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July 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Dog Wash II

By Carrie A. Corson

Many of you know that getting a bath is not your dog's favorite activity.

After all, they often search long and hard to find that rare delicacy to roll in that will make them smell like...well something other than a dog. Thus, making a bath necessary. Because even though they think they smell divine, it's hard to enjoy their company when their odor makes your eyes water (you may guess that I'm speaking from personal experience). So into the bath they go, after which they act out their displeasure by streaking through the house shaking water everywhere and rubbing on all of the furniture in order to dry themselves off. Leaving behind a good deal of water and hair, thank you very much. Well, we have your solution. Dog Wash II....

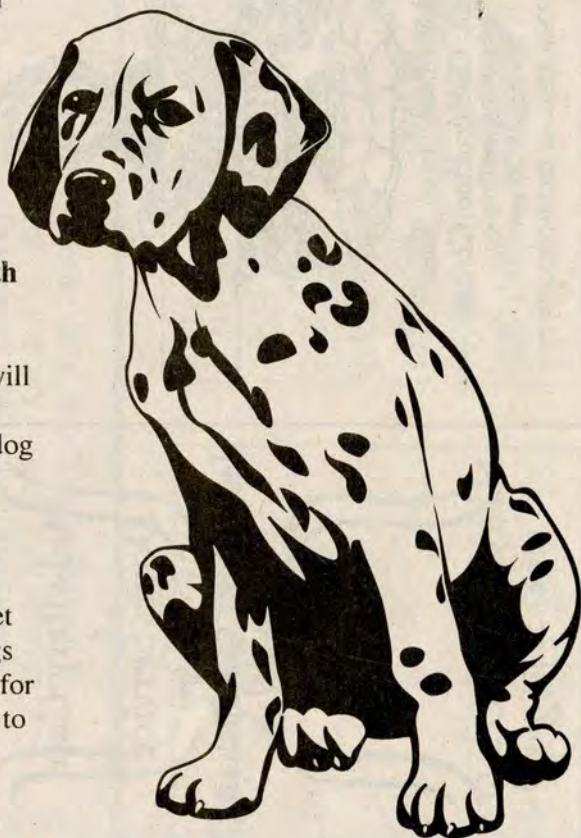
Mark your calendars! It's time for the **2nd Annual Co-op Dog Wash! Saturday, July 22 from 11:00 a.m. to 3:00 p.m. at the Co-op (south side of the building, facing the Post Office).**

We will be happy to pamper your pup with a summer cleaning. During your dog's visit, they will be showered with attention from our dog wash volunteers, and they can sample yummy, natural dog treats and take some food samples home.

Best of all, you can avoid the guilt when they give you the "I can't believe you gave me a bath" look. They can blame it on us. Plus, you can get answers to questions about natural pet care and pet nutrition. And win door prizes and receive savings on all of our natural pet care products. Donations for the bath will be accepted and all proceeds will go to local animal shelters. Don't miss the best doggie social of the summer. We'll see you on the 22nd.

INSIDE:

88th Birthday of the
1812 Building,
Sardines, Children
learn about nature,
and more!



www.moscowfoodcoop.com

Co-op Business Partners

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Shark Athletic Club - \$18/month membership fee with 1-yr contract, no money down, 302 S. Main St, Moscow, 883-2639

Tye Dye Everything - 10% off any purchase, 527 S. Main St., Moscow (behind Mikey's Gyros), 883-4779

Vegan's - Free Tree Top Juice with any purchase. NE 720 Thatuna, Pullman

Waddell & Reed, Jim Trivelpiece - Free consultation regarding financial and retirement planning, investing, or life insurance. E 205 Main St., Pullman, 332-2543

Whitney Law Offices - Complimentary consultation regarding wills, probate or criminal defense, 314 South Main St., Moscow. 882-6872

Wild Women Traders - 10% off clothing & jewelry, 210 S. Main Moscow, 883-5596

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

Community News



Employees Love the Co-op!

By Kenna S. Eaton, General Manager



In January, the Board of Directors voted to increase pay levels at the Co-op and to institute a tiered wage plan. Employees are paid from \$6.50 per hour (entry level stocker) to \$11.00 per hour (entry level department manager). Raises are merit based with caps placed on all positions. Benefits at the Co-op, prorated depending upon hours worked and length of employment include sick and vacation pay, discounts on purchases, paid holidays, and health insurance.

Late last year we brought in a new health insurance program that covers major medical insurance as well as a medical savings account for each qualifying employee (15 out of a staff of 35) that the Co-op contributes \$50 to every month.

Last month 27 out of 35 employees at the Co-op participated in a survey about our workplace. Employees helped design a 66-question survey created by Carolee Coulter of Community Consulting Group located in Seattle, WA.

Over a 2-month period, Carolee and I shared many emails working out the details of the scheduling process as well as integrating the input from our design team. When the final draft of the survey was ready, staff were paid for one-half hour to complete it. The surveys were then sent back to Carolee who put the data into her computer. Eventually she printed out tons of graphs and tabulated all the responses. Carolee was looking for trends and deviations as well as comparing our workplace to other co-ops that had previously participated in such a survey.

