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# Moscow Food Co-operative

January  
1999  
Happy New Year!



Community News

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

**FREE!**  
Please Take  
One

## THANKS TO YOU ...



## WE'VE MOVED!

The coolers are cooling, the bakery is baking, and the produce is producing.

Yes, the Co-op has moved.

And how did the Co-op move? How did a neglected and funky building that was in need of a complete electrical and plumbing transplant become the bright and shiny grocery store we can enjoy today? How did all that stuff at the old location (all the inventory, equipment, filing cabinets, ovens, and computers) get itself to the new store? How did the Co-op pay for the necessary renovations, the increased inventory, the new equipment to fill this bigger space?

The answer to all those questions is the generous support of the Co-op membership.

Co-op supporters worked tirelessly to fix up the old site. They brought their trucks and vans and muscles to move the inventory from the old store to the new one. And they opened their check-books and wallets to raise \$85,000 in gifts and loans to finance the move.

Thanks to everyone who helped make the move possible.

### Win a new bike!

Check out the beautiful new bike on display by the front door of the Co-op. This Electra Off-Road Bomber bicycle could be yours.

If you want a chance to win this bike, just buy tickets for the raffle from any cashier. One ticket for one dollar—or six tickets for \$5. Ticket sales will end on January 31, and the winner will be chosen then.

The money raised by this raffle will be used to purchase plants and landscaping for the mini-park against the brick wall on the south side of the Co-op (facing the post office).

The bike was donated by Gerry Queener of Little Bear BikeWorks of Troy.



# Co-op - News

## New Store, New Location. Still the BEST Alternative!

by Kenna S. Eaton

By now you have visited the new location of the Co-op, and you've marveled at the space and the wide aisles, the groovy colors and the brighter lights, the large coolers and the wider selection of great foods. You've also sampled the new products and tasted our great food. You're impressed. And so am I. It took a lot of work and a lot of people to make this project become a reality, and we did it together!

We had a lot of input from members about what they'd like to see at their "new" Co-op. Because of that information we have expanded both our deli and bakery services, we've doubled our produce selection, tripled our refrigerated and frozen selections, added meat and poultry and pet foods. Our personal care section will be unique to our community with three times the supplements and alternative health care products.

A co-operative really does differ from other businesses and it shows. The impressive amount of support from our community in both dollars and time reflects how important a healthy, strong Co-op is to you. My heartfelt "Thanks" to you for being willing to put your trust in our business. With your support we will continue to grow and expand our services over the next few years, offering the "Best" alternative on the Palouse for good food and good company.

## News from the Board of Directors

by Suzanne Peyer and John Hermanson

The Board of Directors met Wednesday, December 2nd at 7 pm. Once again, one of the main topics of discussion at our meeting was the progress of the new store at the Third Street Market. Excitement is building as both the interior and exterior of the store take shape. After the shelving is installed and some of the new products start arriving in mid-December the store will really start to feel like the Co-op's new home.

For old business, we discussed the upcoming election for new Board of Directors. Two positions will need to be filled this spring. Christine Moffitt will be completing her term and Mike Cressler will be relocating overseas. Both Christine and Mike have made major contributions to the Co-op's operations. Ernie Biller and Christine Moffitt are heading the nominating process. Please let us know if any of you are interested in serving as a Board member or know of anyone who would be. Election forms will be mailed to all current Co-op members by 1 February. Other old business included the By-Laws which, yes, were finally accepted!!! Mike Cressler devoted much time and energy to working with us on them. We have really appreciated his dedication.

## Kurt Rathmann Clarified

By Bill London

Kurt Rathmann, the great Co-op volunteer profiled in last month's newsletter, wants to make sure everyone understands that the credit for the design work that resulted in such a great new store really belongs to Sandy Stannard.

Kurt explains that he helped Sandy produce the "as-built" drawings (architectural drawings that document existing conditions in a remodeling project) of the Co-op's new location. He also assisted in the design of the loading dock.

"It was Sandy who designed the new store," he said. "I didn't take part in the decision-making of the design."

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Bill London

**Issue Editor**  
Bill London

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How about you?

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(208) 882-8537

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(208) 883-1024

Open Every Day  
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**General Manager**  
Kenna Eaton

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Christine Moffitt	882-8985
Nick Ogle	882-4132
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.

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# The Buy-Line

by Vicki Reich

It is so great to have my old job back. I've missed seeing all of you in the store. I've missed helping people find that one product they'd been searching for. And, yes, I've even missed the complaints on the suggestion board.

Even though it's my old job, everything about it is new. I know have an assistant buyer, Carrie, who has done a wonderful job stepping into my shoes as the buyer in the old store. She will be overseeing the personal care section of the store, which includes supplements, beauty aids, paper and cleaning products, pet food, and gifts. Carrie's office will be on the floor in the Personal Care section to help you with any questions you have about our greatly expanded selection.

My office is the first one you pass on the left as you walk into the store from the parking lot (the one behind the glass panel). I wanted to be up front and easily accessible to help with your questions and special orders. Please don't hesitate to ask either one of us about any of the products you see in the store.

Speaking of products, we have literally tons of new ones. The selection in almost every section of the store has tripled. This means lots of choices. Lots of those items that have been requested over the years are now here. We have two completely new departments: meat and pet food. We have soda available by the six pack, seven different kinds of bottled water, and almost all the soy milk on the market.

Carrie and I tried to order the widest ranging, most desirable selection of products we could, but I'm sure we missed something. If there is a product you really hoped to see in the new store and it's not here, don't panic. Write your request on the suggestion board (located somewhere near my office, but as of this writing still undecided). As always, our selection of products is a dynamic thing, constantly changing to keep up with your needs. We always like to hear about any new products you love.

I hope you enjoy the expanded selection as much as we enjoyed picking it out. See you in the aisles.

# The Moveable Feast and Fundraising

## Wrap-up

By Bill London

The Co-op's grand and glorious gourmet banquet, held on November 19, lifted the Co-op donations to well past the target amount. All the tickets were snapped up by November 15, and everyone seemed to have a satisfying and stomach-stretching time.

The total amount received from the ticket sales was \$1,980. In addition, \$1,137 was raised through the silent auction. So, the total amount raised by the feast was \$3,117. The total cost of the food was \$781.64, so the total proceeds (the amount given to the Co-op move fund) were \$2,335.36.

In the move fundraising plan, the goals were \$75,000 in loans and \$5,000 in gifts. The total amount raised in loans was \$77,500. The loan total exceeded the target because the last loan accepted was for \$5,000. The Co-op board voted to accept no more loans beyond that amount, leaving several families willing, but not able, to loan any money.

The total amount raised in donations (though more donations are still coming in, and welcomed) is \$7,749.30. This total includes the money raised at the feast, put in the donation jar, and given in named donations. That amount exceeds the target of \$5,000.

I am overwhelmed by the generosity of this community. Raising more than \$85,000 in less than three months in a community this size is a real testament to both the importance of the Co-op as a community institution and the depth of our commitment to support those institutions that make this such a unique and caring place to live.

## Sheri L. Russell

◆ Attorney At Law  
◆ Certified Professional Mediator

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Moscow, ID 83843  
(208) 882-9587

# Wanted: Advertising Manager

by Bill London

What we're offering here is an entry into the world of advertising. What a bold career move! What a great resume builder! Maybe you've got what it takes to be the advertising manager for the Co-op's newsletter.

The ad manager position will provide you with an 18% discount on all Co-op purchases, plus a chance to interact with local businesses and individuals.

If you are interested, contact Kristi at the Co-op or Bill London at 882-0127 or <bill-london@hotmail.com>.

The duties of the position are:

1. Retain present ad customers and locate new ones with goal of newsletter self-sufficiency (paying production costs with ads).
2. Help ad customers provide quality camera-ready copies of ads for publication. Customer is responsible for providing camera-ready ad (black ink on white paper copy only, laser-print quality, actual size of final ad), but ad manager can help by suggesting use of designers, Kinkos computers, etc. and by providing requirements.
3. Provide quality paper choppy of all ads to appropriate newsletter designer by 24th of the month for the next month's newsletter, accompanied by a complete list of all ads for that issue.
4. Maintain accurate records of ad payments, and collect for all ads in a timely manner.
5. Write short articles for the newsletter explaining how to contact ad manager and encouraging more ads.

# What a Wonderful Store

by Nick Ogle, Board Chair

As I write this there are only 19 more days until our new store is scheduled to open its doors for business. Time has really flown by since the idea to move to this new location was conceived for the second time. And for those who believe that all things happen for a reason, the wait for this store will have been worth it. We really do have a first class place to do what we do best, namely sell good organic food and foster social and economic change.

The effort put out by the staff and management throughout the entire project has been above and beyond the call of duty. In fact, the time and effort that has been displayed by the entire community has been overwhelming. I am reluctant to start thanking people by name because there have been so many supporters of this project I would be sure to unintentionally leave someone out. So, to all of you who helped with design, demolition, walls, electrical, painting,, drywall, plumbing, concrete work, flooring, ceiling, windows, landscaping, equipment setup, cleaning, financing through loans or donations and any other job that wasn't mentioned, thank you thank you, thank you! Without your support none of this would be possible.

What we now have is much more than a clean, functional store. The store has a beauty of its own. However, the real beauty comes from the people who will join together within the walls for the common purpose of enjoying good food and a healthy community. Thanks again for making it happen.

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**-HOBBIES-**

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# The New Co-op: From Design to Reality

by Sandy Stannard and Vicki Reich

We took our first look at the new space (the old Third Street Market) around the end of June. It was a sight to behold. The realization of a dream the two of us had, along with a whole bunch other folks, lay before us and it wasn't pretty. Several years before, the two of us had served on the Board of Directors together when the move to the Jeff's Foods store was a possibility. Now we were standing in a space that was a better size, a better location, and felt better to us—a dream come true. But to make that dream into a reality would take months of hard work and determination. This is the story of how the new Co-op came to be.

Money, of course, was the first consideration. Could we really afford to do this and do it right? The answer from the management and board was a unanimous yes. We were on our way. Once lease negotiations were finalized and we had a signed lease in hand, the design phase began in earnest. Sandy generously volunteered to be the architect. She began by taking measurements of every square inch of the new space. Where would the bakery and deli go? How many offices and how much back stock space? After several go rounds with the managers, the basic plan was finalized. There is, of course, more to consider in a design than just whether it all fits. Sandy developed a design that called for additional daylight, a connection to Fourth St., an attractive Deli and Bakery, and bold contemporary colors.

