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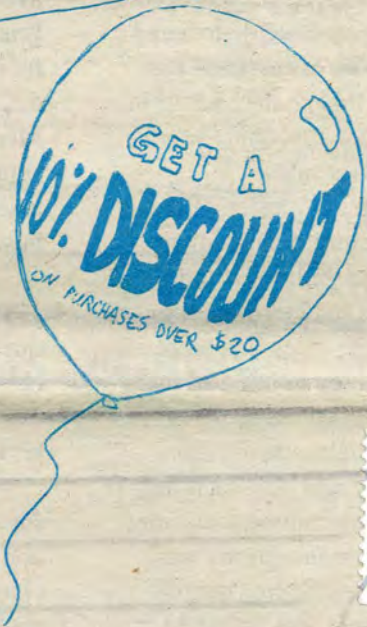
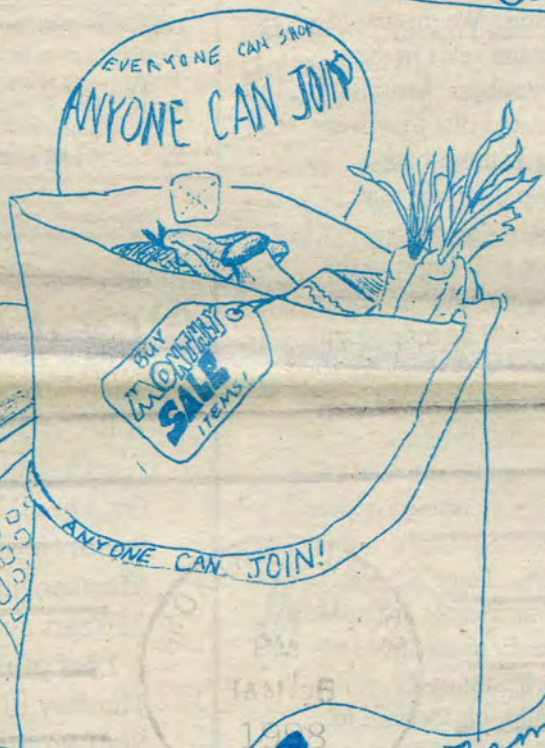
# Moscow Food Co-operative



Community News  
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## There's Never Been A Better Time To Be A Member

by Kenna S. Eaton

Starting Jan 1, 1998, the Co-op will offer improved benefits to its members. After months of research and discussions with members of the Co-op, we have decided to change the discount structure to provide a 10% discount on purchases of \$20 or more. This system allows us to reward those shoppers who purchase more at the Co-op and to help them save more money. We have also revamped our other services, such as check cashing and bread cards, to allow members to benefit from their investment in our co-operative. Remember, it costs only \$10/year (\$150 for a lifetime) to become a part of the best community business in this area. You can join anytime and begin saving immediately!

# Co-op - News

## Board and Management Recommends Changing Discount Structure for 1998

by Christine M. Moffit, Chair, Finance Committee

After several months of discussion, data analysis, and two member forums, the Board of Directors voted at its 13 November meeting to change the discount structure for store operations in 1998.

In March 1996, the drop of non-member surcharge, and institution of a 2% member discount to all non-working members had negative repercussions on the Co-op bottom line. The results of this change likely resulted in a decline of Co-op members, and an increased percent of our business revenue distributed as discounts. The estimate of the total impact of this change (drop in surcharge and 2% discount) was about 2% of gross sales.

The finance committee of the Board and the store management undertook a data gathering and analysis project to determine the percentage of our sales that were discounted, and the volume of the sales by discount category.

When we evaluated the sales data by working and non-working members, we determined that more than 65% of the transactions were less than \$10, and approximately 45% of these were less than \$5, regardless of membership category.

When we evaluated the present discount structure and transaction volume, we determined that if buying patterns did not change, we could decrease the costs to the

business of the 2% discount by eliminating it on purchases less than \$5. In fact, we could give a 5% discount on purchases of \$15 or more and save money. We evaluated several scenarios, and the decision made was to discount by 10% all purchases of \$20 or greater, made by members.

It is hoped that this will increase the size of average purchases at the Co-op. Our financial consultant has recommended that increasing our average purchase will help our financial position. We discussed increasing average sales in the dialog of the members' forums. Members indicated that they were supportive of a volume-based discount that would make our business robust.

This change will begin in the 1998 calendar year, and the consequences of this will be monitored closely. The discount structure for 1999 will be determined after review of this new system.

Please look at the attached chart for a brief summary of the positive and negative consequences of this change for 1998. There are likely several more that are not articulated.

We graciously thank those of you who participated in the evaluation process and look forward to reviewing the impact of these changes on our business in the coming year.

| POSITIVE  | NEGATIVE   |
|---|--|
| Savings to business from recovery of discount on smaller purchases                | Members complain about lost discounts on smaller purchases                 |
| Reduced time at cashiers by no member "carding" on small purchases                | Membership decreases due to loss of discount for small items               |
| Increased opportunity for larger discount will increase the size of average sales | If averages sales increase too much it will increase net cost of discounts |
| Increased membership from opportunity for larger discount                         |  |
| Discounts more in line with those offered by business partners (most at 10%)      |  |

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# Go Ahead... Tell Us What you Think...

by Bill London

Do you have an opinion? How about a political position you want to share?

Good—let's hear it.

Giving Co-op members and shoppers a forum to use to offer their ideas, opinions, and beliefs to the world is one of the reasons this newsletter exists. So, go ahead, sound off. But don't erupt just yet. Let me share the rules with you...

We welcome political diatribes of all sorts—if they are of interest to our readers, generally a politically progressive bunch who care about their environment and their community. So topics and controversies from this region or from around the world that seem to have a chance to provoke an interest among our readers will be published.

We don't publish flyers, brochures or articles on these topics, however. We do not want to repeat what already has been printed. We do understand that you might rely on a brochure for information or substantiation—and you might want to quote sections of that brochure, which is OK. What is not OK is to give us a brochure and expect it to appear in the newsletter.

We want bylines. We want to see the name of the author (an actual Moscow area person) on all the

articles we publish. Insisting on local authorship keeps all the articles appearing in the newsletter interesting to our readership (yeah, that's an opinion, but a reasonable one). It's much better to read the honest ideas and opinions of an actual person than the politically correct message of an anonymous brochure writer who sees the Big Picture from an office in New York.

So, take the passion of your beliefs, explain to the readers of this newsletter why you care about this topic, and if you must, bolster your arguments with sections cut from brochures or other published material. Other relevant stuff: turn in readable copy in whatever format you want. Handwritten is OK. Typed, sure. If you have a computer and want to turn in a disk with the paper copy that is great (save the copy in text only or Word). Put the article in the newsletter box (upstairs in the Co-op office, on the side of the filing cabinet near the bakery door) before the 20th of the month (to have it appear in the following month's newsletter).

Remember not to libel anyone. Don't tell lies about any person, and understand that we don't want to spread unsupported allegations.

That's it. OK, sound off...

## Board News

by Nick Ogle, Chair of Board

The Moscow Food Co-op board of directors held their monthly meeting for December, the evening of the eleventh at six-o'clock. Present were Nick Ogle, Mike Cressler, Chris Moffit, Vicki Reich, Sandy Stannard, John Hauser, Kenna Eaton, Kristi Wildung and guest Evan Holmes.

After approval of last month's minutes the board learned of Nancy Lee-Painter's "resignation" as minutes taker. Nancy you will be sorely missed for the splendid job you did in assisting the board. Thank you!

If there is anyone who would like to fill in the position of minutes taker on a volunteer basis, please come forth and let us know.

Kenna brought the board up to speed on our upcoming liquor license which should be processed by the first week in January so we can start selling our fine selection of organic beers and wines at that time.

We had a review of our By-laws done by Karen Zimbleman and the resulting memo raised more questions, so it's back to the committee for the By-laws. We are still hoping for conclusion and approval by the next annual meeting in March.

After lots of serious work by staff and committee members the final draft of our 1998 budget was passed by unanimous vote.

The most lengthy and diverse discussion of the evening came as we brought up the topic of "vision" and all that word implies. The topics for discussion were as follows:

1. Facilities vs. Vision: Are these working together or do we need to adjust one or the other.
2. Business vs. facilities vision: Separate or same vision?
3. Past board decision/vision: a move was a primary goal.
4. Why are we doing what we are doing (or why would we make changes)?
5. Do we want to grow or stay as we are?
6. Can we push more sales out of the space we are in?
7. Investigate longer term lease before we make any major changes to the building.
8. The recently completed survey shows 4 out of 5 respondents shop at the Co-op for: 1) quality 2) freshness, 3) friendliness.
9. Kenna gave a rundown of the reasoning for thinking of moving the deli downstairs citing a lack of efficient space in the bakery for everyone to do their job and produce the items in a timely manner.