The results were very exciting. Employees rated the Moscow Food Co-op very high in the following areas: pride in this co-op and their own departments, supervision, compensation, co-worker relations, communication systems, working conditions, non-discrimination, and promotions from within.

Of course, there are a few areas that could be improved, but when compared to other co-ops, they were relatively minor. We will be working on implementing the changes suggested by both Carolee and the employees into our workplace, making it even better.

I hope our member/owners appreciate what a great contribution the Co-op makes to Moscow by providing a workplace that employs so many staff and promotes right livelihood as part of its mission statement.

On behalf of all the people who have had the opportunity to work here over the past 27 years I'd like to say, "Thank you, the Co-op is a great place to work!"

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Thanks, Eva

By Bill London

Eva Strand has authored the taste-testing articles, called Word of Mouth, for many months. She's sampled the Co-op's foods and beverages (with the help of her friends) and reported the results in this newsletter. She's written a series of fun and useful articles.

And now she has a job and has no time to continue the series.

So, many thanks, Eva, for your good work.

Vicki Reich, the Co-op's grocery buyer, is taking up the challenge. Beginning with this month, she will write the Word of Mouth column (as well as her multitude of other duties).

That does make some sense, since Vicki began writing the series originally.

Bill London edits this newsletter, has a small collection of old soda pop bottles, and spent the Summer Solstice in the Wallows.



Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

There will be a volunteer party this month so watch out for signs and postcards in the mail!

Depending on the ability to schedule East City Park, we are looking at July 11, 12, 13, 18, 19, and 20 as possible dates. You won't want to miss the volleyball fun.

My, how the passage of a few months changes things. We now desperately need more volunteers. Just a few short weeks ago almost every job was filled.

In particular, we now need volunteer bakery assistants on Thursday, Friday and Saturday mornings. The importance of volunteers was underscored recently in a meeting with new staff members. All three of them had previously worked as volunteers at the Moscow Food Co-op. Just think, volunteering at the Co-op may lead to gainful employment.

In all seriousness, volunteering at the Co-op is crucial for operation

of the store. It also is a good place to learn important job skills. So please come on down and fill-out a volunteer sheet. The computer printer should be fixed in the near future. Some Luddite-wannabe, whose knowledge of technological gadgets is somewhat limited, tried to fix the printer when it failed to spit out the volunteer forms last month. Thus, the fiasco with the forms. Oh, the joys of computers . . .

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Regular board meetings are held the second Tuesday of each month at 6 p.m. at the Pea & Lentil Commission Meeting Room.

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20th of each month

Veggie Rap:

What's New in Produce?

By Lahde Fesler

Well, I just survived my first month as the NEW produce manager! No, actually I've enjoyed juggling the many challenges of working in produce. To keep a perishing world alive sometimes feels like playing God. Greens want to wilt, fruit readily bruises; it's a miracle fresh food even makes it to our plates! Produce work, for me, is creative, interesting, and active-never a dull moment.

So what else is NEW in produce? Our produce assistant, Brian Ogle! Well, he's not exactly new; we recycled him from last summer. Some of you may remember when he worked with Danielle, providing an excellent energetic duo for the produce department. Well, we were lucky enough to have him return again this summer to provide his excellent services. A little history on Brian. He is a Moscow native who grew up farming wheat and peas with his father, Nick Ogle. Brian also grew up gardening out his back door and has plenty of experience in farming organic veggies within the context of his family business, Paradise Farm Organics. Pick his brain about produce; he has a lot of knowledge under his belt for a young man of 20 years. Brian will be with us this whole summer until fall when he returns to North Idaho College in Coeur d'Alene.

You may have also noticed the NEW increasing selection of local produce available. Scrumptious greens have been the main attraction lately. Elizabeth from St. Maries grows wonderful greens, like her mouth watering Napa cabbage and tantalizing baby bok choy.

Her neighbors, Sue and George (known as the "carrot guy"), have produced greens of excellent quality; including baby lettuce, bunched spinach, and the full-sized bok choy.

With this new influx of fresh Asian greens I have had many inquiries about ways to prepare

them. Personally, I prefer these greens chopped up fresh and simply drizzled with olive oil and herbed vinegar. But they are also wonderful lightly steamed or stir-fried. Elizabeth cuts her Napa cabbage in half, marinates it, and then grills it over a fire-it's incredible how tasty this simple dish is. Please feel free to ask me about how to prepare any of the produce items that are new to you. I would be more than excited to share my passion for food with those are interested.

The following recipe was given to the Deli by a Co-op member, Elsie. It has proven to be one of the Deli's most popular salad dishes.

Elsie's Bok Choy Salad

Bok Choy, any size
Almonds, slivered
Sunflower seeds
Ramen Noodles
Vinegar
Canola Oil
Tamari

Chop desired quantity of bok choy into 1/2 inch strips and place into bowl. Heat a skillet and stir slivered almonds and sunflower seeds over medium heat until roasted, then set aside on plate to cool. Break ramen into bite sized pieces and sprinkle over bok choy with the almonds and sunflower seeds. Make the dressing, using the following ratios: one part vinegar to one part canola oil and a 1/2 part tamari. Dress to taste. In the Deli, they use two large cabbages to approximately one cup of dressing.



