equipment and shelving. By mid-December, we should see the first products on those shelves. Then we move the store, beginning with the office, then the bakery and deli, then all the inventory. We'll need lots of people power the first four days of January to move all that inventory. If you want to help, please fill out one of the yellow "Let's Move" flyers, so we can call you and schedule your labor.

And speaking of schedules, I am pleased to report that we are on schedule. I remain stressed, since any little thing could go wrong. But I expect this all to work, and anticipate a wonderful, shiny new Co-op to greet us on Jan. 5, 1999.

## The Business Partner Program

by Kristi Wildung

Every few months I try to write an article detailing our wonderful Business Partner Program. We started the program 2 1/2 years ago and just kind of winged the details as we went along. The program continued to grow, so we felt we needed to do a little defining and philosophizing. We did that last summer and even since then the program has changed a little. We decided on a maximum of 25 businesses for a number of reasons. The administration of keeping up with them and the number of businesses that would fit nicely on our handsome poster were two of the top reasons. We have since chosen to grow that number to 30 Business Partners because of increased demand from our community. That, however, is as high as we will go, and I'm happy to say that we have space for 3 more partners!

The philosophy of the Business Partner Program is to provide a connection between our members and the businesses in our community. The program benefits everyone in the following ways:

- our members benefit from the goods and services offered by our business partners;
- our business partners benefit by having our members shop at their businesses and from increased exposure through advertising; and,
- our community benefits by keeping our dollars local and encouraging a sense of local pride.

Business Partners receive the following support from the Co-op for

their commitment to participate in our program:

- a complimentary membership to the Co-op for as long as they participate in the program, which entitles them to the same great benefits as other members;
- prominently displayed posters in the store detailing their contributions to the program, as well as frequent bag stuffers for shoppers;
- monthly newsletter articles offering profiles of partners and their businesses; and,
- a free back-page listing in the newsletter of all partners and the discounts they offer, as well as a 10% discount on all advertising rates.

Our Business Partner Program will consist of 30 small, locally-owned businesses, each with gross sales of less than \$1 million per year and locations in the Moscow/Pullman area. The exception to this rule is Kinko's, who was our very first member 2 1/2 years ago and who has supported the Co-op since they came to Moscow. The Co-op reserves the right to choose which businesses participate to protect the balance of the program. Make sure you take a few moments to look over the back page where we always list the Business Partners. We're saying hello to a few new members and good-bye to some old ones, and you just may find a new place in town to proudly show your Co-op membership card. Happy shopping!

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# The Buy Line

By Carrie A. Corson

As I sit here looking out the upstairs window, it's hard to believe that Thanksgiving is next week. It's a beautiful day with sun, mild temperatures and no sign of snow. I have to remind myself that the Solstice is right around the corner, with Christmas and New Year's right on its heels. That means that this is the last newsletter of 1998. I think that 1999 holds a lot of promise. I hope that is true for everyone. May all have a joyful winter season. See you in the new store in the new year.

Here's news from the suggestion board.

*Please get green buckwheat groats.* Sorry, these were very slow to sell. When we had them we received numerous requests for roasted groats. So that's what we chose to go with. I will mention your request to Vicki to see if it's something she will bring back in the new store. They are also available by special order.

*I love pickled Umeboshi plums and I believe you used to carry them. I would really be happy if you began doing it again.* I will look into picking them back up.

*Habanero chili w/ginger Kettle Chips rule! They totally kick Tim's Cascade w/(artificial) jalapeno butt!* We're glad you like them.

*Can we carry Soy-delicious ice cream?* I will try to find room for it. If not now, I will put it in the file for consideration in the new store.

*If you have a way to sanitize plastic, jars, etc., customers could bring in tubs and jars that you could sterilize and provide (free or for small fee of five or ten cents) so others can use for bulk items.* At this time we do not have a way to sterilize containers. I do not know if we would do this in the new store. We have tried doing this before and have ended up with very dirty or unusable containers. We found that we had to devote a lot of time to cleaning and sorting.

*No kids' room in the new building? I can't believe it! Isn't it twice as big?* There are several reasons that we have chosen not to have a kids' room. While it's true the new store is larger, we had to consider the fact that now the bakery, deli, and all offices have to be included in that space since there is no upstairs. That took up a lot of space. Also, we did ask several mothers of young children what

they thought about having a kids' room. After they reviewed the plans, they advised us not to have a kids' room. They were concerned that the size of the store would compromise the safety of children left unattended while parents shopped.

*Please-it would be helpful to have funnels over by the teas & charcoal pencils over by the scales.* Thanks. We do try to do this. Often though, things get moved around as shoppers move from one bulk area to another. A staff member will be happy to get these items for you if they have been moved out of their proper location.

*Please don't carry items made in China. We should not support a country with such a poor human rights record.* Thanks. I agree. However, that is not as easy as it sounds. More and more manufacturers have a company in the U.S. but the products they design are made in other countries. Unfortunately, it is often China. Thus it is becoming more and more difficult to find products not made in China. I am looking into some alternatives. I would like to purchase products from members of the Fair Trade Coalition and/or other companies dedicated to fair wages and humane conditions for workers. Ganesh Himal is one of the importers involved in this project. Many of their products are made in India in a village that Ganesh Himal helps support. They believe in paying a fair wage to the artists making their product. Hopefully this movement will grow and more products will become available. Right now it is a relatively small coalition so we are not able to get many of the items we now carry. But I am hopeful that we can at least lower the number of products from China currently found in our store. Let me know if you have specific suggestions. Thanks



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**Large & Small Animals**  
Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

# Counting Down

by Kenna S. Eaton

The time is getting closer, we can feel the clock ticking as the days pass. We count the number of trips up and down the stairs and the number of times we'll have to roll our orders in through the store. No, we are not talking about getting closer to the millennium (though have you seen that clock at the post office counting down the days/hours/minutes/seconds?). It time to MOVE the CO-OP!!

Late in November we textured and painted the interior of the new store. In early December we'll be installing floor tile and the heavy equipment. By mid-December the shelving will arrive, to be set up and filled by Christmas.

We'll close the kitchen at the old store the day after Christmas and start moving the ovens, fridges, mixers and rollers. The last day for everything at the present location will be December 31st.

After a small breather to welcome in the New Year, we'll be counting, packing, and moving all the food and anything else left over to the new site. We plan to re-open January 5th. Ta-da!!

Actually, things may be a little rough during our "maiden voyage" and we hope you'll be patient with us as we figure it out. We've been planning and talking for months now, trying to project staffing needs, sales, purchases and internal re-structuring. We think we've got things pretty much under control, but, well, you know about the best-laid plans. So, keeping that in mind, we hope you'll join us in celebrating this long-awaited move, and be understanding if it doesn't all go quite as planned.

# PEACE ON EARTH

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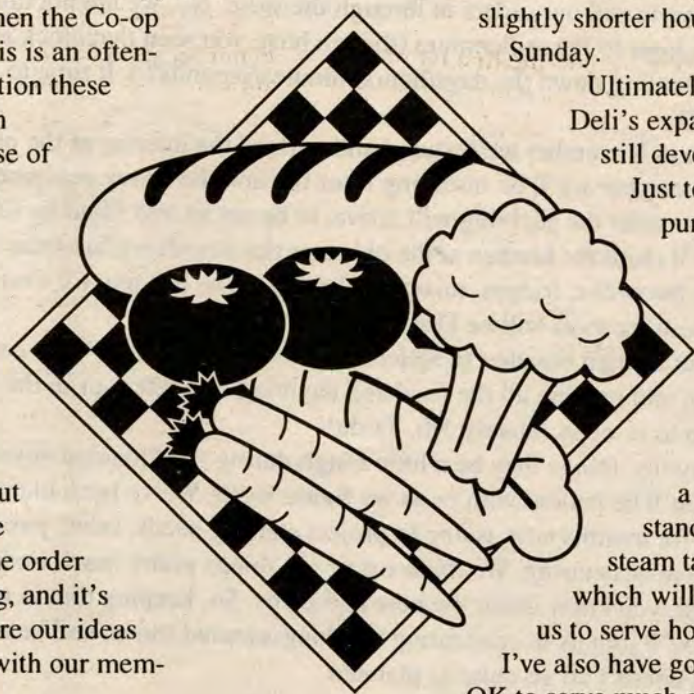
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# Growing The Deli

By Kelly Kingsland

What's going to happen to the Deli when the Co-op moves? This is an often-asked question these days—even among those of us who are supposed



to know. But through the chaos, some order is emerging, and it's time to share our ideas and plans with our members.