The board feels a need for you as members to be involved in the topic of vision, therefore we will schedule a member forum to discuss just this issue. In the coming newsletters we will keep you informed of dates and times where we can get together. The next Board of Director's meeting will be January 8, 1998.

## Membership News

by Kristi Wildung

As you probably already know by the cover of our newsletter, the membership benefits have changed with the new year. We are offering bigger and better benefits to our members, so if you're not already a member, now would be the perfect time to join.

Welcome to these new members: Grant Hatten, Gerald Scheelke, Marie Griffins, Jayme Jacobson, Wally J. Beck, Lynda and John Oldow, Tom Glynn, Jennifer Bama, Alli Comeau, Aaron Below, Karen Weathermon, Liz Wilson, Jane Westervet, Charlie Booke, Suzanne Aaron, the Robinson's, Karen Westberg-Teeter, Jeff Secker, Susan Roberts, Chad Robinson, Joshua Wells, Paula Cooper, Gloria McMeekin, Liza Fox, Liz Cosko, Sarah Moseley, Stacey Trevino, Lisa Billings, Alicia Hubbs, and Shawn Walker.

Thanks so much for joining! We need the support of our members to continue to serve our community. Be sure to check out the back page of this newsletter for a listing of our Business Partners. You can save lots and show your appreciation by patronizing them. And don't forget, members receive a 10% discount at the register for purchases over \$20, bread cards, member sale prices, special order discounts, check cashing privileges, and the ability to volunteer for increased discounts. There's never been a better time to be a member!



# 25 Years and Still growing strong

by Kenna S. Eaton

Twenty-five years ago a small group of people decided to pool their resources to bring natural foods to the Palouse- and thus was born the Co-op! I've been part of this Co-operative business for over 16 years, and I continue to be impressed by how much we've grown and how we've become an integral part of this community. Not too many businesses can claim that!

There's been many changes at this Co-op over the years. We started life as the Good Food Store and sales in the first month (Aug 1973) were \$126.88. Today our sales are over \$100,000/month. Our first Board Chair and President, Jim Eagen remembers hitch-hiking down to Boise to incorporate the business in April of 1974. From then on our business continued to grow- though sometimes rather slowly. In the summer of 1976 the Co-op organized the Farmers Market, held in the city parking lot behind the current City Hall. Now that same Farmers Market thrives under the auspices of the Moscow Arts Commission and is a weekly event from May to October.

In December 1976 the Moscow Food Co-op joined with the Spokane, Colville and Pullman Co-ops (of which only North Country Co-op in Colville survives) to support the formation of a wholesale food co-op, Equinox Food Exchange, based near Spokane..

In the early eighties, many store front co-ops closed due to a combi-

nation of problems: a lack of skilled managers, under capitalization, increased competition from supermarkets and the collapse of co-op distributors. The Moscow Food Co-op also struggled through those times. I remember a yard sale to raise money to pay the bills, and an enforced three month unpaid layoff in the summer because the Co-op was unable to meet payroll.

Times have changed, and now our Co-op is a healthy strong business with a staff of about 20, a strong balance sheet and good cash flow- and we want to celebrate our success. Now we need you to help us. Being the creative Co-ops that we are, we brainstormed a list of ways to celebrate, but we'd like your help.

What would you like to see? How can we really celebrate this event in a way that is meaningful and fun? Give me your ideas—and here is a few of ours to get you started.

Since the Co-op is 25 years old we came up with the theme of monthly shopping prizes for members -25# of beans, \$25 shopping spree, 25 oaties, 25 loaves of bread, 25# of rice, \$25 of cosmetics and you get the idea. We'd like to host a party in our store in October (Co-op month) with raffles and prizes. And of course the 25th Anniversary T-shirt/Apron is already printed and for sale. What else can we do?

That's your part, be creative and share your ideas with me!

# The Buy Line

by Vicki Reich

Happy New Year Everyone! I hope all of your holidays were happy and healthy. With the New Year comes new products and ideas at the Co-op. One of the most exciting is the introduction of beer and wine into our product selection. We will be carrying organic wines and beers as well as local wine and micro brews. We will be starting small, but I welcome any suggestions on what you would like to see us carry.

Look for the following new products already on the shelf.

**Leona's Tortillas**-delicious, thick white tortillas

**White Wave Dairyless Yogurt**-a requested new product

**Barbara's Cracked Pepper Wheatines**-yet another yummy Barbara's cracker

**Kettle 5-Grain Tortilla Chips**-I brought this one back for Frank

**Natural Value Toilet Paper 4-Pack**-an alternative to Envision

**Choice Organic Green Tea in Bulk**-a popular tea now available in bulk

**Republic of Tea Lemon Wintergreen**-a new flavor, by request

**Herbon Lemon Honey Cough Drops**-another flavor of these tasty cough drops

**Sunspire Organic Chocolates in Bulk**-all six flavors of these chocolates are out of this world.

**Pacific Bakery Kamut Bagels**-a wheat-free bagel now in the freezer

**Alvorado Bakery Sprouted Wheat Bagels**-Christina says these are delicious

# A Loaf of Bread, A Jug of Wine and Thou...

by Kenna S. Eaton

Earlier this fall our building sold and we acquired new landlords. We discovered they had no objection to the Co-op selling beer and wine (our previous landlords would not allow alcohol sales on site).

During a recent survey, members requested we sell beer and wine more than any other product, except maybe free range meat and poultry. My goal for 1998 is to bring shoppers the products they want, and we'll be starting the New Year off by bringing in Certified Organic and local wines and micro beers

(Certified Organic beers will be



available later this winter).

We are very excited to be able to offer our shoppers an opportunity to buy (almost) everything they need here. Vicki will be our wine/beer buyer, and we'll both be learning the ropes together. Though I have spent over twenty years in the grocery business, I've never had an opportunity to sell wine and beer, so it'll be a learning experience for both of us. We'll start off with a relatively small selection and try to keep the prices reasonable. So we've got the bread and now the wine—all we need is you!

**Cascadian Farms Organic Ice Cream**-five new great flavors  
**Natural Value Dijon Mustard**-another great value from Natural Value

**Aeolia's Organic Country Olive Mix**-These are the best olives, with more flavors to come

**Wha Guru Chews**-an "old standby" returns

And now onto your questions and suggestions:

*Organic Apricot Juice. Co-op used to have two kinds. It's coming back, sorry about its departure. How about little clip boards available to clip lists to and write on? Kenna loved this idea. Lock for it soon.*

*Keep up the good work!!! Thanks, we will. By the way, what's that last little bit mean?*

*What ever happened with Vegit spice? I requested it between 6-8 weeks ago. Could you please stock it or make a note on the product status report. We haven't carried Vegit spice for quite some time. It was not a big seller for us. You can, however, special order it by the each. I'm sorry I did not get a request from you. The best way to make a request for a product is either on the suggestion board or by filling out a special order. I cannot always bring in requested items, but I will always give you a reason why I can't or won't.*

*Re: the new bulk Sunspire chocolates. Many people, my family included, depend on the Co-op for alternatives to refined sugar. I can't eat and therefore won't buy candy sweetened with any kind of refined sugar. Please, please, please bring back the bulk chocolates sweetened with barley malt and dehydrated cane juice. My kids were heartbroken to see that they couldn't eat the new candy. We are still carrying Earthballs and Great Balls of Malt. These are both grain sweetened. The carob chips and carob coated raisins are also grain sweetened. The other candies were slow sellers and I wanted to bring in the organic line.*

*More flavors of non-sugary ice cream! Thanks!! Is there a brand you have in mind? It seems most of the ice creams out there have lots of sugar or honey in them.*

*More Hot Stuff, especially good hot sauces. Look for the Wrath and other new hot sauces on the condiment shelf.*

*Shopping here gets better all the time. Vicki is my hero! Gee Golly, I don't know what to say. Thanks!*

## Staff Profile: Christina Mangliers

by Linda Canary

Christina is new in town. She's travelled all over the place, and is making Moscow her home while she waits to enter a Masters program in TESL—teaching English as a second language. So she'll be here for a couple of years sharing her wide smile with folks at the Co-op. When she first came to Moscow, she was delighted to see a Co-op here, and as these things happen, a job was open and she applied for it. And here she is. A win-win situation.