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The Buy Line

By Vicki Reich, grocery buyer

We've got a new and different distributor we're working with. So what, you say.

First, some background about the distribution world. Ever since natural foods started to become a big money maker, more and more big businesses have been buying up the little producers, and they have lots of money backing them. The distributors, in order to get some of this wealth, have instituted preferred vender status, sampling programs and other costly hoops that manufacturers trying to get into distribution must jump through. It makes it hard for small businesses to get shelf space in warehouses and chain stores.

Enter Touchet River Workers Brigade to the rescue. These guys aren't like the big distributors. They represent only small rural family farms and businesses. They only sell their products to independently-owned health and natural food stores and co-ops, and they only sell products with high quality ingredients, most of which are organic.

They make it easy and affordable for small start-up businesses to get their products on a lot of shelves. They have a new warehouse in Dayton WA that's large enough to pick up even more products, including those delicious elk sausages made by Dr. Carl Melina. We currently carry Fare Thee Well Gluten-Free Pancake Mix and Chuck-A-Nut Granola. I'm hoping to pick up Rising Sun Farms Pestos and Tortas (look for them in the open face cooler). Please help support these small farms by trying their products, and I'll keep looking for more great products in distribution through the Workers Brigade. I'll keep you posted. You can also check out their web site, www.workersbrigade.com.

And now the goodies

FROM THE SUGGESTION BOARD

Stock triticale flour. I am looking for a source of packaged triticale flour. I'm afraid it won't sell fast enough in bulk.

The last couple of times that I've come up from Lewiston you've been out of the Thai Jasmine Rice. It is such a wonderful rice and I buy it 5# at a time. Sorry we were out, but you're not the only one who loves this rice, which makes it hard to keep the bin stocked. However, we

should have some in the back, just ask a cashier to look for you. I've also upped my order so we should never be out.

Can we get ginseng in bulk? Which type of ginseng are you looking for? We're starting to change the bulk herbs around, getting in more organic herbs, and getting rid of stuff that doesn't sell. We hope to bring in more organic and more medicinal herbs. Let Carrie or I know what you want and we'll try to fit it in.

Love that new cheese section—thanks for going back to packaging cheese! Your goat cheese is way better than the packaged kind! Thanks, we love it too.

The best tasting Terra potato chip is : Sundried Tomato, Balsamic Vinegar and Olive Oil. There's not much room on the chip shelf right now, but I'll keep them in mind.

Bulk Artichoke Hearts. Where did they go? I really miss them. We haven't had them since the old store (where they didn't sell fast enough to keep them fresh), but you must have read my mind. I've been thinking about picking them up. So look for them by the olives, maybe I'll get roasted red peppers too.

Get Australian chewing sticks. They're like toothpicks but cool looking and with tea tree oil. Check out the Desert Essence Dental Pics. They are similar to toothpicks and flavored with 10% pure tea tree oil-Carrie

Can you get Celestial Seasonings Organic Black Tea? Thanks. We used to carry this, but it was a very slow seller. Have you tried Choice Organic Black Tea?

Please carry yeast free organic multi-grain bread from Pacific Bakery? I'm sorry but it's not available from our distributors.

Can you carry at least one kind of regular, non-firm, soft smooth tofu? It is the best for my recipes. We have five kinds of silken tofu. Four of them are made by Mori-Nu and are sold in aseptic packages in Aisle 1. The fifth kind is a fresh tofu by Island Springs located in the open face cooler. If these are not what you are looking for, let me know of a manufacturer you'd like to see us carry.

Nat(t)o miso? Sorry, I'll need a bit more information to find this product.

Please give us the Co-op bags of

New Products

By Vicki Reich

White Wave Mocha and Chai Silk-Great new flavors.

Ethnic Gourmet Chinese Rice Bowls-In four yummy flavors.

Reeds Cherry Ginger Brew-Another winner from the Ginger Brew folks.

Spectrum Organic Mayonnaise-In two sizes.

Horizon 16 oz. Organic Lemonade, Orange Juice, and Carrot Apple Juice-They taste like just squeezed juice. Very yummy.

Ben and Jerry's Peace Pops-A classic for the summer.

Good Health Sweet Potato, Blue, Garlic, and Trio Olive Oil Potato Chips. All four flavors are delicious.

New Morning Pepperoncini-How we lived without these for so long, I don't know.

Fare Thee Well Chuck-A-Nut Granola-Hand made in small batches, this organic granola is a not-too-sweet crunchy treat.

Food For Life Ezekial Hot Dog and Hamburger Buns-Just like the Ezekial 4:9 bread only in convenient shapes for barbeque season.

Good Health Cheddar Guppies-The natural alternative to Pepperidge Farms Goldfish.

Endangered Species Tiger and Polar Bars-I got lots of requests for these flavors. Kenna especially likes the Polar Bar.

Seeds of Change Salsas, Pilafs, and Quinoa Blends-All the Seeds of Change products have been reformulated and are quite tasty now.

Barbara's rite Lite Rounds Savory Poppyseed Flavor-Another addition to this great tasting line.

Pomi Chopped Tomatoes in an aseptic carton-A fresher taste than canned tomatoes.

Vegi Deli Vegi Jerky-An alternative to Stonewall Jerquee with a more meat-like texture.