As many of you may know, the Deli has long since outgrown its space in the current Co-op building, and has been frantically and inefficiently attempting to keep up with itself for years. We've known that within the current building, the potential of the deli could never be fully explored. That's not to say we haven't had our dreams.

The move to the new building is a dream come true. Oh—to be on the same level as our customers; to know when the soup tureen is getting low without running through the Office, down the stairs and through the co-op to check; to be able to offer samples and share recipes; to have a stove with more than 2 burners; to have our kitchen usage independent of the bakery schedule.... The list goes on and on. We've dreamed of these things, and now they're becoming a reality.

The new Deli kitchen will be separate from the bakery, and roughly twice as large as it is now. It will be near the front of the store, and open to view. It will have 2 cases of its own: a deli service case (with service from 8 a.m. to 6 p.m.), and a take-out case stocked with a wider selection of vegetarian and vegan edibles. We're also planning on making U-bake pizzas, and selling sliced, free-range, "clean" sandwich meat- (although we have no plans to cook with meat at this point). And our former baker, Heidi, is returning to fill our case with desserts both death-defying and nourishing. The espresso cart will be incorporated into the Deli's repertoire, and will

be in service 8-6 daily, with slightly shorter hours on Sunday.

Ultimately, the Deli's expansion is still developing. Just today I purchased

a free-standing steam table which will allow us to serve hot dishes!

I've also have gotten the OK to serve much of our

food on actual dishes—washable, re-usable, substantial, and, I believe, more nourishing for the body than plastic and paper.

To produce all these new products, the Deli staff will increase, well, nearly quadruple, in size. So far our staff will be mostly familiar faces: Gary Macfarlane, who is currently in produce and cashiering is coming on board, along with Erika Cunningham, long time co-op staffer extraordinaire. Eric, a current Sunday morning volunteer will join us, and I've yet to hire one last service person. I am way excited about having the opportunity to work with all of these people, and I believe that the strength of the deli will come from our common interest in working together, Cooperatively.

While on the subject of personnel, I'd like to take a moment to laud Annie Hubble, Deli Queen for many years. Actually, Annie was the First Deli Cook, and really brought the Deli together. Annie, who has been working 2 days-a-week in the Deli for the last few years will be blessing Co-op shoppers from the cashier stand in our new store. I'll be really glad to see her there, as her customer service skills are great, but I also know that her absence from the Deli will not go unnoticed. I'd like to thank Annie for her years of cooking, co-working, and friendship. Ponder for a moment the quantity of food Annie has produced over the years: all the Tabouli, Hummus, Tomato Rice and Gypsy soups, the Minestrone and the Oaties, Pit pizzas.... Envision all that



## Gifts Galore

by Kenna S. Eaton

The Un-Bazaar lives on in our bulk department. If you haven't noticed by now, you need to come in and check it out! The challenge was even greater this year: bring in our usual selection of cool and groovy gifts and fit it into the already overcrowded store. But Carrie rose to the challenge and did an excellent job. The store is packed FULL of wonderful things to tickle your fancy—from wind chimes to glassware and beautiful, handmade ceramic mugs—the list just goes on. We found some gorgeous, flowing scarves and some cute little book marks shaped like your favorite pet. We've got journals, candles and a wide selection of supplies to soothe the soul. Folkmainis puppets already sold out once and had to be re-ordered. Calendars from around the globe would be perfect for anyone on your list. So, come on down and check out the selection before it's gone. And don't forget we'll be closing the old store (forever) on New Year's Eve to re-open on Jan. 5th at our new location: 221 E. 3rd., with the same hours, same phone number and same web site. Come visit us!

food on one big plate, and WOW! Annie, you have fed and nourished so many people over the years—Thank you!

I realize that the word 'nourish' has come up repeatedly in this article and, as a final comment, I would like to address my feelings on the subject. We live in a crazy world. It is not always, and on bad days ever, what I'd like it to be. We are required to go faster and achieve more all the while trying to nourish our bodies, minds, and souls. As Co-op shoppers you are all making an effort to do the right thing—for yourselves, your families, communities and industry. You believe on some level that the effort is felt, whether on a personal level, community-wide or even globally. I appreciate this, and see the Deli as an opportunity to give and share—to nourish our community and world through our choices. In the Deli, we will use Organic ingredients whenever possible, and will work consciously to create healthy and nourishing food. I feel lucky to be given this opportunity. Cooking this food somehow gives me hope; watching you all buy it is going to be a pleasure. See you there.





## A Volunteering View

by Gary Macfarlane

I'd like to thank all the volunteers who, in the proud tradition of Joe Hill, Emma Goldman, Aldo Leopold, and Rachel Carson (see previous issues of the Community News to learn what these folks have in common), have helped make the Co-op's location move a success thus far. A special Thanks to members who attended the fund-raising Moveable Feast, even if it was on the anniversary of Joe Hill's murder by the infamous State of Utah (I can call Utah infamous because that's where I was born.).

Volunteering may be a bit different in the near future—the transition to our newer, larger location could make things a tad rough as we all get used to the new store. Just learning what and where all the different new products are located will take some time! We may add some volunteer tasks, eliminate others, or change time schedules. Please have patience while we sort things out.

If any volunteers want extra credit (in the proud tradition of Scrooge and Grinch—my heroes, at least until they backslid into crass sentimentality), you can help us move over the holidays. Just ask Vicki, or the guy with the Grinch watch and name tag about what you can do to make this move really fun.

## From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on November 4, 1998.

We started our meeting by discussing (what else?) The Move. Some sub-lease options for our present store were discussed, and will be pursued by Kenna. We heard the renovation report on the new location: the roof and heating system are being repaired; the new walls, flooring, and landscaping are in progress. The hard work of the Co-op management and volunteers on this project is really inspiring.

Other business conducted revolved around various committees and their present projects. Completion of the revision of the By-Laws is getting closer; it would be great to finish them in this millennium. We discussed employees' health benefit plans, and will do some research to make the most equitable situation for the staff of the Co-op. It was disappointing to hear the resignation of Mike Cressler, who will be leaving the Board in December. We will miss his expertise.

As Co-op members, your ideas are always important to us. Any suggestions that you have will be considered at board or committee meetings. Please jot them down, along with your name and phone number so that we can call if we have questions. Or even better, join us for board meetings, which are held from 7 PM to 9 PM. The next meeting is December 2. The member information board, located by the shopping carts, posts the dates and times of meetings as well as the minutes of the last meeting held. We want to hear from you.

## Holiday Gifts that Keep Giving

By Bill London

Gift-giving season stretches our imaginations as we scour the countryside for unusual and creative ways to provide something that our favorite people actually want. So, how about thinking of the Co-op at this time? Sure, there's the great gift items at the non-Bazaar downstairs. But also, please consider memberships and gift certificates as holiday presents.

You can buy a Co-op membership for someone who really should give the Co-op a try. You can also purchase a gift certificate in any denomination for those who might want to shop for their own presents. Encourage your friends to shop at our groovy new store (opening January 5, 1999) with a gift membership or a gift certificate.

Just talk to any Co-op cashier. They will be glad to set you up with as many certificates or memberships as you need.



## Business Partner Profile:

# Whitney Law Offices

by Tim Lohrmann

It was the flowers that did it. They were the cue—the first bit of evidence that this law office was different. They weren't all that extraordinary, really. Just a cute, colorful little basket arrangement that looked right at home in Tom Whitney's bright office with a window overlooking Friendship Square in Moscow. But when I heard why they were there, I realized how special they were.

"A client sent me those today," Tom explained, when he saw I had noticed them. "I finished up her case today—she was really pleased with how things turned out."

But flowers? To an attorney? Didn't sound run-of-the-mill to me. She must have been really pleased—thankful, even. Sort of shoots down some of those old lawyer jokes, doesn't it? And after a chat with Tom the picture got even clearer: one of the newest members of the Co-op's Business Partner Program isn't your stereotypical attorney.

