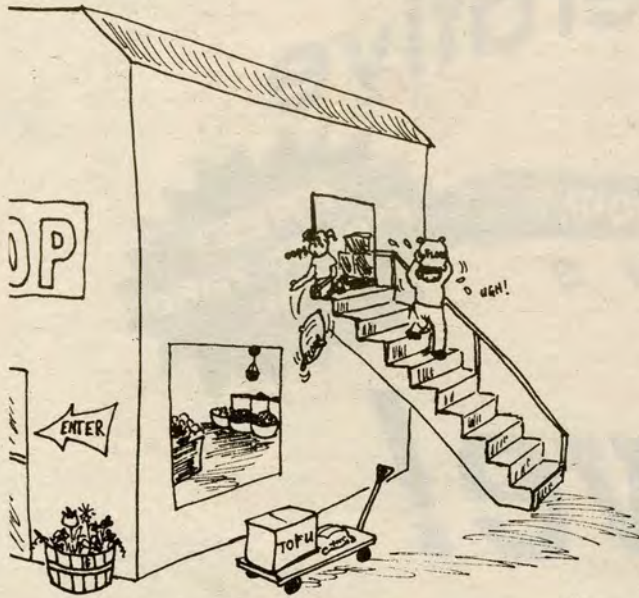


Co-op - News



Movin' On

by Kenna S. Eaton

The news is making it's way around town, and by now it's not news to you...but the Co-op is MOVING!! And I'm still very excited! So, forgive me if this article is full of exclamation marks!!!

16 years ago I began volunteering at our Co-op. One of my jobs was to help haul in the weekly order from our distributor. At that time we were located on Washington St. and the Co-op shared a back door with Clydes IGA (now called the 3rd St. Market). As our order rolled into the Co-op's back door on a handcart, I used to look up at Clydes loading dock and dream that one day we would be receiving our order like they did—sliding off the truck into the waiting arms of the staff in the receiving area, stress-free and simple. Now that day is approaching, and of course I realize that nothing is that simple or easy—even with a loading dock. But, I'm looking forward to trying it!

Now, over the years at our present location, we have realized that this facility has become inadequate. The electrical system is taxed out, the cash registers strung together on extension cords and the peanut butter grinder frequently causes the breaker switch to trip. The bakers constantly haul 50# sacks of flour up and 50# trays of hot bread down the stairs. The list of limitations is quite extensive, and the hidden costs of working in a building poorly suited to our needs are incalculable.

Customers also find this place frustrating. The aisles are narrow and

boxy, the product selection limited due to lack of space, the parking lot is often full and the access difficult during rush hours. While we noticed all this 4 years ago, the Board recognized that the list of options is short—we either remodel this space or move.

Our specifications made the relocation options limited. The

Third Street Market has topped this list for many years, but we never stopped looking.

On Tuesday, August 11th we were able to sign a lease for the Market. This action represents many months of ground work. After being approached by Mark DeLeve, owner of the Third Street Market, earlier this year, we spent a lot of time analyzing the space, its strengths and weaknesses, and the costs involved in undertaking this project. From the staff's point-of-view, this new place is excellent. No more stairs. The offices and kitchen are on the main floor, and the back space will be large enough to receive 8 pallets of product. We will be able to increase efficiency and productivity, increase product lines, shelving, freezers, coolers, kitchen space, check out stands, bathrooms, easier access and lots of parking!

Now my dock envy will at long last be satisfied, the customers happy with the easy shopping, and the staff will be singing in the aisles (sounds like a movie doesn't it?).

Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆Attorney At Law

◆Certified Professional Mediator

P.O. Box 8141
208 S. Main St., Suite #1
Moscow, ID 83843
(208) 882-9587

Editor
Bill London

Issue Editor
Bill London

Layout
Kate Grinde

Typesetting
Kathy Burton

Advertising
Bennett Barr

Illustrators
Heidi Muat

Distribution
Therese Harris
Christine McGreevy

Kids' Page
Nancy Lee-Painter

Back Cover Design
Beth Case

Webmaster
Bob Hoffmann

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.

Published by
Moscow Food Co-op
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Mimi Pengilly	882-6307
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Printed on Recycled Paper

Deadline for Articles:
20th of each month



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Membership News

by Kristi Wildung

By now, I hope you've heard the big news that we're moving. It's exciting, and we owe it all to you, our members. You've supported us through the years and now it's time for us to relocate to serve you better. In trade, we're asking a couple of things from you.

First, there's this really bright yellow sheet of paper located at the cash registers. Take a look at it as you pay for your groceries and see if you can help us in any way. We're asking for volunteer help, donations, and member loans. Please fill out the form and leave it in the box at the Co-op.

Second, become a lifetime member. The cashiers have a list of how much each person owes to reach the lifetime membership level, so just ask one of them. These contributions will be used completely for relocation. There's lots of work ahead of us and we know we can count on you to help us get to our new location.

Welcome to these new members: Tim Whitacre, Rhonda Daulton, Connie Stanton, Louise Tallen, Angela Pea, John Anderson, Angela Cotter, Charlotte Mohan, Ellen Coyne, Andrew Knudsen, Elizabeth Teodecki, Scott Perky, Kristine Petterson, Amylia Coover, Brian Simho, Meghan O'Brien, Joshua Burnim, Karen Miller, Lisa Eidsvig, Melinda Cumming, Carrie Wahl, Janet Aquilar, Violet Warren, Kim Baiar, Luella Schulze, Danni Vargas, Chelsea Norton, Rochelle Cohen, Jean Folkers, Art Sachs, Cherie Major, Ruth Elliot, Kate Burnim, Lora Sinisi, Tricia Smith, Shirley King, D'Ann Slyter, Noel Leithart, Lizette Fife, Julie Krikac, Rosalie Watters, Celeste Brown, Melissa Shobe, Mary Gin Kennedy, Crysta Falcon, Willow Falcon, Michael Wolfson, Eric Parrott, Melissa Nihsen, Jenny Ellingson, Timothy Drumm, Teri Lindgren, Camille Soltau, Lisa Mancuso, Anthony Crupi, Helene Pelissier, Thomas W. Reichert, Gabrielle Feldman, Ashley Covert, and Bennet Morris.

Thanks for joining and you can reap the benefits of your new and improved Co-op at the beginning of 1999. Don't forget to check out the back page of this newsletter for a listing of our Business Partners. Shop locally and save!