Numi Teas-These are awesome teas. I tried them at the food show and had to have them.

Mount Hagen Organic Instant Coffee-I've had lots of requests for this. Great for backpacking. It's on the bottom shelf of the tea section.

Journey Juice Brews-Original blends of juice make for a great tasting product.

Fare Thee Well Gluten Free Pancake Mix-Another delicious product from this small family business.

Lundberg Black Japonica Rice-In bulk, this rice will add pizzazz to any meal.

Horizon 64 oz. Lemonade-The small ones are so good you'll be glad we have big ones too.

Haake Beck Non-Alcoholic Beer-One of the best non-alcoholic beers on the market.

Westsoy Crème de la Soy-Three flavors of soy based coffee creamers. They're quite yummy.

Cafferata Frozen Ravioli-Both beautiful and delicious.

And look for these items...New...in Personal Care:

Hand-made soap from local crafter *Carol Ryan*. High quality ingredients and soothing fragrances leave you feeling pampered.

Tinted moisturizers from *Kiss My Face*. Six great colors and SPF protection too.

Herbal skin care from *Well In Hand*. Unique formulas for acne and warts. Also Cut Rescue ointment and Therapy Oil blends.

blue corn chips that are sooo much better than others. As of this writing, they are back on the shelf. They have been out of stock at the warehouse for quite a while and that's why you haven't seen them. Don't worry, I'll never get rid of them, they're my favorite too.

Could you get my favorite tea, Celestial Seasonings "Ginger Ease"? At the moment I have no room for it, but I'll keep it in mind. You can always special order it.

I have to say that the roller towel in the bathroom does not seem very sanitary. The "clean" part is really grimy looking. It would be nice to provide a paper towel alternative for the germ-phobic (like

me). We have asked the towel service provider to send us cleaner looking towels. They are, no matter what they look like, very well sanitized.

Perhaps \$192.69 is a bit much for goldenseal?!? You are forcing me as a consumer to look for better prices. Sorry, but goldenseal is very expensive in its pure form. It is endangered in its wild form and difficult to grow. We will not carry wildcrafted goldenseal, and cultivated goldenseal is not cheap. If you find cheap goldenseal, you may be getting an impure product or a wildcrafted source, thereby contributing to the plant's extinction.



Deli Standard Time Bartering Goods: or Let's keep the WTO out of our mixing bowls

By Kelly Kingsland, Deli Manager

Okay, it's time for another newsletter article. I'd been trying to think of what to write about this month, some Deli reflection that would keep all you owner/members in the know about how the Deli goes. But quite simply the Deli is fine. We've hired some fine new people to cover some summer scheduling holes, and our sales keep growing. Laura told me the other day that May 2000 included the largest Deli sales month in our Co-op's history with \$25,000 in sales. This is all good.

So I thought I had very little to write about until I received a comment card from one of you who stated that we were doing a great job in the Deli except that our prices were too high. Compared to what I wondered? Actually we've been working on raising our prices a bit so that we can remain sustainable. I know that there are a few local Delis in our area where prices are cheaper. I also have a catalog that offers the "salads" they sell in #10 cans. They're pretty cheep too! The can method of supplying a Deli case with product is efficient too. It basically eliminates the need to have skilled folks cooking the food.

But actually we at the Co-op, all of us, yourselves included, have consistently chosen to not go that way. Beyond buying quality "clean" ingredients for our products, we choose to step beyond the mainstream in many ways. We are currently rewriting our vision statement to include the concept that we are intricately woven into our community in as many ways as we can find. We have chosen to pay our employees a living wage, we work with local/Organic growers in order

to broker as much local product as possible. We try to offer as many services as we can that help reach toward a sustainable exchange of goods. I see us as a link in a chain that makes up our community. I buy stuff from local growers at prices that are sustainable to them, we process those goods, paying the folks here a good wage, and we try to remain aware that we are providing a rare and precious commodity.

We return all that to you through our products.

I don't think the prices are high. I think we are all getting a good deal. We can walk up to the Deli counter, 12-7, and buy healthy food in a recycled container, served by a well-paid and happily-employed community member.

In my opinion, that is a golden exchange. It does take consciousness on all our parts. We have to remember why we do what we do, and what the goals are, as set out by you as members. And you have to keep the perspective that you are giving us our livelihoods, as well as supporting a wide variety of other local businesses.

There are alternatives. I think if we as consumers want to get a great deal without looking beyond the receipt tape at the register, if we don't really care what goes into our bodies or who had to do what to produce it, if we don't care about the holistic cost to our bodies or our environment, we can go practically anywhere else and buy food.

But at the Co-op, because WE decided this, we try to be aware of our impact. We may cost more pound for pound, cold hard cash, as they say, but I don't think so. I think we are all getting a really good deal.

Business Partner Profile:

Peacock Hill Bed and Breakfast

By Randy Paulin



Imagine this place...

Judi Elgar runs this wonderful B&B, with help from her daughter Tai, her "greeting committee" of St. Bernards (Jack and Hennessy), and the star of the show, Gorgeous, a 24 year-old male peacock.

Judi grew up in the Salmon River country and learned self-sufficiency at an early age. She's put that background to use in creating a lifestyle which is enviable in its beauty, simplicity, and integrity.