The issue of light and of enhancing the south side of the building (the 4th St. side facing the post office) was very important in the design. Sandy wanted to bring the public space of Friendship Square all the way down Fourth Street to the Co-op, to create an urban garden, a place where people could sit and gather to enjoy food and downtown street life. We asked Kate Grinde to develop a landscape plan. Her plan included trees and flowers and seating areas.

How to bring that street life inside and also allow people outside to look in at the activity in the store

was the next question Sandy found an answer for. Windows! Four of them to be exact. What a transformation these four windows made. Being able to see in and see out connected the building to Fourth Street and made it much more appealing from the street. Now they seem like they've always been there. It's hard to imagine what the store would have felt like without them.



Locating the deli and the bakery at the front of the store was another of Sandy's ideas. She felt that these two popular and unique departments could be an attractive

and lively space within the store. The deli is open and welcoming. You can watch while our great staff cooked up all your favorites and a whole bunch of new ones, while the wonderful bakery smells greet you as you come in. Sandy added a small seating area, a much requested addition. Now you can sit and enjoy a latte or a cup of soup after shopping or meet a friend for lunch and dine with a view.

Sandy designed the store to act as a stage set for the activity of shopping. The walls and finishes serve as a backdrop for the products. The strong colors on some of the walls and color accents in the floor highlight departmental shifts. The black and white throughout the rest of the store acts as a frame to support the colorful display of items.

At its core, Sandy designed the new Co-op to be a place for people to gather and shop as well as to be a place to display products to their best advantage. Sandy had help in making the design happen. Kurt Rathmann was an essential assistant and Jonathan Reich, AIA, was a vital consultant throughout the process. Store designers from Puget Consumer Co-op (PCC) in Seattle looked over the plans and gave them high praise. In all, the design produced a showcase dedicated to quality natural food and its culture.

Once the design was done, it was time to make the plans into reality. The Board hired Vicki Reich to be the project manager. Vic' had both experience with construction and project management and an in-

depth understanding of the Co-op and how it runs. As Sandy finished up the permit set and submitted them to the city building department, Vicki began seeking out contractors. Her first stop was the membership.

She held a meeting of all the Co-op members in the construction trades and asked for their help. The response was overwhelming. Jack Carpenter and Dave Peckham volunteered to frame the walls, Antone Holmquist, a.k.a. Rufus T. Firefly, offered to do the painting, combining volunteer hours and reduced rates. Tim Daulton volunteered to put in the windows and hang the drywall. Randy Atwood gave us a great discount on taping and mudding the drywall. Dave Nebelsek volunteered to demolish the existing plumbing. John Sweeney volunteered to replace the two back doors. And Al Pingree offered up his skills as an electrician. Next Vicki hired Allen Electric to do the electrical work and Hilliard's Heating and Plumbing to do the plumbing and the refrigeration work. Both contractors did excellent work throughout the project.

The first step to making the store ours was to tear out almost everything in the place. Old electrical panels were removed, existing bathrooms were demolished, and all the interior walls were removed, we even tore out some of the concrete floor to make way for new plumbing and drains. Then we started to build instead of tear down. Jack, Dave and Kurt framed up the new walls. Tim came in next, and with the help of Vicki and Roberta Radavich, hung the drywall. While the interior work was happening, Vicki got a group of volunteers to build planting beds and plant trees donated by Stookey's Feed and Garden. The improvement to the Fourth Street side was just beginning.

Once the walls were up, we located the windows, installed headers and sledge hammered holes in the wall. It was grueling work but Tim and Vicki, with help from Kurt Rathmann, Ron Hatley and Gary Myers got them all in. Thanks to Tim, those wonderful windows

were installed for just the cost of materials.

At the other end of the building, Vicki hired P&J Contractors to pour a new concrete loading dock. Kurt framed up an additional deck and stairs using Trex lumber made from plastic shopping bags. With a great new dock and new doors from John Sweeney, Vicki couldn't wait for the first order of food she wouldn't have to haul through the store.

By the end of November, after a grueling week of repairing the ceiling, we were ready to paint. The weekend before Thanksgiving, Rufus, Randy, Vicki and volunteer Chris Pannkuk painted the store white. What a magical transformation. After all those months of work, the place started to look like it could be the Co-op. Volunteer Dana Dawes painted the highlight colors on the walls, then Carpet Mill laid the floor. You could really see the place taking shape.

Vicki used the last half of December to bring in all those things that make a store function: new shelving, refrigeration, and lots of new and exciting products. By Christmas, all we needed were the new cabinets and check stands being custom made by Palouse Cabinet and Millwork. The dream had become a reality.

As we stood in the new store together just before Christmas we couldn't help but smile. Here before



us was the store we barely thought possible just six months before. We patted ourselves on the back and began to forget about the late nights, the lost weekends, and aching backs. We had turned an old forgotten store into a place where we couldn't wait to shop.

We realized what an incredible amount of volunteer and community support was needed to make this dream happen and what an anomaly it is to

have that support in an increasingly privatized society. We understood that for those involved in transforming this ideal into reality, it has been a true labor of love. For all of you who supported us in this move, whether it be physically, spiritually or financially, this new store is dedicated to you.



# A Big Thank You

by Vicki Reich

I met Al Pingree for the first time September 11 at a meeting of members in the construction trade. He had signed up on one of those yellow sheets at the Farmer's Market.

Little did I know that night that Al would become my guardian angel. He has worked with me almost every day since that meeting. He was willing to do anything from hauling gravel out of trenches, to disconnecting 200 amp panels, to creating an impromptu lighting lab. On the few days when I couldn't find work for him, he left sadly promising to come back the next day.

After about a month of working together, I learned he wasn't even a member of the Co-op, although he had shopped here since our inception. We resolved that oversight at a special presentation on December 29, by giving him our Volunteer Hero award: his own Lifetime Membership card.

Al is a retired electrician and maintenance supervisor from WSU. In his free time, he adopts people and causes he feels are worthwhile. He felt that the Co-op's move was important to the community, so he signed up.

The Co-op and myself especially are very lucky he did. Al became my friend, my confidant and my greatest supporter. I don't think I could have made it through all this without him. Thank you so much, Al. Peace.

# Virtual Co-op

By Bill London

Calling all computer gurus, on-line visionaries, and high-tech whizzes!

The Co-op is considering going virtual. We've talked of offering coupons through the website, providing for ordering of bulk or special products on-line, and even conceived of filling on-line orders of in-store products.

It's a bold and brave new world of Internet marketing out there, and maybe the customers and members of the Co-op would like us to take some tentative steps in that direction.

If you are interested in discussing these options in an actual face-to-face meeting with others who might help make this happen, please send an e-mail on this topic to Bill London at [HYPERLINK "mailto:bill\\_london@hotmail.com"](mailto:bill_london@hotmail.com) bill\_london@hotmail.com.

We will plan a meeting for some time in mid-to-late February (after the new store has settled into some kind of routine and Kenna has lowered her stress level by at least two notches). If you send in an e-mail to show your interest, you'll later receive a post about the meeting time/place.

# Interested in Cooking Classes?

by Ohlgren-Evans

There has been much interest in a new series of cooking classes at the Co-op. Once we have settled into our new digs, the Education Committee will be designing classes for the New Year. What are your cooking concerns and desires - - - Tofu? Grains? Ethnic foods? Vegan dishes? Raw dishes? Baked goods? Please let us know by leaving your ideas on the suggestion board.

These classes can be designed to meet any number of needs. They are available for a very nominal fee (and even cheaper to our members!)

Anybody who is interested in helping with the cooking classes is encouraged to join us in the Education Committee. We meet at 2:00 p.m. on the first Monday of each month (but we would certainly consider a schedule change to accommodate new members of the Ed Committee!). Your participation will mean shopping discounts at the Co-op and valuable input to our new and improved food Co-op.

If you have any questions, please talk to any staff member and they will direct you to us.

# Business Partner Profile Anatek Labs

By Tim Lohrman



Nuisances.

They're unwelcome by definition.

You just want 'em to get lost, get out of your face, make themselves scarce as it were.

And that goes at least double or triple if the nuisance is flowing through your pipes at home. Into your bathtub. Onto your toothbrush. Or worst of all, in that glass of drinking water. But Mike Pearson of Anatek Labs says that's what's happening for many Palouse residents.

"In some ways we're really lucky here, our groundwater is very drinkable from a health standpoint," says Mike. But here comes the dreaded N word. "The only real problems we have are bad taste, odor, you know, nuisances that make the water sort of a mess to the consumer."

And here's where Mike's business, Anatek Labs, a state licensed water-testing outfit comes in. Whether you're a rural type with your own well or a municipal water system customer, they can help diagnose and recommend solutions to any "nuisance" water problems you may have thought you'd just have to live with.

"We've set up some parameters, sort of a testing package that we find is useful for property owners or those on public systems," says Mike. "We do a lot of work for municipal water providers both in Idaho and in Washington State, but we've joined the Co-op as a business partner to expand our contributions to the local community."

Community networking is what the business partner program is all about and the good news is that Co-op members get a substantial discount on this service.

Anatek doesn't sell filtration systems, so there's no "one product fits all sales call" here. They simply let you know exactly what the

problems are. Then, if you really need a filter system, they'll let you know the optimum for your particular problem.

I was impressed to learn just how extensive Anatek's business really is. Not only are they busy in the Moscow location—all the major and minor municipal water systems are among their clients—but they have a Spokane location as well.

Mike is an electrical engineer overseeing seven full time employees here. And his wife runs the Spokane office with another 4 full time staff members there.

So how did an electrical engineer get into water testing? Mike can explain. "I got involved in instrumentation repair for another water business right out of college," he says. "It was interesting enough that I decided to go into it myself." And seven years later, he's not only still at it, he's sure he made the right decision.

As mentioned, Anatek Labs tests for almost all the municipal water systems in the area. If your water flows from the cities of Moscow or Pullman, Potlatch, Princeton, Harvard, or WSU's system you're already benefiting from their expertise. The water in all these areas is Anatek-tested.