After being in Colorado, and St. Moritz, Switzerland, Germany and Argentina, I wonder if Moscow isn't going to be a little too small for her, but she assures me that so far she only threatens to hop on a plane, and that is mostly on account of frustrating American stuff. Like the insurance situation for starters. Her parents are from Europe, so she is also a Swiss citizen, and there medical services are socialized. Her father came to the USA when he was 25, and she didn't get to see much of her relatives, so being in Europe for a few years was really wonderful for her. "I'll keep in my heart everything my Grandmother told me about chamomile, much more so than anything I've ever read in a book about it," she says with heartfeltness.

While in St. Moritz, she waitressed at a fairly ritzy hundred year old cafe' and taught English. That's when she discovered that she absolutely loves to teach. Christina already has a Masters in German language and literature under her belt—she's read Thomas Mann and Goethe in their native language. Two great storytellers. Now she's into Anais Nin, Henry Bukowski, and Henry Miller—all major word



weavers. I laughed when she mentioned Bukowski, because she seems such a wholesome gal, I didn't know why she'd be drawn to reading his work. (Although those were the people I was reading when I was 29, too, come to think of it.) "I love to experience the tragic side of human life through an artist's eyes," she explained. "I could never know otherwise."

The whole idea of sharing stories—oral traditions that are handed down—is very dear to her. "That's what's so nice about working in the Co-op," she elaborates, "we share our experiences, and become a community by doing that." On account of her recent settling here, she is very open to the freshness of everything, "Change of place opens you up to new things—it stimulates the brain." Christina noted that everyday she sees in someone's eyes, a friend from her life here and there, and it brings home to her how we all carry a bit of the same light in ourselves.

Christina describes herself as a very physical person—active. A skier from the time she could walk, she also loves to mountain bike and backpack, and is really looking forward to some wilderness hiking this summer. She laughs as she tells me that once she made a pine needle basket, and found herself walking

around while wrapping the needles, because she couldn't sit that long. I forewarned her not to take up braided rug weaving, a project I've been working on for three winters now. I swear, I thought I had enough braided wool to reach to Pullman, and it only made a 5x6 foot rug!

But she does like to sew, and knit (though her last knitting project was 15 years ago). And she handmakes all her cards, does some batik, and dabbles in jewelry. So, says she, "Most people don't think of me as a very crafty person, and when I finish something they are always surprised that I made it."

"So," I say, "what else would you like the public to know about you?" "Geez," she laughs, "I'd forgotten this was an interview and that other people would be reading this! Just tell them they can ask me anytime. I like to talk."

One more question—does she have a special quote that gets her through the night, so to speak? Oh yes. Something of Goethe's that her father sent to her, "To know someone here and there with whom you can feel an understanding, in spite of distance or thoughts unexpressed, that can make of this earth a garden."

Thank you, Christina, for an hour well spent. I did feel as though we were in the same garden for a while.

## Business Profile:

### Kinko's:

Open 24 Hours a Day in the Eastside

### Marketplace

by Linda Canary

Well, Kinko's has been giving Co-op members a 10% discount ever since the program began a couple of years ago, but I have to admit that for some reason I was not drawn to doing an interview with them. I mean really, we all know that Kinko's is a fabulous place to do paste up work at their free materials workstations, and all sorts of other things, but I couldn't seem to get an angle on it.

Funny that it wound up being a lot more interesting a conversation than I could have ever imagined with their weekend supervisor, Josh Meek.

Anyhow, Josh really likes working for Kinko's and that in itself says a great deal about the company. He's been with the company for four years, and intends to stay with them. When I asked him what was new that you should know about he immediately pointed out the self-serve COLOR copier out on the floor—99 cents. Hooray. Wonder if they'll be checking very closely for copyright infractions? Soon there will be a self-serve laminator out on the floor, too.

At any rate, Kinko's has it all—as their trademark says they are "The new way to office." Fax machines, conference room, passport photos, desktop publishing, binding, self-inking stamps, MAC and IBM computer access with no extra cost for surfing the Internet. What else can you do there? You can mail things there, UPS, Fed Ex, regular post. You can buy things like cards, stationary, pens and banana fiber paper. You can have a business card or resume made up. You can put your face flat on the photocopy machine and get a good close up of your pores. (I've done it!)

You can go there day or night and have someone smile and say hello and if you go there enough, they will even remember your name. This worldwide company has been around for 28 years (1000 stores), they know what they are doing. But darn it, I forgot to ask Josh why the apostrophe in the name?

Is the original owner a guy named Kinko?

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# Do the Bulk Thing

by Fritz Knorr



The bulk food collection at the Co-op is just awesome. That incredible selection of basic food-stuffs from around the world transcends retail marketing. It is like a museum of agriculture. And if agriculture is the basis of civilization, then the bulk food section is world history on display. There is the rice of the great south Asian cultures, wheat of the Mediterranean, and maize of the Americas. Plus beans, nuts, flours, teas, candy, herbs, spices, right there, for inspection and sale. It's even better than a museum, because you can take some right home with you, cheap.

I particularly like the "new" acrylic bulk containers. They are a few years old now, but they still look great. There is also the entertainment factor of working a pour spout too fill a bag of rice. I can pretend that I am filling the hold of a ship with grain bound for the

other side of the planet. Sometimes I even make little tugboat sounds.

Of course, keeping those acrylic bins pretty requires constant effort; and not just to buy the right stuff, receive and pay for it, store the extra stock in the back room, stock each bin daily, keep the labels up to date, and keep the area clean. On top of that, every bulk container is emptied, cleaned, and refilled, on a constant rotation, kind of like painting the Golden Gate Bridge. Can you imagine doing that? Can you imagine paying someone's wages to do that? Fortunately, the Co-op has volunteers for that sort of thing.

Diana Armstrong likes to do bulk bins. That's what she calls it, "doing" bulk bins. I guess there isn't an English verb that works better than

doing. She's been doing bins every Friday evening for four months, and her goal is to do them all. Then, when she's done doing, it's right back to the beginning. Of course,



she has help.

"I know there's someone else

doing bins." she said, while she was showing me the complex and highly technical process of doing bins, "Because when I come in, I can see that some bins have been done that I didn't do." You have to be pretty sharp to qualify as a Co-op bin doer.

Through her experience, Diana



has become an expert bin doer. She was willing to pass on some of that knowledge. One tip is that there are three or four different shapes to the bulk bins. The bad part of that is that only one shape fits in the sink. Therefore, doing bins is a very wet job. She wears her "bulk outfit," a tee-shirt and some horrific star-printed tights, because of the water. Another clue is that powdered milk is the worst substance of all to do, because it is, well, powder. When it is poured from one container to another, a large portion remains suspended in the room air. Powdered milk fog you might say.

Still, she likes it. "This is my favorite job. Well, at least it's better than grading student papers." (Diana teaches writing at WSU.) "Even when I become a famous bin

washer, I'm never going to move up the ladder and become an administrator. I want to stay here, close to the bins."

Here's the process, illustrated by as many photos as my editor will run: 1) Take the bin off the shelf and carry it back to the sink area. 2)

Empty the content into a clean pail. 3) Wash the bin with water, no soap or bleach. 4) Dry and polish the bin with a clean soft cloth. 5) Refill and replace the bin.

"This is my big Friday out. I do bins and eat pizza. It's just great!" Diana enthused, "And it's great because I get to hang out with the Friday night Co-op crew. They are really fantastic people."

So, come on in, and stand in awe before the bulk food displays. Think about the march of time, the rise and fall of empires and civilizations, and the vast agricultural industry that brings

these commodities before you. And be sure to notice how clean and shiny the plastic bins are.



# The Business Partner Program

by Kristi Wildung

It will be two years this summer since the inception of the Business Partner Program, and the response to this wonderful program is nearly overwhelming. To date, we have 23 business owners and managers who have chosen to participate, and I have many more leads for this new year. If you're unfamiliar with the Business Partner Program and it's workings, read on. If you know all about it, continue visiting our partners to show your appreciation.

This is how the program works. Local businesses have teamed up with the Co-op to offer our members exclusive discounts at their stores and/or for their services. In return, we give the partners plenty of exposure through the newsletter and in-store, and they also receive complimentary memberships to the Co-op and reduced rates on advertising. We send our members to them and they give our members some sort of discount. Each business is different, so make sure you check the listing on the back page of this newsletter to see what each one offers. When you visit them, kindly show your membership card before the transaction to receive your

discount. Many of the Business Partners have signs posted in their businesses detailing the discount they have chosen to give our members. It's just a friendly reminder to you, our members.