Peacock Hill is a refuge from life's slings and arrows, to be sure. But it's also the embodiment of the component of the counterculture which sought self-sufficiency in a life lived close to nature. Judi Elgar has created that life for herself, and shares it joyously with her guests.

She readily claims to be "an old hippie," but she's much more than that. Or rather her "hippie-ness," if I may, exemplifies the best aspects of that time and movement. I felt buoyed and invigorated by seeing Peacock Hill and knowing that there is one person, at least, who has made it work. At the price, of course, of unremitting hard work. The price so many were (and are)

unwilling to pay.

I asked her, only half-jokingly, whether she has difficulty getting guests to leave. She replied that she does have many repeat guests, and after spending a morning at Peacock Hill I can easily see why. The view is spectacular, the house stunningly beautiful, and the grounds well-ordered, functional, and aesthetically pleasing. All these would mean nothing in terms of a congenial B&B experience without a charming proprietor.

For Co-op members, Peacock Hill offers ten dollars off a night's lodging and half price on one breakfast when you buy two. Peacock Hill is open March-December of each year. You can reach Judi at Peacock Hill by calling (509) 882-1423, or visit their website at <http://users.moscow.com/peacock> and download a copy of the map!

Randy Paulin and his wife Judi Terrio are in the midst of a move to Pullman, where he runs a business called Gamers' Paradise. Randy also battles depression, reads and writes a lot, plays with little tiny people, and listens to a wide variety of world-music





Welcome!

by Laura Long, membership manager

Have you noticed that when your membership expires for the year, you get a little postcard in the mail from me?

I hope people don't find these too intrusive, because they really do help people remember to renew their memberships on their next trip into the store. This year I have added something new to those little postcards. Now not only will you be able to tell when your membership expires, but you will also be able to tell how much is left owing on your lifetime membership.

You will still be able to pay your membership off in yearly installments as before (\$10 for one person, \$7 for each additional adult in a household, and \$5 for seniors). The amount you see on the postcard is how much total you still owe. If you've only been a member for two

years and you only pay for one adult per year, then you would owe \$130 for your lifetime membership, still payable in yearly installments. But if you've been a member for several years and you've always purchased a "family" membership, then you may only owe \$12.

Of course, you would be welcome to pay off your lifetime membership at any time. Don't forget your membership dollars are always at work here at the Co-op purchasing new equipment.

Have you eaten lunch out behind the store at one of your new picnic tables lately? Or perhaps you've run your toes through our new baby grass. These improvements are a direct result of your continued support of the Moscow Food Co-op. Thanks for all of your continued support.

Volunteer Profile: Ben Jenness

By Randy Paulin



People who volunteer for the Co-op tend to defy stereotypes, and Ben Jenness is no exception.

Ben's the coffee stocker, and you can catch him of a Thursday morning tending the bins. I caught up with Ben at the Co-op. He was just back from a trip to Seattle, and about to head to Boise for a model railroading convention.

There's a philosophy behind all this activity, and a story as well. The story includes the fact that for thirty years part of Ben's job duties included working with people who were nearing retirement age, helping them plan for, and make the transition to, retirement. He must have been very good at his job, because his own transition has been seamless.

He's active and vibrant, a real "people person" as he describes himself, and he's pursuing interests related to his notions of community. As Ben explains it, he wants become familiar with all the communities within the community of Moscow.

So whether you're 15 or 55 or 80, take a page from Ben's notebook. Retirement is a change in careers, and an opportunity to utilize the personal freedom that comes with retirement to pursue many diverse interests. Sounds like fun to me!

Randy Paulin and his wife Judi Terrio are in the midst of a move to Pullman, where he runs a business called Gamers' Paradise. Randy also battles depression, reads and writes a lot, plays with little tiny people, and listens to a wide variety of world-music

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

By R. Ohlgren-Evans

Laurel's Kitchen Recipes

by Laurel Robertson, Carol Flinders,
and Brian Ruppenthal
351 pp \$12.95
Ten Speed Press, Berkeley CA

Ever since the original Laurel's Kitchen made its cookbook debut in 1976, it has been a classic volume of reference for any vegetarian cook.

Throughout the ensuing 24 years, Laurel's name and her recipes have become the standards in many of our homes. Even if you never owned the book, I'd bet you have a recipe or two from her collection in your own repertoire—perhaps a recipe that you acquired from a friend, or an adapted dish that's turned up in food articles during the past two decades.

Here is the abridged edition: a conveniently-sized, updated version of the original. Laurel's Kitchen Recipes contains the entire 500+ collection of the initial book, as well as lots of kitchen savvy . . . practical kitchen tips, essential information on whole foods and all kinds of answers to those eternal questions (Will I get enough protein? How do vegetarians avoid osteoporosis? Can I live with low-fat?).

This is still a great book for beginner cooks, with clear instructions on how to shape a loaf of bread or make soup stock. Cooking jargon is introduced in simple terms. But the book will also satisfy the proficient vegetarian cook.

Robin Ohlgren-Evans pens this monthly column with the misguided notion that it would help curb her insatiable hunger to purchase yet another book for her kitchen. (Due to space limitations last month, we are printing last month's and this month's columns here.)