But when it comes to water and its direct health effects, okay might not be good enough. If like most Co-op shoppers, you're striving for optimum health and want to be confident you're doing everything you can to achieve it, Anatek Labs, Inc. can be your ally.

They'll tell you how to nullify those nuisances.

ANATEK LABS, INC. is presently at 1917 S. Main, Moscow (They'll relocate to Alturas Technology Park, next to Moscow's Tidyman's By Feb. 1 '99) (208)883-2839 FAX (208)882-9246



# THANK YOU, THANK YOU, THANK YOU,

by Bill London

Without the support of Co-op members and friends, the renovation and relocation to the new store would not have been possible. The supporters listed below provided volunteer labor or financial underwriting for the relocation project. The Moscow Food Co-op thanks them all.

We tried to remember everyone, but forgetting someone is inevitable. If your name is not included (or spelled incorrectly), please accept our apologies.

This list includes named donors and lenders, massage therapists who provided gift certificates, anyone who purchased a "Let's Move" T-shirt, artisans and businesses who provided items for our silent auction, renovation and inventory-moving volunteer workers, and those who purchased lifetime memberships. Those who donated anonymously or who purchased tickets to the Moveable Feast (we never kept a list of those ticket-buyers) were not included.

Sheryl Monk	Chris Sokol & Loudon Stanford	Margo & Rick Wekenman
Eva & Bill Strand	Carol Andrews Brand	Susan Simonds
Vicki Reich & Kurt Rathman	Gail Bukvich	Kate Grinde
David & Nancy Nelson	Sarah Swett & Dan Edwards	Margaret Russell
Laurel Reuben	Nick Ogle & Mary Jane Butters	Glenn Owen
Mark Lesko & Nancy Taylor	Donna & Brent Bradberry	Debbie Racchin
Molly & Chris Pannkuk	Liz Haviland	Ed Clark & Kim Bouchard
Heidi & Gaylen Hansen	Bruce & Priscilla Polson	Mrs. John Talbott
John & Jean Cooper	Jack Carpenter & Priscilla Salant	Suzanne Peyer & John Hermanson
Robert Hoffman	Chris Moffitt & Ted Bjornn	Carmel Travis
Bill London & Gina Gormley	Russell Tucker	Kelly Kingsland
Dean Pittenger	Mary Dupree	Kristine Uravich
Melissa Rockwood	Lon Fletcher	Mary Butler
Nancy Collins Warner	Suzanne Lambeth	Teresa Baker
Kenna Eaton	Ron Force	Chris Vaughn
Ellen Thiem	Dave & Lynn Weaver	Meredith Kusmer
Sandra Stannard	Ann & John Norton	Mary Dietzel
Robin Ohlgren-Evans	Jill Seaman	Frank Pelfrey
Judith Ree-Sensle	Lois Blackburn	C. M. Koester
Betsy Goodman	Charlie & Connie Powell	Laurie Cortright
George Capowich & Daina Farthing	Suzanne Lashbrook	Kristie Harden
Will Simpson & Mary Zuber	Robert & Linda Spady	Glenda Hawley
Mary & Matthew Rain	Janet Crane	Kevin McCarthy
Jim & Kathy LaFortune	Dan & Pat Rathmann	Rita Styer
Jeanne Leffingwell & James Reid	Rosemary Streatfield & Gundars Rudzitis	Britta von Tagen
Karen Lewis	Moscow Rentals	Debby Carlson
Joshua Burnim	Loretta Willard	David Graham
Mimi Pengilly	Bruce Haglund & Tisha Egashira	Camas Winery
Lisa Cochran	Janet Lecompte	Jim Gale
Alvin Warnberg	Dan & Martha Schmidt	MarketTime Drugs
Kristi & Mark Wildung	Mary Lutz	Greg Meyer
James Donley	William Wykoff	Mountain People Distributors
Roger & Alane Blanchard	Richard & Sally Fredericks	Tortoise and the Hare Herbals
Diamond Western	Mare Rosenthal & Greg Brown	Rose Terry
		Royal Motor Inn



# THANK YOU, THANK YOU, THANK YOU.

Windshield Doctor	Kris Freitag	Junko Arai
Melody Eckroth	Mary Aegerter	Marie Miller
Kinko's	Margaret Russell	Becky Miller
Kaleidoscope	Spady family	Bill Moore
Pasta Etc.	Aviva Suchow	Jane Freed
Gudrun Aurund	Elizabeth Leslie	Harry Moore
Tie Dye Everything	Stookey Feed & Garden	Wes Bascam
Becky Chastain	Rufus T. Firefly	Dave Coahran
Stephen Lyons	Randy Atwood	Jimmi Mead
Tim Daulton	Dusty Rhodes	LeAnne Earickson
Linda Cronquist	Al Pingree	Bill Loftus
Brown's Cooperstown	John Sweeney	Lou and Jim McAdoo
Paradise Creek Bicycles	Gary Myers	Erik and Loreca Stauber
Cindy Carlson & Carrie Corson	Ron Hatley	Elisabet McHugh
Carol Bradford	Mark Wildung	Diana Livada
Kathleen Potter	Paul Weingartner	Suzanne Polk
John Judge	Fritz Knorr and Jeanne McHale	Jay Pengilly
Michael Jennings	Dave Nebelsieck	Mark Hitchcox
Marilyn Von Seggern	Tim Daulton	Jack Millstein
Janice Willard	Dave Peckham	Peggy Kingery
Crystal Dollhausen	John Dancy	Maree McHugh
Elaine Queener	Barb Ripperda	Sue Bull-Pelfrey
Diane Johnson	Roberta Radavich	Betty Walker-Rice and Tom Rice
Terri and Jenny Schmidt	John Larkin	Peter Basoa
Therese Harris	Tom Lamar	Elena Watson
Lesley Griffel	Tim Eaton	Laura Service
Monica J. Molsee	Dean Pittenger	Dean Schlichting
Cathy and Jack Porter	Bob Long	John Francis
Neil and Evelyn Palmer	Jonathon Reich	Pat Hine
Betsy Hennessy	Evan Holmes	Jim Reece
Samuel Butterfield	Dana Dawes	Pete Robichaud
Janet Craine	Ronnie Graham	Greg Larson
Helen Belt	Scott Bagley	Mary Aegerter
Sid Eder	Karen Lewis	Scott Bagley
Merrill Conitz	Roger Wong	Al Poplawski
Walter Hesford	Chris Nordeen	Yvonne Cody
Pete Robichaud	Mike Jennings	
Royael family.	John Pool	
Miriam Abraham	Jean and Shawn Sweetapple	



## Volunteer Profile: Gordon Gatewood

by Tim Lohrmann

Gordon Gatewood is a busy guy. A full-time job, volunteering at the Co-op, and activism in a variety of causes and interests keeps his wheels turning.

But this Detroit area native and recent Colgate University grad will have to make time for more before long. He'll add "daddy" to that list of activities and responsibilities. Gordon and wife Kate Burnim are expecting the new arrival soon and of course they're both way excited.

"It's going to be a home birth, we're working with a midwife to have an underwater delivery," says Gordon. Gordon and Kate are discussing possible names for the new family member and haven't narrowed them down completely yet. But they agree on the home birth thing.

"We believe at-home childbirth is a great, empowering choice for women," Gordon said. "This is a movement that's really coming back and we encourage anyone expecting a child to consider it as well."

Of course, volunteering at the Co-op and earning a discount on healthy organic and whole foods is major part of ensuring a healthy pregnancy and newborn as well. Gordon and Kate get all their prenatal vitamins and organic fruits and vegetables from the Co-op.

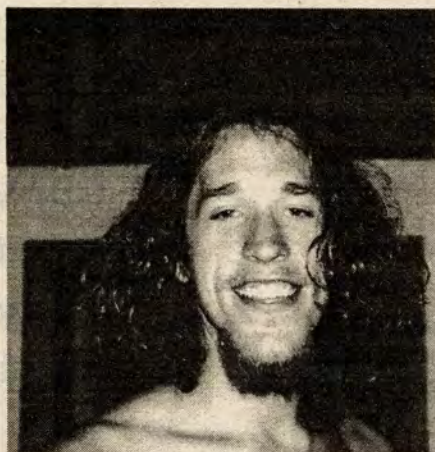
And Gordon enjoys the flexibility that volunteering allows too. He's a "fill-in" sort of volunteer, working where he's needed instead of at one position only.

"I've done the milk-run as a substitute, chip bagging, bulk bin washing, price tagging, wherever the need is at the time, I'm there," he says. That's what Co-op volunteering is about, a versatile way to earn a more manageable food bill.

But how did a native Michigander who attended college in upstate New York find Moscow, I wanted to know. The answer is in the forest and the wild places that still surround us.

"I see Idaho and the north Rockies as the last of the last of the wild places in the lower 48," says Gordon. "That's definitely a big part of why Kate and I are here, why we chose to start our family here. We see this as a nurturing place."

But why Moscow as opposed to



say Elk City or another village in the heart of the forest?

The Moscow environmental community is the answer for Gordon. You see, he's doing more than just talking about forest issues.

"I've been active in the Cove-Mallard forest preservation actions," he explains. "And the people who are leading that effort are here, many of them at the Co-op. I need to be around other activists, the sense of community here is really inspiring to me and the Co-op is a sort of unofficial meeting place for that."

Gordon sees a need to re-frame the debate on the so-called resource industries in the west too. He views current timber practices as almost a welfare program to encourage indiscriminate logging.

"I just can't believe we're paying for the destruction of our wild forests for the benefit of big timber through Forest Service so-called "management practices," he says.

Other areas of interest for Gordon are the Critical Mass organization encouraging bicycles as auto alternatives and a democratic approach to preparation for potential food supply disruption resulting from the possible Y2K computer mega-glitch phenomenon.

"I'd like to encourage anyone who'd like to do some planning around the Y2K issue to contact me or encourage the Co-op to get involved in preparing for this," he says. "We all hope this will be solved in time, but it's important that everyone understand the need to be prepared."

Gordon isn't the type of guy that sits on the couch and lets events happen around him. He needs to get out and try and make a difference. Volunteering at the Co-op is perfect for Gordon Gatewood.

