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November  
1998

# Moscow Food Co-operative

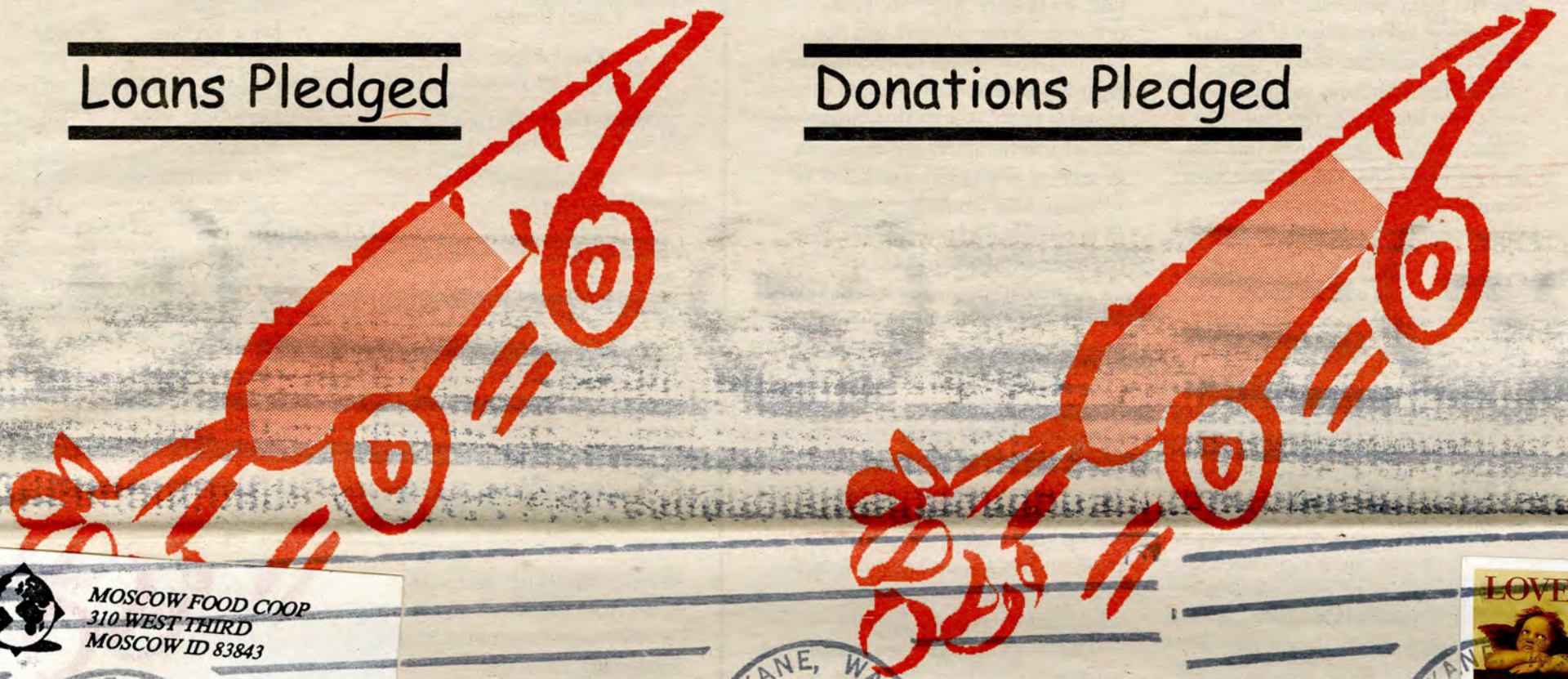



Community News  
<http://users.moscow.com/foodcoop/>

**FREE!**  
Please Take  
One

## Loans Pledged

## Donations Pledged



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## Move Fundraising Takes Off

By Bill London

**W**e're halfway there!

We're halfway to the fundraising goal set by the Co-op's financial plan for supporting the move to our new location. Actually, more than halfway there... To fund the move of the Co-op to what had been the Third Street Market site, the financial plan budgeted \$300,000 for renovations, new equipment, more inventory, and all the other costs. Of that \$310,000, the Bank of Pullman and several economic development councils loaned about \$200,000, and the Co-op has about \$30,000 in membership money. The Co-op Board and staff decided to rely on Co-op supporters for the rest. Thus, the targets of \$75,000 in loans and \$5,000 in donations.

And the good news is that the members and customers of the Co-op have responded generously in their support. Volunteers are tackling the remodeling, and community members have demonstrated their belief in the Co-op with loans and gifts of money.

Of the \$75,000 needed in loans, the Co-op has been promised (through signed prospectus declarations) exactly half (\$37,500) of that goal, as of this writing (October 23). Of those pledged loans, \$30,000 has been received (promissory notes and massage certificates have been exchanged for checks).

Of the \$5,000 needed in donations, the Co-op has been promised \$3309, about two-thirds of the needed amount. Of those pledges (plus the receipts from the donation jars at the counter), \$2217.21 has now been received.

The good news is that our goal is near completion. The better news is that you still have plenty of time to participate in this community-wide effort to support the Co-op.

**Sample Ten Gourmet Lasagnas, Support the Co-op, and Join Your Friends at The Moveable Feast**  
Wine, Dinner, Music, Silent Auction  
November 19, 1998  
\$30 per person  
Limited seating  
Tickets must be purchased in advance  
Tickets are available at the Co-op  
All proceeds to support the Co-op's move



# Co-op - News

## News from the Board of Directors

by Suzanne Peyser and John Hermanson

The Board of Directors met Wednesday, October 14th at 7pm. We were all pleased to hear that the plans for the Co-op's relocation are on schedule and progressing smoothly. One of the most rewarding aspects of this relocation process has been witnessing the excitement and ambition of the staff and those members who donated or volunteered their time, supplies, and money for the cause. We truly appreciate the contributions that you all have made and hope to have your continued support throughout the remainder of the relocation process.

It was reassuring to hear that the member loan and donation programs are gaining momentum. Those massages must have had

something to do with it... We hope that you all enjoy your massages and hope there are more of you interested in receiving one, because as is typical with relocation, we can always make use of more funds.

Aside from the Co-op's relocation, we finalize (hopefully) our revisions of the By-laws and began forming a committee for nominating Board of Directors to fill one, possibly two positions this spring. If any of you members are interested in serving as a Director or know of someone who would be, please let us know. Now is the time for us to begin recruiting candidates.

Our next meeting is scheduled for Wednesday November 4th at 7 pm. We hope to see you there.

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Mimi Pengilly	882-6307
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Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

### Printed on Recycled Paper

Deadline for Articles:  
20th of each month

## Development Committee Meets

By Bill London

The October meeting of the Co-op's Development Committee (on October 22) was filled with good news—and plans for future fun. The good news is the success of the fundraising effort. The future fun included plans for the October 27 public forum, the November 19

feast, and the Co-op's opening at the new location which is presently scheduled for January 5, 1999.

To tempt the evil fates, our next meeting is scheduled for Friday the 13<sup>th</sup>!!!! That is November 13 at 9am, upstairs at the Co-op. All are welcome.

**23rd** Holiday Arts & Crafts Fair

**November 6th & 7th**

Friday 11:00 am - 9 pm  
Saturday 9:00 am - 6 pm

**WSU Coliseum**  
Beasley Performing Arts Pullman, WA

115+ Vendors      Free Admission

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# Supporting the Move

By Bill London

Moscow residents Bruce and Priscilla Polson have found a unique way to support the Co-op's move and to provide for the college education of their fifteen-year-old



daughter Deirdre. They provided a loan to the Co-op in Deirdre's name. When the loan principal is repaid to her, she will be ready to spend it at the higher education institution of her choice.

"We knew we wanted to help the Co-op. The Co-op is an important contributor to the quality of life here in Moscow," Bruce explained. "When we saw how much it was going to cost to move, we realized that they needed everyone's help."

The Polsons picked up one of the yellow "Let's Move" flyers in August. And then they tried to decide what form their help would take.

"We were thinking about it. We knew we wanted to help—we just didn't know what we would do."

In early October, they decided. They offered to volunteer their labor to set up shelving and move inventory, they decided to give a significant monetary gift, and they established the loan in their daughter's name.

And why did they provide such generous support for the move to the new location?

"It has been apparent for some time that the Co-op needs a bigger

area," Bruce said. "Everything is crammed in now. People have to bring bread down the stairs from the bakery—and haul the flour up. We visited the Huckleberry's natural foods store in Spokane and saw the variety of foods they offer. That showed us the potential for the Co-op's new location in Moscow."

"We welcome the expanded deli," Priscilla said. "I'm pleased that Deirdre and the other students at the high school will be able to get a healthy lunch."

"We believe the level of business will just explode at the new store," Bruce continued. "The number of shoppers and the amount of inventory will grow as more people are attracted by the parking and the nice building."