"When people come to me they've got a problem in their life, usually something that has been bugging them for quite some time," Tom said in his friendly, easy manner. "They need someone they can trust to take that problem over... to help them out. That's what I try to do."

With clients sending flowers I'd say he must be succeeding.

Tom has been in his Main Street office for less than a year. Maybe you've noticed his sign. If not, look up above Moscow Jewelers. You'll see it there on the 2nd story windows.

Tom says finding a suitable space wasn't easy, but he's happy to be downtown. He supports the idea of a vital, healthy downtown business district. And he's happy the Co-op is staying centrally-located as

well. He likes the idea of the bigger, better location for the store and all, but you know lawyers—there's another line of thinking at work here too.

"I have a selfish motive to welcome the move as well," he says with a grin. "I walk to work and I'll be going right by the new Co-op every morning. It'll be perfect to stop in for a cinnamon roll right before work." And since Whitney Law Offices are Co-op Business Partners, Tom can use his discount for those morning snacks.

That partnership benefit works for Co-op members as well: members can receive free consultations on wills, probate, and—as much as we hope you won't need them—criminal defense, or personal injury matters. Tom says that quite a few Co-op members have already taken advantage of the Business Partners Program benefit.

Tom says he and his family make good use of their side of the deal.

"We've been Co-op members for over five years," he says. "We love the selection at the Co-op, and when the Friday afternoon pizzas come out of the oven—we're there!"

And speaking of family, Whitney Law Offices will soon be expanding to welcome another attorney. But the new addition won't mean a name change, unless it's to Whitney and Whitney, that is. Donna Whitney will graduate from Law School in a little over a year and will practice right along side her husband, Tom.

"Donna already does a lot of work here—she's really helping out a lot, so she'll be up to speed and ready to start as soon as she passes the bar," says Tom.

And Co-op members will be getting another great benefit.



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# Word of Mouth

By Eva Strand

The last few years I have always bought most of my holiday gifts at the Co-op Bazaar, but not this year as everybody is busy preparing for The Move. Yet, Bazaar or no Bazaar, the Co-op is still my preferred store for gifts....edible gifts. Edible gifts are wonderful—they taste good; they are handy to pull out when you get expected or unexpected guests; they are affordable; and, maybe best of all, you don't have to share your precious space with them for very long. I also like burnable gifts such as candles and incense or 'bathable' gifts such as soap, shampoo and bath-salts.

For sweets-lovers I highly recommend the Wild Mountain Huckleberry products: chocolates, jams and pancake syrup, all in huckleberry-decorated gift wraps. Sweets-lovers who also like it hot may just burst out in flames with a piece of the Cowgirl Chocolates—flavored with chocolate, espresso beans, orange or mint, and *hot pepper*. Beware though, it takes a while for the hot peppers to reach full effect! Cowgirl Chocolates are made in Moscow and come in jars, bars and attractive cotton bags. I was quite charmed by the small sampler bag containing a piece of each of the four flavors.



Mere chocolates may not do it for the more down-to-earth gift receiver. In this case packages of hearty soups from Legumes Plus, of Fairfield, Washington, may be more correct. Legumes Plus comes in several flavors: Hearty Barley, Red Curry, Cajun Brown Rice, and Zesty Tomato, to mention a few. All of them are easy to prepare and wholesome to eat. Paradise Farms' products will also add to the holiday spirit. Choose from easy-to-make Falafel, Humus, Tabouli, Chili, or Lentil-Wheat Pilaf. Lentil-Wheat Pilaf makes for a quick (10 minutes prep time) and delicious dinner, served with a dollop of sour cream, avocado slices and chopped tomatoes.

St. Maries Wild Rice Blend is another thoughtful, useful and wonderful gift. The combination of light brown rice and dark wild rice makes an exotic blend worthy of a place on the holiday dinner table. Recipes are included. Add a few of your own favorite wild rice recipes to make this gift even more special.

The Spicy Wildrice Blend from Ankeny Lakes looks like another

goodie.

Make a loaf of home-made bread packaged with Honeycomb from Mountain Star Honey or buy a selection of herbal teas and wrap with a honey-bear from Life Force Honey. For the tea-lover I can suggest a jar from The Republic of Tea. These teas come in attractive jars and many flavors, such as Jasmine Jazz, Moroccan Mint, Cardamom Cinnamon, Ginger Peach and many more.

The Co-op is a great place to get inspiration for gift baskets. Make a basket with wine, cheese, crackers or bread and some fruit.... Combine a few of the above mentioned packaged soups and chilies in a basket or other attractive packaging.... Get the ingredients for a favorite recipe and arrange the items and the recipe in a gift basket....

Beyond foods, there are always the burnables and the 'bathables.' Candles come in all shapes, colors and scents. Try aromatic candles with scents of vanilla, cocoa, juniper, pine, citrus or florals or 'mood candles' labeled sensuality, relaxation, anti-stress and revitalization. The Primal Elements soaps are available in 20 different varieties—why not go with the season and try Holly Berry or Fruitcake? Georgia's Soapworks, from Pullman, offers hand-crafted soaps with aromas such as Musk, Amber, Sandalwood and MoonSong.

All those holiday gifts are right here at the Moscow Food Co-op.

## Development

### Committee Report

By Bill London



The Development Committee tempted the Fates by meeting on Friday the 13th. No obvious evil had befallen as we gathered to discuss the success of the Community Forum held on October 27, and to finalize the plans for the Moveable Feast, which was scheduled for November 19<sup>th</sup>.

The loan and donation targets were clearly in sight, so the meeting was upbeat and energetic. All 80 tickets for the Moveable Feast were sold out by Sunday, November 15. With the final tallying of the receipts from the Feast, the target goal for donations will likely be surpassed. And, with the total loans now pledged constituting more than two-thirds of the amount needed, we are optimistic that we can find the community support required to reach that goal.

The next meeting of the Development Committee will be on December 11, at 9am in the upstairs room at the present Co-op building.



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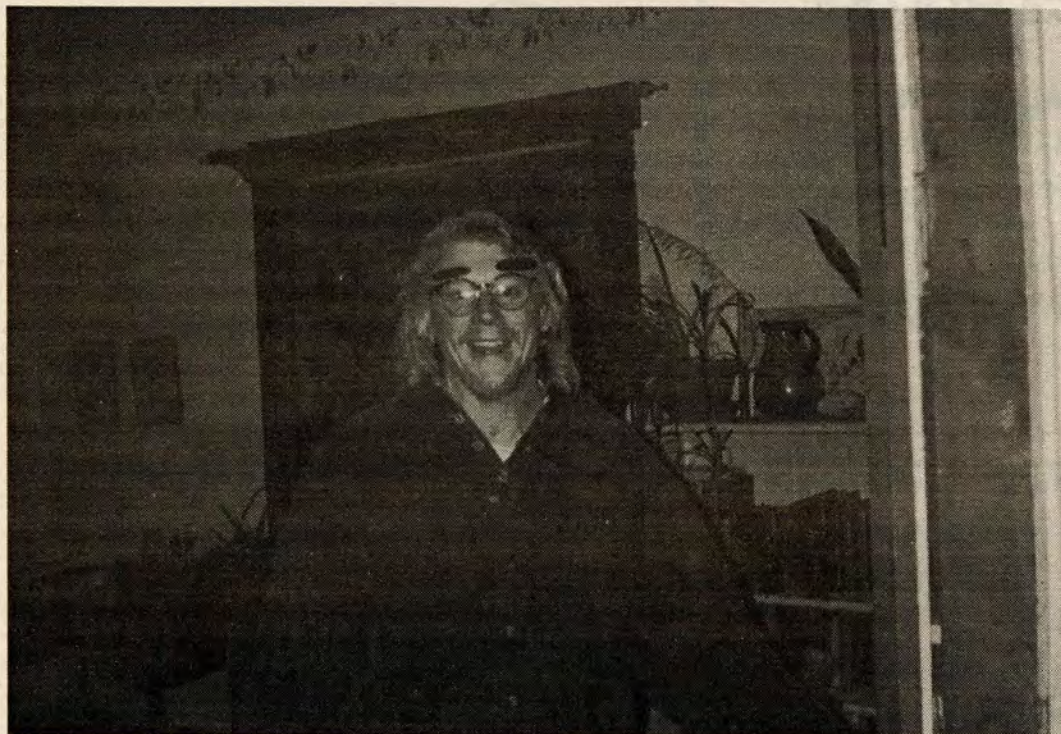
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# Volunteer in Profile: Kurt Rathmann

by Tim Lohrmann



You won't find Kurt Rathmann on the regular Co-op volunteer schedule. He's more of an on-demand volunteer. Luckily for the Co-op re-location effort, Kurt has been more on than off lately. Lucky because a little expertise never hurts, and Kurt has it. As the president, CEO and commander-in-chief of his own company--Three Little Pigs Design and Building--Kurt is normally too busy to volunteer. He's usually out doing remodels, re-builds, straw bale construction—all the innovative construction that he loves.