## Volunteer Update

by Gary Macfarlane

With this new store and this new month which some also call the new year (no, I don't concede to the current calendar, as my Celtic roots prescribe November 1 as the real New Year), there is a new database of current Co-op volunteers. Thanks to Betsy Hennesey for putting it together.

Please be patient with the volunteer program for the a few weeks. Even with the new database, we will be shifting volunteer tasks, defining new ones, and eliminating others.

At least the dreaded holiday season is over so I won't be as glum. I'll have time to focus my attention on reorganizing the volunteer program for our new location. If you are not a current volunteer, come on down and sign-up for an enjoyable and rewarding experience. We'll have great fun working together at the Co-op, all the while gleefully anticipating industrial civilization's collapse through the Y2K computer date snafu!

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## Membership News

by Kristi Wildung

I've said it for the past three issues of the newsletter and I'll say it again: there has never been a better time in the history of the Co-op to become a member.

We now have this beautiful store with lots of choices and variety and aisles wide enough to really do some shopping. And it's all because our members came through with loans and donations and volunteer help when we needed it. We say thank you on a daily basis, but your true reward will be your new Co-op.

Thank you to these new lifetime members: Mary Aegerter, Margaret Russell, The Spady Family, Aviva Suchow, Elizabeth Leslie, John and Sara Holup, Kenton Bird, Jill McKinney, and Judy Cochron. I'm sure there'll be many more of you when you see our new digs!

Welcome to these new members: Charis Keller, Andrew Robinson, Rosemary Strasser, Kelsey Chapman, Suzanne and Bill Divane, Pam Frohne, Michael Ross, Edwin Gemberling, Vince Stolmeier, Scott Bagley, Elizabeth Rich, Tim Cossel, Bruce Pahl, Brad Worel, Heather Peringer, Kaori Watanabe, Ray Lee, Harold and Harriet Dodgen, Jason Masner, and Patty Hatfield. There's a lot in store for you! Oh, and be sure to check out the Business Partner listing on the back page of this newsletter. There's some new members you should visit.

## An Employee's Point of View

by Danielle McVay

Happy New Year! It's me Danielle, the cashier and new produce assistant.

I wanted to let you know that we employees are very excited about the opening of the new store. It's bigger, brighter, cleaner, more organized, more user-friendly, and it's for all of us, everyone. It's like a belated Christmas present. (By the way I hope that all of you and your families had a beautiful holiday season)!

I'm very excited about the new location, it's so easy to pull in and out of. I'm anticipating looking out the windows towards the Federal Building, the library and up Third Street during all the seasons as the leaves change from winter to spring to fall. All of the departments are expanded, so more dinner ideas at the end of the day. My dogs will also be more spoiled with all the pet stuff we have. We have increased the gift selection maybe some recycled soap and twig pencils.

I hope that our new store we will be more friendly, kinder, patient, informative, helpful and efficient to you the customer.

Thank you and congratulations to everyone who gave a hand, a foot, a back ache or a throbbing head in this project.



# Deli Dogma

by Kelly Kingsland

While I eat very little meat myself, the decision to carry Applegate Meats in the deli was practically a no-brainer. It was a decision infinitely easier and less complicated than the personal decision of whether to eat meat or not. It's because I believe the decision is a personal one that carrying meat in the deli came so easily.

In my opinion the overriding purpose of the Co-op is to provide alternative products to its members and customers. I think our appeal as a business is largely over this point. Where else can you get Organically and Shade-grown, cooperatively produced and marketed Coffee (Cafe Mam), Organic Beer (Butte Creek Organic Ale), or Local-Organic Tofu (Small Planet)? Our job is to access alternative markets and provide storefront access to their products for our members.

Applegate Meats is a perfect example. They provide meat products that are preservative free, and contain none of the common additives such as nitrites, MSG, phosphates, and sugar. The animals are raised free-range on small Mennonite and Amish farms with no antibiotics, steroids, or growth hormones. These guys are putting out a clean product, and I like supporting conscientious industry.

So, if you eat meat, come check out the selection in the Deli case. We slice it and sell it by the pound.

For those of you who don't eat meat, rest assured that it will stay in the case. We won't be cooking with it, or add it to any of our salads or other products. I see our vegetarian cooking as a way of sharing and teaching people about other alternatives, and plan on continuing to offer purely vegetarian and vegan products. At the same time I am really happy to expand our choices and support conscious production of food on all levels.



## Animal Care Center

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### Large & Small Animals

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

# Gardening

## Heirloom Gardens: Part One

by Pat Diaz

Many of us prefer the more old-fashioned sorts of garden plants, both of the edible kind and the beautiful. I'd like to focus on that for the next two months, this month featuring peonies and hollyhocks.

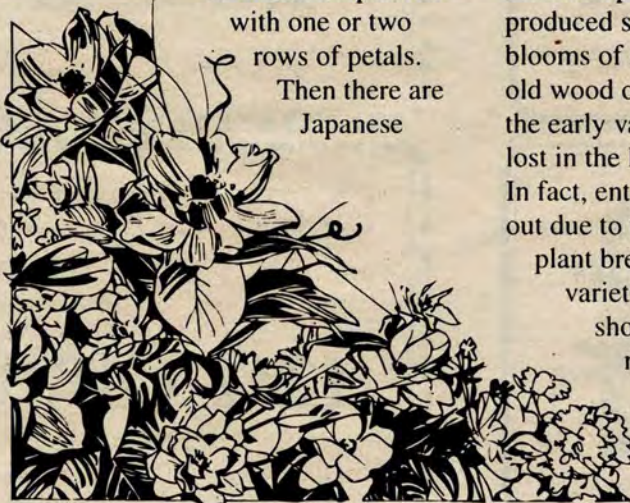
Have you ever come upon an abandoned homestead with bright, cheerful and beautiful peonies still blooming away? They can live to be quite old; in fact, they can thrive undivided for over a hundred years.

Peonies are bushy plants that appear to die off each winter, only to reappear each spring. You can plant them two ways - either as tubers in the fall or as containered plants in the spring. They are herbaceous perennials with three-season value in the landscape. In spring they poke up large, strong leaf buds. In summer, beautiful big blooms appear. And through summer and autumn, they provide great clumps of greenery. And because they need the winter chill, they are quite suited to our garden climate.

Peonies like at least six hours of direct sun each day. If you're planting tubers, dig a bed to 18", enrich with plenty of compost or other organic matter, and plant with the eyes pointing up under no more than 2" of soil. Water well. It is important to make sure that the eyes are no deeper than 2" or your peonies may never bloom.

There are also tree types of peonies but they are far less common and slower growing than herbaceous types. Their flowers, however, are spectacular. They can grow three to five feet tall with blooms two to twelve inches across. Peonies differ in types of blooms

also. There are single and semi-double peonies with one or two rows of petals. Then there are Japanese



types with a single row of petals with very large stamens in the center; these resemble giant wild roses. Doubles, the most common type of blooms, have two or more rows of petals and resemble very large roses.

While peonies rival roses for beauty, they are much easier to grow. They have a delicate fragrance and colors that range from red, pink and salmon to yellow, cream and white. To enjoy cut flowers indoors, cut the flower stem with a bud that's just about ready to open and the flower will unfold in a couple of days. They are quite long lasting, too. Try to cut stems that have only a few leaves because the foliage produces food for the plant to help it bloom the next year.

Probably the only drawback to peonies is that ants are attracted to the sweet syrup that the buds produce but they are harmless to the plant. You should mulch new peonies before the ground freezes in late fall. And you need patience as your peony may not flower the first year but remember that many generations will enjoy the blooms year after year.

For many, the favorite old-fashioned flower is the hollyhock. Not the doubles that are so common today, but the beautiful, simplistic single blooms of the old, tall varieties, which are often more than eight feet tall. Hollyhocks are greatly loved by hummingbirds and butterflies and were used in ancient times as medicinal plants to treat a number of ailments. It was difficult to find an English cottage garden or early American homestead without hollyhocks. There have been many beautiful paintings and photographs produced showing the simple, tall blooms of single hollyhocks against old wood or stone cottages. Most of the early varieties, however, were lost in the late 1800's to rust disease. In fact, entire nurseries were wiped out due to this disease. Today's plant breeders have produced new varieties and colors, as well as shorter varieties that don't need staking and showy double-petal types.

One of the double flower types that did survive the

early days is Chater's Double.

Hollyhocks look best when they are planted along a sunny wall or fence or in the back of a flower border. They are biennials, taking two growing seasons before they flower. They are easy to grow from seed; you can start them early indoors or wait until early spring and plant them then, which often forces them to bloom the first year. To produce a plant with better flowers, however, sow seeds indoors in mid-summer for blooms the next year. They re-seed themselves, too, producing an on-going area of beautiful flowers. This works especially well if you keep the soil beneath them loose. You can also transplant them from the gardens of friends, but they may not flower the first year after transplant. By the second year, though, they will be in full bloom.

While hollyhocks will thrive anywhere, they like rich garden soil which drains well as this helps a deep root system develop. With a good root system your hollyhocks will be virtually drought resistant. I've driven past some old run-down shacks, covered with dust from passing traffic, dirt hard-packed and dry as a bone, and there are the old-fashioned hollyhocks bravely blooming away in the dust.