The more accessible parking and the more attractive space of the present location is what encouraged the Polsons to start shopping at the Co-op following the move to the former Kentucky Fried Chicken building in 1989.

Bruce and Priscilla moved from Lewiston to Moscow in 1984. She worked at the Social Security Administration office in Lewiston and Bruce commuted to school at

the University of Idaho. When he graduated (with a bachelor's degree in bacteriology), they moved to Moscow both because they liked the community and because he hoped to land a job in a university laboratory. It didn't turn out that way.

Bruce was hired by the US Postal Service in Pullman in October of 1985. He continues to work there as a letter carrier, walking six miles daily delivering mail.

"I've been there for 13 years now," he said. "It's really the right job for me. I enjoy being outside. I am free to think and enjoy the trees and birds and meet the people."

In the meantime, Priscilla decided to leave the Social Security Administration after 20 years. She retired in 1995.

"I was ready for something else," she explained. "I took a year off, then started at the University of Idaho. I started in accounting, but then I realized it was too much like my old job. So, I switched to art. I really am enjoying that."

The Polsons didn't shop at the Co-op when it was located on Washington Street. But with the move, in 1989, to the Co-op's present location, they noticed the store and gave it a try.

"When I was younger, I was interested in natural foods and vegetarianism," Bruce explained. "In 1994, I again became a vegetarian. And the Co-op offered the kinds of foods I was interested in."

"We now buy all our organic vegetables, all our bread, all the rennetless cheeses, and lots of other foods there at the Co-op," Priscilla said. "We depend on the Co-op for the food we want to eat."

"Pure and simple: we want the Co-op to prosper," Bruce said. "The Co-op needs our help—and the help of all of us."

# Another Way to Help

By Bill London

Sure you can loan or give money, or offer to volunteer in the renovation and moving process. But you also can help the Co-op move by offering to share your services or art with other Co-op supporters at the silent auction that will accompany the gourmet feast on November 19.

At the party, Co-op members and friends will share music and great food—and a fun way to support the Co-op's move. Tickets will cost \$30 and all the proceeds will go to the move.

Buying a ticket for yourself and a friend or two will get you an evening of fun. And there's another way to help. You can give a gift certificate or a handmade work of art for the silent auction.

The goods offered at the silent auction will fill a table at the dinner. During the evening, everyone present will be able to write a bid on the paper accompanying all the auction items. At the end of the evening, the highest bidder on each item will be allowed to buy the item for that price.

Here's a couple of examples of what you will find at the silent auction: Britta von Tagen, who volunteers as the Co-op's window sign painter, also teaches a lively body movement and exercise class she calls NIA (Neuromuscular Integrative Action). Britta is offering a certificate for ten classes, James Reid is providing a CD of his wonderful classical guitar work, and Stephen Lyons is giving a signed copy of his book of essays, Landscape of the Heart.

Please consider giving to the silent auction—and coming to the November 19 dinner party. Please call Bill London 882-0127 with your donation.

# Loan Minimum Lowered

By Bill London

When the Co-op Board originally created the loan program as a way to make the move to the new location a reality, the minimum loan amount was set at \$500.

Now, due to requests by Co-op members who don't have an extra \$500 but who want to participate in the loan program, that minimum has

been lowered to \$100.

So, if you want to help the Co-op move, you can share in the support for that move with a loan of \$100 or more. Please talk with any staff member about making a loan. A prospectus detailing the interest payments and payback schedules is available at the Co-op.

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For a Fun Way to Support the Co-op's Move...

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## The *Moveable* Feast

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Thursday, November 19, 6:00 p.m.

Fine dining and good times:

Organic Wines

Feast on Ten Different Gourmet Lasagnas, Salad, Bread, and Dessert

Music: Classical Guitar by James Reid

Silent Auction

Limited Seating—Tickets Must be Purchased in Advance

Tickets \$30 per Person, Available at the Co-op

All Proceeds Support the Co-op's Move to the New Location





# Wanna Free Massage?

By Bill London

Yes, if you want a free hour-long relaxation massage, the Co-op will gladly provide you with one. All you have to do is loan \$1,000 or more to the Moscow Food Co-op to support the Co-op's move to the new location.

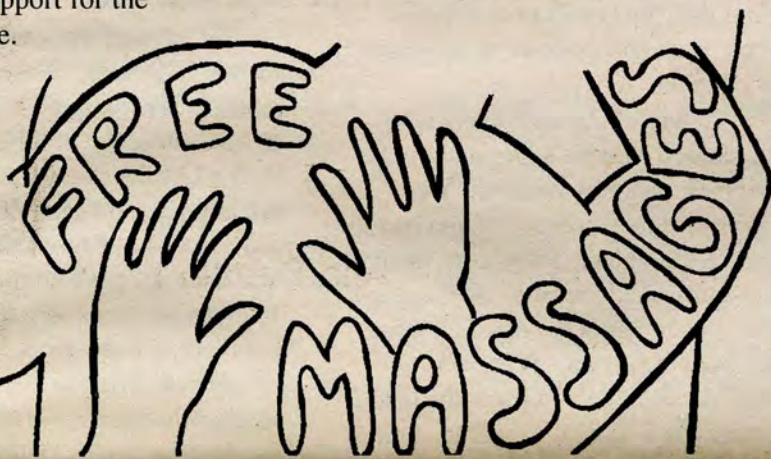
A group of local professional massage therapists have signed 50 gift certificates for free massages in this loan program. One certificate will be given with each finalized promissory note for a loan to the Co-op of \$1,000 or more.

The free massage program was created by C. M. Koester, a Moscow massage therapist, as a way to encourage support for the Co-op's move.

The participating massage therapists include: Kelly Kingsland of Earthlight Bodyworks, Kristine Uravich of Good for You Massage,

Mary Butler of Caring Hands, Teresa Baker of Palouse Therapy Associates, Chris Vaughn of Lifeflow, Meredith Kusmer of Body Harmony, Mary Dietzel of Earthlight Bodyworks, Frank Pelfrey of Healthy Balance, C. M. Koester of Oz Massage, Laurie Cortright of Traditional Massage, Kristie Harden Licensed Massage Therapist, Kevin McCarthy of Manumending, and Glenda Hawley, Ph.D., LMT.

Please talk with any staff member about the loan program. A prospectus that details the interest rates and payback schedules is available at the Co-op.



# Picking Concrete

by Kenna S. Eaton

I mentioned to Bill London earlier this month that I had a new career-picking concrete lumps.

So here's the story of "Picking Concrete or How The General Manager Gets Down On Her Knees And Picks Concrete Lumps Out Of A Ditch",

Vicki needed some help one day at the new location. They had jack-hammered sections of the old concrete floor and now needed to remove it. A dusty, dirty job that threatened to be overwhelming. By the time I got there Vicki and Al were already hard at work digging out the rubble from the water drain lines. Just in time we were joined by Dusty Rhodes, a member volunteer who proved to have just the right combination of skills, tools, and puns.

Unfortunately, we couldn't just dig the concrete out.

First we pried up the lumps, or used our pickaxes on them, then we cut the wire mesh running through

them with a bolt cutter. Next, we needed to remove the aforementioned lumps, pop them in a wheelbarrow, and run them out along the gangplank from the dock to the dumpster. Quickly, I discovered that I lacked the strength to wield a pick ax, or shovel the rubble, or even handle the wheel barrow across the little bridge to the dumpster. My career developed as I specialized in lump-picking and wire-cutting. Well, our strengths all lie in different places.

Finally, all the rubble was removed and Vicki let us stop for lunch. Thirsty, dirty, but happy in our knowledge that job was that much further along we gratefully ate our meal.

So, I won't really switch careers at this point in time, but it did feel good to be involved with the nuts and bolts (or should I say rock and rubble) of making the new store a reality.

# The Un-Bizarre Bazaar

by Kenna S. Eaton

It's true, we are hosting the un-bizarre Bazaar this year. It's new, it's different, and we're excited!

Because most of our energy is being directed towards the move we decided to change the format of this year's Bazaar. Instead of having to go up to our second floor, you will find our holiday gift selection downstairs mingling in amongst the bulk and cosmetics section of the store. Carrie and I have spend quite a bit of time finding new ( and some new twists on) groovy stuff to tempt you this year.

Among our finds are some beautiful scarves from Seattle made from rayon and silk that float and shimmer. We've got some lovely soaps and bath/massage oils from Samish Bay, Washington. These soaps are made from vegetables oils and essential oils and come packed in wooded gift boxes. As a new twist on an old friend, you will find hand-painted ceramic incense holders depicting the four seasons from Shoyeido incense, and Feng Shui candles from Incandescence. Amazon Earthworks has new styles and colors of mugs and bowls honoring women. From Jacob's Windchimes we have new styles of windchimes and necklaces that chime too. From Down to Earth we have awesome glass and ceramic plates, bowls and cups, and the return of the BEST wooden clothes

drying rack in the world (that's a gift for you). Wild rice from St. Maries has developed a pilaf formula that is excellent where all you need to do is add water and cook, makes a great gift for anyone who eats.