But a family connection drew him into the Co-op move—a pretty direct connection, actually. Kurt's married to Vicki Reich, the Co-op's new location Project Director. Vicki has been at the new Co-op site since Day One, and has supervised the building's transformation. So it was natural that Kurt would get involved sooner or later. And Kurt says it has been both sooner and later.

"I helped out early on with a lot of the design work. I did a lot of the drawings," says Kurt. "And now I'm going to help construct the new loading dock. I'm volunteering in sort of as needed. And oh yeah, that "drawings/design" part brings up another thing about Kurt. He's practically an architect. I say practically, because all he lacks is one formal requirement to be able call himself one. And Kurt isn't a formal type of guy.

"I've got the degree in Architecture, it's just that I've chosen not to do the three-year apprenticeship it takes to become licensed."

And Kurt really didn't need to apprentice. The building business started finding him before he was even out of school.

"I barely had time for my thesis defense—work just started finding me. I've been on one job after another for the past three years," he says. "Word of mouth just got my name to the right people I guess." In

other words he's busy and in demand. Pretty good for someone who isn't a local native with years of built-in networking to tap into for prospective business. Kurt grew up in Kentucky and moved out to the Palouse from St. Louis about five years ago.

It's been a busy time, but it's pretty clear that Kurt likes it that way. At least that was the impression I got after coaxing him down from the scaffolding in the new Co-op where I caught up with him the other day. He'd been plastering some rough spots in the new Co-op's

ceiling—pretty busy. Vicki had told me I might have to chat while Kurt plastered, but he climbed down, rinsed the plaster specks from his face and hands and showed me around for a minute. The new location is huge, as you know if you've seen it. And it's looking better and better too.

We peeked into what will soon be the back storage area, and I was impressed. As a former Co-op freight day volunteer, I can see how absolutely liberating the extra space will be. And imagine shopping at a busy hour with room in the aisles—definitely a first for the Co-op!

But when you see the great, roomy new location, think about the volunteers. Whether they're the "on-and-off" type like Kurt, or the "every-week" type you chat with while shopping, think about them, thank them, and consider becoming one if you're not already.

Because without them, the Co-op would be just another store.




## Volunteer Holiday Party

By Bill London

The annual holiday party for Co-op volunteers is scheduled for Friday, December 11. Refreshments will be provided by the Co-op to thank all the volunteers for the help they have provided over the last year. All volunteers are invited to attend.

Come to the upstairs room at the present Co-op location (310 West Third Street) between 6pm and 8pm on December 11 for a chance to meet, mingle, and munch with your fellow volunteers.



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- Please mail me my membership card(s)
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# THE KID'S PAGE

It's Here!  
 Winter Solstice,  
 Christmas,  
 Hanukkah...  
 Whatever day you celebrate

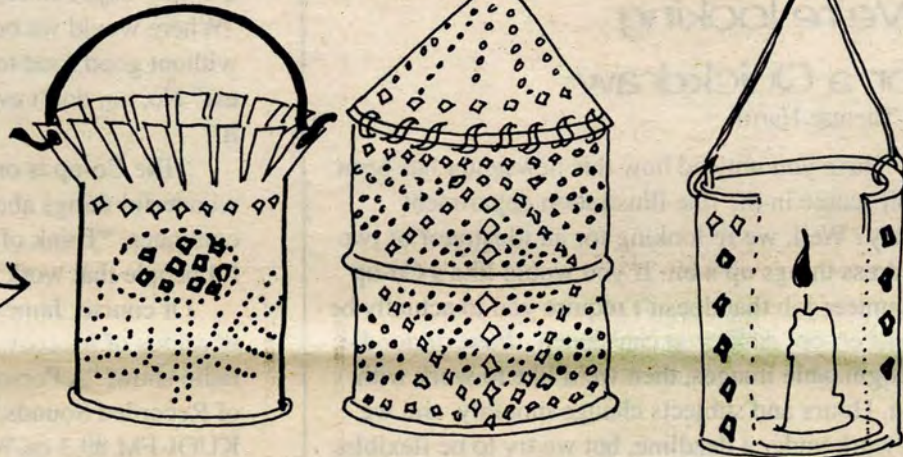


## TIN CAN LANTERNS

Tin cans . Tin snips  
 nails . HAMMER . string.

The number 12 signals an end  
 Magic 13 marks a beginning  
 and so we start anew

Light a candle.  
 Put it in your lantern  
 look at the small stars  
 of light-blinking



\* Imagine each star is something  
 you did this year  
 what do you remember? \*

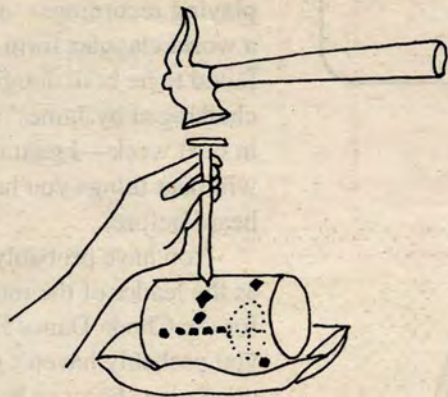
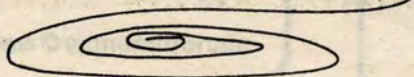
Explore what you saw, smelled,  
 heard, tasted  
 Hold on to it for a moment

Celebrate this image and  
 your courage

Remember - this  
 is a part of your own  
 Rich History  
 It Matters!

Make a wish  
 for what is yet to come

BLESSED BE



Do several at  
 ONCE. TO  
 control melting  
 refreeze and  
 take another  
 can to work on.

1. Fill can with water
2. Put cans to freeze (approx. 2 days)
3. draw design on can with crayon or marker
4. Put frozen can on pillow or towel so it won't roll.
5. use BIG and small nail holes for variation
6. use thin coat hanger wire for handles & hanging loops



KEEP LIDS  
 for ornaments  
 \* SEE what the  
 beer can opener  
 WILL DO.

From: "Making Things" by: Ann Wiseman




# Membership News

by Kristi Wildung

As the days go by and we get closer to our impending move, I am struck by the magnitude of member support we have encountered over the past few months. We called for volunteers to help with demolition and reconstruction at the new store and you came through. We asked for art, plans, landscaping, massages, and in-kind donations, and you went the extra mile by giving us all that, plus your labor to make it happen. We asked for a lot of money and you happily gave it to us. Our dreams are coming true and on budget and it's our members we have to thank for everything.

Thanks to these members who have chosen to purchase their lifetime memberships over the past month: Samuel Butterfield, Janet Craine, Helen Belt, Sid Eder, Merrill Conitz, Walter Hesford, Suzanne Lambeth, Pete Robichaud, the Royael Family, Miriam Abraham, Kris Freitag, and Mary Aegerter. Your contributions mean a lot to us. We know we'll see all of your smiling faces frequenting our new store.

And welcome to these new members: Gena Silver, Ronald Force, Niki Geisler, Gail Adele, Judith Merrell, Connie Rosendahl, Dan and Pat Rathman, Elaine Clark-Hall, Dolores Sproul, Ian Brody, Michelle Murray, Erica Nale, Ramona Crutchfield, S.K. Keskinen, Miriam Abraham, Rhonda Thompson, and Mitch Wood. Don't forget to check out the back page of this newsletter for a listing of our Business Partners. Your new membership card is your ticket to great local savings!