The Buy-Line

by Carrie Corson

Well the move has already begun to bring changes here at the Co-op. One of them is that our buyer, Vicki, is taking on the job of project manager to oversee the remodeling of our new location. So for a few months I'll be doing her job. I'm Carrie, and for the past couple of years I have been a cashier. It's a job I like a lot. But I am very happy to be given this new opportunity to learn even more about how the Co-op works. Once the move is complete, Vicki will return as the lead buyer. I will be an assistant buyer in charge of non-food and supplements.

Amidst all of this, we will still do our best to get the products that you want. So keep the requests and suggestions coming. Don't hesitate to call me and ask questions. I'll do my best to find the answers.

Here's info from the suggestion board:

What happened to Traditional Medicinals Guarana Chai Tea? Sorry, it was a slow seller. You can special order it.

Can you get Vegan Rella?? I'd buy lots. We have carried this product before and it was a slow seller. But we've gotten so many requests for it that we'll give it another try. Soon you will find it with the other Tofu Rella products.

Tofutti (?) Eggless Egg Salad Spread; Jalapeno Flavor. Sorry, we could not find this product with any of our distributors.

Can you get Womens Moon Cycle tea from Yogi? Yes, this product is available by special order.

We've had lots of problems lately with the White Wave tofu. It spoils well before the date on the box. When it's fresh, it's our favorite, but the spoilage is a serious pain. We know we can bring it back but we really just want to eat it! I spoke to the manufacturer about this. They assured me that they would check their samples and see if the problem is at their end with some temperature or contamination problem. They will also check to see if it's a distribution problem. Hopefully they will come up with a solution..

Can you get Primal Elements Lucious Pear soap? This was a slow seller for us. But we will consider giving it another try the

next time we order. Also, there are so many wonderful soaps from these folks that this line will be expanded in the new store.

Bragg's in bulk! We have tried this before but Bragg's is actually more expensive in bulk so it did not sell well.

Please order Clif Bar 'carrot cake.' We just don't have room to add any new flavors of Clif Bars. Look for expansion in the new store.

Seems to me that the baking soda is contaminating the herb scoops, not cleaning them. I don't want the extra sodium in culinary herbs and I don't want extra anything in medicinal herbs. We have experienced a lot of problems with dirty herb scoops. The baking soda has helped a lot. You certainly may wipe the scoops off. We will put out some napkins in that area.



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1998-1999

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*New York Chamber
Soloists*

Tuesday, November 3, 1998

*Lafayette String
Quartet*

Friday, February 19, 1999

Theatre of Voices

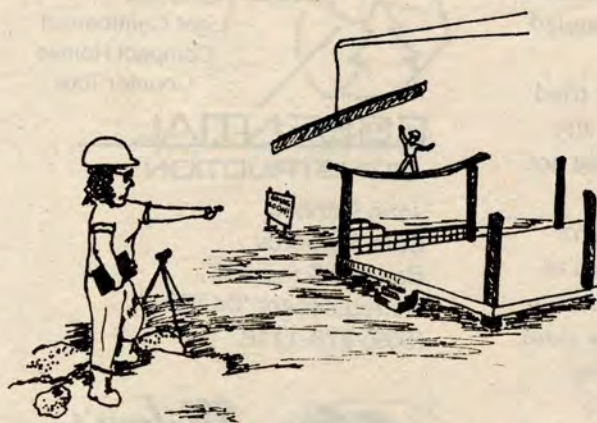
Saturday, April 11, 1999

All concerts are at 8:00 p.m. in the University of Idaho
Auditorium.

For more information: www.ets.uidaho.edu/concerts/
or 885-7557

Managing the Move

by Vicki Reich



Chris Moffit whispered in my ear about a month ago during a discussion about the possibility of moving the Co-op. "You should be the Project Manager."

"No!" I said. I love my job as buyer and didn't want to give it up, not even for four months. But then, Sandy Stannard whispered the same thing and Kenna and Kristi chimed in as well. I was outnumbered. And by that time I was starting to think it wasn't such a bad idea.

I had been a project manager in a former life on projects as big as \$2 million. My familiarity with the Co-op and my knowledge of construction and scheduling definitely made me a good pick for the job. So, I agreed and have embarked on a four month trip, the end of which will land us four blocks east of here in a big new store. I am thrilled and excited and a wee bit scared. This is not a big project, but it is very near and dear to my heart and I want everything to be perfect when the doors open for you in January.

Between now and then, there is a heck of a lot of work to be done. We will have working drawings soon and will start bidding the job in early September and hope to start construction soon after. I will be looking for volunteers to do as much of the work as possible, but the majority of work is electrical and

plumbing and I don't have any Journeymen electricians beating down my door to do the work for free (but we can always hope).

If you are a professional in any construction trade and would like to be involved in this project, please let me know as soon as possible (before I find you). Construction will continue through December when we will start setting shelves and getting in all those new products you've been waiting to see. We are scheduled to shut down operations in the old store on December 31st and reopen in the new store the first week of January. We will need tons of volunteers to help move inventory and equipment down to the new store so make sure you're around for this special New Year's party. Please fill out those yellow flyers that accompany this newsletter ASAP so I know how many volunteers we'll have for all the phases of work. If you have any questions about how you can help, please call me at the Co-op, or stop by the new location, I should be there quite often by the middle of September. Thanks in advance for all your support.

Susan Simonds, Ph.D.
clinical psychologist
WA license #2246

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11-6

Staff Profile:

Danielle McVay

By Tim Lohrmann



"We were wet, our dogs were wet, all our stuff was wet. It was a mess," says Danielle.

The fact that the two came from sunny Arizona didn't make the situation any easier. But eventually the house came open, the tent came down, moods brightened and plans for the future were made.

Danielle will be starting at the UI in January of 1999. Her husband is already

"Hey! Are you interviewing Danielle? Make her do the cartoon voice!" That was a Co-op staffer enjoying a snack in front of the store on a recent sunny morning. She wanted entertainment.

Co-op cashier Danielle McVay was happy to oblige. No need to make her. She wheeled around on her bench, pursed her lips a bit, and out came a gnomey smart-alecky sort of sound. A "Schmoo" voice. I admit to a Schmoo-awareness deficit. I'm no judge of Schmoo-ness. (Hope the little guy's name is spelled correctly!) But the staffer's two kid-companions were quick to grin. Must've been authentic.