We'll still have our usual great selection of candles, incense, candle holders, calendars, aromatherapy oils and diffusers, organic cotton socks and tights, bath brushes and loofas, teas, locally made food items including huckleberry jam and much more. Be sure to stop by and help us celebrate our last holiday season at this location.

Oh! I almost forgot (well, actually I did forget, Kristi was kind enough to remind me though), THE TURKEY'S ARE COMING! We will once again be offering holiday turkeys for special order. We will be getting 30 turkeys (both hens and toms) of varying sizes. We will post a list at the register and you can sign up for the size and gender that you would like. We will be asking for a deposit once you sign up. We cannot guarantee that you will get exactly what you've asked for because we can only estimate what will be available. But we'll get you as close as possible. The turkeys will be delivered on the Sunday before Thanksgiving. We will ask that you pick them up as soon as possible once they're here.

# Something Snappy

by Vicki Reich

So, Kenna wanted me to come up with a different title, other than "Progress Report."

"Something Snappy" she said. So, hear it is.

The new store is just coming along great. As of this writing, we are right on time. Today we poured the new concrete for the sidewalk, and inside the store filled in the trenches for the floor drains. Last week we laid out the interior floor plan, ordered the new-to-us equipment, and began installing the electrical wiring. The walls have been framed up and it's beginning to become a reality.

We are definitely still looking for donations of plants, especially large trees (10-15 ft.). Maple, oak or honey locust would be good. We also need some smaller perennials to fill in around the trees. The patio area at the Fourth Street side of the store looks like it's going to be a beautiful addition to downtown and a great place to eat lunch in the warmer weather.

Next month the store will really begin to take shape and by the end of November it should really begin to look like our store. Stop by and say "Hello" if we're there. See ya!!



# Nancy and Mark

By Bill London

Last Saturday, Nancy Taylor and Mark Lesko came over for dinner. At 6 and 1/2 months pregnant, Nancy's normally trim physique bulged with a basketball-sized bump of a treasured first baby.

Their thoughts and words were dominated by stories of birthing and the future. Gina and I added stories from our years of baby stuff. The evening was fun, certainly, and heart-warming in a wholesome and very real way. They planned a home birth, but sadly, it will not come to pass.

On Tuesday, October 20, her water broke. Now, she waits at Sacred Heart Medical Center in Spokane, after a helicopter ride there from Moscow. At this writing (I asked if I could share this with

their fellow Co-op members, by the way), neither mother nor child is at risk, but Nancy is expecting to lay in that hospital bed for up to two months.

For anyone, that would be a drag, and for an active outdoorsy woman like Nancy, it will be especially difficult. But she has the maternal fire—that commitment to do whatever needs to be done to help her child. And Mark will be commuting many miles to work for a while.

They welcome calls, letters, cards, visits, and good vibes in general. Write to Nancy Taylor at Sacred Heart, room 936, 101 West Eighth, Spokane WA 98204, or call 509-455-4911.

# Membership News

by Kristi Wildung

Well, our Lifetime Membership Campaign is moving right along. To date we've collected \$1,421.00 in Lifetime Memberships and I'm sure that number will continue to increase as we get closer to our move date. Becoming a lifetime member is an excellent way to contribute to our expansion. Your membership dollars are going directly into purchasing equipment, pouring concrete, putting up walls, etc. The return on your investment will be a wonderful, beautiful new store! Thanks to these folks who have purchased their lifetime memberships since the last newsletter publication: Terri and Jenny Schmidt, Therese Harris, Lesley Griffel, Monica Molsee, Robin Ohlgren-Evans and Patrick Evans, Jack and Cathy Porter, Evelyn and Neil Palmer, and Betsy Hennessy.

Welcome to these new members: Mary Sinkey, Christine Bernacchi, Robert Luedeking, Mark Feltis, Patryce Avsharian, Jeff Erwin, Erika Druffel, Gennia Wellington, Dawn Abbott, Lynne Ziegele, Cheryl Scott, Tara Brown, Susan Kelly, The Cernusak Family, Gloria Jensen, Charles Walton, Richard Betts, Judith Just, Emily Johnson, David and Sharon Hill, Tammy D'Augustine, Joanna Holder, Jennifer Linderoth, Valencia Fonseca, Susan Genz, Brigitte and

Ahmed Tibary, Linda Boyd, Debbie McCormick, Jamie Shandro, Cameron Dixon, Crystal Voorhees, Bill Loftus, Rhonda Osbourne, Troy Dehnel, Mai Ward, Patricia Taylor, and Elizabeth Chavez. You picked a great time to become a new member and we look forward to serving you in our new location. Be sure to check out the back page of our newsletter for a listing of our Business Partners. You can save money and support our local merchants at the same time.

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MOSCOW INTEGRATIVE THERAPIES

# The Buy Line

by Carrie A. Corson

As many of you already know the Co-op will not be opening the Bazaar this year. We decided that it would just be too much with the preparation for the move.

There is a bright side, however. Kenna and I have been busy ordering lots of gift items. We will be preparing a group of shelves downstairs to accommodate these products. So, the Co-op will still be a great stop for holiday shopping.

On the grocery side, we have a new, local product. Check out Bayou Bob's Famous Pickles. They come in two zesty flavors, Great Garlic and Hoppin' Jalapeno. They're from right here in Moscow. And they've gotten rave reviews from staff and customers who have tried them.

To any of our customers who purchased Maggie's Organic tights over the past few months; We apologize that so many of you had to return the tights. They were made extremely small because they apparently were left in the dryer too long during production. There was no way for Maggie's to track the batch so they had to wait to see what retail locations they showed up in. Ours was one of those locations. They are gladly replacing the batch that we got. We're really glad that it was a production error as opposed to a quality issue. We have always heard great things about these tights. Because of that, we are giving them another go. We hope that you will too. Thanks. Now, let's see what has turned up on the suggestion board.

You should make Oregon Grape Root available to the public. It is less expensive and grows way more abundantly than Goldenseal. And has similar medicinal qualities. Goldenseal is way over harvested. It is true that Goldenseal is over harvested. Frontier Herbs, the company that we get most of our Goldenseal from, has realized this problem and now grows Goldenseal commercially. Many companies are following suit. While Oregon Grape Root has some similar medicinal properties to Goldenseal, it does not have all of the properties. So we will not discontinue Goldenseal, but we will bring in Oregon Grape Root so that our customers have a choice.

How about the halvah? I miss that. This product was discontinued by our distributor. It contained an ingredient that was not naturally produced.

China Black tea by Good Earth and Gomasiao (sesame seed and sea salt). Sorry, the Good Earth teas just did not sell well for us. You may special order it. Gomasiao is probably not something I would bring in as it sounds pretty specialized. If you know a brand name I would be happy to try to special order it. I understand that is also fairly easy to make. You could probably find a recipe in a macrobiotic cookbook.

Barbara's Cereal Bars. I will look into bringing these in. Due to space limitations, it may not happen right away.

We should get carrot cake flavor Clif Bars. They are really good. We really do not have room to add a new flavor of Clif Bar. And all of the flavors that we carry are popular, so I can't discontinue any. But I have this on the list to add once we get into the new store. If anything opens up before then, I'll get them in right away.

Punch Fruity Cereal  
Barbara's Bakery. 100% natural, low fat cereal. I'll look into this.

Be regional, carry Oregon Grape Root. See reply above.

Bulk, blue corn tortilla chips with spicy seasonings. Sorry, as far as I can tell these are not available through our distributor. If you've seen them somewhere, let me know. I would be happy to try to find out where they get them.

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# Word of Mouth

By Eva Strand

The days are getting cooler and shorter, fall is here...soup season has begun. Besides the delicious soup made daily in our deli, the Co-op also carries quite a few packaged soups. The other day I picked up five soups of various brands and flavors for a taste comparison. The soups I picked are all vegetarian...I think all the soups sold at the Co-op are.

Minestrone soup from Healthy Valley turned out to be my favorite and more important, it turned out to be kid-approved. Healthy Valley's Minestrone is chunky with organically produced carrots, peas, green beans, pinto beans and pasta. The broth is lightly-flavored with tomato, garlic and herbs, almost like homemade. One can contains two servings, do not add water, just heat and serve.

Another kid-approved tasty soup was Potato Leek Soup, also from Healthy Valley. More than just potatoes and leeks, this soup is mildly flavored with celery, carrots, onions, basil, oregano, parsley and bay leaf. Like all Healthy Valley soups this soup contains no MSG, animal products or preservatives. All ingredients are organically grown.