**We're looking for a Quickdraw**  
by Therese Harris

Have you noticed how this newsletter has been a bit scarce in the fine illustration department lately? Well, we're looking for an illustrator or two to dress things up a bit. If you would like a Co-op volunteer job that doesn't require you to actually be at the co-op, AND you can sketch, draw, or doodle recognizable images, then we'd like to work with you. Hours and subjects change monthly, and we do work under a deadline, but we try to be flexible, or at least somewhat reasonable. So, get your pen and ink ready to earn a discount on your Co-op groceries. Call Bill London for more details at 882-0127.



# Leading by Example: James Did It

by Fritz Knorr

You should make a donation to the Moscow Food Co-op to help pay for the move and expansion. James Donley did. He gave \$500. And not only that, but he agreed to have his name splashed around on these pages. And goodness knows, you could hardly come up with anyone who would rather remain anonymous about a donation more than James. He got tricked into this article by the lure of inducing others to donate too. So get on it. Help out with some cash.

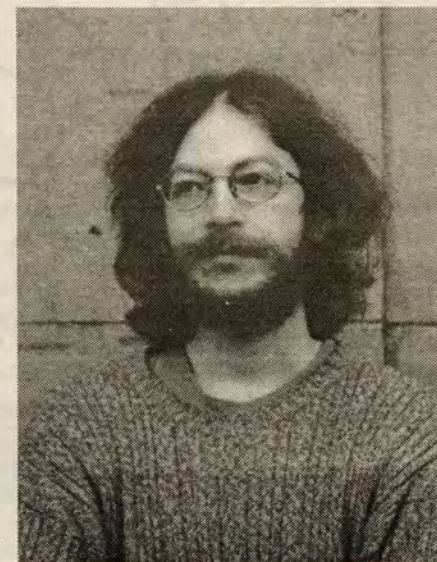
"Where would we be without the Co-op?" says James, "Where would we be without good food to eat? No, no, don't even think about it!"

"The Co-op is one of the wonderful things about Moscow," he continues, "Think of all the beautiful people that work there."

Of course, James is one of the treasures of Moscow, himself. His radio show, "A Personal Overview of Recorded Sounds," is on KUOI-FM 89.3 on Wednesdays from 8:30 to 10:30PM, and is my favorite broadcast entertainment. He has taken the concept of the DJ—playing recordings—and raised it to a world class art form. I have never failed to be both delighted and challenged by James' show. Listen in next week—I guarantee that you will hear things you have never heard before.

You have probably seen James as the leader of the musical mayhem for the Choda Dance Ensemble. But you probably haven't gotten a very good view, because he always wears

a mask or something and stays in the back of the stage behind a mountain of various percussion instruments. Check out the accompanying photo here, so you can see what he looks like behind the instruments and under the mask.



At the time of this interview, he was furiously thrashing about, preparing for a performance and a workshop. The performance was a selection from "Tribal Lore" with the Spectrum II Art and Dance School, and the workshop was a 'recycled music' workshop at Lena Whitmore

school, organized by the Environmental Education Program of PCEI.

OK, so he's a good guy. But 500 bucks? That's almost a month's salary for him.

"So, how do I have all this money? Well, I don't have a car. That saves me about \$3000 a year." And, obviously, the Co-op is more important to James than a car.

So, if having the Co-op is important to you, I hope that you will consider following James' example and give a donation, of any size, to the "Let's Move!" fund. The Co-op can use all the help we can give it. And, as James says, "We are the Co-op."

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# The Moveable Feast

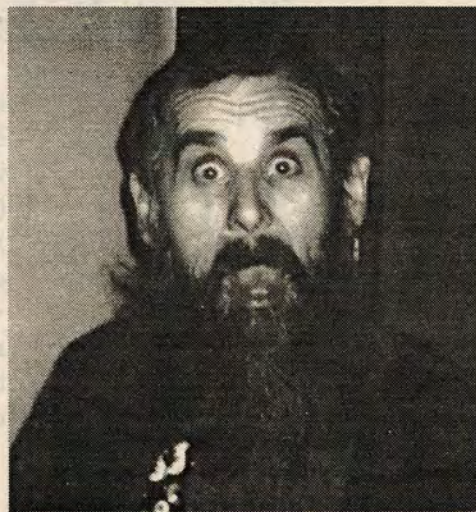
By Bill London

Sighs of satisfaction were heard all over Moscow on the evening of November 19, as a result of The Moveable Feast: the Co-op's fund-raising dinner featuring ten gourmet lasagnas. The wonderful evening of pleasure, sported more than enough great food, wine, and dessert for every appetite. The feast was also a satisfying community event: a chance to catch up with old friends,

We would also like to thank James Reid for his musical contribution to the evening's ambience.

In addition, the folks who donated items for the silent auction deserve a special thanks. The auction items, and the individuals or businesses that provided them, included:

a hooded sweatshirt from Tie Dye Everything;  
gift certificate for three hours of



Bill London provides editorial comment.



Gary Myers had a meaningful conversation.

meet delightful new ones, and share in the impressive power of positive cooperative action.

We raised a substantial amount of money to help support the Co-op's move. All 80 tickets were sold ahead of time. The silent auction, with about 40 items donated by Co-op members and local businesses, raised well over \$1,200. After the cost of the food is deducted, the Co-op will net about \$2,500 from the feast. A full accounting of the results will be in our next issue of the Community News.

The very satisfying results of this feast would not have been possible without the dedication of volunteers who adopted a table to provide the wonderful table settings. Those adopt-a-table volunteers included:

Suzanne Peyer; Ruby Valentine; Mimi Pengilly; Robin Ohlgren-Evans; Chris Moffitt; Chris Pannkuk; Eva Strand; and Kenna Eaton.

The evening would have been less enjoyable without the wine provided by Mountain People's Warehouse, and we all appreciated their generosity.

landscaping from Becky Chastain of Greenside Up; original photocopy art by Rose Terry; charcoal drawing by David Graham; four fiber creations from Debby Carlson;



Faith Larsen samples the delicious wine.

four ceramic sculptures by Jim Gale;  
dakini from Earth Tribe (Cindy Carlson & Carrie Corson); handmade and felted wool hat from Rita Styer;

handmade dragon box by Tim Daulton;  
wine bottle with handmade cork by Will Simpson;  
hand-knitted beaded necklace purse by Linda Cronquist;  
the CD "Higher Ground" by James Reid;  
hand-bound blank journal books by Gudrun Aurund;  
gift certificate for ten NIA Mind-Body-Spirit fitness classes from Britta von Tagen;  
gift certificate for calendar with 12 color Xerox pictures from Kinko's;  
a five-piece Italian bowl set from Pasta, Etc.;  
bicycle helmet from Paradise Creek Bicycles;  
1991 baseball card collector set from Brown's Cooperstown;  
2 hand-knitted wool hats from Gina Gormley;  
a selection of Wendt Pottery from Markettime Drugs;  
a gift certificate for glass repair from Windshield Doctor;  
autographed book: Fishing Waters from Charlie Powell;  
autographed book: Inland Empire from Bill London;  
autographed book: Country Roads of Idaho from Bill London;  
autographed book: Landscape of the Heart from Stephen Lyons;  
autographed book: Natural Wonders from Charlie Powell;  
"Family Dog" poster from Kaleidoscope;  
a willow basket from Melody Eckroth;  
a gift box of wine from Camas Winery;  
2 herbal gift packs from Tortoise and the Hare Herbals;  
2 hand-spun, handmade bags from Vicki Reich;  
2 bottles of wine from Mountain People's Warehouse;  
2 tickets to the "Apple Cup" football game from Greg Meyer.

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meets  
First Friday  
Noon - 1 p.m.

Everyone is Welcome!





## Polenta

By Pamela Lee

I don't have nostalgic memories of an Italian Grandmother stirring steamy pots of polenta, cooking up delectable, savory, rustic dishes out of the hearty corn mush. But, I've been reading articles, clipping recipes and mentally preparing to cook this grainy substance that's been a popular topic in food magazines for the last several years: polenta.

I've been a little confused about the difference between cornmeal and polenta. Many books and articles use the two terms interchangeably. I scoured my source books and magazines for clarification, but they didn't help. For instance, here are two citations on polenta from two different books:

"Polenta, Italy's culinary contribution to corn-cooking, is best made with coarse-ground cornmeal either imported from Italy or domestically grown."