Danielle sure seems to be. Authentically friendly.

Is there anything more important for a cashier to be? The Co-op's lucky she came along. And Danielle feels lucky herself.

"The Co-op's a wonderful store, a wonderful place to work," says Danielle. "It makes me feel good to be around healthy food and people that want to be healthy."

A Moscovite for only 5 months or so, Danielle and her husband had a number of challenges when they first moved up. Billions of them as a matter of fact. In the form of rain-drops. They came in April. You remember it—the wettest one in years. That's ordinarily not a problem. Except that Danielle and company were forced to wait for the house they rented.

In a tent at Robinson Park. For four weeks. She smiles about it now, but admits it got old in a hurry.

enrolled in the hydrology program there, but she's still doing some major consideration. "I've had thoughts about elementary education, but I'm just going to start and see where it leads," she says. "We'll see what happens."

The talk turned to nutrition, and Danielle explained that her husband is also a personal fitness trainer and that they are both quite nutritionally aware. "Almost all our groceries come from the Co-op," she says. Almost all because she and her husband have been known to chow down on thick slabs of red meat occasionally. They still crave a good steak now and then. "We're both from the Midwest originally; I doubt if we'll ever be 100% vegetarian," she explains.

As an ex-Texan, I see the connection. But as a 100% vegetarian (and almost-vegan) myself, I disagree with the inevitability, the "carnivore pre-destination" thing. But there was no time for debate. We both had work to do. But it remains a good topic for the next time Danielle rings up my tofu.

I said good-bye and decided to grab an Upper Crust raspberry scone before taking off.

"Did she do the cartoon voice?"

There it was again. Another Co-op staffer wanted to know about the Schmoo thing. That Schmoo voice is seriously popular around here, I thought. Must be an awesome cartoon. Then I remembered Danielle's friendly smile and reconsidered. N-a-a-h. Probably just the performer.

News from the Board of Directors

by S. Peyer & J. Hermanson

Our last meeting of the Board of Directors was held August 13, 1998. Normally our meetings are held at 5:30 pm, but because of conflicting schedules with the start of the new school year, from now on we will be meeting at 7:00 pm. Because our meetings are scheduled at a later hour, we will not have time to gather for dinner. All of us have appreciated (and will miss) the opportunity to purchase the delicious dinners that the Co-op has provided.

Vicki Reich, the project manager in charge of renovating the new location of the Moscow Food Co-op, reported that an asbestos expert will inspect the new building the first weekend after the Co-op takes possession (1 September 1998). Mark DeLeve, the current occupant of the space will be auctioning off his equipment on 29 August 1998. Any unsold items will be removed from the space by 3 September 1998. The Co-op purchased a sink and freight rollers from Mark. Vicki stressed the need for volunteers to help prepare for the move. Forms for donating time, materials, and money for helping to finance the Co-op's relocation can be obtained at the check out register.

Kenna Eaton showed us the official member loan prospectus. The promissory notes can be signed by Kenna or Kristi Wildung. We hope to sublease the current location of the Co-op following occupation of the new space, tentatively set for January 1999. Kenna reported that there is an interested party, but no sublease has been finalized.

Bill London, in charge of the Development Committee, discussed the committee's plans for raising the support needed for the Co-op's move. He announced that the Development Committee will have a table at the Taste Fair on 29 August 1998 in the Co-op's parking lot and at other community events. Members on the development committee are Bill London, Mimi Pengilly, Bruce Peters, and Kristi Wildung. If you are interested in attending their meetings, contact Bill London.

We ended our meeting by reviewing and editing the by-laws. Hopefully the new by-laws will be finalized by our September meeting.

That's it for August. We hope to see you over the next few months participating with the relocation.

T-shirt? Of Course, We Have a T-shirt

by Bill London

Every Co-op event or anniversary seems to spawn a new T-shirt. And the Co-op move is no exception.

We printed a few T-shirts with the stylish "Let's Move" logo that Melissa Rockwood created.

The shirts give those who support the Co-op's move a chance to share that message with others—and hopefully inspire others to help. Purchase of the shirts will also directly help move the Co-op since all the proceeds from their sale will go specifically to the move. The shirts will sell for \$20 (tax included) and more than half of that money will go to the Co-op moving fund.

Since the money from the sale of these shirts does not go into the regular business account, the bookkeepers' say the best way to sell the shirts is not through the Co-op cash registers. So, they will be available from me directly. Call me at 882-0127 and we'll make a deal, or see them at the Taste Fair on August 29.

What an opportunity! You can be seen around town in the season's most stylish trend-setting apparel—and really help the Co-op move.



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Co-Op Business Partner Profile: Linda Kingsbury-Earth Wisdom Herbals

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earthwis@moscow.com http://users.moscow.com/earthwis



by Tim Lohrmann

Interested in alternative medicine?

If so, you may be concerned about potential pitfalls. After all, you're looking for alternatives. You want to avoid the negatives associated with more traditional healthcare and pharmaceuticals, right? You want any change to be positive.

So how do you do it? How do you tell a fad or a fallacy from a healthy tradition or an herbal remedy? Well, experience is the best teacher, of course. You could spend some time (years) learning about, researching, and using herbal medicines, remedies, and therapies.

But this route presents a bit of an...um...scheduling problem for most of us. Fortunately for residents on the Palouse, there's a convenient contingency.

You can simply call Linda Kingsbury of Earth Wisdom Herbals in Moscow.

With 20 years experience in herbal medicines and holistic healing, she has experience. And since Linda is a Co-op business partner, members get a better deal on her services.

"I focus on education so my clients can make informed decisions," says Kingsbury. "I want to work with them in building their health."

Building health, that's the key. Total wellness instead of merely masking symptoms is the approach here. Linda's definition of holistic healing examines five basic areas: the body itself, then environmental, emotional, mental, and spiritual influences on well-being. She emphasizes a blend of knowledge and intuitiveness in addressing concerns.

And although looking into some of these areas may be complex, the

Earth Wisdom space on Third Street is definitely conducive. The office is tastefully casual and relaxing, while Kingsbury is good-humored and simply fun to talk with.