Creamy Mushroom from Imagine Foods Inc. is a truly versa-

tile soup. This soup is a creamy non-dairy mushroom soup prepared with onions, brown rice flour and spices. I added some sautéed mushrooms to my soup bowl for additional flavor and texture. I also found this soup very useful in vegetable or chicken casseroles, a great low-fat, dairy-free substitute for the more common brands of cream of mushroom soup. The flavor and versatile use of this soup makes me want to try the other soups from Imagine Foods such as Creamy Potato Leek, Cream of Broccoli and Creamy Tomato soup. Imagine Foods soups come in aseptic containers of four cups of soup. The containers can easily be closed and refrigerated in case you can't use all the soup at once.

Furthermore I tried two soups from Shari's. Both are produced from organically grown ingredients, are vegetarian, low fat and MSG free. The flavors I tried were Spicy French Green Lentil Soup and Italian White Bean Soup. The French Green Lentil had a bit more bite to it than the White Bean. They were both tastefully thick with lentils and beans respectively. These soups were a bit more spicy and flavorful and ended up lower on the kid-list. Although the packaged soups were plenty good, the deli soup made at the Co-op beats them all!

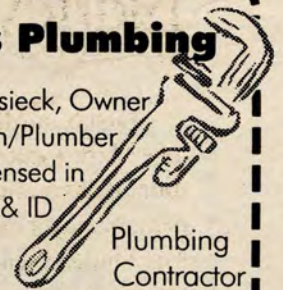
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**Large & Small Animals**

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

## Volunteer Update: Or, How I Intend to Put All the Volunteers, Their Jobs, and When They Work on One Easy-To-Read Chart Now that We Have Just Created More Volunteer Tasks

by Gary Macfarlane

Kristi said we needed more volunteers when even Erika and Nicky couldn't keep the Co-op stocked, cleaned, organized, and running smoothly while at the same time answering questions only asked within our walls: Do lavender bath salts properly clean auras? Is St. John's wort hangover-free and as good as whiskey in promoting a positive and happy attitude? Which is better at blood purification (read THC removal), goldenseal or peach detox tea, and will either one work quickly (read, I've got a "test" coming up in 15 minutes)? Yep, the Co-op has been busy lately.

The answer is a new volunteer category, front stockers. (NOTE: I didn't answer the question about blood purification...it may appear in secret, coded form in upcoming issues of the newsletter so keep reading!). The Co-op currently has volunteer package stockers and bulk

stockers, but we need something in between, people who can spend one hour a week (to receive an 8% discount) to fill in holes and make sure that the often overlooked details are done. Often, bulk soaps, oils, and other goods are neglected in the rush to put out the most visible items.

There are also other volunteer jobs available. Just consult the bulletin board at the Co-op for an update.

Now the challenge will be to create a volunteer chart which can be posted to let the employees know when all the fine volunteers are scheduled to work and what jobs they are doing. If my tiny brain can figure out a way to keep this thing less complex than a subterranean map of Carlsbad Caverns and smaller than a Subaru, I'll be doing well.



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# THE KID'S PAGE

Edible

## BREAD DOUGH SCULPTURE



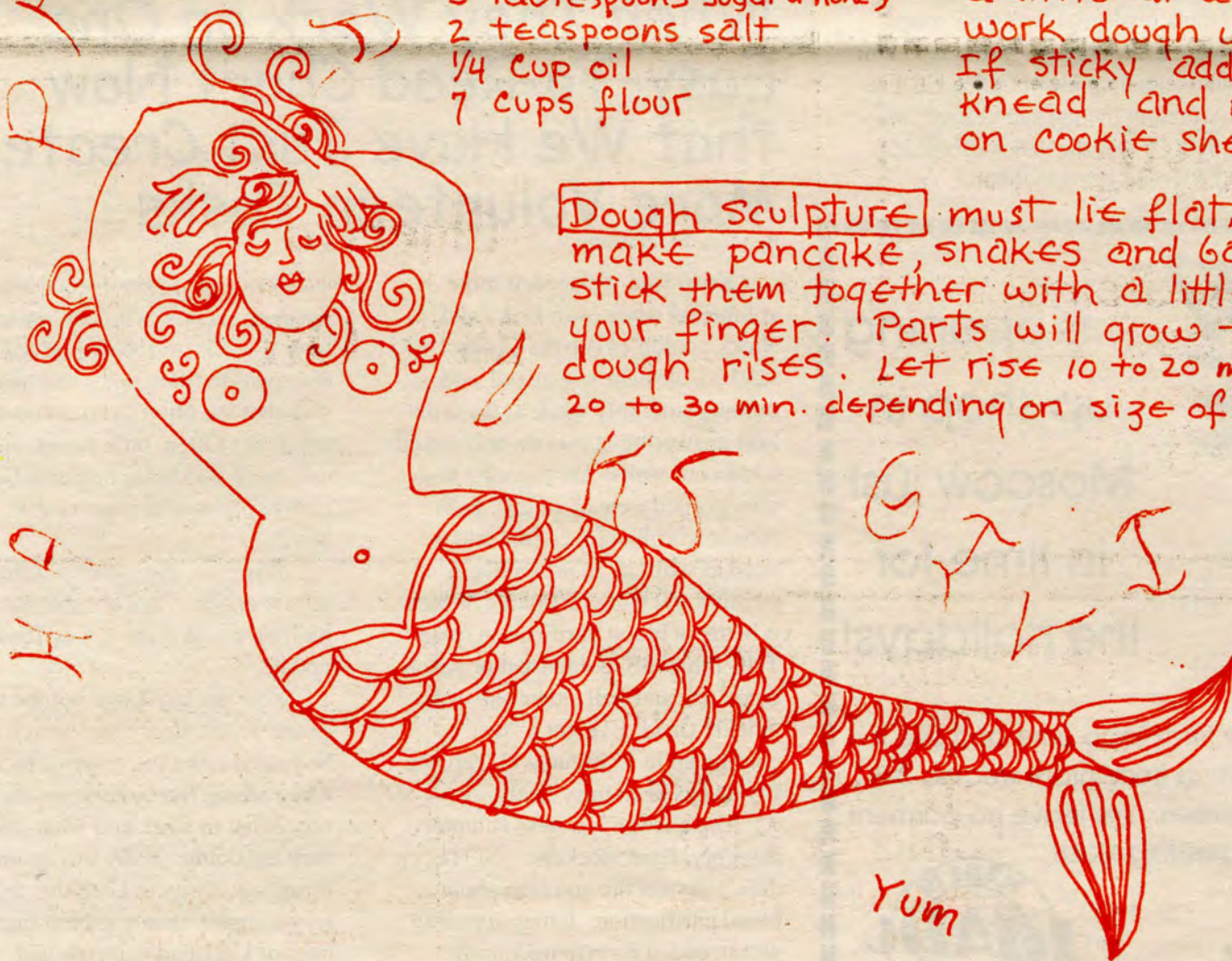
Bread: the staff of life and the bond of friendship.  
To break it is to share. To make it is to care.

### Basic bread recipe:

- 1 package yeast
- 2 cups warm water
- 3 Tablespoons sugar or honey
- 2 teaspoons salt
- 1/4 cup oil
- 7 cups flour

start yeast in warm sugar water  
Let stand 5 minutes, (to start yeast working.)  
Add salt oil and flour,  
a little at a time until you can  
work dough with your hands.  
If sticky add more flour  
knead and make sculpture.  
on cookie sheet or aluminum foil.

Dough sculpture must lie flat, not standing.  
make pancake, snakes and ball shapes  
stick them together with a little water or lick  
your finger. Parts will grow together as the  
dough rises. Let rise 10 to 20 min. Bake at 350°  
20 to 30 min. depending on size of figure.



Yum



From: "Making Things" by Ann Wiseman



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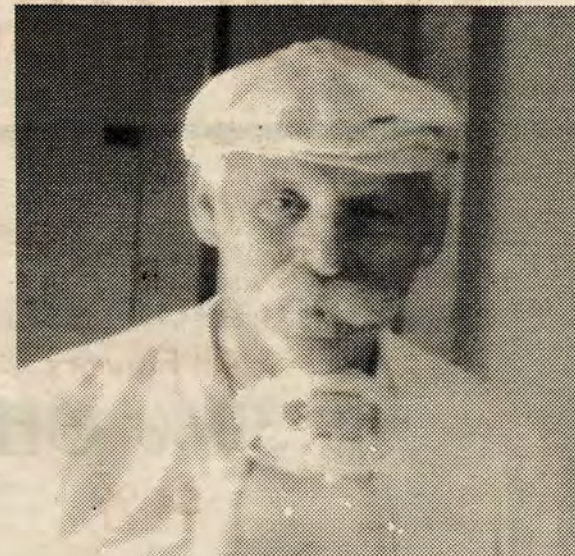
# Al Pingree-Volunteer Profile