"Polenta is the name given to fine golden cornmeal in Italy, where it is made into a soft, savory mass (*confusingly also called polenta*) which is served with a wide variety of dishes."

Since my sources didn't clarify the confusion or distinction between cornmeal and polenta, I decided to shop, cook, and taste the two for myself. After preparing and tasting both, I've decided: if you are making mush, by all means use the Coop's organic polenta—it is delicious! Save the organic cornmeal for your muffins, cornbread, or Johnny cakes, but don't make it into mush.

Standard instructions for making polenta go like this:

Bring 3 cups water (or milk or broth) to a boil, add 1-tsp. salt, then slowly add 1 cup dry polenta, stirring constantly until the polenta thickens and stiffens, about 30-45 minutes. Spoon onto plates or an oiled platter and top with a sauce. Or, transfer it to an oiled baking dish and allow it to cool. Slice and then bake, broil, or fry.

Standard instructions may also warn you that the corn can lump together—at any point in the cooking process—unless you keep stirring. One article even likened the activity to arm wrestling! The notion of constantly stirring one pot of hot



mush for 30-45 minutes does not intrigue me. That's probably why I read and clipped polenta recipes for several years before ever making it. I have been interested in alternative polenta cooking methods, and now that I've tried the standard approach and two alternative methods, I will use the two alternatives again—with polenta, not cornmeal. With both the standard and the rice-cooker method, I added a few extra tablespoons of hot liquid as the polenta thickened as I "sensed" that additional liquid was needed. One is, after all, rehydrating the corn. If your mush seems too dry as the polenta thickens and pulls away from the pot while you stir, add a bit more liquid, a tablespoon at a time.

The easiest way (that I tried) to cook polenta is in an electric rice cooker. The idea of using a rice cooker came from a "quick tip" that a reader had sent to *Fine Cooking Magazine*. I've altered the author's quick-tip recipe: Mix one-cup polenta with one-cup cold water and 1-tsp. salt; set aside. Boil 2 1/4-cups of water. Turn the rice cooker on, and add the boiling water. Stir in the polenta/salt/cold water mixture. Once the mixture starts to bubble and boil, stir it about every 10 minutes with a long-handled wooden spoon. When the rice cooker switches from cooking-mode to warming mode, you can stir in butter, olive oil, milk, rice milk, cheese, fruit, nuts, or whatever condiments you might choose.

The next method, and the following two recipes, come from *Cook's Illustrated Magazine*, January 1995. The idea is that one can avoid the lumping problem and the constant stirring by cooking polenta in a double boiler. This method takes longer, but it's fool-proof. You can't overcook the polenta and it will never seize up. The directions tell you to stir every 10-15 minutes, but I left the pan untended for more than 20 minutes

at one point. Since I don't own a double boiler, I set one saucepan inside a larger saucepan. The larger (bottom) pan was filled with several inches of water. One may add cheese, butter, herbs, roasted vegetable, dried fruit, nuts, honey or maple syrup, etc. to the double boiler polenta, creating either sweet or savory dishes.

### Double-Boiler Polenta

Serves 4

- 4 cups boiling water
- 1 tsp. salt
- 1 c medium-grind cornmeal\*

1. Bring about 2 inches of water to boil in bottom of double boiler; reduce to simmer and maintain throughout cooking process.

2. Into the top pan of the double boiler, set over the simmering water, add 4 cups boiling water. Add salt, then gradually sprinkle in the cornmeal, whisking constantly to avoid lump formation.

3. Cover and cook until polenta is very soft and smooth, 1 1/4 to 1 1/2 hours, stirring for several seconds every 10 to 15 minutes. (Once cooked, polenta can be covered and saved up to 4 hours and reheated; stir in a bit of water if necessary.)

\* I recommend the Coop's organic polenta, not 'cornmeal' for making polenta mush.

### Polenta with Wild Mushrooms and Rosemary

Serves 4 as a main course

- 1 recipe Double-Boiler Polenta
- 2 T. unsalted butter
- 2 T. olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 t. minced fresh rosemary
- 1 lb. wild mushrooms (cremini, shitakes, or oysters), cleaned and sliced
- 1/3 c chicken or vegetable stock
- Salt and ground black pepper
- Grated Parmesan cheese

1. Prepare Double-Boiler Polenta. Set aside, but keep it warm.

2. Heat butter and oil in large skillet. Add onion; saute over medium heat until softened, about 5 minutes. Stir in garlic and rosemary; saute until fragrant, about 1 minute longer.

3. Add wild mushrooms; saute, stirring occasionally, until juices release, about 6 minutes. Add stock,

and salt and pepper to taste; simmer briskly until sauce thickens, 5 to 10 minutes depending on mushroom variety. Adjust seasonings.

4. Divide polenta among four bowls; top each with a portion of mushrooms and sauce. Garnish with Parmesan cheese, and serve immediately.

The next recipe is from the January, 1996, issue of *Fine Cooking Magazine*. A whole chopped (organic) orange, peel included, lends a wonderful flavor to this pudding, and any trace of bitterness is cooked away.

### Polenta Pudding

Serves 6

- 1 orange, chopped coarse (including the peel and pith)
- 1/4 c plus 1 T. brown sugar
- 1/2 c honey
- 4 1/2 cups milk
- 3 T. unsalted butter
- 3/4 t. ground cinnamon
- 1/4 t. ground nutmeg
- 2/3 c coarse-ground dry polenta
- 2 eggs, lightly beaten
- 2 t. sugar
- 1/3 c toasted hazelnuts, chopped

Heat the oven to 325°F. In a food processor, combine the chopped orange and 1 T. of the brown sugar. Pulse several times to mince the orange.

In a large saucepan, combine the orange mixture, the remaining 1/4-cup brown sugar, the honey, and 1-T. water. Bring to a boil over medium heat and boil, stirring occasionally, until thick and syrupy, 8 to 10 minutes. Stir in the milk, 2 T. of the butter, the cinnamon, and the nutmeg until well combined. Let the mixture return to a boil.

Slowly add the polenta, stirring constantly. Reduce the heat to medium low and simmer, stirring constantly, until thickened, about 2 minutes. Remove from the heat and whisk in the eggs until smooth. Pour the mixture into an 8-inch-square baking dish. Sprinkle with sugar and dot with the remaining 1-T. butter.

Set the baking dish in a water bath. Bake until a knife inserted in the center comes out clean, 70 to 80 minutes. Serve warm or at room temperature, topped with the chopped hazelnuts.



# Gardening

## Everlastings and Potpourri

By Patricia Diaz

It's not too early to start thinking about next year's garden, and some of the things I'm going to discuss here can be gathered now. I have many beautiful dried arrangements in our home that are comprised of dried weeds gathered alongside local roadways.

Many plants that can be preserved and used for years in arrangements and wreaths, you can gather in the wild. Others grow easily in the garden. The best known plants are called everlastings. These include members of the sunflower family which have papery bracts or petal-like structures, but many

people consider any flower or seed pod that retains form and color after it's dried to be an everlasting. You can air-dry most of these

plants or flowers just by hanging them upside down, however some are dried upright (more about that later).

You can either buy nursery plants or start special varieties from seed. The only thing different here from growing regular garden plants is that if you want some flowers left in the garden, you'll have to plant extra as you'll be stripping the plants at harvest time to preserve them. Depending on the plants, harvest can actually last for months. It is important to harvest at the proper stage to retain good form and color (see chart). When a plant produces multiple flowers on a single stalk, you can either harvest the individual flowers with short stems (which can be extended with wire) or you can cut the entire stalk even if flowers are at different stages of development.

To harvest, pick flowers in the morning after the dew has dried but before the temperature rises. Unwanted, large leaves should be removed before drying. To air dry the flowers, make small bunches (15-20) of a single kind and tie them together with a rubber band-string doesn't work because the stems shrink as they dry and the bunches will fall apart. Hang the bunches

upside down from a drying rack or a coat hanger, leaving plenty of space between bunches for circulation.

Some plants and flowers can be dried upright in a vase, such as tall grasses, yarrow, statice, and allium. Baby's breath and hydrangeas, however, need to have about 2" of water in the vase. Place the flowers in a dark, dry area with good air circulation and warm temperatures (70-110 degrees). Light and humidity are not good for air-drying plants. Most flowers take about three days to dry. After that, if you notice the stems are still soft, the temperature is probably too cool and

the flowers may rot or lose quality. Dense flowers, seed pods, grains, and roses often need a couple of weeks to dry.