Encyclopedia of Natural Medicine

by Michael Murray, N.D.
and Joseph Pizzorno, N.D.
622 pp. \$19.95
Prima Publishing, Rocklin, CA

How many times have you wondered just how much echinacea or goldenseal to take for that sore throat—and how many times a day? The answers are here, in plain English. Two naturopathic doctors from Seattle's Bastyr College, have co-authored this inclusive book about natural medicine—it is exactly the kind of book that everyone needs to have within easy reach on their own BookShelf.

Over seventy conditions are covered (such as migraines, herpes simplex, the common cold, arthritis, depressions and more), and the recommended treatments include a variety of therapies: nutrition, supplements, botanical medicine, homeopathy, acupuncture, physiotherapy, counseling, and lifestyle modifications.

The holistic approach these two doctors take reflects the changes we're finally seeing in the medical world—centuries-old wisdom is being supported with the latest scientific investigation. Murray and Pizzorno have provided us with an insightful and well-researched volume. Salud!

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Word Of Mouth

By Vicki Reich

I find it truly amazing how many wonderful and different tastes can be created out of just barley, hops, yeast, and water.

The ingredients sound kind of boring by themselves, but something magical happens when you cook them all together and ferment them to make beer. I've made a few attempts at brewing my own beer, they were all pretty much drinkable, but a lot of work. It's so much easier to stroll up to the cooler at the Co-op and grab a mixed case of cold ones.

But which ones? To answer that question about beer options is the goal of this month's Word of Mouth investigative crew.

The women of the Hog Heaven Handspinners were more than willing to spend an hour trying five different Co-op beers. I kept the selection to amber ales or at least something close to an amber.

We started the night off with Fort Spokane's Border Run Amber Ale. All the Fort Spokane beers come in 32 oz. plastic bottles and cost \$3.15. The Border Run has a nice hoppy flavor with a strong hint of yeast. It is a little on the flat side and was described as tasting like a home brew, which is not all that surprising since it is the smallest brewery we tried.

The second beer we tried was Anderson Valley Boont Amber at \$1.69 for a 12 oz. bottle. It has a good thick head and a nice amber color. It is not as bitter or yeasty as the Fort Spokane, and has wonderful hints of lemon and citrus with a nice malty sweetness. It's a very pleas-

ant beer and easy to drink. It was one of the favorites of the night.

Next we tried Fish Tale Organic Amber Ale at \$1.29 for a 12 oz. bottle. It has a nice amber color and is the bitterest of the beers we tried, although it has some undertones of caramel. The spinners who prefer a more hoppy beer really liked this one.

Our fourth beer was Butte Creek Organic Amber Ale at \$1.19 for a 12 oz. bottle. The first reaction of a lot of the tasters was they liked it. It has a complex flavor that is not too bitter or too sweet. It has a nice finish with not too much carbonation. This was definitely another favorite of the evening.

The last beer we tried was Golden Promise Organic Ale at \$3.60 for a 22 oz. bottle. This beer has the most unusual flavor of the bunch. It has an exotic flavor of flowers and malt. It is rather light in both color and taste. One or two spinners thought this was the best beer of the evening.

If I learned anything about beer from this test taste, it's that everyone has very individual likes and dislikes when it comes to what they prefer in a beer. As we were tasting, one person would say they loved it at the same time a couple of other people would say they hated it. If I had to pick a clear favorite, I'd say both the Boont Amber and the Butte Creek were the most favored by this group. However, all five had at least one fan, so you'll have to try them all yourself to find out which you like the best. Prost!

From the Board of Directors

By Al Pingree

Who's Ahead?

If you're not the lead dog, the view is always the same. Or so the saying goes.

The reality is that the lead dog also bears the responsibility of setting the pace (while keeping everyone else happy). Chances are someone will not be happy with the lead dog. Perhaps, the same is true of the Co-op's Board of Directors.

Except for those members we personally know, the connection between the Board and the rest of the membership is, at best, limited. Out of 2000 or so members, less than 200 show up at the annual membership meeting and approximately that many vote. So, it's hard

to know what you all want. The message board provides a medium for feedback, but could be better utilized.

So, are the rest of you happy?

By your silence is the Lead Dog to assume you are content? We watch our rear view mirror and count what sells and what doesn't. But we could also use more ideas, suggestions, and input.

Perhaps we should just wag our tails and be happy, after all, it is a wonderful Co-op.

Amy's \$10 Idea

By Kelly Kingsland, Photos by David Hall

Last winter Amy, our sweetest Deli cook, said: "Why don't we do Saturday brunch during the Farmers Market?"

Geez, why not? The Co-op's new location, close to the market, and the bigger more efficient service counter all seem to support our taking on

more special projects, and Amy was willing to come up with a variety of brunch items AND come down early Saturday mornin' and cook them up. Viola! Amy got \$10 for her great idea (as is Co-op policy) and we now get to eat brunch every Saturday morning. Originally we thought we would mirror the farmers market schedule, quitting in the fall and starting back up again in the spring. But now we've decided to keep it going through the winter.

Actually, as Amy and I sat anxiously awaiting our kids' performance of The Millennium Man, we were fantasizing about maybe doing an open mike thing, or playing Saturday morning cartoons to entertain the eaters when the weather turns and the Farmers Market freezes out.