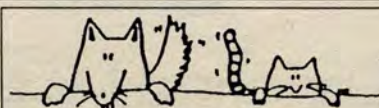
If you'd like to investigate further, make a note of Linda's "open office hours." On Tuesdays from 1:30 until 3pm, Kingsbury welcomes the public to her office to discuss health issues or any aspect of herbal and holistic healing and medicine. If that's not a good time, phone calls and E-mails are always answered as well.

But if you're not exactly a novice in herbal medicine, if you prefer to rely on your own knowledge, read on. There's plenty to offer veteran herbalists at Earth Wisdom. Linda can custom blend herbal tinctures, offers aromatherapy and has supplies of rare herbs unavailable at the Co-op or other health-oriented stores.

Kingsbury also takes care to ensure the purity of all materials used at Earth Wisdom. All are either organic or wild-crafted—that is gathered from their wild growing areas. With recent negative publicity concerning pesticide use on ginseng and other herbal crops in China, right here in the US, and elsewhere, that's good news.

So sure, there's a heck of a lot of information out there. Searching for alternatives and looking for better ways to maximize your health can be a real maze, and quite a journey. But it doesn't have to be an overwhelming one. Not with an experienced guide.

Every journey starts with a first step and it's up to you to take it. But Linda Kingsbury at Earth Wisdom can help from there.



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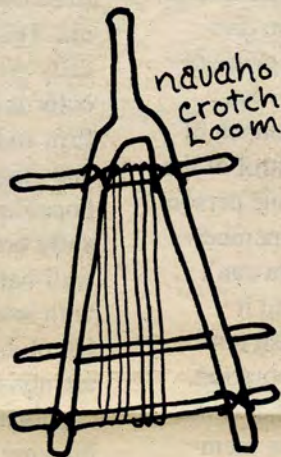
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THE KIDS PAGE

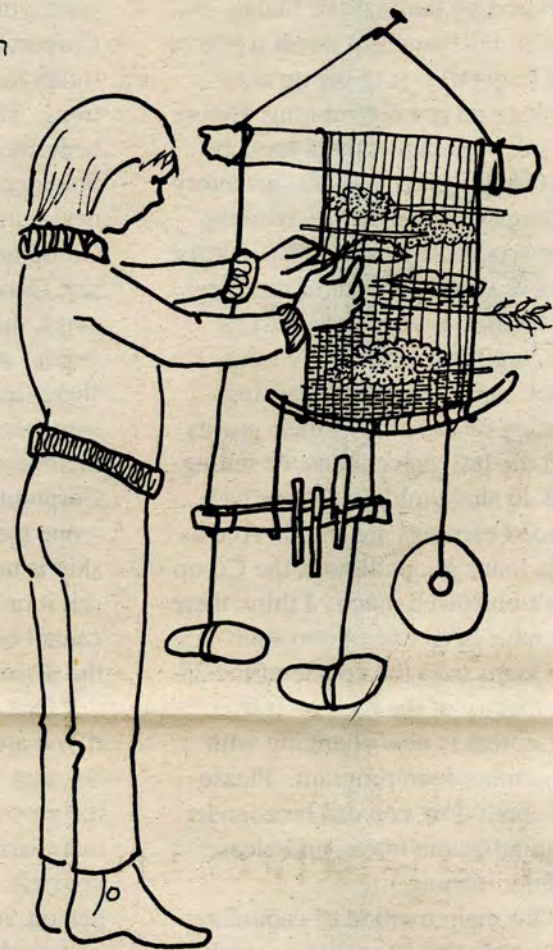
Nature Weaving, Any One?

Nature weavings make wonderful 3-D art for a wall or shelf. Fall is a great time to gather all the materials you'll need like: Queen Anne's Lace, wheats and long stalks, all kinds of grasses and dry weeds, milkweed, cat tails, vetch and vines, fibers and feathers, corn husks, leaves, bark and reeds. You can also use roses with their stems. They will dry quite nicely in your weaving. You can use almost anything for a loom (see illustrations) even a plain old sturdy tree branch. Use heavy string or twine to wind around your structure and have fun sticking all kinds of material through it.

From: Making Things by Ann Wiseman



Japan Nissan
Island Bow
Loom



Jeremy Rabbit

©Melodie Armstrong 1998

Next Week, Jeremy Rabbit went to the Co-op with his Mother again. The funny shaped knob didn't rattle anymore.

"Mom," said Jeremy. "It's not rattling anymore. Why not?" Jeremy's Mother smiled and said that Jeremy could look more carefully on the way home.

At the Co-op, the bakers were bringing out the bread. There were all different kinds of bread, and each one smelled good. Jeremy Rabbit told the bakers about the flower and asked what else flowers do. The bakers said that flowers do something very special.

"Do you know what bread is made from?" asked the baker.

"Yes" said Jeremy. "Flour"

"What is flour made from?" asked the Bakers. But Jeremy didn't know. So the bakers told him. "Flour is ground from grains, like wheat and oats. The grains are seeds, which grow from special flowers. Flour can also be made from corn, rice, and even soybeans, which grow from flowers. So flowers are important if you like bread, or cake, or cookies.

"Wow, Wow, Wow!" shouted Jeremy. "THAT is a special thing. I am going to ask my Mom if that is what she meant. Thank You!" Jeremy hurried off to find his Mother. "Mother, I know what the special thing is! Flowers grow seeds, and some seeds are grown into flour to make breads and cakes and cookies.

"Well, that is a very special thing," said his Mother. "But that is not what I was thinking of when I told you the flower would do something special."

"I think I know what the special thing is, Mom," said Jeremy. "The Bakers reminded me of it, and the seed pod that isn't rattling any more. There is something else that seeds can do. They can grow! The seed pod didn't rattle because the seeds have fallen out. Next spring there will be more flowers!"

"Yes," said his Mother. "That is the special thing I was talking about!"

"Well," said Jeremy. "I know that there are ten things that flowers do that is special. Some flowers grow seeds which are ground into flour to make bread and cookies and cake. Flowers feed bees, so that they can make wax which the candle maker makes into candles.

Some flowers make fruit which the candle maker uses to make his candles beautiful colors.

Some flowers grow into rattles. Flowers grow into fruit that we like to eat. Some flowers grow into a shape that looks like a squirrel head. Flowers make nectar which bees use to make honey. The soapmaker and candle maker use them to make the soap smell good. Flowers look pretty, in vases or just where they grow. And, they make seeds which grow into more flowers next spring!."