You can store the flowers by leaving them hanging or by storing them in boxes. You can

layer them wrapped in newspaper, making sure you don't overcrowd or crush flower heads.

When you are ready to use or arrange your flowers, spray them lightly with water to make them less prone to breakage. You can spray your finished arrangement with a dry-flower sealer to protect the flowers and to prevent them from shattering. If the flower stems are weak you can wire them in the arrangements.

Some of the nicest plants for drying are those we commonly consider weeds. In fact, most of the weeds you find growing alongside our roads make attractive arrangements and will dry when just stuck in a jar. Some of the best include teasels (wear heavy gloves when you pick these!), cattails, curly or broadleaf dock, and other great weeds that I can't identify (especially this really neat one that gets little brown balls in autumn). And, of course, although it isn't a weed, one of the very best dried bouquets candidates is our very own wheat!



The following chart of plants/flowers and their harvest times comes, in part, from Sunset magazine.

Flowers	Color	When to Harvest
Baby's breath	White, pink	Just when fully open
Chinese lantern	Bright orange red	When lanterns color up
Cloud grass	Tan	When heads form but before seeds mature
Feverfew	Yellow, white	When flowers have just opened
German statice	Silver white	When fully open
Globe amaranth	Pink, purple, red, white	When color is intense
Globe thistle	Steel blue	Just before flower opens
Goldenrod	Golden yellow	At peak color
Hare's tail grass	Tan	When heads form but before seeds mature
Lamb's ears	Pink with gray leaves	Just before full bloom, lay leaves on screen
Larkspur	Blue, pink, purple, white	When flowers are open 2/3 up stem
Money plant	Silver white	As pods begin to dry but before seeds turn yellow
Allium	Pink, purple, yellow, white	When fully open
Poppy	Light brown	When pod is well-formed
Quaking grass	Brownish green	When heads form but before seeds mature
Starflower (scabiosa)	Greenish to bronze	As soon as petals drop
Statice	Many colors	When fully open
Strawflower	Many vibrant colors	Before yellow centers are visible or in bud; Wire stems
Yarrow	Yellow, white, pastels	At peak size and color

### Potpourri

Some plants and flowers make wonderful additions to potpourris. Favorites include roses, lavender, bergamot, blue delphiniums, hydrangeas, and mallow flowers. Other great additions include lilies of the valley, lilacs, violets, jonquils, carnations, rosemary, mint, lemon verbena, chamomile, and calendula. They can be dried as described above or you can dry them in silica. You can use these flowers with small amounts of cloves, nutmeg, cinnamon, thyme, sage, bay leaves, and essential or fragrance oils.

One recipe for potpourri comes from Reader's Digest Potpourri and Fragrant Crafts and can easily be made with common household items or items found in the neighborhood

and at the Co-op:

### Long Creek Holiday Greens

- 8 oz. Evergreen tips (spruce, juniper, pine, red cedar)
- 1 oz. Assorted evergreen cones
- 3 oz. Allspice berries
- 3 oz. Whole cloves
- 1 oz. Dried, mixed citrus peel slivers (orange, lemon, tangerine, grapefruit, lime)

Cut **fresh** evergreens and large cones into 1" pieces with pruning shears; keep small cones whole. Add rest of ingredients and mix together with hands. Leave the blend in the container for one week. Mix it every day so that the moisture from the fresh greens will be absorbed by the spices and citrus peels.

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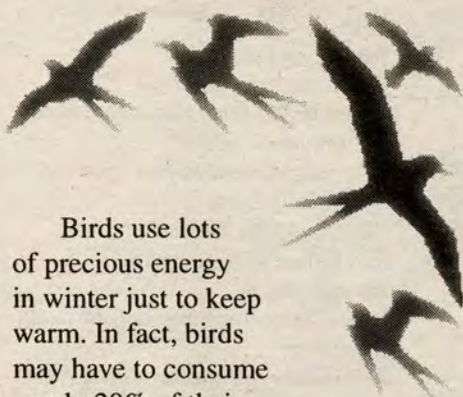
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# Recipes for Our Feathered Friends

by Patricia Diaz



Birds use lots of precious energy in winter just to keep warm. In fact, birds may have to consume nearly 20% of their body weight in one day just to survive temperatures near zero. We can help them survive by keeping the bird feeders clean and full, and don't forget to keep water available for them. There are also some high-energy treats we can provide. Following are a couple of great recipes:

## Corn Bread

- 2/3 c. cooking grease or vegetable oil
- 3 c. cornmeal
- 1 c. flour
- 3 tsp. Baking powder
- 3 1/2 c. milk
- 1 c. chopped nuts

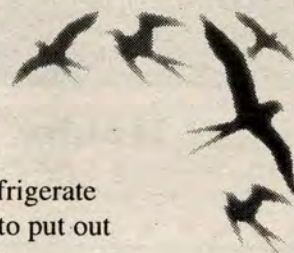
Combine all ingredients well. Spread into 9X13 pan and bake at 350 for 45-50 minutes. Cool. Cut to fit your suet feeder or hang in a mesh bag.

## Bird Feed Treat

- 1 c. cornmeal
- 1 c. peanut butter
- 1 c. sugar
- 1/2 c. flour
- 1 c. water
- 1 c. birdseed

Combine the first five ingredients and microwave on high for 3-5 minutes, or melt in a pan on the stove. Remove from heat and stir in the birdseed. Press into a pan to cool, and later cut to fit suet feeders or press into two sandwich-size plastic containers and refrigerate.

These will fit into suet feeders. Refrigerate until ready to put out for the birds.



# Insights

## Benefit Concert Planned for Peter Basoa

By Bill London

A five-hour musical extravaganza to help defray medical expenses for Moscow arts advocate Peter Basoa is scheduled for Sunday, December 6, at the Unitarian Universalist Church of the Palouse at Second and Van Buren Streets in Moscow. A donation of \$5 is requested.

The concert, featuring music by a variety of local artists, will begin at 5 p.m. in the sanctuary, upstairs at the church. A silent auction, offering artwork and gift certificates from dozens of local individuals, will begin at 3 p.m. in the church basement. Both the concert and silent auction will conclude at 10pm.

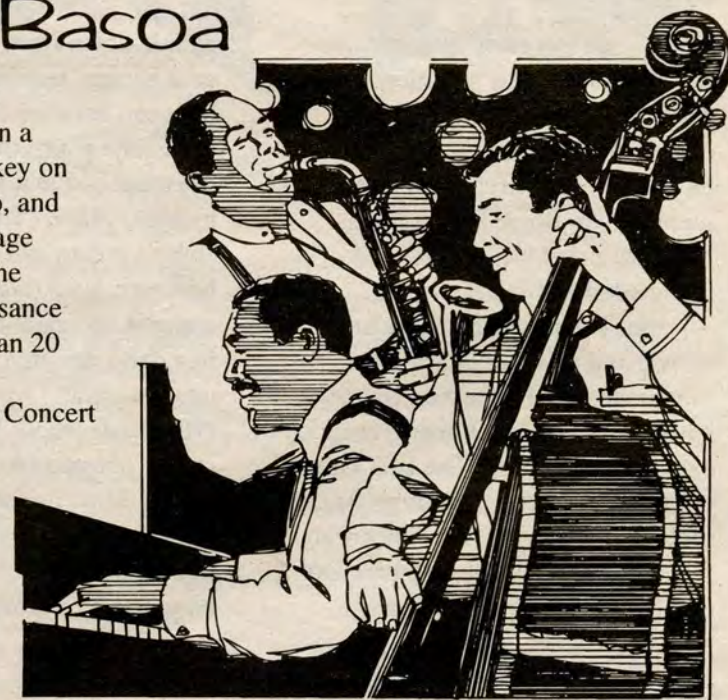
Basoa was admitted to Gritman Medical Center on October 26 after suffering a stroke. As of this writing (November 20), he is recovering at Moscow's Latah Health Services Nursing Center, room 247.

Basoa is a well-known concert promoter who received the 1998 Arts Advocate Award from the Moscow Arts Commission. He co-founded the Palouse Folklore

Society, has been a regular disc jockey on KUOI-FM radio, and served as the Stage Impresario for the Moscow Renaissance Fair for more than 20 years.