by Tim Lohrmann

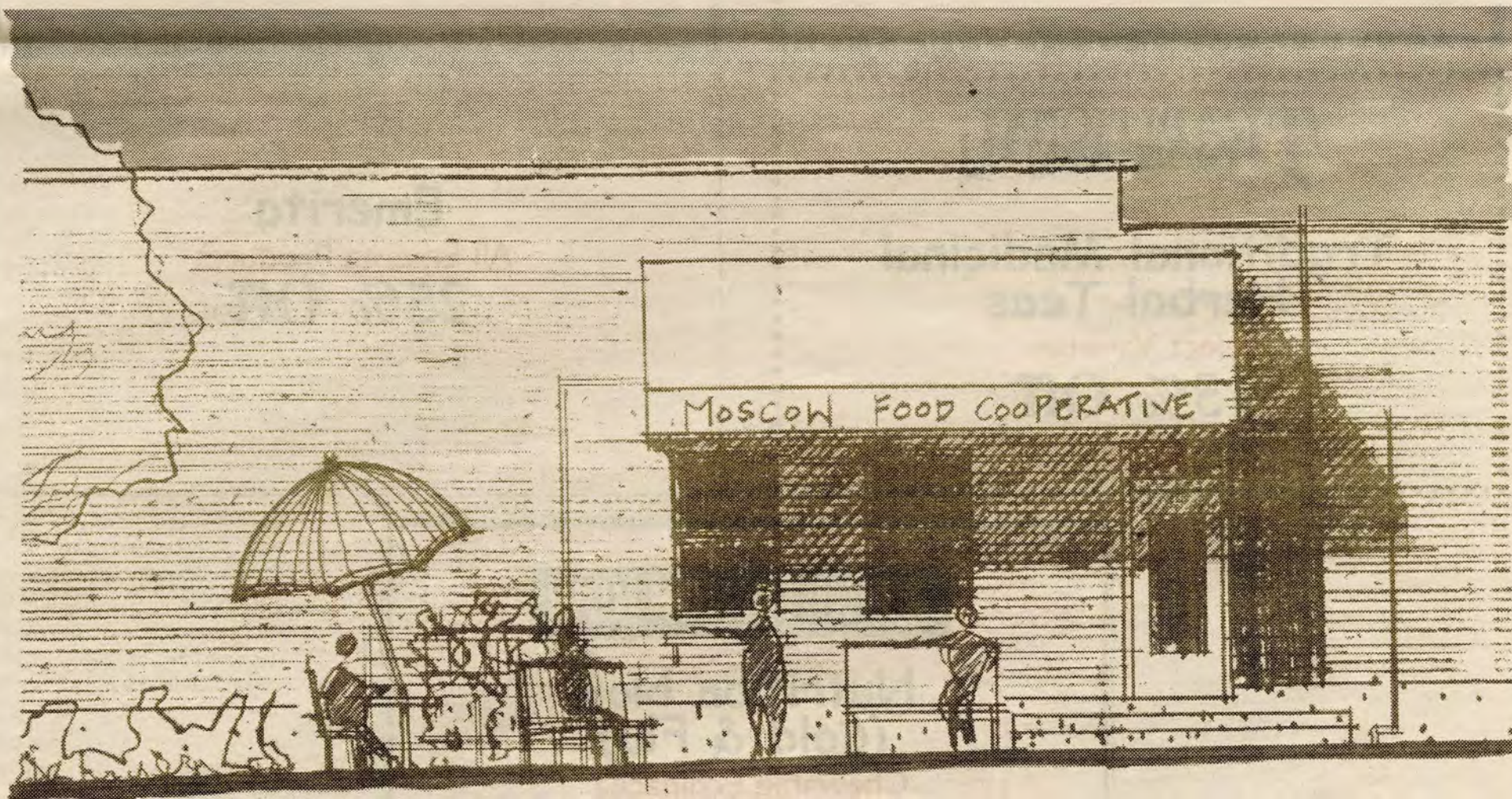
A hard-core volunteer. If the Co-op had volunteer categories that would be Al Pingree's. The amount of time he has been putting in lately has put him w-a-a-y above the call of duty. Al has been volunteering at The Co-op's soon-to-be-new home every day since the work started on Sept. 13th. Everyday, almost all day. I climbed in the old Third Street Market's back way the other day and found Al hard at it. He was up a ladder changing fluorescent light ballasts. I was able to coax him down for a few though, and he had time for a quick chat above the hammering and work sounds that are leading up to our great new Co-op home. Since the work started, Al has helped to demolish the old wiring and is getting the floor ready for the new concrete pouring that has been done. "I'm in it for the duration," he says through his bristly white

mustache. "I've got the time, so as long as they need me I'll be here." And with Al's background as a 20-year maintenance supervisor at WSU, that may be awhile. A skilled hand is always welcome. Al says it's a little difficult to tell, but with the move on schedule for early January, he thinks he'll be off his generous all day volunteer schedule before too long. What's behind this strong dedication to the Co-op? "Well everyone has causes they believe in and support and the Co-op is mine," Al says. "This move is a really big deal for me." Al, who moved to Palouse in 1972 from Nevada City, California has several good reasons for making it a big deal. "I've been eating organic food since the mid-60's and I really rely on the Co-op for organic veggies and flours," he says. "I'm also a big customer of the Co-op's spice and tea sections

and of course they make the best deli sandwiches around anywhere." We agreed on the improvement these areas would see in the new non-crowded Co-op space. Al gestured outside and mentioned the safer, almost traffic-free, entry and more spacious parking that driving Co-op'ers will enjoy. I listened to him tell about the extreme hole-in-the-wall cramped conditions at one of the previous Co-op locations. Then I glanced back inside. I saw only ladders, tools and loud hard, work going on but I visualized the new store-bright and airy as it will certainly be. Only one thing came to mind. And that was to say "thanks." Thanks Al, and to all the rest of the Al's that have come and



gone in the twenty-five plus years the Co-op has been alive. Thanks for supporting the Co-op all those years so that here in 1998 we still have a friendly place to find and learn about the healthy, environmentally-friendly food we want for ourselves and our families. And best of all, it's not only still here. It's getting a lot better.



The Park and Benches Planned for the South Side of the New Store, Facing the Post Office



## Quick Breads from Cornmeal

By Pamela Lee

Corn is one of the few grains native to the Western Hemisphere. Native Americans cultivated corn, or maize, long before Europeans ventured west.

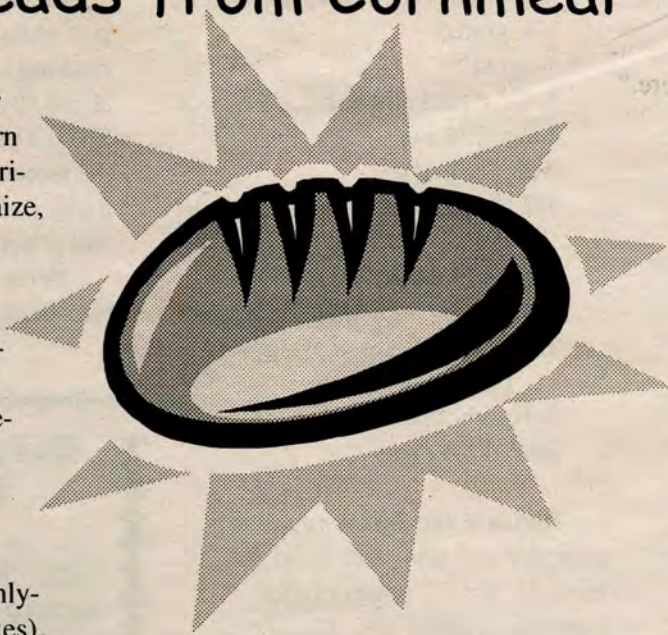
Cornmeal is a widely-used staple in corn-growing regions. Many Southerners insist on stone-ground meal, preferably white. The rest of the country settles for the granular yellow stuff (or worse: the de-germed, highly-processed, corn bread mixes). White cornmeal has a somewhat more subtle, delicate flavor. Yellow cornmeal is a bit sweeter and "cornier."

Corn is the only grain that contains vitamin A, with yellow corn containing more than white. Whole corn is also a good source of vitamins B and C, potassium, and fiber. Corn is gluten-free. Unfortunately, corn does suffer some nutritional deficiencies. It is low in tryptophane and lysine, and most of its niacin is molecularly bound in such a way that it is unavailable for our bodies' use, unless it is cooked with slaked lime (calcium hydroxide).

Whole regions and cultures (such as the southern United States, Spain, and Italy) suffered devastating pellagra epidemics before they learned about the problems with corn's niacin. Many native cultures instinctively cooked whole corn with slaked lime, wood ash or lye. All create the caustic alkaline condition needed to release the bound niacin. Today slaked lime is most often used. It has the additional benefit of providing calcium.

It is a good idea to buy organic. Weakened field corn is vulnerable to an aflatoxin produced by a fungus called *Aspergillus flavus*. This fungus grows best of plants that are weakened by insects, stress, chemical misuse, or drought. Strong plants, grown under healthy soil regenerative organic practices, are the most naturally resistant to this mold.