Next spring, when Jeremy Rabbit walked to the Co-Op with his Mother, there were even more flowers, looking beautiful, growing seeds, and doing all the other special things flowers do.

It's Not a Fee, It's Capital

by Fritz Knorr

It is NOT a membership fee, that \$10 per year (\$15 for families) you pay to be a member of the Co-op. It is a yearly payment toward a full (or lifetime) membership in the Co-op. And when you pay for your lifetime membership, it helps the Co-op raise capital, and makes you a lifetime member. Everybody wins. Here's how it works.

The Co-op is a corporation, chartered by the State of Idaho. Like all businesses, it needs a pile of cash (capital) just to get up and running and to keep running. Before any sales are made, there must be investments in equipment, inventory and wages. For instance, read the other articles in this newsletter learn about the huge amount of money that the move is going to cost.

Corporations typically raise capital through retained earnings (holding on to some of their profits from the last year), loans, or selling stock to shareholders. In our case, retained earnings are small. And as far as loans go, until now, the Co-op hasn't borrowed much. I think there may have been one or two short-term loans over the course of the 25 year history of the Co-op. (Of course, that is now changing with the member loan program. Please read about how you can be a lender to capitalize the move, and please consider loaning.)

Our main method of capitalization has always been selling stock (memberships) to our shareholders (members).

A membership in the Moscow Food Co-op costs \$150.00. If you pay the hundred and fifty bucks, that's it. You're done, you're a member for life. You don't have to make any more yearly payments, and you always know the answer to the question, "Are you a current member?" "Yes!" That yearly \$10 (\$15 for families) payment is a membership subscription that the Co-op provides as a courtesy. We realize that \$150 might be a big slug of cash for some people, so we allow you to pay in at \$10 per year for 15 years. (Or \$15 per year for 10 years for families.) At any time you can pay up your full, lifetime \$150 membership. And this is the point of this article. *I want/beg/plead for you to invest in the Co-op and become a lifetime member. This week, if possible.* If you have made three \$10 yearly subscription

payments, you now need only pay \$120 to own a lifetime membership. Forgotten how long you have lived here? Don't worry, there are meticulous records kept of all membership payments, so if you have forgotten or if you aren't sure how much you have paid, ask a cashier to look up that information in the record book by the registers.

Co-op membership literally gives you part ownership of the Corporation. Members have voting rights for Board of Directors elections. You also get the special benefits of Member Sale prices, volunteer opportunities, and business partner specials around town. Co-op membership differs from, say, General Motors stock in several ways, though. There are no dividends. A person can only own one share (membership). That way, someone cannot buy up a bunch of memberships and take control of the Corporation; it is strictly one person – one membership. Your membership is not transferable, you can't sell it or speculate on it, and it cannot be redeemed for cash until the dissolution of the Corporation.

One down side of all that is that if you are already a lifetime member, and you want to help capitalize the move, you cannot buy another membership (stock share) for yourself. One membership per person, remember. But, you could buy a gift membership. Or pay up a friend's membership subscription. Or, if you have a family membership, you could buy a membership for each individual in the family. Think of all those votes for the Board elections!

So, don't think "membership fee." Instead, think, "membership capitalization," or "member ownership," or "corporate stock." A Co-op member is a Co-op owner. And we need you to buy in now.

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Word of Mouth

By Eva Strand

Summer Beer Tasting, what a great idea! Hopefully you have already noticed that the Co-op is carrying a tempting selection of local and sometimes organically produced beers. If not, I strongly recommend a visit to the novelty aisle of beers and wines. Anyway, this month Vicki Reich, our buyer at the Co-op, suggested that I investigate what our local micro-breweries can make from barley and hops. Little arm-twisting was needed; I gladly gathered up a few friends, beer glasses, snacks and a soft-breezed, lazy summer evening.

One of our favorites turned out to be Stonehouse Amber Ale, brewed and bottled by Crawford Brewing Co., Nevada City, California. This beer is made from organically grown barley and hops, the color is dark clear amber, the head is firm and white. The taste is clear and crisp with a well balanced grain/hops flavor and the aroma is pleasantly bread-like. Over all, a very well-balanced ale that goes well with most any food or by itself. Home-brewers notice: the bottles are non-twist-top so you can fill and cap them yourself in your next brewing session.

Cavedale Ale from Humes Brewing Co, Glen Ellen, California has quite a bitter taste and musty aroma. The ale is a bit cloudy and quite light in color with a nice head. I like bitter beer, so this was another of my favorites. Cavedale Ale is handcrafted with organically grown ingredients and it comes in re-used champagne bottles and can be capped over and over by home-brewers.

Cirque Triple Mash Nine Beer

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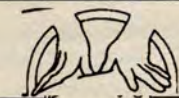
from Cirque Brewery, Prosser, Washington, is a balanced and mild summer beer. Triple Mash is much lighter in taste than the above ales, not sweet or bitter. The beer is clear and golden light in color with very little aroma. Personally I like beer with a bit more grain flavor, however, there are as many beer taste opinions as there are beer drinkers and I'm sure this beer could become the favorite for all of you who like light, mild but still not boring beers. Next time you go to Prosser, Wa, call 509-RUN-BEER for Tasting Room hours!

Last but not least: Idaho Pale Ale from Pend Oreille Brewing, Sandpoint, Idaho. This ale has a characteristic flowery hops flavor, not bitter...more on the fruity side. Pale color and a bit cloudy. The mild grain flavor balanced with fruity hops results in a pleasant summer brew with quite a bit more body than the Triple Mash.

All four breweries offer their beer in three varieties. We picked the middle of the road amber variety, however they all come in a lighter and a darker version, an appreciated effort to please every tastebud in the county.

Above and beyond my first encounter with four delightful local brews, I discovered that beer tasting with good friends is lots of fun (just as I had suspected).

To add to the excitement the family pet rat decided to give birth to six baby-rats during the tasting session.....maybe she wanted to honor the fertile marriage between barley and hops!



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Here's My Fantasy

by Bill London

Several years ago, when the Co-op unsuccessfully tried to move to the 3rd Street Market site, I wrote the following article for the newsletter. I wrote in response to the request by the Co-op's Board and staff for input: ideas and suggestions for ways to best utilize the new store space.