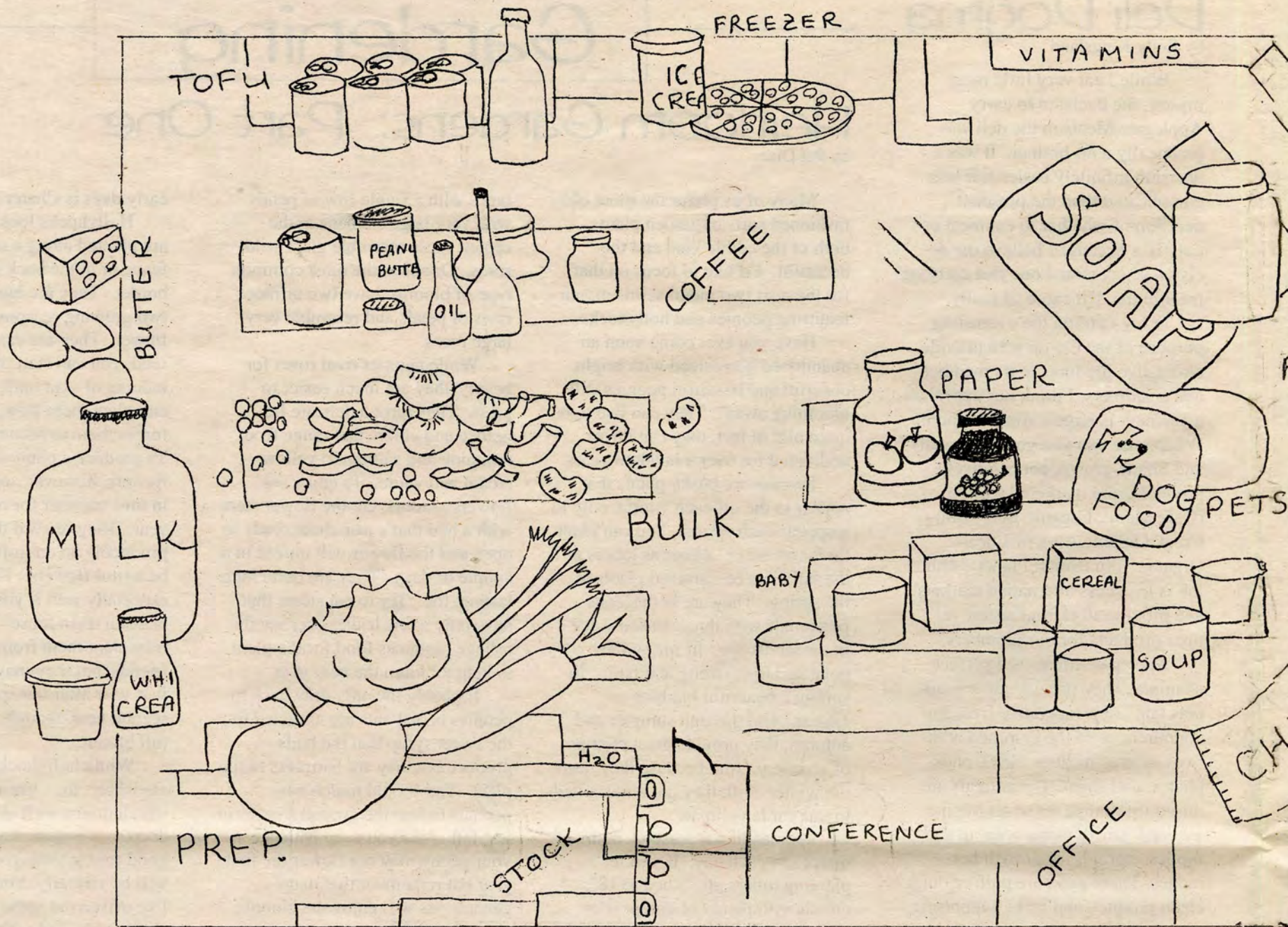
I hope that I've revived some wonderful memories of shared seeds and old-fashioned flowers. Next month we'll discuss heirloom and antique annuals including that wonderful favorite, sweet peas. I will also give you sources for ordering heirloom garden seeds, both vegetables and flowers. Until then, have happy thoughts of warm, sunny gardens.

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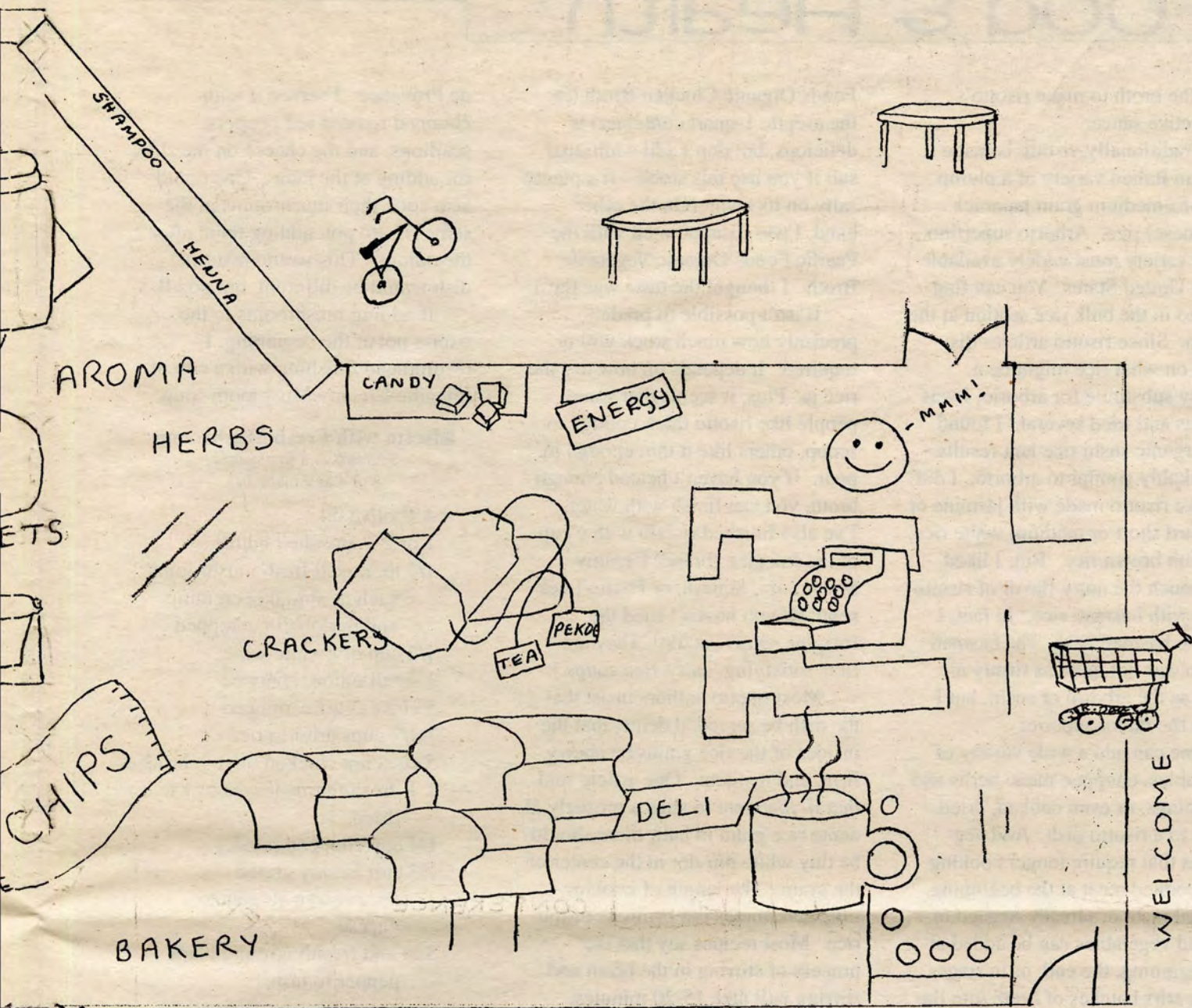
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## Risotto

By Pamela Lee

I was first inspired to try my hand at cooking risotto in 1994 after reading an article in *Cook's Illustrated Magazine* (the March issue). The article began: "Perfect risotto is like great art, difficult to define, but you know it when you see it." I'd only amend this (slightly) to: "... you know it when you taste it." My first risotto dish was delicious, in spite of the fact that the phone rang, I forgot to stir, and accidentally broke most of the risotto rules. Over the intervening years, I'd only made risotto once more. I don't know why; it just didn't make its way into my standard repertoire... until now. After this last month of cooking risotto, I'm certain it will be one of my favorite healthy cold weather meals.

Over the last month, I've been reading a lot about risotto, and I found that there was considerable disagreement between authors. Armed with my characteristic culinary curiosity and frequent hunger, and with the reward of many warm savory meals, I decided to experiment with risotto-making "rules."

First the basics. Risotto is an Italian rice dish that is cooked on top of the stove. In risotto, the rice grains are discreet, firm, and loosely bound by a flavorful sauce that is created as one cooks the rice. To cook risotto, heat the oil (olive oil or butter), sauté some chopped aromatic vegetables (e.g. onions, shallots, leeks), add the rice, stir for a few minutes, then gradually add hot broth, about a half-cup at a time. It is important that you add the hot broth in small batches, stirring as the rice absorbs the liquid. Adding all the liquid at once would be boiling or steaming the rice, and that's not risotto.

One of the most prevalent rules is that you must stir the risotto constantly for the entire twenty (to thirty) minutes it takes to cook. But, this isn't necessary if you choose a heavy pan with a nonreactive lining. I use a Le Creuset enamel-over-iron saucepan. It holds the heat well and doesn't scorch easily, so constant stirring is not necessary. One does need to stir enough to prevent burning, and to liberate the rice's amylopectin starch that combines

with the broth to make risotto's distinctive sauce.

Traditionally, risotto is made with an Italian variety of a plump short-to-medium grain japonica (Japanese) rice. Arborio superfino is the variety most widely available in the United States. You can find arborio in the bulk rice section at the Co-op. Since risotto articles disagree on what rice might be a worthy substitute for arborio, I was curious and tried several. I found that organic sushi rice lent results remarkably similar to arborio. I did not like risotto made with jasmine or standard short or medium white rice, nor with brown rice. But, I liked very much the nutty flavor of risotto made with basmati rice. In fact, I like the basmati best. The basmati risotto was not quite as firmly al dente as the arborio or sushi, but I found the flavor superior.

One can add a wide variety of vegetables, chopped meat, herbs and seasonings, or even cooked, dried beans to a risotto dish. Add vegetables that require longer cooking or uncooked meat at the beginning. Cooked meat or already roasted or sautéed vegetables can be added at the beginning, the end, or in stages, as one stirs batches of broth into the risotto. Adding ingredients in stages tends to result in a more complex and layered flavor.

Risotto can be a side dish or a meal in itself. Wine and cheese are standard ingredients in risotto recipes, though I personally found that neither was absolutely essential. The cheese most often suggested for use with risotto is Parmigiano-Reggiano, but other cheeses can be used. If you have allergies or lactose intolerance, and have to do without cheese, I suggest you top your risotto with a chopped fresh herb, scallion, or roasted red pepper. Though wine is not an absolutely necessary ingredient, if you omit it, you may want to add something acidic, such as a bit a freshly squeezed lemon juice, or if it matches your ingredients, a bit of fresh apple or orange juice. Use only a few tablespoons of fruit juice, not the full amount as wine called for in the recipe.