Recently, there has been some sort of confusion regarding the discount structure of the Business Partner Program. Business Partners, you receive the same discount in our Co-op as our members, not the same discount you have chosen to give our members. And to our members, you receive only the discount the Business Partner has chosen to give you at their place of business, not at the Co-op. And please don't take the discount signs from our business partners and try to use them in our store. This is really against the rules and we won't accept them at the registers. We all need to play fair and realize the lengths that our Business Partners are going to for us. It's a great service and one we want to continue for many years to come. If you have questions regarding the Business Partner Program, please contact me at the Co-op. Happy New Year!

# Volunteer News

by Kristi Wildung

New Year's resolutions anyone? The Co-op is a great place to fulfill those dreams of giving something back to your community. We have some positions still available, including a Friday morning bakery assistant, a Wednesday courtesy clerk and produce volunteer, a Saturday morning bulk stocker shift, a Sunday morning freight assistant, and a notetaker for the monthly Board of Director's meetings. If any of these positions sound interesting to you, please call me at the Co-op or check the volunteer board near the registers. We need you!

I'd like to welcome our new volunteer Lizabeth Edlund, who will be graciously stocking our herbs and spices on Mondays. We only had one new volunteer last month because all of our slots were full. I guess I should be happy that this was the case, but I always feel bad when I turn away volunteers. I hope that people will keep checking back because positions come and go



# The Kids' Page Returns

by Bill London

Robin Murray may have moved, orphaning the Kids' page. But not for long.

Nancy Lee-Painter is taking over, and her first creation should be in the next issue.

Nancy says she has always enjoyed the Kids' page, and jumped at this chance to volunteer for the Co-op.

She plans a collaborative page - a working partnership with a group of youngsters who will draw illustrations and provide ideas.

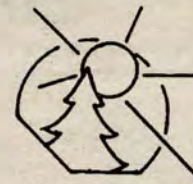


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# Food & Nutrition

## Vegetables from the Sea

By Pamela Lee

It is said that Aphrodite owed her supple skin, shiny hair, and sparkling eyes to the plants of the sea. Sea vegetables (such as arame, hiziki, kombu and dulse) are derived from marine algae or seaweed that grow in deep ocean water and are dried on shore. The Japanese, Chinese, and Koreans used sea plants, as long ago as 3,000 BC, both for food and for medicine. Many coastal societies have harvested and eaten seaweed. And, whether you recognize it or not, the typical American diet contains a significant amount of sea vegetables in the form of stabilizers, thickeners, emulsifiers, and suspending agents found in processed foods.

I eat sea vegetable for the nutritional benefits that they offer, not for their flavor. In fact, it took a while for me to get used to the taste of seaweed. A number of years ago, I was looking for a non-dairy, non-soy source for calcium. I started eating sea vegetables after reading of their high calcium and mineral content. Sea vegetables are high in calcium, iron, iodine, potassium, phosphorus, manganese, sodium, zinc, and chromium. They also contain appreciable amounts of vitamins A, C, K, and the B complex, including B12.

Sea vegetables aid the healthy growth of nails, hair, bones, and teeth. They help to ensure proper metabolism, reduce blood cholesterol, act as antiseptics, help digestion, and keep the endocrine glands functioning well. Sea vegetables have even been found to neutralize radioactive substances. Sodium alginate in sea vegetables binds (chelates) with radioactive substances (such as from fallout or x-rays), neutralizes them into harmless salts that can then be excreted from the body. But, don't overdo it, even if you do like their taste. Sea vegetables are a potent source of iodine, and you can assimilate too much iodine. The maximum amount of seaweed that you should eat each day would be a tablespoon or two.

To give you an idea of how sea vegetables compare with other dietary sources of calcium, let me cite a few of the figures from a more extensive chart in Annemarie Colbin's book, *Food and Healing*:

| Food                         | Milligrams Calcium per 3 _ ounces |
|------------------------------|-----------------------------------|
| <b>Seaweed:</b>              |                                   |
| Agar                         | 567                               |
| Dulse                        | 296                               |
| Hiziki                       | 1400                              |
| Kelp                         | 1093                              |
| Kombu                        | 800                               |
| Wakame                       | 1300                              |
| <b>Vegetables:</b>           |                                   |
| Kale, boiled and drained     | 187                               |
| Collards, boiled and drained | 188                               |
| Broccoli, cooked or raw      | 130                               |
| Chard, cooked                | 73                                |
| Kidney Beans, cooked         | 40                                |
| <b>Dairy</b>                 |                                   |
| Cheddar cheese               | 750                               |
| Cottage cheese               | 94                                |
| Milk, cow's                  | 118                               |
| Swiss cheese                 | 925                               |
| <b>Fish</b>                  |                                   |
| Canned salmon, with bones    | 225                               |
| Canned sardines, with bones  | 50                                |

Sea vegetables are usually sold dried in resealable bags. When stored in a dark, airtight glass container, they have a very long shelf life. Always rinse the seaweed well (except for the sheets of nori), and throw the first salty rinse water away. Then, soak until the vegetables are supple. Unless I'm making a particularly savory dish, I throw the soaking water away as well. I may be draining away some of the nutrients, but I prefer less of the sea briny flavor. If you are salt sensitive, you will also want to rinse the seaweed well.

Sea vegetables vary in taste and texture, from nutty to briny. Hijiki (Hiziki) is characterized by its crisp black strings. It has a delicate taste of the sea. It swells four to five times in volume when it is soaked. It is high in protein and calcium. This is my favorite. It is a good addition to casseroles, salads, noodle dishes, cooked rice, soup, and stew. I always add a couple of tablespoons to meatloaf.

Wakame has a rich flavor similar to, but milder than, hijiki. It doubles in volume when soaked. It's also high in calcium. This mild flavored seaweed is versatile; it can be added to sautéed vegetables or salads. Wakame is a long dark green leaf that grows along the coasts of Korea and China. The traditional Asian use was as an effective detoxifier and strengthening agent. Its mild flavor makes it a common ingredient in miso soup, vegetable dishes and salads. It expands up to seven times in volume when soaked.

Dulse is purple, red, and spicy. It is especially rich in iron. Be sure to wash it well before using. Because of the way it is harvested, dulse often contains debris of small shells. It can be eaten raw, or rinsed and cooked with chowder, stew, salad, grain, or sandwiches.

Kombu is the backbone of Japanese cooking. It is used to make dashi, the flavorful stock for Japanese noodles and soup. Due to its naturally occurring unbound glutamic acid content, kombu naturally enhances flavor. (Unlike monosodium glutamate (MSG), kombu is a safe and nutritious flavor enhancer.) Use kombu in soup, stock, broth, and vegetable stew. Beans cook faster, and they digest and taste better when a small piece of kombu is added to the pot. Kombu doubles or triples in size when it is soaked.

Nori is used to wrap sushi. Nori is a cultivated sea vegetable that is grown on bamboo-supported nets. Nori is high in protein and mild in flavor. It is available dried in rectangular sheets and is usually roasted before use. Unlike other seaweed varieties, nori is not rinsed before use. Besides sushi, nori can be used to wrap rice balls or can be cut into thin strips and used to garnish soups, salads, grain dishes, noodles, casseroles, or even popcorn. To toast nori, hold it a couple of inches above a flame or heating element on a stove. (I use two pairs of kitchen tongs to hold the sheet over my electric range element.) Within seconds, it will turn a darker green and be ready to crumble, cut, or use to wrap sushi.

### Barley Soup

Serves 4-6

1 kombu strip, 6 inches long, soaked 2-3 minutes and diced  
 1 cup diced onion  
 2 dried shiitake mushrooms, soaked and sliced  
 1/2 cup celery, diced  
 1 cup carrots, quartered and sliced  
 1/2 cup barley, washed, and soaked 6-8 hours  
 4-5 cups water (including soaking water from barley)  
 Sea salt, tamari, shoyu or diluted miso to taste  
 Toasted nori and scallions or parsley for garnish  
 Place kombu in a pot. Add onions, shiitake, celery, carrots, barley, and water. Cover and bring to a boil. Reduce flame to medium-low and simmer 1 hour, or until barley is soft. Add sea salt, tamari, shoyu, or pureed miso to taste. Simmer 5-7 minutes more. Garnish each bowl with a few pieces of chopped scallion or a little chopped parsley, and several strips of toasted nori.  
 From the *Whole World Cookbook* from the Editors of *East West Journal*.