I hate TV, so I prefer the open mike idea. But the whole thing is exciting to think about. Brunch sales are going well, and we've gotten a lot of good

feedback about it.


We have found that we have a hard time pulling it all together by 8am, and that we really get busier later on. So we've decided to change the hours to 9am to 11am. If you haven't come in yet for breakfast you should.

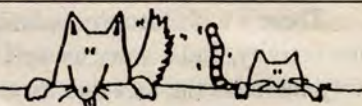


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Food

The Slender Sardine

By Pamela Lee

The adjective in the title is meant to catch your attention and to uncurl the nose of those prejudicially predisposed against this sleek silvery canned fish.

My friends and family know I enjoy fine food and treat myself often to sumptuous culinary pleasures. Yet, when I am asked what I'm having for lunch and I reply "sardines, tomatoes, and chevre on rye crackers," I've seen noses curl ever so noticeably upward in a scrunched-up repugnance.

I admit that sardines have not, historically, been my favorite lunch. But, recently when searching for non-dairy dietary sources of calcium, the formerly lowly sardine started rising in my estimation. Depending on which source is citing the numbers, 3 ounces of sardines, canned with skin and bones, provides somewhere between 320 to 450 mg. of calcium. Remove the skin and bones and the calcium content is drastically reduced. A tiny tin of sardines is a virtual nutritional powerhouse.

In a 1984 essay on "The Unsung Sardine", published in *Town & Country Magazine*, author James Villas writes: "Ounce for ounce, sardines provide more calcium and phosphorus than milk, more protein than steak, more potassium than bananas, and more iron than cooked spinach." Other nutritional reference books confirm these facts. Plus, sardines are a good source of omega-3 fatty acids, particularly the heart-healthy oil, EPA (eicosapentaenoic acid).

Perhaps you, like me, have (sometime in the past) tried sardines, but your ardor was stymied by more than one smelly tin of slippery sardines. Take heart—sardines vary dramatically from tin to tin. If your bones need strengthening, or you simply want to increase your portable lunch repertoire, perhaps it is time to crack a tin again. The Coop has recently started carrying Portuguese sardines that are delightful. If you fear a fishy smell, ease your way into the experience with the variety packed with lemon. Then, move on to the others. These sardines are not cloying, smelly, nor mushy, so you can leave that foul sardine experience behind.

What constitutes a good canned sardine? Taste of course, but besides taste, there is appearance.

Good sardines should be uniform in length and width. They should have firm pinkish flesh with silvery skin, and should be tightly and evenly laid in the tin. When opened, the aroma should be mild and pleasant. The bed of oily sauce should be heavy and clear. The Coop's Portuguese sardines meet all these standards for quality.

After all these words on sardines, I must inform you that there is, in fact, no fish called a sardine. The term sardine refers to various small fish that are all members of the herring family. Sardines are named after the Mediterranean Island of Sardinia, where most every restaurant is reputed to serve sardines baked with tomatoes and herbs, as well as pasta with sardine sauce (pasta con le Sarde).

Pasta con le Sarde Serves 4-6

- 3 T. raisins
- 1-cup bulb fennel leaves
- 1/4 cup olive oil
- 1 small onion, chopped
- 2 4-oz. cans sardines
- 3 anchovy fillets, chopped
- 2 t. red wine vinegar
- Freshly ground pepper
- 1 lb penne or bucatini pasta
- 1/4 cup pine nuts

Place raisins in a small bowl of warm water to soak while preparing sauce and pasta.

Bring 4 quarts of salted water to boil in a large kettle, add fennel leaves, lower heat, and simmer for 15 minutes.

Meanwhile, heat oil in a medium enameled or stainless-steel skillet, add onion and sauté for 2 minutes over low heat. Add sardines and anchovies and mash well with a fork or the back of a spoon. Add red wine vinegar and pepper to taste, stir, raise heat to moderate, cook for 2-3 minutes, and remove pan from heat.

Transfer fennel leaves from boiling water to a chopping board and chop coarsely. Bring water in kettle back to the boil, add pasta, return to the boil, and cook for 8-10 minutes or until al dente.

Meanwhile, drain raisins, chop, and add to the sardine sauce. Add chopped fennel leaves and the pine nuts, stir, return skillet to moderate heat and cook sauce for 2 minutes longer, stirring.

Drain pasta, transfer to a large serving bowl or dish, pour on sauce,

and toss well with two forks.

From James Villas *The Town and Country Cookbook*

Penne with Cream of Sardines

- 2 ripe salad tomatoes, peeled and seeded
- 6 T. extra virgin olive oil
- 4-oz. sardines in oil, drained
- 2 anchovy fillets in brine or oil, drained
- Handful of fresh basil leaves
- 1 T. capers in vinegar, drained
- Salt
- 1 lb. penne

Put the tomatoes, oil, sardines, anchovies, basil, and capers in a blender or food processor and blend until smooth and creamy. If the mixture is too thick, add a few tablespoons water.

Bring a large saucepan of water to boil. Add salt and the penne and cook until al dente. Drain, mix with the sardine mixture and let cool to room temperature before serving.