I recommend using only the freshest ingredients. It is also important to select a tasty, high quality broth. The Coop's Pacific

Foods Organic Chicken Broth (in the aseptic 1-quart container) is delicious, but don't add additional salt if you use this stock—it's plenty salty on its own. (On the other hand, I was disappointed with the Pacific Foods Organic Vegetable Broth. I thought the taste was flat.)

It isn't possible to predict precisely how much stock will be required. It depends on how dry the rice is. Plus, it seems that some people like risotto thick enough to scoop, others like it thin enough to pour. If you haven't heated enough broth, you can finish with water. I've also finished risotto with a cup of the Imagine (brand) Creamy Mushroom, Squash, or Potato Leek soup. (If you haven't tried the Imagine soups yet, do! They are rich, satisfying, dairy-free soups.)

Most risotto authors insist that the dish be served al dente, that the insides of the rice grains be chewy, firm, and resilient. One article said that if you were to slice a properly al dente rice grain in half, there should be tiny white pin-dot in the center of the grain. The length of cooking time determines the firmness of the rice. Most recipes say that the process of stirring in the broth and stirring will take 15-20 minutes. But, Italian cooking authority Marcella Hazan advises tasting after 20 minutes, and she admits to preferring risotto that is cooked for 25 - 30 minutes. I agree, but remember that if you are cooking and serving the risotto in a heavy pan, like a Le Creuset, the risotto will continue to cook in the pot after it is removed from the heat.

It's difficult to select just one recipe from those I've tried this month. Amongst my favorites were a broccoli rabe and leftover chicken risotto and a roasted red pepper and sun-dried tomato dish, that I finished with a cup of the Imagine Creamy Squash soup (instead of some of the broth). But, since I didn't follow recipes for those, I would only be able to estimate the amounts of ingredients that I used. This recipe, from "Pilaf, Risotto, and other ways with Rice" by Sada Fretz, is both basic and delicious. It also lends itself to many variations. You can add meat, other vegetables or herbs. I used considerably more garlic than called for, only olive oil (no butter), and added some Herbes

de Provence. I served it with chopped roasted red peppers, scallions, and the cheese on the side, for adding at the table. One could also cook their mushrooms in the same risotto pot, adding them after the onions. This would resulting dish would be different, but good!

If adding mushrooms to the risotto pot at the beginning, I recommend finishing with a cup of Imagine Creamy Mushroom soup.

### Risotto with Fresh Mushrooms

Serves 6 as a first course,  
3 or 4 as a main dish

- 4 T. olive oil
- 1 or 2 T. unsalted butter
- 1/2 lb. mixed fresh mushrooms such as shiitake, cremini, and portobello, chopped
- 1/2 cup dry white wine
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 1/2 cups arborio rice
- 5 cups hot chicken or veg. broth
- 1 T. fresh thyme leaves or 1 t. dried
- 1/4 cup chopped parsley
- 1/3 cup freshly grated Parmigiano-Reggiano cheese
- Salt and freshly ground black pepper to taste

Heat 1 T. olive oil and 1 T. butter in a medium-size skillet. Add mushrooms and cook until soft. Add 1/4 cup wine. Reduce heat to very low and cook 5 minutes. Remove from heat and set aside

Heat 3 T. oil in a large heavy saucepan over medium heat. Add onion and cook until soft but not brown. Add garlic and cook until soft, 1 or 2 minutes. Add rice and cook, stirring, 2 or 3 minutes. Add the remaining 1/4 cup wine and cook, stirring, until liquid is absorbed. Begin stirring in the chicken broth 1/2 cup at a time, stirring constantly and wiping the sides and bottom of the pan to prevent sticking. As each addition of broth is absorbed, add the next. When almost done, stir in the thyme, then the mushrooms, then the parsley. Add more broth, stirring as before, until rice is done, creamy on the outside but still a bit firm in the center of each grain. Remove from heat and stir in the cheese, the remaining butter, if using, and the salt and pepper.



# Word of Mouth

By Eva Strand

Winter is here with snow and outdoor play but also with stuffy noses, sore throats and coughs. For the January taste test I decided to try some of the medicinal teas carried by the Co-op. How do they taste? Do they work on sore throats and runny noses? Does sleepy-time put you to sleep faster than counting sheep? I picked four teas from Traditional Medicinals teas made in Sebastopol, California.

Echinacea Plus is a tea with a mild, pleasant slightly minty flavor. The herbs in this tea are organically grown. I have used echinacea in the form of extracts or capsules to chase colds and flues away but echinacea tea is new to me. I like it, especially with a touch of honey and a twist of lemon. It is difficult to say how this tea works . . . one cup will probably not do the trick . . . but from earlier echinacea experiences I have no reason to doubt the immune system enhancing properties of this tea.

I was quite impressed with the decongestant properties of Gypsy Cold Care. The menthol and mint vapors from a cup of hot Gypsy Cold Care really gets up your nose and help relieve congestion and stuffiness. The flavor is rich and strong . . . menthol, peppermint, rosehip and ginger . . . but the vapors are what makes this tea work.

Throat Coat has a pleasant taste from sweet licorice root, cherry bark, fennel seed, cinnamon and orange peel. It sure coats the throat, the sweet taste stays in the back of your throat for quite a long time. My throat was not sore at the time of testing and I could not find any other sore throat to test the tea on, so unfortunately I can't say how the tea works medicinally. I should mention that slippery elm bark is the active ingredient in this tea.

The last tea I tasted was Nighty Night – a relaxing bed time tea made from passion flower, spearmint, chamomile, lemon verbena among others. I love the flavor and effects of this tea – a great addition to your pillow and warm blanket. Sleep and plenty of warm liquids are probably the most important ingredients in natural healing – at the Co-op you can buy them boxed up as Nighty Night from Traditional Medicinals.

# Boosting Your Immune System

by R. Ohlgren-Evans

Wellness has been a big topic of discussion these days as the cold/flu season descends on the palouse, with bronchial afflictions seemingly prevailing. I have had plenty of company in front of the supplement shelves, the herbal teas, and the book section of the Co-op, seeking the form of soothing warm and nutritional information.

The immune system is one of the more complex systems of the human body, and its prime function is protecting the body against outside interference, and particularly against bacterial and viral infection. Immune deficiency diseases range from the common cold to aids. Infectious immune system diseases may also be the precursors for autoimmune reactions, diseases where the body over-reacts and attacks itself.

Immunology, which is the study of the immune system, is a relatively new and extremely dynamic field of study involving human health. To help sort through all the advice we get from the research, I've consulted some of the literature that grace our bookshelves.

In the Encyclopedia of Natural Medicine, authors Michael Murray and Joseph Pizzorno suggest that the three herbs most widely used by naturopaths for enhancing immune functions are Echinacea angustifolia (purple coneflower), Hydrastis canadensis (goldenseal) and Glycyrrhiza glabra (licorice).

Echinacea is native to the Midwestern states and was used by Native Americans as a blood purifier, analgesic, antiseptic and snake bite remedy. It has been shown to neutralize viruses, destroy bacteria and increase the migration of white blood cells to infected areas.

Goldenseal is native to eastern North America, and was also used by the Native Americans for treating infections. The antibiotic activity of goldenseal's alkaloids are shown to be useful in treating staphylococcus, streptococcus, chlamydia, candida and other harmful organisms.

(Note: There has been some recent concern about the depletion of wild-crafted goldenseal in North America. The Co-op staff is looking into the marketing of substitutes and we are doing research for forthcoming articles on this interesting and controversial issue.)

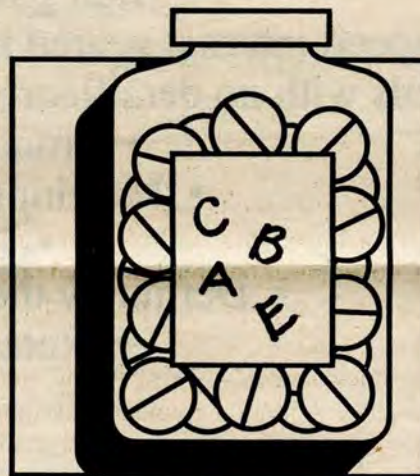
Licorice is a perennial temperate zone herb and has been used

medicinally by western and eastern cultures for thousand of years. It is reported to be especially effective in treating respiratory infections, such as bronchitis, pharyngitis and pneumonia. Licorice has been shown to inhibit the growth of several viruses including herpes simplex and shows antibiotic activity against staph, strep and candida.

Each of the above botanicals is available in several forms:

- Dried root (or as tea)
- Freeze-dried root
- Tincture
- Fluid extract
- Powdered solid extract

Diane Stein, in her book, The Natural Remedy Book for Women, writes that a quality multi-vitamin and mineral supplement is necessary to replace some of what we've lost



from denutritionalized food we are left with after refining and processing. She recommends vitamin A and B-complex as well as some other supplements for basic immune building:

Vitamin C with bioflavonoids and lots of water is a significant immune building vitamin factor

Vitamin E with selenium is an important antioxidant and free radical scavenger, which protects against pollutants

Zinc regulates the immune system

Women should consider calcium/magnesium to prevent osteoporosis and help menstrual and menopause symptoms

Boron prevents the body from losing needed minerals (this may be in your multi-vitamin

Antioxidants such as germanium or coenzyme Q10 to oxygenate the blood

Essential fatty acids (black currant oil, evening primrose oil, etc)

Acidophilus

In Healing Teas, a book by

Marine Nadine Antol, the teas made from the following herbs are recommended for immune-function-related problem: astragalus, bee pollen, burdock, echinacea, garlic, ginseng, goldenseal, licorice, pau d'arco, propolis and yerba mate.

The Kirschmann's Nutrition Almanac has several sub-headings that address the immune system. In the chapter about colds, they blame poor nutrition, which results in a poorly functioning immune system. Their recommendation is a low-fat, high-fiber diet full of a variety of whole foods. Warm drinks are necessary to sustain losses that occur with fever and evaporation from breathing through the mouth. Yogurt will build immunity to ward off colds and eating garlic, which has antiviral and antibacterial properties, at the first sign of a sore throat may prevent the cold from developing further. They include recipes for a horseradish toddy and onion syrup tea, and also suggest a drop each of oil of tea tree and lemon in a steamer will help fight infection.