### Wakame, Bean Thread & Cucumber Salad

Serves 4

1 cup dried wakame  
 2 oz. dried bean thread noodles  
 4 T. cider vinegar  
 3 T. soy sauce  
 2 T. honey  
 1/2 T. sesame oil  
 1 green onion, chopped  
 1 cucumber, peeled, seeded and sliced  
 1/2 cup thinly sliced carrots  
 1/2 red bell pepper, sliced into strips

Boil bean threads and wakame in three cups of water for three minutes. Drain bean threads and rinse them in cold water. Cut the wakame into thin strips 2 to 3 inches long by 1/8 inch wide.

To make salad dressing: Combine vinegar, soy sauce, honey and sesame oil in a small jar and shake vigorously.

Toss wakame strips, chopped onion and bean threads together with the dressing in a large salad bowl. Let marinate 30 minutes in refrigerator. Before serving add cucumber, carrots and red bell pepper and toss.

From *Delicious Magazine*, July 1996 issue.

# Why Eat Blue Cheese??

by Eva Strand

...because it tastes yummy with fruit and crackers....because there is an old piece of blue cheese in the refrigerator that might crawl away if it doesn't get eaten....because mommy said so.... maybe another reason could be that it contains vitamin B<sub>12</sub> and that a deficiency in this particular vitamin is no good.

It doesn't take much, but it takes some Vitamin B<sub>12</sub> to stay healthy. The United States Recommended Daily Allowance for this vitamin is only 6 micrograms.

The book Prescription for Nutritional Healing by Balch and Balch suggests many good sources for Vitamin B<sub>12</sub>. Besides already mentioned blue cheese, they suggest milk, cheese, eggs, clams, herring, mackerel, seafood, kidney, liver and tofu.

I was a bit surprised to see tofu on the list, since I so many times have been told that vitamin B<sub>12</sub> is only found in animal products. The last few years with a growing interest in vegetarianism this is a somewhat controversial issue. One side of the debate suggests that B<sub>12</sub> is only available from animal sources, or supplements while the other side claims that the tiny amounts we need can be synthesized in our intestines and that additional B<sub>12</sub> is available from the plant kingdom, from microscopic particles of soil that might cling to vegetables, and from fermented soy products such as tofu, texturized vegetable protein (TVP), soy sauce and miso.

The American Vegetarian Cookbook also lists the following

vegetarian foods as good sources of vitamin B<sub>12</sub>: bean sprouts and other sprouts, bananas, papaya, peaches, sunflower seeds, nuts, peas, sea vegetables such as kelp, dulse, spirulina and chlorella. This book also suggests a wide selection of herbs as B<sub>12</sub> sources: alfalfa, comfrey, burdock, capsicum, catnip, chickweed, dandelion, dong quai, eyebright, fenugreek, ginger, ginseng, hops, licorice, mullein, and red clover. Some nutritional yeast may also contain B<sub>12</sub>, so read the label.

As with most other vitamins and minerals, vitamin B<sub>12</sub> also has enemies that may block B<sub>12</sub> absorption. Many medications such as anti-gout medication, anticoagulant drugs, potassium supplements and laxatives may block B<sub>12</sub> absorption. The American Vegetarian Cookbook also lists alcohol, caffeine, aspirin, estrogen and sleeping pills as B<sub>12</sub> enemies.

Now, why all this fuss about 6 micrograms of vitamin B<sub>12</sub> per day?? According to the literature, B<sub>12</sub> is quite important to our well-being. B<sub>12</sub> prevents anemia, aids in cell formation and cell longevity, is necessary for proper metabolism of protein, carbohydrates and fat. B<sub>12</sub> is essential for the nervous system, fertility and promotes normal growth and development in born and unborn children. Deficiency symptoms include abnormal gait, memory loss, hallucination, eye disorders, anemia and digestive disorders according to Balch and Balch.

So.... before you start hallucinating or lose your memory, make sure you get some vitamin B<sub>12</sub> ...from blue cheese, tofu, supplements or other sources. If your diet excludes all animal products it might be a good idea to take a B<sub>12</sub> supplement.

# Cruciferous Vegetables - Potent Cancer Fighters

By Patricia Diaz

Cruciferous vegetables, which include plants of the genus Brassica (the mustard family), are so named because of their cross-shaped flower petals. They have become highly studied recently due to their healing properties. Mainstream science has now discovered the value of eating these vegetables.

Vegetables in the mustard family are chock full of phytochemicals that are believed to provide your body with multiple defenses against cancer.

Exactly which vegetables are in this family? Broccoli, Brussels sprouts, cauliflower, cabbage, kale, bok choy, rutabagas, and turnips all belong to this family. All contain vitamins A and C, sulforaphane, indoles, folic acid, fiber, and isothiocyanates. In addition to fighting cancer, these vegetables provide us with other health benefits. Protection has been shown against cancers of the throat, mouth, stomach, pancreas, breast, and cervix. Many studies have shown the benefits of vitamin C regarding cancer protection. And vitamin A's carotenoids, particularly beta-carotene and lycopene, are very effective antioxidants.

Sulforaphane is a phytochemical that stimulates the production of anticancer enzymes, which can block tumor growth and development. One of its best-documented benefits is for pancreatic cancer, due to sulforaphane's cyanohydroxybutene ability to help the body neutralize and speed the excretion of toxins.

The consumption of indoles, especially indole-3 found in cruciferous vegetables, is thought to help prevent breast cancer. Indoles

appear to fight cancer by sensitizing the resistant cancer cells to the cancer-fighting drugs. They also prevent cancers from developing in the first place. It is thought that as much as 35 percent of overall cancer risk is directly connected to one's nutritional decisions. Research shows that vegetarians have a lower rate of cancer than meat-eaters, even after taking into account other healthy habits such as exercise and tobacco use. This all takes place because of indoles' free-radical fighting ability. Free radicals are reactive substances which can increase the risk of cancer and are found in air pollution and some foods, and are even produced by our own bodies. Indoles have demonstrated the ability to scavenge and trap these cancer-causing free radicals, therefore inhibiting carcinogenesis. Specific organs that the indoles have been documented to protect are the stomach, lung, breast, and colon. Since these compounds are easily lost in cooking, be sure and get some of your vegetables steamed or raw, although the phytochemical PEITC, found in cabbage, remains intact even when made into sauerkraut or cole slaw.

Folic acid, a B vitamin, helps prevent neural defects. Starting in 1998, the FDA is requiring food manufacturers to fortify enriched grain products with folic acid.

Another of these vegetables' greatest health benefits is the provision of fiber. Fiber intake can play an important role in lowering cholesterol levels and is important for overall good health.

Some of the cruciferous vegetables (cauliflower, broccoli, and Brussels sprouts) contain a substance called isothiocyanates that neutralizes the effects of tobacco-specific cancer-causing nitrosamines.

Supplements can be taken to provide this protection, but supplements should NOT be seen as a replacement for fresh whole foods. Several thousand phytochemicals are currently known to exist and new ones are being discovered all the time. No supplement can contain all of the cancer-fighters found in daily servings of these vegetables. So go one down to the Co-op and get your servings of fresh, organic, cruciferous vegetables.

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# Tea Time

by Vicki Reich

Mention the word tea and it conjures up different images in different people. Some might think about High Tea or Japanese Tea ceremonies. Others may think of a bitter cup of oversteeped cheap tea they had long ago and haven't touched since. Or maybe you thought about the new health reports about green tea or the soothing quality of chamomile tea.



In reality, there are only three types of tea; black, oolong, and green (herb teas are not true tea). These all come from the same woody shrub *Camellia sinensis*. All three are processed differently to give them their different characteristics. Green tea is produced by immediately steaming and drying (called firing) the leaves. Black tea is allowed to oxidize before it is fired. Oolong is somewhere in between green and black tea, it is allowed to semi-oxidize before it is fired. This gives the oolong a stronger flavor than green tea but a more delicate flavor than black tea.