The Benefit Concert will be broadcast live on KUOI (89.3 FM).

Concert performers will include Dan Maher, singer-guitarist and host of "Inland Folk" on KWSU-FM; Moscow accordionist, Clarence Johnson; fiddler Mabel Vogt; and Coyote Special, a Moscow bluegrass band. In addition, folk musicians John Elwood and Sally Burkhart, as well as Glen Kastrinos, will play. And you'll be able to hear the Galactic Tofu Farmers. Other musicians, as yet unconfirmed, will also perform.



Contributions for the silent auction can be left at BookPeople in Moscow. Donations of art and craft work, as well as certificates for all kinds of labor or expertise, are encouraged. The concert and silent auction are sponsored by the Palouse Folklore Society, BookPeople of Moscow, the Unitarian Universalist Church of the Palouse, and KUOI-FM radio.



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# Fund for Peter Basoa

by Andrea Chosch-Pitten

As many of you know by now, our good friend, Peter Basoa, suffered a small stroke at his home on the weekend of October 24th. He was taken to the Intensive Care Unit of Gritman Memorial Hospital, where, with the help of wonderful doctors and staff, he started the long road to recovery. As of Friday, November 13th, he was well enough to be moved to the Latah Health Services to begin the next stage of his convalescence. Peter is coming back, but it might be awhile before we see him assume his active role in the community.

In the meantime, people are organizing benefits to help cover some of his medical expenses. The Palouse Folklore Society held a contra dance on November 21st and there is to be a 5 hour musical extravaganza Sunday, December 6th, in Moscow (see related article). They are requesting a \$5 donation at the door.

In addition, a savings account has been established in Peter's name at the Moscow branch of the Bank of Pullman at 5th & Jackson Streets. People wishing to make a donation can send it to the Fund for Peter Basoa, care of the bank or drop it off at Book People in Moscow (512 S. Main St.). Any and all contributions will be gratefully accepted.

Peter and his family have been overwhelmed by the community's outpouring of concern and wish to express their heartfelt gratitude.

# Nancy and Mark: Updated

by Bill London

Nancy Taylor and Mark Lesko--and the story of the premature birth of their child--was started in the November issue. Here's an update...

Nancy arrived at the hospital on October 20, slated for up to 10 weeks of bed rest while awaiting the birth of their son. She didn't have to wait long, since Riston Sen Taylor was born on November 1, after only 27 1/2 weeks (instead of a more usual 40 weeks) of gestation. Riston was 15 inches long, and weighed a mere 2 pounds and 3 ounces at birth.

His dad, Mark, says Riston looks like a tiny grown-up, with well-defined muscles and no baby fat.

"He needs to get bigger and fatter--putting on the baby fat (and developing internal organs) is what happens during those last weeks of pregnancy," Mark explained. "Riston is healthy, and breathing on his own."

Riston was born at Sacred Heart Medical Center in Spokane, and will stay there until about February 1 (which was his original due date). His mother, Nancy, is living in an RV that her parents brought to Spokane for her to use. Mark is continuing to work (4-day weeks) and will be spending all weekends with Nancy and Riston.

To contact Nancy and Mark, you can leave a message at Nancy's number in Potlatch (208-875-1088) or send cards and letters to Nancy Taylor, care of Sacred Heart Medical Center, NICU-9th floor, 101 W. Eighth, Spokane WA 99204.



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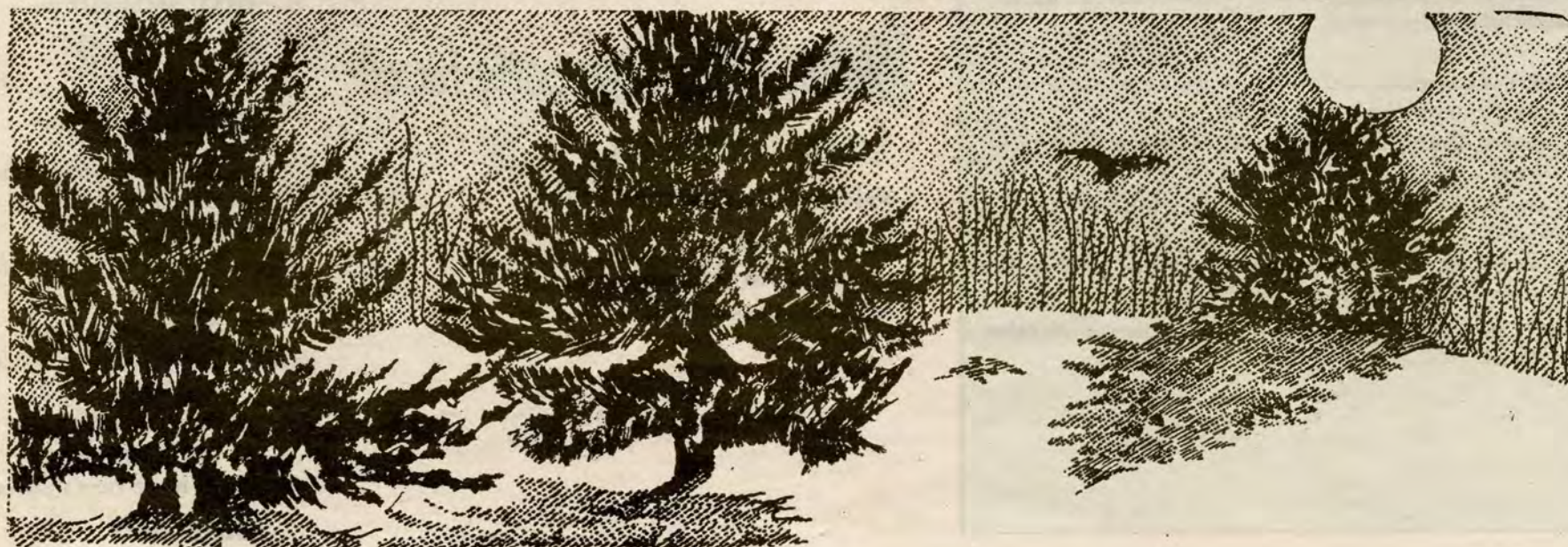
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10% off clothing and jewelry purchases, 210 S. Main, Moscow, 883-5596

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additional discount on Del Mar blinds, 610 Pullman Rd., 882-6544

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### Paradise Creek Bicycles - 10% off parts, most accessories, and skateboards, 511

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### Moscow Yoga Center - 10% off classes for new students,

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

882-5680

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882-4120

### The Globe - Gyros and World Eatery - 20% discount on meals, NE 1000 Colorado,

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### Hodgins Drug and Hobby - 10% off all educational toys and hobby supplies, 307

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10% off consultation fees, 106 E. 3rd St. #3, Moscow, 883-5370

### Jo to Go - 10 for the price of 7 with prepay card or 10% off, 730 Pullman Rd.,

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### Kaleidoscope "Custom Picture Framing" - 20% discount off complete order

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### Basically Bagels, Eastside Marketplace - Buy one bagel w/cream cheese and

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### Dianna Georgina, Clairvoyant Consultant - 10% off Clairvoyant Consultation

& Tarot. 332-6089

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## Welcoming the Christmas Season

### Santa rides into Moscow

### Appaloosa Museum

December 5

882-5578, ext 279

## Looking for holiday gift ideas?

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## Benefit Concert with Silent Auction for Peter Basoa

Sunday, December 6

Concert: 5 pm to 10 pm

Auction: 3 pm to 10 pm

Unitarian Universalist Church of the Palouse,

2nd and Van Buren Streets in Moscow

More info: contact BookPeople of Moscow

512 S. Main St., Moscow

882-7957

## Holiday thank-you party for all Co-op volunteers

Friday, December 11

6pm to 8pm

upstairs at the old Co-op  
refreshments provided

## Palouse Folklore Society Dances

Nov 20: Pre-Break Dance

Dec 19: Holiday Dance

(w/Desert Potluck)

**Instruction 7:30,  
Dancing 8PM**

All dances at Moscow  
Community Center.

\$7 (\$5 members)

Newcomers \$4 (before  
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### Questions?

Call 835-4785 or 882-0350.