And finally, best-selling author Andrew Weil's book 8 Weeks to Optimum Health is crammed full of ideas to boost your immune system. He is a strong advocate of antioxidants (9 vitamin C and E, selenium, and mixed carotenes) and also really likes tonics made from astragalus. He has several garlic recipes and touts exercise, visualization, clean water, the arts and the natural world all as necessary components to lifelong health, including protecting our immunity.

So as you can see, there are as many remedies and techniques for building up your immune system as there are variations of the cold virus. It's up to each of us to find that balance for maintaining good health, especially in these months of shorter daylight hours and longer spans of time indoors. Here's hoping that the New Year brings you much health and happiness.

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  - The winner need not be present at the drawing to win.

You could win!



# Insights

## Is the Co-op a Community Resource?

By Bill London

While promoting the fundraising needed for the Co-op's move, I received an email from a friend who asked for the verification of one of the foundational assumptions of the entire relocation/fundraising process. She wanted to know why we stated periodically—and implied constantly—that the Co-op was more than your basic grocery store.

Prove it to me, she said.

Prove to me that the Co-op is a real community resource, an important thread in the fabric of life here on the Palouse. The Co-op sells food, makes money, keeps the doors open—all just like a regular business. Why should I offer my labor or give my money to a business?, she asked.

I responded in a hurried and lame fashion, but vowed to address the question after the time-consuming fundraising effort was over. Well, now the fundraising is over, and here's my response:

The Moscow Food Co-op is a community resource, deserving of support, for the following reasons:

1. The Co-op is a meeting place. Whether by chance encounter or planned, the Co-op is a hub where it seems everyone you know comes together. And remember that a physical space where people can interact is very important in binding a community together. At the Co-op, people can chat, and build the social fabric.

2. The Co-op shares information. Through the website, the bulletin boards, and the newsletter, you can learn about upcoming events, bargains, and insights into other lives. Also, the Co-op is treated by the public as the place to go for answers to a variety of questions. Kenna Eaton reports that the Co-op always gets the "weird" phone calls asking questions like; "is there a food bank in Moscow?" or "who teaches tai-chi here?"

3. The Co-op offers nutritional and health education. Over the last few years, the Co-op has sponsored cooking classes (how to cook with tofu, for example) as well as healthful living seminars (the most recent was the workshop on natural approaches to menopause). In the

new facility, other courses may be offered. Regular features in the Co-op newsletter focus on cooking, nutritional and health issues.

4. The Co-op donates (food or cash) regularly to community organizations and events. What business supplied the ingredients that were made into pizzas, then into donations, at the benefit for Peter Basoa on December 6? What business sponsors a girls softball team through the Moscow Parks and Recreation Department each summer? What business supplies an annual scholarship enabling a local child to attend a summer continuing education class? What business provided the coffee for the Moscow Community Retreat celebration in September? The Co-op provided all those community gifts, and many more. The Co-op donates more than \$100 monthly in food (wholesale cost) or cash, as part of the plan to "give away the profits before we make them." Other ways the profit is given away is in lowered prices or increased wages for staff.

5. The Co-op is an "anchor store" for downtown Moscow. As a million-dollar per year local business, the Co-op is a vital part of maintaining Moscow's core business district. The Co-op brings people and dollars downtown, and the Co-op's attractive landscaping (check out the new mini-park by the south wall of the new store) adds to the aesthetically pleasing downtown look.

6. The Co-op keeps money local and supports local producers. By searching out local producers, primarily of organic foods, and purchasing locally, the Co-op keeps money flowing within this area (as well as develops the market for organic products). Unlike all the other grocery stores in Moscow, there are no out-of-state owners to siphon off a significant percentage of the money. The Co-op's owners are the 1,500 families and individuals who have joined together to make the Co-op happen. The money spent at the Co-op circulates locally to staff or suppliers.

Anyway, for all those reasons, I

believe that the Moscow Food Co-op is more than just a store. The Co-op is a community resource and an integral part of what makes Moscow unique and enjoyable.

Judging from the response to the Co-op's call for volunteer labor to renovate and move, as well as the call for donations and loans to support that move, a lot of other people living in the Palouse agree with that assessment.



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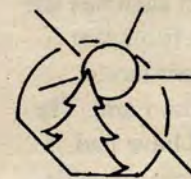


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# More Micro Misery

by Ed Clark

Editor's Note: Former Co-op staffer Ed Clark now lives in Potsdam, New York

It was heartbreaking to read in the "Community News" that the Micro Movie House had closed. I felt especially helpless being so far away and wishing I could do something to change the course of events.

For me, Bob Suto is a Hero in the fullest sense of the word. At great risk to his personal well-being he worked to bring us great art. Often he had to struggle and sometimes he had to fight but he got the films. Even the greatest films didn't always bring in the greatest crowds but Bob wanted us to have the opportunity. Did Bob become wealthy? No. Did he break even? Sometimes and sometimes not. Can we repay him? I doubt it.

Bob's take on movies is more than just about entertainment. He presented us with works of art which forced us to think. The memorable works that I saw there are too many to list but each has left its mark. Many of the films that I experienced at the Micro have helped me to define who I am. The talks and discussions I have had about many of them were valuable interchanges between friends. Having seen them at the Micro, I was able to recommend these films to others and keep the energy going. What a wonderful gift. Thanks Bob.

I remember listening one morning to a Public Radio news report about a film festival in the

Tri-cities and thought, "how special for them and yet, we have the same showings twice a day and seven days a week." How blessed to have such a variety of art delivered to where I live and even though I am no longer to benefit from the Micro, I still feel a deep sense of loss. Having 12 mainstream screens does not make a place unique or special any more than does having a Walmart. Another important institution that defined the Moscow community has gone and now I am thinking about these institutions and how easy it is to lose them if we don't take care. I was sad when the Goodwill returned to corporate control and I am sad about the Micro, but I want to think about what remains.

What re the people, places and events that speak about the best part of who we are? What can each of us do to ensure their continuation. The Co-op, The Renaissance Fair, Rendezvous in the Park and the Farmers Market are a few that I can think of quickly. They are all established but they too can be fragile if they don't get the support they need. What others can you mention that you would find it hard to be without? What might you do to help them continue? I'm in a new community now but I am looking around me and asking myself the same questions.

# Where is Laurel Reuben?

by Bill London

Actually, a more accurate question would be: where was Laurel Reuben?

Co-op member extraordinaire Laurel Reuben left the warmth and security of her Moscow home to join the Pastors for Peace Caravan in mid-November.

The caravan was hauling much needed supplies to Nicaragua for the people devastated by Hurricane Mitch.

The caravan braved flooding, destroyed roads, and disease to deliver their precious cargo.

On December 1, they crossed into Nicaragua. The gifts were delivered. This information comes to us via Marc Brown who talked with Laurel via telephone from Managua, Nicaragua's capital city.

Laurel plans to spend a few weeks in Nicaragua before returning to Moscow. She will work as a medical assistant or with the group offering post-traumatic stress support to the populace. She reports that there is a great need for volunteers who speak Spanish and are willing to help with grief counseling or critical incident stress counseling. More information about volunteering or the caravan is available on the Pastors for Peace website ([www.ifconews.org](http://www.ifconews.org)).

By the time this report is printed, Laurel will likely be back in town. Welcome home, Laurel. Thanks for doing your part.

# The Beast Reawakens in Moscow

by Gary Macfarlane

Early in the morning of Dec. 1, 1998, my friends' house was fire-bombed. The perpetrators of this hate crime left a burning cross on the lawn and a death threat note in the mailbox. The note and burning cross were similar to other attacks by neo-Nazis who happen to reside in northern Idaho.

While Lori Graves and Jonathan Crowell have been most visible in the media as the victims, the other roommates have been equally affected. Really, our whole community is targeted by this terror.

Community response has been very positive, with few exceptions. A candle light vigil was held on Saturday, Dec. 5 with nearly 200 people in Friendship Square. On Tuesday, Dec. 8 in the Community Center, Liz Brandt moderated a town meeting. Representatives from various churches, community organizations, and elected public officials attended and offered suggestions on how we can, and must, respond. The Moscow Food Co-op, the community-minded organization that it is, provided the refreshments.

A few of us decided to confront the source of hate. On Dec. 9, we greeted the press at a conference in front of the Aryan Nations compound in Hayden Lake. It was a non-violent demonstration of solidarity for those whose home was targeted. Larry Hildess, the attorney representing Lori and Jonathan, spoke eloquently about the source of hate. He reminded us of the lessons of history, how we can't let it happen again.

Numerous individuals and organizations should be thanked for their support and participation in the community response against this despicable crime. It is heartening to note that it would take a page or two to list all of those who participated.

In spite of everything, there are those in the community who blame the victims. They imply that because Lori and Jonathan are activists, Earth Firsters, and willing to confront injustice through civil disobedience, that this firebombing was justified. The most absurd accusation, parroted by the Aryan Nation spokesperson, was that they did it to themselves. To those I say learn the lessons of complicity from the events in 1946 in a little town called Nuremberg.

If you would like to support diversity in this community, contact Joann Muneta of the Latah County Human Rights Task Force or a new group, Anti Racist Action-Moscow (temp. phone contact is 882-9755).

# Riston Update

By Bill London

Riston, young son of Co-op members Nancy Taylor and Mark Lesko, is doing well, and is expected to come home from the Neonatal Intensive Care Unit at Sacred Heart Hospital very soon.

As of this writing (December 28), Riston weighs 4 1/2 pounds and is nursing and looking like a pudgy baby should, according to Mark. Mark and Nancy are busy preparing the nursery at their Potlatch home, and expect to bring Riston there in mid- to late January.

On Sunday, December 13, several dozen of their friends gave a baby shower for Mark and Nancy upstairs at the Co-op. A small herd of babies also attended, testifying to the newest wave of local infants. Mark and Nancy thank the Co-op for allowing them to use the upstairs space (Renee McNally and Kelly Kingsland artfully decorated the upstairs so it had all the ambiance of a junior high school dance), and thank all their friends for attending the fun-filled event.