So now you may be asking, if there are only three types of tea, why are there so many different kinds of tea available. Teas vary in many ways. The area it which was grown, such as Ceylon or Assam, imparts different flavors as well as the weather at the time it was grow and the day it was picked (it should be a dry day when picking tea, since humidity affects drying times). What time of year it was picked also determines flavor and price. The first spring picking of the tender new leaves and buds is called the first flush and is very sought after. Even within an Estate, the elevation, age, and amount of shade of a tea bush all impart different characteristics. As a result of all these factors, teas of the same name can vary in price by a factor of twenty-five. Teas are also characterized by the size of the leaves. Orange Pekoe describes leaves that are smaller than the medium size coarser Pekoe leaves. On top of all this, fruit and herbs and spices can be added to all three types of tea to make an infinite variety of tastes for you to sample.

All this hoopla about tea started in China about 4,000 years ago. Legend has it that Chinese Emperor Shen Nung was boiling a pot of water when some leaves from a

nearby tea bush fell into it. Tea became the drink of China and nearby Japan. Europeans were introduced to it in the 17th century and were so taken with it that they expanded its growing area to India and even developed a meal around it, High Tea. Tea, of course, played an important role in our history—it's taxation was one issue that triggered the War of Independence. And Americans have influenced its use by inventing the tea bag and starting the practice of drinking iced tea at the St. Louis Worlds Fair in 1904.

Enough about theory, here's how to make a great cup of tea. Choose a quality full leaf tea, I prefer loose tea since you can see exactly what you're getting and control the amount of tea you're using. Bring a kettle of clean cold water to a rolling boil. For green tea stop just short of a boil. Warm the teapot by swirling some of the boiling water around, then pour it out. Place approximately one teaspoon of tea into an infuser or teapot. Pour the hot water over the tea leaves, cover, and let steep 3-5 minutes. Green teas need a little less time and oolongs can steep up to seven minutes. Infusion time is a matter of taste, but if you let tea steep too long it will become bitter.

Tea is an affordable luxury. Even the most expensive teas at the Co-op only cost about 25¢ a cup. And some say that a cup of tea improves your health in a number of ways. It is claimed that the polyphenols have been shown to reduce cholesterol, boost white blood cell production, lower blood pressure and decrease the risk of some types of cancers. The fluoride may help fight tooth decay. And the light dose of caffeine (black tea has 1/4-1/2 the caffeine of drip coffee and green tea has even less) helps combat fatigue. Slow down, relax, and brew up a delicious pot of tea for you and your friends to sip and enjoy.

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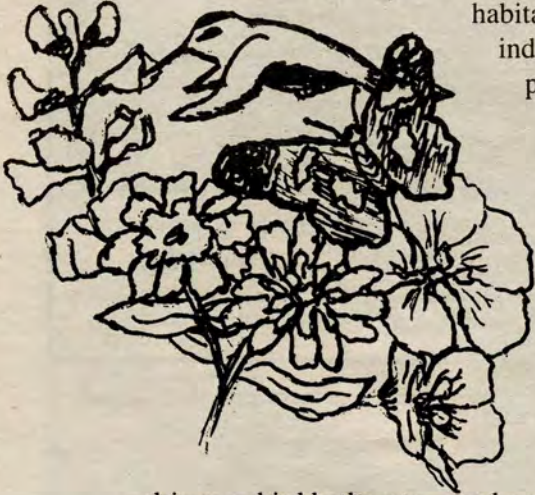
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# Gardening

## Creating a Bird, Honeybee, and Butterfly Habitat for Your Garden

By Patricia Diaz

You don't need to be an expert gardener in order to create a bit of ground that will attract birds, bees, and butterflies. A little planning, planting, and pruning ought to do the trick. A year-round natural habitat can be created using a variety of indigenous vegetation, but must



provide three main qualities: food and water, protection from the elements and danger (such as cats, snakes, and hawks), and a place to raise young safely. These should be provided in a variety of plant types and shapes.

A reliable source of water is absolutely essential for your bird-attracting program. Water will attract more kinds of birds than any variety of food. Ponds,

drippers, bird baths, etc., can be easily installed. Even something as simple as a bowl (non-tipping) of water will work. Some birds will never eat at your feeders but will come for water and/or a bath.

Some of the things you can easily do include:

- Vary the height, density, and fruiting season of shrub beds and tree planting areas
- If you have mostly lawn, plant a central island of shrubs, flowers, and a small fruiting tree
- Leave hedges informal to provide protective nesting areas and fruits or seeds
- Leave spent flowers to provide food for birds when seeds ripen
- Create a "wild" corner of native roses, blackberries, raspberries, and honeysuckle (ideally 8" wide and 3-15" high)
- Create an artificial slope (south-facing to attract early spring migrants and north-facing for summer foraging) to attract ground feeding birds
- Leave leaf litter to encourage earth worms for birds

My favorite landscape plantings that provide food, cover, AND nesting include: (1. Trees) birch, crabapple, hawthorn, maple, pine, spruce; (2. large shrubs) cedar (juniper), dogwood, serviceberry; (3. low shrubs, vines) blackberry, raspberry, blueberry, honeysuckle.

Flowers are crucial for success with butterflies and honeybees. Below are my favorite plantings for both types of insects (hummingbirds like many of these also):

|                 |                |                          |
|-----------------|----------------|--------------------------|
| Hollyhocks      | Parsley        | Dogbanes                 |
| Aspens, poplars | Burdocks       | Cherries, peaches, plums |
| Artemisias      | Willows        | Milkweeds                |
| Asters          | Scabiosas      | Butterfly bushes         |
| Goldenrods      | Lambs quarters | Marigolds                |
| Rabbitbush      | Dandelions     | Thistles                 |
| Red Clover      | Privets        | Nettles                  |
| Mallows         | Verbenas       | Alfalfa                  |
| Ironweeds       | Mints          | Vetches, violets         |

No birdscaped yard is complete without evergreens. They provide protection with their dense branches and shelter in winter from cold winds. Trees with berries that hang on bare winter branches are especially important to many birds. Flowering crabs are excellent and the fruits often save birds from starving during late-winter snowstorms. Other outstanding food trees are dogwoods, hawthorns, mountain ash, cherries, and hackberries.

Hopefully, I have stirred your curiosity to begin planning part of your yard to make it wildlife-friendly. There is a wealth of information on plant varieties and bird-friendly plantings. Excellent books include: Birdscaping Your Garden by Geo. Adams, with a section on birds and their needs so you can attract specific birds and a section on plantings and what birds like which kinds of vegetation; Your Backyard Wildlife Garden by Marcus Schneck which covers how to attract not only birds but butterflies and moths, amphibians, reptiles, arachnids, and mammals; and the National Audubon Society's The Bird Garden by Stephen W. Kress.

I sincerely hope you will pursue this further. It is so much fun to watch all the birds, bees, and butterflies enjoying your landscape!

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# Insights

## Uniformity in Organics- What This Means for You

by Laura Church

On Monday, December 15th, the USDA released its proposal for new nationwide organic standards. These guidelines are intended to establish uniform rules for labeling, marketing and production of organic foods. This long-awaited statement has its roots back in 1990 when the National Organic Standards Board was founded.

The National Organic Standards Board, or NOSB, was instituted in 1990 when it passed the Organic Foods Production Act. This board of fourteen members made up of growers, manufacturers and suppliers was designed to work with the USDA to establish national standards and certification for organic products. Currently there are eleven states and 33 separate private agencies that provide organic certification. Every agency has different rules of certification, and some are more strict than others. The idea behind the USDA proposal is to standardize these agencies by providing one set of guidelines for the whole country.

Some controversy has accompanied the release of these guidelines. Certain parties do not feel that the proposed guidelines will be strict enough to ensure a truly "pure" product for the consumer. Currently the USDA allows sewage fertilizers, food irradiation, and the use of genetically engineered plants and animals in conventional food production. The new organic food standards proposal would allow these practices in organic food production as well. Currently the

NOSB has voted against allowing such practices in organic farming, however, the USDA sees the NOSB as purely "advisory." This means that the NOSB is not overseeing the National Organic Program, they are only allowed to make recommendations

Therefore, the role of the consumer as a *voice* is the most important at this point. The USDA has sidestepped the NOSB's warnings by allowing a 90 day comment period during which time producers, growers, manufacturers, and *consumers* may voice their opinions about the new guidelines. As a representative of the Co-op I am not telling you what to think about these new guidelines, but I am encouraging you to become informed and to voice your opinion to your Congressman. If you care about what you eat and how it's produced, then now is the time to become educated about where your food comes from and how it is grown. I will try to keep abreast of this issue and keep you informed in future issues of this newsletter. If you are brave enough to venture into the web, here are two addresses where you can find more information about the USDA rules: <<http://www.ams.usda.gov/tmd/organic.htm>> or <<http://www.ams.usda.gov/nop>>.