As this funny cycle moves around, the Co-op again needs your input. What should our new, bigger store sell? In the immortal words of our fearless leader, General Manager Kenna Eaton, "It's time to envision."

I'm envisioning the new Co-op location (the present site of the Third Street Market), but I'm not envisioning the interior. I'm seeing the big brick wall that faces south, toward the Post Office.

I see a beautiful and colorful mural painted on that wall, located by the natural gas meters and the present door. Below and framing the mural is a welcoming mini-park, with a grass lawn, benches, picnic tables, flowers and small trees. West of the mural (toward Washington St.), the space between the sidewalk and wall is paved, providing not only space for semi's to deliver to the loading dock, but also a drive-by deli window. The window, punched into the now solid wall, is open whenever no deliveries are in progress. Plenty of customers, in cars, on bikes, and even on foot, use the drive-by window.

So, that's my fantasy. Maybe it's illegal, immoral, or unconstitutional (many of my fantasies are).

So what's your fantasy for the new store? Continuing to offer delivery service for the house-bound? A juice bar? Two hundred varieties of red wine under \$5 per bottle? *Whatever your fantasy, please don't keep it to yourself. Go to the Co-op and tell somebody. Or write it down and we'll publish it here.*

Camas Winery



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Gardening

Your Garden Soil

by Patricia Diaz

I've just purchased "Gardening in the Mountain West" by Barbara Hyde. It's a great book for our area and I will periodically feature selected portions in our gardening column.

There are many things that your garden soil needs and, surprisingly, more that your soil doesn't need. This month, we'll take a look at ways to improve your soil and ways to save you money on useless additives.

There are several products sold at some garden centers and nurseries that really don't add value to your soil. One of these is vitamins. Plants manufacture vitamins but they don't use them. Vitamin B1, for example, is still seen at nurseries, but is not necessary for your soil.

Another useless additive is gypsum or calcium sulphate. Nearly all mountain west soils are derived from calcium-bearing rock and you will be adding even more calcium if you apply gypsum. Test your soil. Gypsum is only useful on a sodium soil and rarely advised in our area. Rock phosphate is another additive that is a waste of money. Soil scientists say rock phosphate can never become available to plants because the organic acids are not strong enough to break it down.

Yet another product of questionable value is bone meal. It does contain a little nitrogen and some phosphorous but is now made up of the most invaluable parts of animals, mainly cows. There is also talk about the dangers of using bone meal as it may contain products from cows with mad cow disease. The tiny value that may be derived seems to me not worth the risk.

Then there are soil conditioners. These products contain detergent which makes water wetter and, thus, able to penetrate more deeply. If this is a desirable feature for you, you can make your own much more cheaply by adding a teaspoon or two of detergent to a bucket of water and pouring it over the soil.

What about plant growth hormones? While they may sound like a scam, they aren't. They are either natural or synthetic powders highly useful in plant propagation.

They should not, however, be added to the backfill soil when planting, as they may seriously impede growth.

Another unnecessary product is starter fertilizer which is usually suggested at the time of purchase of your plants. They can burn newly formed, tender roots and are an unneeded expense.

Do you need to buy worms? Not if your soil is good. It is certainly OK to buy them, but they will come to a good soil. Sometimes, in lawns with heavy organic matter, you will see a lumpy surface, indicating the presence of an overabundance of night crawlers. Earth worms are wonderful aerators, opening up a heavy soil to air with their burrows, and mixing organic matter with subsoil as they travel along.

If you are from back east, you may be used to using wood ashes in your garden. Wood ashes are alkaline, however, and mountain west soils are already alkaline; wood ashes are, therefore, harmful. If you have slugs, though, wood ashes are great to sprinkle where they're feasting as the ashes irritate their skin and they'll leave.

Sand is another thing people say to add to our soil which seems to usually be heavy clay. However, the recipe for concrete is clay + sand + water, so adding sand to your soil will give you problems forever.

Topsoil, another additive in a way, is only as problematic as the dealer's idea of what good topsoil is. If you can, insist that the prospective topsoil be tested at a state university's soils laboratory. We are fortunate to have two wonderful land grant state universities nearby that can assist in this matter.

Fresh manure is another soil amender that is highly dangerous to your garden as it is high in salt, a plant-killing compound. Manure must be weathered, or have the salts leached away by at least a year's rain and snow. The exception, of course, is composting. Here, the millions of organisms will quickly render the salts harmless and once the pile is cool, the manure should be aged enough to be usable. When composting, remember to use equal amounts of green material and manure.

Another consideration is that of chemical fertilizers - are they necessary? Use of chemical fertilizers is rarely recommended for trees

and shrubs unless you fail to see a normal growth rate of about 6" per year. And if you are preparing your soil in the fall, the fertilizer is wasted by the natural leaching of winter moisture, while applying it in the spring can cause harmful burning.


Flowers, vegetables, berries, and turfgrass, however, will need supplemental fertilizer occasionally. Building up your soil with organic matter will decrease your need for added fertilizer or plant food. Having your soil tested every three years by Cooperative Extension is highly desirable. In this way you know what kinds of supplements your plants need.

Fertilizers come in three forms - dry granules, solid pellets, tablets or spikes, and liquids or soluble powders. There are slow and quick-release granular fertilizers. Quick-release are available soon after application and may last only a season or even less. Slow-release fertilizers, while often more expensive, require less frequent application. They provide a steady supply of nutrients without the danger of a nitrogen overdose that might burn tender roots. Note: granular fertilizers can irritate the lungs, skin and eyes upon contact. Spikes or tablets are the most dangerous to use as they are thrust into the soil close to the roots and if enough water isn't applied to dilute their effects, the plants will soon burn to death.

There are organic and inorganic fertilizers and a balance of both types will achieve the best results as the plant must turn the organic fertilizer into inorganic elements before it can use these nutrients. The only caution on organic fertilizers is that for sewage sludge which must NEVER be used raw.

Next month we will discuss a companion subject - mulching and composting.

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Insights

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Corn Chowder with Tomatoes and Basil

by R. Ohlgren-Evans

This splendid soup invokes the essence of summer, in my mind. It is best now, when the corn is fresh and the tomatoes and basil are right from the garden. But you can make it during other seasons with frozen corn. It makes a great summer meal all by itself, with a crusty loaf of your favorite Co-op bread, of course.