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# Life on the Gender Frontier: Soul and Body

by Sean Gardner

Editor's Note: This is another installment in an ongoing series of articles by the former Moscow resident and Co-op member we knew as Susan Baumgartner, tracking the metamorphosis of Susan to Sean.

How do you describe what being transgendered feels like? One of the best images I ever came up with is this: Through much of my life I felt like just a head. I loved my brain. I relished thinking and reading and writing. I felt at home there. But it was as if my body didn't even exist. If I thought of it at all, I hated it, so I mostly tried not to think of it.

I avoided most forms of exercise because they made me too aware of my body, the effort to move it around, the sweat, the pounding of my heart, the pain in my muscles. I anesthetized myself with food, depending on that dull, heavy feeling to keep me unaware of my physical self. Even using my voice, speaking or singing, was painful because the sound that came out was never the rich, low sound I expected.

So the most startling part of this whole metamorphosis has been feeling like a whole person. Suddenly I have this living, breathing body that is more and more a part of me. My FTM (Female to Male) friends and I remain fixated on the physical. We are worse than a whole herd of self-obsessed, bragging, pubescent boys. Our second puberty is a miracle to us, all the changes we thought would happen to our bodies in our early teens now finally, magically, happening. Every facial hair is cherished and celebrated. We laugh with self-conscious joy every time our voices break or crack or go careening wildly from octave to octave. Muscles appear. Bellies get furry. Skin breaks out. The libido erupts. The whole awkward process is quite adorable.

In the last few weeks I've realize again how important physicality has become for me and what a



novelty it still is to finally love my body. I'd been losing weight and lifting weights, getting ready for the final stage of my top surgery which was scheduled for 19 August in Montreal. Deltoids! I had deltoids. And these cool, muscley things in my thighs. And pecs bulging above the remaining bulges of my emptied by still visible breasts. Every week I cut the time it took me to walk to work, my body carrying me effortlessly along the Santa Fe streets. I ran up and down the stairs a dozen times a day, only the slightest jiggling reminding me of my feminine past.

Dr. Menard performed the surgery under local anesthetic. The operation was suppose to last about two hours, but ended up going for three and a half. There were complications.

This is my second day of being

free of tape and the binder. My chest is staying flat. No more blood is accumulating in the cavity. The pain has mostly given way to an occasional twinge and fierce itching around the stitches. A little blond crewcut is coming where I shaved my chest for the surgery. I'm not even thinking of doing push-ups yet, well, not too much, but at least I'm able to move and walk again in relative comfort.

In the past I often ignored the discomforts of my body. My brain and spirit soared on in spite of what was happening below my neck. But now I find that I'm a whole human being, and the recent struggles of my body pulled my spirit way down as well. As I'm healing, I feel that adolescent joy coming back, a joy that fills me from toe to head, soul and body. Who ever thought that being me could feel this good.

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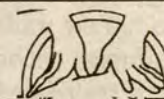
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# Alaska Update

by Mare Rosenthal & Greg Brown

Editor's Note: Mare and Greg were Co-op members, volunteers, and staffers (Mare only) before moving to Alaska a year ago. Here's a recent update from them.

A warm hello to all our friends from the northcountry. We've now come through our first year in Alaska. It is a magical place.

We are fortunate to live close to trails and wilderness and we use them every day. Even in winter the trails are used for skiing and hiking and dog walking. Everybody up here has dogs, including us now. We adopted Alice from the animal shelter last March. She's a Husky/Malamute type and full of energy and loves to run the trails, too. She had an unfortunate encounter with a porcupine last spring and ended up at the vet to get many quills taken out. Hopefully she has learned not to tangle with them. She barks at moose and is scared of bears. If bears are roaming the neighborhood all the dogs are howling and she wants inside.

Sounds like a wild place, and in some ways it is. But, Anchorage is a typical city. You wouldn't know you were in Alaska driving down many of the streets here. Some things do cost more and there's not a cool Natural Food Co-op like we had in Moscow, Idaho.

We helped start up an EarthSave group here, so now there are some vegetarian functions. In April, we hosted Howard Lyman (Oprah Winfrey, Mad Cowboy show) for our Earth Day celebration. In November, EarthSave held the Second Annual Vegetarian Thanksgiving Potluck. About 60 people came and the variety of food was terrific and yummy.

Kodi is our musical boy. He says he wants to be a drummer like Mick Fleetwood of Fleetwood Mac. And his favorite song is "Tusk" by the same group. Actually, he really



Greg, Mare & Kodi at Byrpn Glacier

likes a variety. We've gone to concerts with orchestras, folk music, Celtic, Yiddish, blues, marching bands, etc. and he likes them all. Other than his Kindermusik class, Mare takes him to Little gym, library storytime, playgroups, kid's museum. I guess you could say we "homeschool preschool" with lots of field trips.

Greg enjoys teaching and doing research at Alaska Pacific University. The small size of the university provides opportunities for unique classes. Greg will be doing a class on managing natural resources in Alaska in January with former Alaskan Governor and former Secretary of the Interior (under Nixon) Walter Hickel. Next summer, Greg hopes to do a field course that will take students to both Prudhoe Bay and the Arctic National Wildlife Refuge to study the trade-offs of oil/gas development in Alaska.

As usual, both Greg and Mare continue to be politically active. Greg is President of the Alaska Wildlife Alliance, an organization with about 1500 members dedicated to protecting Alaska's wildlife and natural landscapes. This past year, we were active in a statewide ballot

initiative that would have banned the use of wire snares to kill wolves. Wolves are killed brutally in Alaska to artificially inflate caribou and moose numbers near highways for hunters. Unfortunately, that initiative went down to defeat at the polls. Wildlife is treated with such disrespect in Alaska!

This past summer, we had several excursions. We spent a few days in Homer, Alaska, one of our favorite towns. We took a boat ride across Kachemak Bay to Seldovia, a quaint little fishing/tourist community. The highlight of the trip was when the captain allowed Kodi to drive the boat. Since then, Kodi has been fascinated with boats and the sea. Just ask him about the Titanic...

Greg traveled (alone) to the Brooks Range (above the Arctic Circle) for a several day backpacking trip. The experience was truly a humbling one for Greg as he was miles from help and in the presence of large grizzly bears. After losing his pepper spray, his one source of psychological comfort, he decided to cut short his trip. And yes, sure enough, as soon as Greg discovered he had lost his pepper spray, that night, a large grizzly bear made his way across a nearby ridge. Interestingly, in a recent story, a musher and his dog team was attacked by a grizzly bear in the general vicinity where Greg was backpacking. Eight of the nine dogs were killed and the musher barely escaped with his life.

We're off to spend a few weeks during the Christmas break in the warm, bright sun of Arizona. A little dark here this time of year!!



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January 1999



# THE

# KID'S PAGE



When I was very little I wished to be...

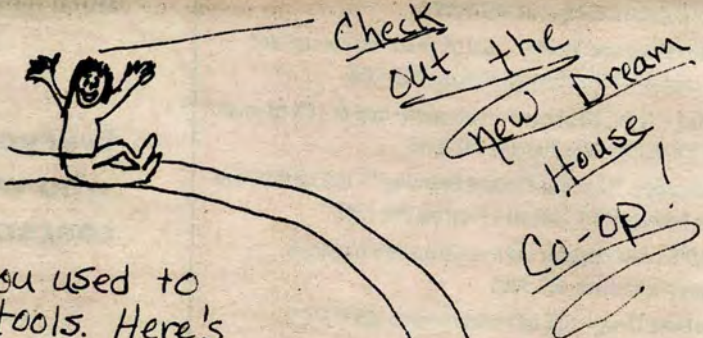


I don't know how you felt but I thought the weather was pretty lousy over Christmas break. The snow kept melting and you were lucky if you got to stare at it, much less play in it. It was depressing! So what's a body to do if this keeps up? Here's one idea.

Find some big paper and your favorite tools to draw and color with. Now take a moment to ponder this question: What did you wish to be when you were little? Did you wish for super powers? Did you wish to be an animal, a garbage collector, an airplane?

Once you have an idea, draw yourself as this identity. Did you used to play games pretending to be this someone? How did you feel when you were playing? Next to your drawing, write down what this character would say.

## My Dream House Looks Like ...



Here's another idea if you can't remember what you used to wish for. You've got the paper and your drawing tools. Here's the question: If you could live in any kind of house you wanted what would it look like? Would you have a water slide instead of a stairway, a trampoline instead of a bed? Let your imagination go wild. Draw your floor plan or the inside or outside of your dream house.

When you're finished be sure to display your work in a prominent place and then put it in a safe place. You'll have fun looking at it from time to time as you get older.

From: "The Creative Journal for Children" by Lucia Capatchione.





**Moscow Food Co-op**

# Bulletin Board

## Co-op Business Partners

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

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Feb 5-6 Field Springs Snow Dance

March 20 Moscow Comm Ctr 8PM

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

\$7 (\$5 members) Newcomers \$4 before 7:30

Contact: Nils Peterson 882-4620

## Co-op Bike Raffle

**You could win a new bicycle**

Buy a ticket for a buck from any cashier  
All the raffle proceeds will be used for store landscaping

**Everyone who wants to help, or who wants to share an idea or concern is welcome:**

## Moscow Renaissance Fair

**planning meeting for the 1999 fair**

at Laura's Tea and Treasure coffeehouse

Monday, January 11, 7pm

**Theatre Outside the Bell Jar**

**presents:**

## "Brains in a Vat"

**local & original performance art**

free admission, donations encouraged  
at Laura's Tea and Treasure coffeehouse

**Friday, January 22 at 7:30pm**

**You can E-MAIL your announcements for the BULLETIN BOARD (no later than the 25th) TO: [beth\\_case@hotmail.com](mailto:beth_case@hotmail.com)**

## Advertising Manager WANTED

**This Co-op newsletter needs motivated and creative advertising manager.**

Please contact Bill London  
882-0127 if interested

Subscribe to the  
**Moscow Food Co-op  
Community News**  
only \$10 for 12 issues  
send and make checks  
to:  
Moscow Food Co-op  
(attn: Bill London)

Additional events are posted  
on the Co-op Web site:  
[http://users.moscow.com/  
foodcoop/event.html](http://users.moscow.com/foodcoop/event.html)