Stone-ground cornmeal is produced by crushing the corn kernels under millstones. With the



germ retained, fresh stone-ground corn has a rich corn flavor. Because of the higher oil and moisture content, one should store whole grain stone-ground cornmeal in an airtight container in the refrigerator or freezer, and use it within three months. (Bring it to room temperature before using it for baking.) Cornmeal can be used in cornbread, corn sticks, muffins, pancakes, and for coating foods in preparation for frying.

De-germinated cornmeal is ground between massive steel rollers. The fiber and corn germs are separated out, leaving a less nutritious and less flavorful grain. Because the germ's oils are removed, degerminated cornmeal has a longer shelf life, making it a common ingredient in processed foods.

Blue cornmeal is made from a variety of blue-black corn that has been cultivated by the Hopi and Navajo Indians for thousands of years. This colorful meal is a bit coarser than yellow or white meal, but is somewhat sweeter and nuttier in flavor. It also contains about 20% more protein, up to 50% more iron, and twice the manganese and potassium than other varieties of corn. But be prepared for a startling culinary experience (when you mix blue cornmeal with water, it turns lavender! If you are the adventurous sort, you can use blue cornmeal to make purple pancakes, muffins, and cornbread.

Though there are a range of corn quick breads, historian and

novelist Shelby Foote once neatly divided and characterized the many recipes into two basic types, the dry and moist. My first recipe fits the moist category. It's a recipe that I've had for so very long that I've forgotten the source. My second recipe, the muffins, fits the dry category. The recipe is adapted from Bette Hagman's *Gluten-Free Gourmet*. I enjoy the muffins moistened with softened goat cheese and a slightly warmed, flavorful honey. If you like these muffins, you may want to double the recipe next time; they freeze well. Chiles and cheese moisten the third recipe, taken from the April 1997 issue of *Fine Cooking Magazine*. This bread has a crisp crust from the hot oiled skillet, and a nice crumbly interior.

### Creamy Corn Bread

3 eggs  
1 cup sour cream  
1/3 cup vegetable oil  
1 can cream style corn  
1/4 t. salt  
1 T. baking powder  
1 cup yellow cornmeal

Combine the eggs, sour cream, oil, and creamed corn and beat well. Mix together the dry ingredients and stir into the creamy mixture. Turn into a greased and heated nine-inch square pan. Bake at 375 degrees for 30-35 minutes. Serve hot.

Note: This moist bread is especially good served with herbed butter. To make that butter, blend 1/2 cup of softened butter, 1/2 cup of corn, canola, or olive oil, 1/4 cup grated parmesan cheese, 2 T. fresh chopped basil, and a dash of salt. Put the mixture in a serving dish and chill overnight.

### Yellow Corn Muffins

1 cup yellow cornmeal  
1 cup corn flour -or- 1 cup  
Gluten Free flour mix\*  
2 T. sugar (recipe calls for 1/4 cup sugar)  
2 t. baking powder  
1 t. baking soda  
1 t. salt  
2 eggs, beaten  
1 cup buttermilk  
2 T. canola oil (recipe calls for melted shortening)

Sift the dry ingredients together into a mixing bowl. Stir in the beaten eggs, buttermilk, and oil. Pour into greased muffin cups. Bake in a preheated 400 degree oven for about 25 minutes. Makes about 12 muffins.

\*Ms. Hagman's gluten free flour mixture is a combination of 2 parts (white) rice flour, 2/3 parts potato starch flour, and 1/3 part tapioca flour. One can mix a larger batch and keep it on hand in an airtight container.

### Double-Corn Tex-Mex Cornbread with Cheese & Green Chiles

This is also delicious with sautéed onion or red bell pepper added.

Serves eight.

1 cup (5 oz.) stone-ground yellow cornmeal  
1 cup (4 1/2 oz.) unbleached flour  
3/4 t. salt  
1/4 t. baking soda  
1 T. baking powder  
1 egg  
2 T. sugar  
1/4 cup vegetable oil  
1 1/4 cups buttermilk  
2 T. (1 oz) butter  
1 cup grated extra-sharp Cheddar cheese (4 oz.)  
Fresh kernels cut from two ears of corn (about 1 1/2 cup)  
3 T. finely diced fresh serrano or jalapeno chiles

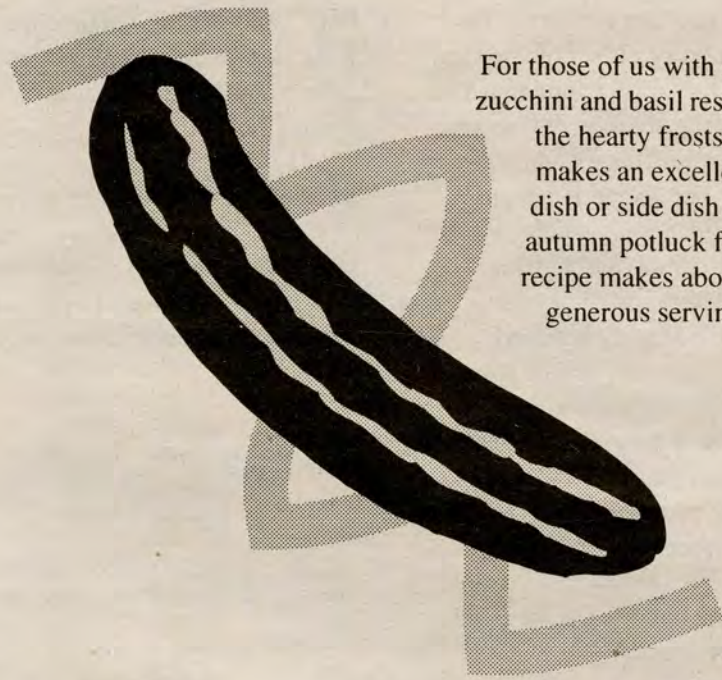
Heat the oven to 375 degrees. In a bowl, mix the cornmeal, flour, salt, baking soda, and baking powder. In a separate bowl, whisk together the egg, sugar, oil, and buttermilk. Coat a 10-inch cast-iron skillet with oil and set it over medium heat. Add the butter. As the skillet heats, quickly stir together the dry and wet ingredients in a bowl, using just enough strokes to combine. Don't beat or whisk. Stir in the cheese, corn, and chiles.

When the butter has melted and the pan is quite hot, scrape the batter into it; the batter should sizzle as it goes into the pan. Immediately transfer the skillet to the oven. Bake until light brown around the edges, about 25 minutes. Cut in wedges and serve warm.



# For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Zucchini and Basil Pasta Salad

by R. Ohlgren-Evans



For those of us with some zucchini and basil rescued from the hearty frosts, this salad makes an excellent main dish or side dish - great autumn potluck fare. This recipe makes about eight generous servings.

## Zucchini and Basil Pasta Salad

4 medium zucchini very coarsely grated  
1 tsp salt  
2 1/2 c packed fresh basil leaves  
1/2 c olive oil  
3 cloves garlic  
1/2 tsp fresh oregano or 1/4 tsp dried  
6 cups broth or water  
3/4 lb orzo (rice-shaped pasta)  
1/4 c freshly grated asiago or parmesan  
3 Tbs chopped parsley  
salt and pepper

Sprinkle zucchini with salt in a colander and toss. Let stand 30 minutes, stirring once or twice. Squeeze zucchini dry. Transfer to large bowl. Blend basil, oil, garlic and oregano together well in food

processor or blender. Add to zucchini; reserve.

Bring broth to a boil in a large pot. Add orzo and reduce heat, cooking until orzo is just tender, about 10-12 minutes. Drain well. Stir the pasta into the zucchini. Add the lemon juice, grated cheese and parsley. Season to taste with salt and pepper.

Serve warm, at room temperature, or chilled.

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# Insights

## Taking Stock

by Mary Butters

Paradise Farm Organics is going public. We are now selling stock in this Moscow-based food-growing and food-processing business.

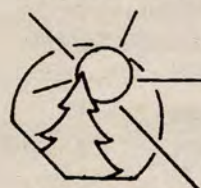
Incorporated in Idaho in 1992, our company's business is the production and sale of organic food products. The company has been successful in establishing wholesale accounts with the Co-op and other retail outlets in the Moscow area, as well as in selected supermarkets, health food stores, food cooperatives and restaurants throughout the United States. We have established a nationwide clientele of customers for our 96 page mail order catalog featuring our own successful line of "Backcountry" backpacking foods and fresh organic produce grown at the farm as well as food products from other producers.

The company also produces a separate line of backpacking foods called "Ecocuisine" for Mountain Safety Research, Inc. (MSR). MSR is a division of Recreational Equipment, Inc. (REI). A recent test market of "Ecocuisine" in Canada proved successful and the company is in the process of translating their

label to French for export to Canada.

The Company mission is to support environmentally responsible, nontoxic agricultural practices by creating a market for organic producers while providing consumers with high quality, great tasting and nourishing food. The company actively promotes its commitment to this socially and environmentally responsible role within both the local and global communities in every aspect of its products and operations. This philosophy has proven very popular with a wide range of consumers who care deeply about the health of their families, the health of the environment and the future survival of family farms.