- 1 large onion, diced
- 1 Tbs. ground coriander seeds
- 6 Tbs. olive oil
- 1 c. dry white wine
- 3 c. fresh corn kernels
- 1 pt. cherry tomatoes, stemmed and quartered
- 6 cups vegetable or chicken stock
- 2 c. milk (for a really creamy soup, use cream for all or part of this soup)
- 2 c. firmly packed fresh sweet basil leaves, cut into chiffonade salt and pepper, to taste

In a large pot, sauté the onion and coriander in the olive oil over moderate heat for 5 minutes. Add the wine and cook until the liquid has evaporated, about 5 or 10 minutes. Add the corn, soup stock and milk, bring to a boil over high heat and cook for 20 minutes, stirring frequently. Add the tomatoes and basil and cook for 2 minutes. Season with salt and pepper, and serve immediately.

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

by R. Ohlgren-Evans

Menopausal Years: The Wise Woman Way
by Susan S. Weed
199 pp \$9.95
Ash Tree Publishing Woodstock, New York

Here's a wealth of knowledge for those of us (ahem) encountering this often misunderstood time of metamorphosis in a woman's life. Menopause. What a journey. I'm glad I live in an age of less-hushed tones. And that books like Ms. Weed's are available with honest insights about this unpredictable transition.

Susan Weed (well-known herbalist and author of *Wise Woman Herbal for the Childbearing Year*) has penned a book that is comprehensive and compelling. In *Menopausal Years: The Wise Woman Way*, she covers the emotional and physiological aspects of a crone's journey with topics like PMS, fear, grief and includes recipes for Strong Bone Stew, herbal tinctures and vinegars. She includes important information about calcium and estrogen and hormone-balancing herbs, and her advice for dealing with night sweats and hot flashes is positive and encouraging.

Poetic and informative, *Menopausal Years* is not just for the female 30-90 crowd. It is for anyone needing to understand this important time in a woman's life - to allow us to embrace, rather than deny, the powerful feelings that accompany menopause. Maybe you have a spouse or parent that could benefit from such a valuable resource.

Public or Private Parts?

by Natalie Shapiro

It's 90° out. Your shirt sticks to your back. So you remove it, whiz down a hill on your bike, the breeze cooling your sweaty skin. Ah! It's liberating and feels so good! It's especially so when you're a woman.

Over the years, I've become increasingly frustrated with hypocritical laws that accept bare-chested men but not bare-chested women. This sort of sexism is accepted and ingrained in our society. So ingrained that I felt real fear when I wanted to remove my shirt in public. I wasn't clear about what scared me so, but each time I thought about taking it off, my heart started racing. Little voices in my head said "Women just don't do it!" and "People will stare, think you're weird!" or "What is a cop comes by?"

Finally I had to do it. For one hot week in Boise, I struggled with my shirt. Just couldn't get it off. Finally I succeeded, hopped on my bike and cruised through the north end. Oh, yeah, I don't wear a bra. Hardly anyone noticed; maybe a few odd stares. I felt safe on my bike-I could just ride by those stares. Two people who did notice were two good female friends. They said it made their day. Positive reinforcement.

The next time was in the foothills in Boise. I rode into town. A woman caught up with me. "You are a woman!" she exclaimed. "That's so cool! I wish I could do that! Is it scary?" We had a great talk, and I felt inspired to work towards the day when more women could go topless.

A year later, in Moscow, I'm being escorted to a police car in handcuffs, one of three women arrested for indecent exposure. On a hot day in July, we decided to take our

shirts off while walking along Washington Street with five topless male friends. Seconds later, a police car pulled up. The good men in blue failed to convince us that we should put our shirts on when the guys could leave theirs off.

Cops: "It's not normal behavior for ladies to go topless in society."

Us: "100 years ago, it wasn't normal behavior for women to vote."

Cops: "Children might see!"

Us: "So What?"

After conferring with the prosecutor, the cops pulled out the Moscow city code and read us the law we were being cited for, Section 1-16A: "no person shall willfully expose his or her person or the private parts thereof in any place where there are other persons likely to be offended or annoyed thereby."

Are the men going to be cited too, we asked. "No." "Why?" "Men's breasts are public and women's breasts are private," was the response. As the code said nothing about that, we felt we were clearly doing nothing that violated any laws. The nice policemen felt differently, of course.

So they hauled us off to jail where we were booked and arraigned. As soon as we got out (2 hours later), we did media, and were pleasantly surprised at the splash this little event caused. Even David Letterman talked about it! Stay tuned!

Natalie Shapiro, Lori Graves and Stacy Temple have a pre-trial hearing in September. They would appreciate any financial help to pay legal fees. Contact: the Topless Legal Defense Fund, POB 8968, Moscow, ID 83843. Call: 882-9755 or 882-8033.

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How Can I Help?

by Bill London

About now, what I hope is happening is that you are smiling, imagining how nice the new store will be. No parking hassles, wider aisles, more selection, better deli, more opportunities to support local growers, a better store that still maintains the Co-op "feel" that is so important to all of us.

I also hope that, as you read the reports in this newsletter from staff and board, you'll think that the move to the new store, while a difficult and expensive project, seems doable.

And now, I'm hoping that the question that forms in your mind is: "How can I help?"

And the answer is: "With gifts, loans, and memberships."

The move to the new store will cost approximately \$350,000. That includes new inventory to stock the increased number of shelves, the new shelves and all the new furnishings and equipment necessary, the renovations to the existing building, moving the existing furnishings and inventory, and the several days of business that will be lost for the move. Most of that \$350,000 will come from loans from banks and other institutional lenders, but the Co-op is counting on you and other members and supporters to provide \$126,000 in donated labor, materials and money.

The Co-op Board of Directors has created a very workable plan for the move. That plan included the following member support for the move: \$75,000 in interest-bearing loans, \$5,000 in donations, \$35,000 in gifts of labor and materials, and \$11,000 in memberships. Part of that plan was the selection of a person to coordinate the fundraising program—and that's me.

I agreed to coordinate that program because I really want this move to work. I have coveted that Third Street Market site for years. I think it's perfect.

Second, I have some experience in fundraising. I have been a volunteer fundraiser for several local non-profits, and in my position at WSU, have been directly involved in the publicity, planning, and completion of the recent successful fundraising campaign there.