### Monthly Meetings at the Co-op

Board of Directors  
meet  
Second Thursday  
5:30 p.m.

Finance/Legal Committee  
meets  
First Friday  
Noon - 1 p.m.

*Everyone is Welcome!*



### Animal Care Center

328 N. Main, Moscow, ID 83843  
8:00-5:30 Monday-Friday  
(Tues. & Thurs. until 7 pm)  
(208) 883-4349

### Large & Small Animals

Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

## Moscow's Community Retreat Planned for June

by Bill London

Residents of Moscow and the surrounding area are invited to the town's first Community Retreat, scheduled for June this year and supported by a grant from the Idaho Humanities Council.

As envisioned by the organizing committee, the day-long event will begin with morning sessions on specific issues or topics, like law enforcement, education, pool, environmental problems, trails network, or economic development. Lunch would be provided to participants, to be followed by a keynote address by Dan Kemmis, former mayor of Missoula, Montana, who will provide the context or Big Picture of community development. After lunch, the groups would focus on strategic planning and solutions to identified problems. The retreat will end with a picnic and entertainment in East City Park.

The purpose of this community retreat is to build a sense of community in Moscow, help find solutions

for some of Moscow's problems, and to have fun, said Susan Palmer, spokesperson for the organizing group.

An advisory committee is forming to oversee the event. Some members of that committee have been appointed, including Tom Trail, legislator; Jack Hill, school superintendent; Dan Weaver, chief of police; Mary Reed, director of the Latah County Historical Society; Tim Hillebrand, president of the Friends of the Library; and Lori Keenan, librarian.

Anyone who wishes to participate is encouraged to attend the first meeting of the organizing committee. That meeting will be held on Tuesday, January 13, at 5:30pm, downstairs at the Moscow/Latah County Public Library board room, 110 South Jefferson.

For more information, contact Susan Palmer, at 882-5023 or by email at <[susanp@uidaho.edu](mailto:susanp@uidaho.edu)>.

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# Osteoarthritis, Glucosamine & Chondroitin

By L. L. Lundstedt

Last January, an osteoarthritis remedy featuring two supplements made headlines. Co-op workers suspected that customers would ask about it, but we didn't anticipate how popular these supplements would become. Now, a year later, glucosamine and chondroitin sulfate remain popular supplements. Although scientific studies are still being conducted, these supplements have earned numerous testimonials on their effectiveness in relieving osteoarthritic pain.

## Osteoarthritis

Osteoarthritis is characterized by the deterioration of the spongy cartilage that cushions bones at the joints. Unlike rheumatoid arthritis, an auto-immune disease, osteoarthritis results from wear and tear. According to the Tufts University Health & Nutrition Letter, when the cartilage breaks down, the bones grind against each other, become misaligned, thicken, and produce growths called bone spurs, resulting in pain and loss of movement. It can result from repetitive stress, such as playing a sport, or from sudden trauma, such as an accident. Scientists speculate that the deterioration of cartilage results from destructive enzymes. The search to stop and reverse cartilage damage is what the New York Times calls the "holy grail of orthopedics and rheumatology."

## The Arthritis Cure

This recent remedy to "cure" arthritis started in Europe. Veterinarians have used glucosamine sulfate to treat arthritis in animals. Seeing that it worked on their horses and dogs, people began to treat themselves. In the early 1980s, brief controlled experiments on glucosamine conducted in Europe and Asia produced promising results. After news of glucosamine traveled to the U.S., it began to appear in health food stores, and people using it to treat themselves reported successful results to their physicians. A few glucosamine studies began appearing in medical journals, but the general public remained unaware.

Popularity came last January when Dr. Jason Theodosakis of the University of Arizona College of Medicine published The Arthritis

Cure: The Medical Miracle That Can Halt, Reverse, and May Even Cure Osteoarthritis (St. Martin's Press, 203 pp., \$22.95). Dr. Theo, as he likes to be called, specializes in preventive and sports medicine and suffered from osteoarthritis so much that he sometimes had to use crutches and a wheelchair. He bases the success of the "cure" on his own improvement—he can now work out and climb rocks like any exercise aficionado—and on the anecdotal reports of numerous people.

Desperate to find relief, some of the 16 million arthritis sufferers in the United States bought the book. The first 100,000 copies sold in three days, and it became #1 on the New York Times' bestseller list. Folks rushed to their local stores and bought out supplies of glucosamine and chondroitin, the two supplements Dr. Theo bases his remedy on.

## How Does It Work?

Your body synthesizes glucosamine to maintain and repair cartilage. According to the Tufts University newsletter, glucosamine stimulates cartilage cells to produce the two building blocks of cartilage, glycosaminoglycans and proteoglycans. Dr. Theo adds that chondroitin, also present in cartilage, works on enzymes that destroy cartilage. While chondroitin prevents deterioration and glucosamine fosters repair, Dr. Theo claims the two supplements aid each other. The commercial supplements, according to U.S. News and World Report, are extracted from crustacean shells (chitin) and cow tracheas. The Review of Natural Products reports that chitin can also be found in yeasts, fungi, and various marine invertebrates. The New York Times states European studies showed that both glucosamine and chondroitin, taken orally, do affect damaged joint cartilage.

## "Cures" and Medical Opinion

Arthritis "cures" appear every year: copper bracelets, bee venom, fish oil, WD-40 (which, applied topically, caused severe skin rashes) and "Black Pearl"—a lethal concoction of tranquilizers, anti-inflammatories, and steroids. Indeed, Americans spend approximately \$1 billion annually on unproved arthritis "cures," according

to Tufts University. None works conclusively. Standard advice doctors give is to keep your weight down, exercise to strengthen muscles surrounding the joint, take acetaminophen or ibuprofen for pain, and use cold packs to numb the joint or hot baths and heat packs to soothe soreness.

What does the medical community think about Dr. Theo's "cure"? Citing a lack of hard data, the Arthritis Foundation was unable to recommend the book or the supplements. The American College of Rheumatology called Dr. Theo "irresponsible" for claiming that the supplements can "cure" arthritis. Even Nutramax, the company that manufactures the glucosamine-chondroitin sulfate supplement recommended by Dr. Theo, asked not to be mentioned in the book. According to Time magazine, some doctors have pointed out that glucosamine's effects may be a result of the other steps Dr. Theo advises in his program: watching your weight, exercising, and eating a diet high in omega-3 fatty acids, found in fish.

Despite experts' skepticism, the treatment's popularity prompted numerous long-term studies, many of which are currently in progress. Early results indicate that relief is not a result of the placebo affect, in which people report feeling better when taking an ineffective substance. In "Glucosamine for Osteoarthritis," an article published in the Pharmacist's Letter, three studies reported mild stomach irritation and allergic reactions in test subjects, yet more subjects receiving placebos complained of these effects than subjects taking glucosamine.

## Users' Opinions

Despite the cautions of medical experts, many people take glucosamine and chondroitin to alleviate osteoarthritic pain. New York Times columnist Jane Brody writes, "After two months on this remedy, I am about 30 percent better. I am not pain-free and still tend to get a little stiff after prolonged sitting, but I have stopped limping, I am playing tennis and ice skating with less pain and my knees have stopped swelling after strenuous activity" (Jan. 15, 1997). You may have heard similar reports from friends and family. Moscow resident Bruce Carroll talked with me at length about how glucosamine alone has helped him

with his spinning (exercise bike) workouts. He's also a pharmacist, so his opinion is also supported by medical research (which he was kind enough to share with me).

## Taking the Supplements

Will the cure eliminate osteoarthritis? Probably not, as Dr. Theo states in his book. But many report feeling better; for most, the absence or reduction of pain is enough to warrant taking the supplements. Furthermore, although The Review of Natural Products notes that one report warns that glucosamine, among other anti-rheumatic drugs, can cause broncho-pulmonary complications, Newsweek writes that toxicology studies have proven that both supplements are safe. The supplements, though inexpensive, are not covered by health insurance. Yet Dr. Theo and most physicians recommend taking the supplements as prescribed by a physician.

A final note: numerous experts warn about the quality of glucosamine supplements available in stores. Not all preparations contain the same amounts of glucosamine, but no studies have released this information. Consider purchasing supplements marketed by reputable manufacturers. Ultimately, the buyer must beware.