For more information on the stock offering, contact Mary Jane Butters at 208-882-6590.



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## Long Live the Micro

By Bill London

The Micro Movie House has closed.

In many homes in Moscow, that leaves a big hole in lives, in long winter evenings, in accessibility to great cinema, and in that special place where the Micro schedules were kept. Everybody, it seemed, had at place set aside for that purpose.

Some left a couple of magnets on the refrigerator to hold up the latest schedule. Others had a hook on a wall or in a closet where the schedules were left, the latest on top for all to see. (A collection of former latest schedules then quickly built up, each increasingly tattered as it aged.)

At our old house on Polk Street, we tacked up the latest schedule on our hallway bulletin board, using the previous schedule for scratch paper. At our new home, one of the first things I did was pound a nail in the pantry room wall and stick the Micro schedule on it. But alas, my idea that we would, this time, let the previous schedules stack up on that nail is not going to be. There will be no more Micro schedules.

There will be no more Micro.

Ah, the Micro, where the show started as the audience entered and interacted, well before the movie was shown.

The Micro, where Bob Suto reigned as Movie Expert and Cinema Impressario, a fountain of knowledge about what is good, what will win an Academy Award, what movie you would never even know about if he didn't tell you.

The Micro, where some recall the burning of illegal tobacco-like substances during movies like "The Harder They Come." The Micro is also where some speak in hushed tones about movies they saw there and will never forget.

I wonder what we will do, now, for a movie...

Beyond the sense of loss, the closure of this unique theatre reminds me of the strength of the forces in this culture that seek to homogenize us. It also reminds me of the fragile nature of this social fabric here on the Palouse. The ties that bind us ripped through in a big way as this social center ceased operation.



# End of an Era: Micro Closes

by Bob Suto

The management of the Micro regrets to announce the closing of the legendary movie house after nearly a quarter century of service to Moscow and the Palouse. When the Micro opened in 1975 there were two other 35mm screens in Moscow; now there are twelve other screens, including the University of Idaho's newly remodeled facility. At this moment, Moscow, Idaho (population 18,000) may be the most screened community-per capita in the U.S. In 1975, the practice of viewing films in the home-video format was unknown; now it is common. And tastes change. Throughout its history, the Micro showed hundreds of foreign films; but the public's interest in those movies has now declined dramatically. In addition, very powerful forces and trends in the U.S. movie industry have led to the virtual extinction of independent movie theaters. With the closing of the Micro on October 17, 1998, Moscow will boast as many independent commercial movie theaters as Seattle: 0. And Seattle is, per capita, the most sophisticated and committed film city in the nation.

In its twenty-three years of operation, the Micro has exhibited the best in foreign film (*The Four Hundred Blows*, *Bye, Bye Brazil*); documentary (*The Thin Blue Line*, *Roger and Me*); U.S. independents (*Lone Star*, *Welcome to the Doll House*); Hollywood (*Citizen Kane*, *The Godfather*); children's cinema (*Snow White and the Seven Dwarfs*, *Bambi*); and cult classics and special events (*The Rocky*

*Horror Picture Show*, festivals of animation, *The Creature From the Black Lagoon*, *Rancho Deluxe*).

In addition, the Micro is proud to have sponsored or co-sponsored educational and cultural events including two French film festivals (supported by the French Ministry of Culture) and the visits of numerous distinguished filmmakers such as the Brazilian director Nelson Pereira dos Santos (with the world premiere tour of *Jubiaba*) and the Canadian producer Ches Yetman (*The Last Winter*). And the Micro supported local filmmakers; for instance, we screened John Francis' prize-winning *Backabout*.

Manager Bob Suto and his dedicated staff always strived for excellence and quality in order to create the finest conditions for screenings, and all movies were shown properly framed and focused by projectionists on duty in the booth at all times. Bob was also well known for his minutely illustrated schedules which listed chronologically all the upcoming films at the Micro. Come mid-October many refrigerators on the Palouse will be plainer looking, with no new brightly colored Micro schedule to dangle from the magnets.

While celebrities such as actor Kyle MacLauchlan and writer Sherman Alexie fondly remember screenings at the Micro, we most remember our legions of loyal customers and the many "Friends of the Micro." That's all folks. Thanks for the memories.

# The Bookshelf - Monthly Reviews of the Co-op's Literary Repast

## The Herbal Home Remedy Book

by Joyce A. Wardwell  
169 pp \$14.95

## The Candlemaker's Companion

by Betty Oppenheimer  
169 pp \$18.95

## The Soapmaker's Companion

by Susan Miller Cavitch  
281 pp \$18.95

This trilogy of books, all from Storey Books Publishers (Pownal, Vermont), is just a sampling of the intriguing collection of how-to guides found in the Co-op's book section. Each one has recipes and techniques for making basic household items that we all use.

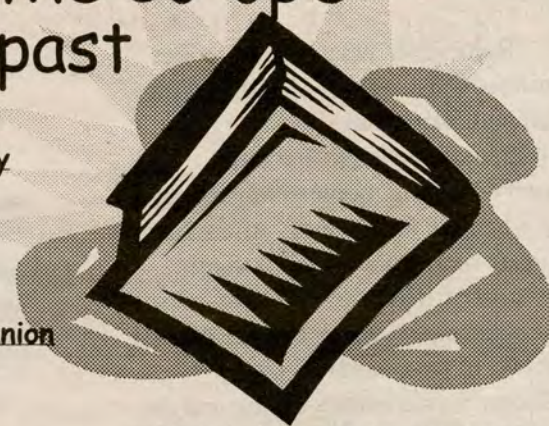
The Herbal Home Remedy Book, has recipes for tinctures, teas, salves, tonics, syrups - even lozenges! Ms. Wardwell has crammed all kinds of herbal healing wisdom into this book, and her recipes are simple. I didn't think I needed another herb book until I started reading this one...


The Soapmaker's Companion comes from the author of the best-selling *The Natural Soap Book*. This

guide has clear, step-by-step instructions to making over 40 soaps. Susan Miller Cavitch addresses beginners' needs, as well as the more experienced soap maker. What a wealth of knowledge within these pages!

Betty Oppenheimer is a master candlemaker from Sequim, Washington. In her book, *The Candlemaker's Companion*, she provides great illustrations and clear directions for making rolled, poured, molded, and dipped candles. There's a wonderful section on decorating and creating luminaria and lanterns.

Any of these books would provide lots of ideas for holiday gift-giving. and if you don't get around to making the Christmas millefiori candles, the rejuvenating wine tonic, or the stained glass soap, the books themselves would make terrific gifts.





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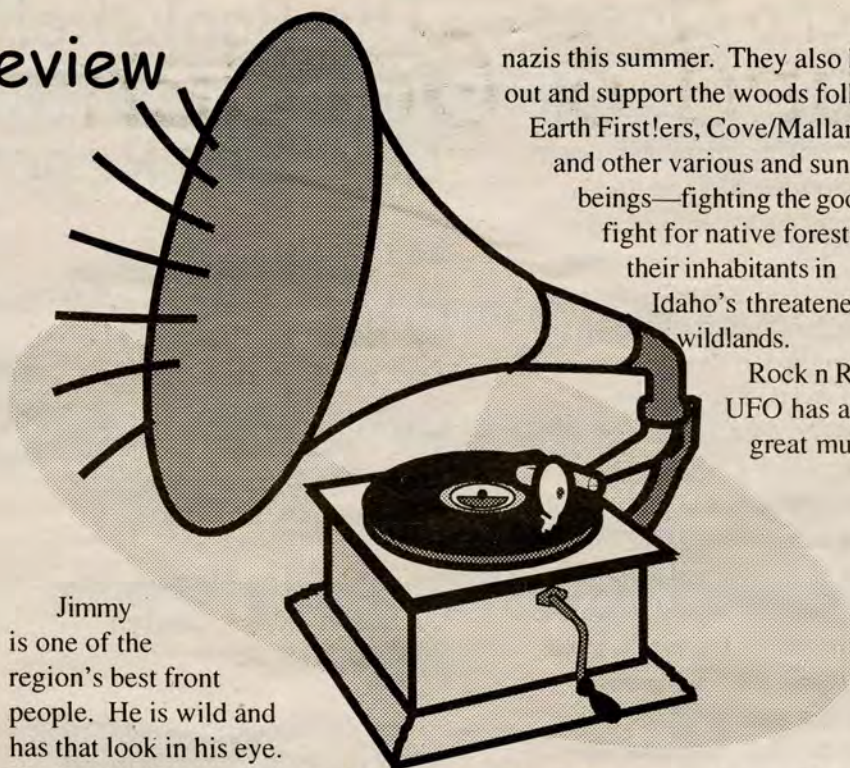
# Local Record Review

by Gary Macfarlane

Remember when the Ramones stunned the crowd at CBGB's with fast and furious music, when Patti Smith took the stage, her punk poetry slashing mores of all stripes, or when the feral energy of the Sex Pistols roared across the Atlantic from urban decay, revitalizing worn-out rock and inspiring a generation or two of street anarchists? Moscow's own Jimmy Flame and the SexXxy Boys (a misnomer of sorts, Sarah is the bass player) bring the same kind of ambiance to the local scene.