I think that together we can provide the support that the Co-op needs to make this move. Working

with the Development Committee (see the accompanying story on our first meeting), I expect to successfully complete this fundraising program.

So, please help us make this move. This newsletter should include a yellow sheet that specifically lists the options for member support. Other yellow sheets are available at the Co-op. Please read the yellow page, and fill it out. Return it to the Co-op, by mail or in person (the green ballot box with the "Let's Move" logo on it, near the Co-op door, is the place to put the completed forms).

The sooner the better. The earlier we receive your yellow sheets the better able we are to plan—and pay for—this move.

On the yellow sheet, if you indicate a willingness to help with gifts of money, materials, labor or loans, we will then contact you about fulfilling that pledge.

In addition to the pledges, you can give directly to the move by taking some of that extra cash out of your pocket or purse and putting it in the "Let's Move" donation jars at the Co-op. Or take the money you save in your worker discount and put that in the donation jar. Or buy one of the "Let's Move" t-shirts (see the accompanying article for more information on that).

Or you can become a Lifetime Member. Lifetime memberships cost \$150. But the money that you have already paid to be a member counts toward that Lifetime total. So if you joined the Co-op three years ago, and paid \$10 annually since then, your total contribution so far would be \$30. In that example, to become a Lifetime Member, you would pay \$120 to any cashier.

Or you can become a Lifetime Member, and offer any combination of gifts, loans, and donations that works for you.

Thanks for reading all the way to the end of this long article. And thanks for considering how, together, we can move the Co-op.



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Moscow ID 83843



Kenna Eaton, seated on the right, talks about the move during the meeting

More Than Just a Dream

by R. Ohlgren-Evans

On August 10, I attended the Special Membership Meeting that gave unanimous support for the Co-op's proposed move to the Third Street Market location. It seemed like a no-brainer to me (to affirm the proposal), but then I'm not familiar with the business workings of the Co-op. In my eyes, who could argue with **three times the retail floor space???**

And I can't imagine a more perfect setting. The uniqueness that clearly exudes from our creative membership will bring life and beauty to that marketplace and make an even more positive impact our community. Fortunately, a lot of community and Co-op members must think the same way, for I've not heard a single word of opposition from anyone I have encountered.

Now, if you listened to the staff talk about the proposal at that August 10 meeting, you'd think the whole deal hinged on the loading dock at the new site. I admit - I hadn't previously given much thought to the logistics of hauling heavy boxes and bags of stock up and down those stairs at our present

store. It's an immense task, requiring inefficient and exhaustive use of labor and staff. The loading dock will be a great asset, and our staff is well-deserving.

But for the rest of us (the shopping membership), a bigger and better Food Co-op in Moscow will give us a more complete shopping option. Wider aisles, more registers, expanded product lines, a permanent juice/espresso bar are amenities we fully endorse. The need is here, the community is ready, and it appears the time is right.

So now it's up to us, the members, to do our part. For some that will mean volunteering time and materials. *No offering is too small.* Some of us will be able to pay a lifetime membership, which will give ready cash to help get this project off the ground. And the others, loans and donations will be possible.

This project is not just a dream anymore. It is a sound and valid proposal. Let's move toward with the spirit of philanthropy and optimism that seems to be prevailing in our community these days and help make it happen.

Meadow Springs

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Crystals ♦ Fossils ♦ Jewelry
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Moscow Food Co-op

Bulletin Board

Co-op Business Partners

Brown's Cooperstone Sports and Memorabilia - 10% discount, 202 S. Main, Moscow, 883-4400

Columbia Paint - 30% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd., 882-6544

KINKO'S - 10% discount and free Co-op card lamination, East Side Marketplace, 882-3066

1-Hour Western Photo - 10% discount on processing, 320 W. 3rd St., Moscow, 883-8338

John A. Hauser, Global Portfolio Management - complimentary half-hour 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, 332-8902

Hodgins Drug and Hobby - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow, 882-5536

Herbal Medicine & Holistic Healing - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow, 883-5370

Jo to Go - 10 for the price of 7 with prepay card or 10% off, 730 Pullman Rd., Moscow, 882-5448

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,

Kaleidoscope "Custom Picture Framing" - 20% discount off complete order with custom frame order 208 S. Main #11, Moscow, 882-1343

Basically Bagels, Eastside Marketplace - Buy one bagel w/ cream cheese and receive the 2nd free, 883-4400

Strategic Pathways - 10% off vocational exploration and piano lessons, 106 E. 3rd St. #4, Moscow, 883-3062

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, 883-3694

Peacock Hill Bed & Breakfast - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd. 882-1423

Diana Georgina, Clairvoyant Consultant - 10% off Clairvoyant Consultation & Tarot. 332-6089

Anatek Labs, Inc. - discounts on water testing packages, 1917 S. Main Street, Moscow, 883-2839

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Please help by asking about details and showing your membership card before making purchases.

Northwest environmentalist gathering

at the **Wild Rockies Rendezvous** sponsored by the **Alliance for the Wild Rockies**

September 18 to 20
at Teller Wildlife Refuge in Corvallis, Montana
406-721-5420

The Co-op is moving to a better store.

The Co-op needs all of us to offer our support to make this move possible.

Please call Bill London, support coordinator, to find out how you can help: 882-0127.

It's free and it's fun 18th annual Santa Barter Fair

at a wooded remote site near **Santa, Idaho**
September 12 & 13

bring water, items to trade, food to share at the Saturday night potluck dinner
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You can E-MAIL your announcements for the BULLETIN BOARD (no later than the 25th) TO: bethc@uidaho.edu

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Free concerts at the Moscow Farmer's Market

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Friendship Square

Sept. 5 Moscow Chamber Orchestra
Sept. 12 Pullman Concert Band
Sept. 19 Coyote Band
Sept. 26 Paradise Ramblers

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Ferry County Barter Fair
Sept 18-20
Orient WA
509-684-6656

North Idaho Barter Fair
Sept 18-20
Sandpoint ID
208-263-1116

North Country Fair
Sept 25-27
Colville WA
509-684-8092

Columbia Valley Barter Fair
Oct 9-12
Northport WA
509-732-6130

Additional events are posted on the Co-op Web site:
<http://users.moscow.com/foodcoop/event.html>