Studies on the effectiveness of glucosamine and chondroitin sulfate should appear soon. See "Is There A Cure?" in the April 15, 1997 issue of the Tufts University Health & Nutrition Letter. For further information on osteoarthritis, contact the Arthritis Foundation at 1-800-283-7800 or <http://www.arthritis.org> for general information and a list of local chapters that offer the Arthritis Self Help Course.

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# Barron's Mill Sold: Barron's Flour Stays

by Bill London

Joseph Barron has supplied organic flours to the Moscow Food Co-op for two decades. He's been grinding the grains at his mill in Oakesdale, Washington, and selling his products throughout this region.

Now, ready to retire, he sold both his historic Old Mill and his efficient electric new mill to another food Co-op wholesaler, Mary Jane Butters, CEO of Paradise Farm Organics.

The old mill, a stately, imposing four-story timbered building on the National Historic Register, is filled with well-kept, intricate, fully-functional, turn-of-the-century milling machinery.

Butters purchased the Old Mill and surrounding 1.3 acres and plans to maintain the building and its contents as a historic site open to the public. The Old Mill, which was constructed in 1890 and purchased by Barron's father in 1907, is the centerpiece for Oakesdale's annual community celebration known as "Old Mill Days." As part of her processed foods business, Butters expects to use the antique equipment to clean grains and legumes and to mill organic animal feeds.

Butters also purchased the New Mill and Barron's existing business. After economic pressures forced Barron to close the Old Mill in 1960, he bought a modern electric model and began to mill organic flour. Butters expects to continue to serve Barron's flour customers and to add various flours to the foods available through her mail order catalog business.

"We bought all the new mill equipment and leased the building the New Mill is in now," she explained. "We will leave it there as long as Joseph wants us to, then eventually, we'll move it to Paradise Farm."

"Up until 2 months ago, Joseph, who is 88 years old, was still milling flour. I've worked with Joseph for almost ten years, bringing my foods to his mill for processing," Butters added. "He seemed to be thinking about finding someone to carry on his business, so I had my lawyer write him about selling to us. In August, his daughter responded. We met and agreed on a price."

Joan Roehl of Seattle suburb of Kenmore, Barron's only child (his wife died a decade ago), explained that many people had contacted the family about purchasing the busi-



photo by Chris Wendt

ness. When her father said he was ready to sell, she began interviewing the dozen or so people on the list. "We chose Mary Jane," she said. "Her philosophy matched ours. She already knew about milling, and seemed the most likely to succeed at this. The mill may be leaving the family, but the name is remaining. We wanted the flour that carries the Barron name to maintain that same quality."

Butters plans to include flours milled under the Barron label in her 60 page mail order catalog, entitled "From Farmhouse to Your House," which is sent to customers all over North America. She also expects to use the New Mill, and some machinery in the Old Mill, to process grains and legumes into organic falafel, tabouli, hummus, pilaf, instant refried beans and others.

"Buying Joseph's mill will allow us to control quality in our organic foods all the way from seed to shelf," Butters said. "We can grow the grain, mill it, and then provide fresh flour of the highest quality to our customers. We can do the same for garbanzo bean flour or any of the other milled products we sell or use in our prepared foods."

"This was a good business acquisition, but we wanted to buy the mills also as part of our commitment to honor Joseph and the other pioneers of the Palouse," she added. "The first time I toured the Old Mill with Joseph, I was humbled by the grace and grit of their lives. Both his father and grandfather were grain millers. There is a lot of history in that building, in the machinery polished by decades of working hands, and in the huge timbers that hold it together."

# Saw Palmetto - a Man's Botanical

by R. Ohlgren-Evans

Recently, in several reports dealing with prostate problems in men, Saw Palmetto has been mentioned as a possible therapeutic treatment. So what is Saw Palmetto?

The scientific name for Saw Palmetto is *Serenoa repens*, a palm tree native to Florida. Native American tribes in the south used Saw Palmetto for sore eyes. The dried root was used to lower high blood pressure and the crushed root was applied to sore breasts in women. The palm bears a fruit which has a long folk history of use as an aphrodisiac.

An extract from the fruit has

been shown in clinical studies to have diuretic properties and can greatly improve the signs and symptoms of an enlarged prostate. This effect appears to be due to its inhibition of dihydrotestosterone, the compound which causes the prostate cells to multiply excessively. Saw Palmetto has been used to treat conditions of the genitourinary system and reproductive organs in men and women (so it's not JUST a man's herb).

Saw Palmetto contains vitamin A, and antioxidant properties. It is available in the Food Co-op in the form of capsules, tincture and a tea combination.

## Book Review

by R. Ohlgren-Evans

# Become a Vegetarian in Five Easy Steps

by Christine H. Beard

160 pp \$11.95

McBooks Press Ithica, NY

Vicki, your friendly Co-op buyer, directed my hand to this book for January's book review. *Becoming a Vegetarian in Five Easy Steps* is a brand new book, published this year, and was written to provide the reader with ways to better health and resistance to disease, and an eating lifestyle which claims to reduce institutionalized cruelty to animals and damage to the planet. No small challenge, but it's the New Year, and we are full of hope.

The author, Christine Beard, has a very practical approach to vegetarianism, and the book is laid out in a readable outline format. Her ideas are simple and seemingly easy to follow, and include many of the foods you probably already eat.

I like the introductory chapter, about the history of vegetarianism, and the different ways our eating habits have evolved. She also defines the different ways to be a vegetarian, and what it might mean

to your health and performance, the environment and your political views, and your spiritual and aesthetical self.

Then she walks you through the five steps toward the change to vegetarianism. The concept is

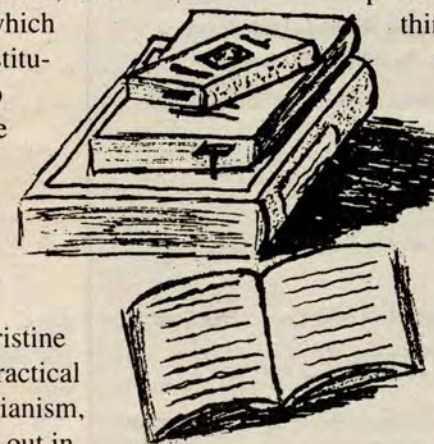
perfect for the practical thinker, and the list-

maker. It's concise and plain-spoken and makes sense.

The back of the book has 25 pages of resources and sources - I always appreciate this kind of information, both to confirm that the author has done some

homework, and to provide additional information if necessary.

*Becoming a Vegetarian in Five Easy Steps* is a great read for anyone wanting to improve their diet, or for someone whose resolution for 1998 is to cut back on animal products.



**Moscow Food Co-op**

# Bulletin Board

## Co-op Business Partners

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

**Columbia Paint** - 30% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd.

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

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

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

**Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

**Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315

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

**Northwest Showcase** - 10% off retail prices, 531 S. Main St., Moscow, 883-1128

**Pasta, Etc.** - 10% off retail prices, Eastside Marketplace, 882-4120

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

**Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow

**Hands of Health Massage Therapy - Eva Jo Hallvik** - 10% off massage, by appointment, 502 1/2 Main St. #1, Moscow

**Herbal Medicine & Holistic Healing** - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow

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

**Hobbytown U.S.A.** - 10% discount on retail prices, 1896 W. Pullman Rd., Moscow, 882-9369

**Markettime Drug** - 10% of all beer-making supplies, 209 E. 3rd St., Moscow

**Mary Jo Knowles - WMC Mortgage Corp.** - Free Credit Report (\$53) with loan application, 882-1812. 111 S. Washington, Moscow

**Kaleidoscope "Custom Picture Framing"** - 10% discount on retail & custom framing, 208 S. Main #11, Moscow

**Basically Bagels, Eastside Marketplace** - Buy one bagel w/ cream cheese and receive the 2nd free.

**Strategic Pathways** - 10% off vocational exploration and piano lessons, 106 E. 3rd St. #4, Moscow

**The Vox** - Free coffee, tea, or soda with meal purchase. 602 S. Main, Moscow

**Special Delivery Home Maternity Services** - First month of prenatal vitamins free, Charlotte Salinas, Licensed Midwife,

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882-7804

## Organizational meeting for Moscow Community Retreat

**Jan 13, Tuesday, 5:30pm**

Boardroom, basement of  
Moscow/Latah County library  
882-5023

## UI Women's Center

**Jan 20, 12:30pm**

Welcoming reception for  
Dona Walker Thompson,  
new UI Director of Multicultural Affairs

## Annual Womens' Cross-Country Ski Weekend

**January 24-25**

Elk River  
pre-registration required, 885-6616

## Winter Fishtrap Gathering

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