The group recently released a CD, "Rock n Roll UFO," on AMP record under their former name, the Roswells. This record is available at local shops like Paradise Ridge and can be heard on Moscow's own KUOI 89.3 FM.

The band follows the simple creed of punk and garage bands everywhere—no more than three chords, keep it short, and play with abandon. Anything else is pretentious and self-indulgent. At a recent show at the VOX they kept it loud, energetic and simple. They even got Moscow's wooden groupies to start moshing.



Jimmy is one of the region's best front people. He is wild and has that look in his eye. His brother George buzzes on guitar. Sarah Hi-tone slams the bass with ferocity. They say Dan Moore's got the sticks, the licks, and the chicks—yea right, he's from North Dakota.

Jimmy and Sarah, my friends, are the real thing. Jimmy grew up in Baltimore's tough streets. His witty sense of humor is obvious in the band's lyrics. Sarah is a Moscow native with an impish grin. She's the story-teller of the streets. Both stood toe to toe against the timber

nazis this summer. They also help out and support the woods folks—Earth First!ers, Cove/Mallardites, and other various and sundry beings—fighting the good fight for native forests and their inhabitants in Idaho's threatened wildlands.

Rock n Roll UFO has a lot of great music.

The title track is a fun and goofy song: "The Kids Wanna Rock n Roll" is a blazing piece; and the cover of California Sun (the only cover of 14 songs) would even make Dick Dale proud. If you catch me at the Co-op when Kenna is not around I might even toss the CD in the player and crank it up for you.

Maybe, just maybe, Jimmy Flame and the SexXxy Boys can rescue Moscow and Pullman's college set from bad Pearl Jam covers and regurgitated disco. Rock out.

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# Yard & Garden

## Indoor Plants

by Patricia Diaz

Outside gardening is on the wane and many of us miss the colorful blooms. While many of us are year-round indoor gardeners, perhaps the ensuing discussion of easy-to-grow houseplants may make more people interested in growing indoors.

One of my favorites is the (what's-now-called) Holiday Cactus. Previously this cactus was called a Thanksgiving or Christmas cactus because of the time of year it bloomed. These plants are easy to grow and live for 25 years or more. Since these are tropical cacti they shouldn't dry out completely; water them when the top 1/2 to one inch of soil is dry. In order to encourage flowering, cut back on watering in late September or early October and only water enough to avoid severe wilt. Soon (in 2-4 weeks) little buds will appear and then you can begin watering normally again. These plants also need low nighttime temperatures and shorter days to flower so many people put them in dark places while this process lasts. Since I live in a house with loads of windows and few closets I just leave mine out all year and they bloom off and on all year. So I call mine Easter cactus, summer cactus, or whatever suits the blooming time. You can make new plants by dipping prunings into rooting hormone and placing them in barely moist soil deep enough for them to be stable. Rooting takes about 2 weeks.

Another easy houseplant is the jade plant which can even outlive its owners. They are slow-growing but beautiful plants that become miniature trees. They easily tolerate a dry atmosphere and watering every 2-3 weeks. They do well in bright light and it's really easy to start new plants from cuttings.

Personally, I think the snake plant, or sansevieria, is the easiest plant of all to grow. You can, however, overwater it. It still probably won't die but just sits there in a very unhappy mode. Just let it dry out completely and start over again. It will accept any home

temperature and humidity, and likes all light levels except direct sun which can fade its color.

The aspidistra, or cast-iron plant, can survive even if it's overheated, underwatered, and dusty. It will grow in bright sun but prefers subdued light. It loves high humidity (misting) and cool temperatures.

Dracaenas like indirect sunlight and low humidity. They also prefer temperatures above 65 degrees at night. Keep the soil moist except in winter when it's dormant and occasionally spray the leaves with tepid water. We've had one for over 20 years and it's about 6 feet high with another big "sprout" coming out of the trunk now.

I've never had a Chinese evergreen but it's said that they can out-stubborn the most negligent plant owner. They prefer low to medium light but will do well anywhere. You can even grow them in vases or glasses of water!

Another plant I really like (and have had good success with) is the lipstick plant or vine. They have beautiful red blooms that look like lipstick coming out of a tube. They like direct sun in winter, indirect in summer, moist soil and daily misting. It is very easy to create more plants from cuttings.

Asparagus ferns are also easy to grow and have tiny white blooms followed by red berries. They like sun in winter, less light in summer and they also prefer moist soil and daily misting.

About 23 years ago I bought a little Norfolk Island pine tree at Safeway for 39 cents and it's now a gorgeous 6' tree with really wide, beautiful branches. These trees like bright but indirect light and being kept evenly moist.

African violets are American's most popular flowering houseplants, because they sometimes bloom all year. They like average indoor temperatures and slightly moist soil. They need to be close to a window - north or west in summer and south or east in winter. They also like daily misting.

The dwarf orange is a wonderfully fragrant plant that is easy to grow and has pretty fruit. Mainly ornamental, the oranges can be used for tart jam however.

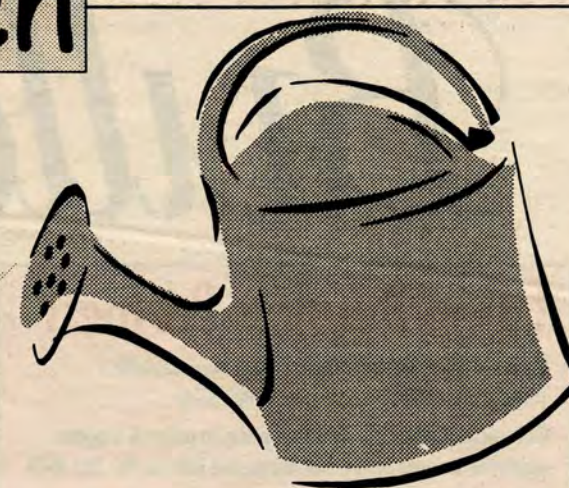
Bright light is best, as is moist soil. They also love daily misting.

Every fall I bring in my geraniums for the winter. They will continue to bloom and provide cheerful color. They like full sun, warm temperatures, and drenching when the soil surface dries. They would appreciate weekly misting.

I also bring in my rosemary bushes (you can see how crowded it is getting in front of all the big windows, can't you?) for the winter as they cannot tolerate as much cold as we get. And this winter I am baby-sitting a beautiful bougainvillea, one of my favorite plants. They aren't particularly easy to grow indoors, but are sure pretty. It is important not to overwater these jewels.

I had a really cute little baby's tears plant until my youngest daughter visited recently and took it home with her because she thought it was really cute too. These plants have tiny leaves that carpet the pot and cascade over the sides. They like a bright north window or filtered light in an east or west window. They prefer a moist soil and daily misting.

One of the very best houseplants is the spider plant. Not only is it easy to grow but helps clean the air around it. They are hanging plants which develop little plants at the end of the hanging stems. These plants are extremely easy to propagate just by sticking one of those baby plants, root-side-down, in a glass of water until roots form. It is so easy, in fact, that there is no reason in the world for anyone ever to buy one of these plants as long as you know someone with one. Once the baby has roots of its own,



plant in potting mix and pretty soon you'll have a good-sized plant. They like good light, moist soil, and misting. These plants can grow 20' feet or more easily if left unpruned.

I hope you've been inspired to brighten your home with houseplants. They're so good for our environment and good for the soul, too.



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Moscow Food Co-op

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Please help support that move with a donation of labor, materials, or money—or with a loan. Talk with Kenna or Kristi at the Co-op.

**The Co-op member loan program is helping make the Co-op's move happen.**

You can join the loan program. A minimum of \$100 is all you need. Please talk with any staff member about this way to support the move.

**Thursday, November 19 is the night of the Co-op's big Fall Fundraising Party.**

Please plan to attend. Tickets are only \$25, and all proceeds go to support the Co-op's move. Ask any staff member about getting a ticket.

**Everything must go!** That's right...all the inventory and equipment at the Co-op's present

## Palouse Folklore Society Dances

**Oct 31:** Halloween Costume Dance

**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 7:30

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by Laurie Winn Carlson

**Saturday, November 7, 2pm**

**Appaloosa Museum**

882-5578, ext. 279

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**Appaloosa Museum**

**December 5**

882-5578, ext 279

## 23rd annual Holiday Arts and Crafts Fair

**November 6 and 7**

**Beasley Coliseum at WSU**

free admission

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**bethc@uidaho.edu**

Additional events are posted on the Co-op Web site:

<http://users.moscow.com/foodcoop/event.html>