Note: Conchiglie or farfalle can be substituted for penne. Serves 4
From *Lorenza's Pasta* by Lorenza de' Medici

Sardine Spread

- 1 can (about 4 3/8 ounces) sardines, with skin & bones
- 1 T. fresh lemon juice
- 1 T. grated onion
- 1/4 t. sea salt
- 1 T. tahini (unsalted sesame paste, optional)
- 1 1/2 T. chopped fresh parsley
- 4 rye crackers
- Freshly ground pepper

Open the can of sardines partway, and drain out the oil or water. Place the sardines, lemon juice, onion, salt, tahini, and parsley in a bowl, and mash with a fork until well blended. Spread on whole rye crackers, and grind some pepper on top.

From *Food and Our Bones* by Annemarie Colbin

Pamela Lee is an artist and food writer who lunches on sardines on rye or in a fritatta.

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook Laurel's Kitchen's New

Favourite Green Soup By R. Ohlgren-Evans

In tribute to his month's BookShelf, I've selected a new recipe from Laurel's Kitchen.

In Laurel's words: Fresh spinach deserves to be handled with delicacy. Wash it carefully, especially if it is sandy or muddy, swishing it gently in a sinkful of cold water, draining, and repeating until the water is clean. Don't soak it or handle it roughly, or you'll get dark, soggy places where the vitamins have up and gone.

- 1 onion or 1 bunch scallions
- 1 Tbs oil or butter
- 2 or three potatoes, cut up
- 6-8 cups chopped fresh greens - chard, spinach, etc.
- broth or milk
- salt and pepper

Sauté onion in oil or butter until very soft. Add the potatoes and water to cover. Cook until tender and remove peels if you desire. Add greens and simmer until they wilt. Puree all. Add broth or milk to thin and extend as desired, then add salt and pepper to taste.

*This soup can be served chilled. Top it with a spoonful of yogurt and add crackers with your favourite spread for a refreshing supper on a hot summer evening.

A self-described holistic peasant cook, Robin Ohlgren-Evans is a serious foodie and a capricious gardener. Your comments are welcome : rohlgren@moscow.com.

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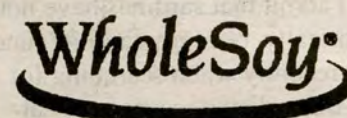


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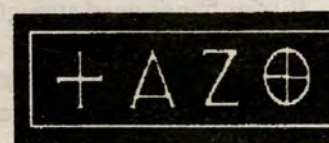
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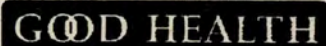
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Macro Musings Cool Summer Cooking

By Peggy Kingery

Like a parched plant, I wilt in the heat. As soon as the mercury creeps up over that 80° mark, my desire to spend a lot of time in the kitchen plummets. Fortunately, summertime is when all those enticing seasonal vegetables and fruits inspire my culinary creativity. Rather than let the heat make me want to take a leave of absence from my kitchen duties, I instead change my cooking techniques and focus on using foods that produce a bit of internal air conditioning.

In my article last month, I introduced the concept of the five transformations. These are cyclic energy changes that are generated by the interplay of yin and yang tendencies in our universe. Summer-time corresponds to the state of "fire" which is the most yin or actively expanding transformation. Because of this, the most appropriate foods to eat in the summer are those possessing yin characteristics: leafy, juicy, soft, high in potassium, fast-growing. It's also in this season that many foods reach their most yin or expanded peak of growth, especially broad leafy greens such as collards and mustard, summer squash, green beans, and sweet corn. Creating summertime meals that center around foods at their peak of freshness helps us keep cool when the temperature rises.

When I think of grains, summer means corn. Take full advantage of its availability by serving it on-the-cob, boiled, in salads, and mixed with other grains. Don't forget corn in the form of masa, polenta, and cornmeal too. Summer is the time to cutback on short-grain and prepare more medium- and long-grain rice dishes. Especially yummy are black japonica (now stocked in bulk at the Co-op!) and brown jasmine rices. Try them mixed with short-grain rice or with fresh herbs added to the cooking water. I'm convinced that using a pressure cooker is THE way to make perfect rice time after time, but I generally boil my rice in the summer because it has a greater cooling affect on the body. Quick-cooking grains such as quinoa and amaranth are light and refreshing and minimize time spent in a hot

kitchen. Partially-refined grains such as couscous, bulgur, and noodles also make quick and nutritious summer meals.

The colorful array of seasonal summer vegetables, especially the leafy greens and vining types, is truly my cooking inspiration when it's hot out. But it's important to include some root and ground vegetables at meals as well. And don't forget those sea vegetables! Lightly steamed, sautéed, or prepared as salads, vegetables provide color, crunch, variety, and vitamins and minerals to keep us cool and healthy. Be careful of using too many vegetables in the nightshade family, as tempting as those red juicy tomatoes may be, and ones that are high in oxalic acid (e.g. spinach, beets). Many fruits are also in season now. Melons, berries, peaches, apricots, and plums satisfy my taste for something sweet and juicy whether I cook them as a dessert or eat them *au naturel*.

Sautéed tofu dishes, tofu salads, tempeh dishes, and bean salads can all help balance summer's heat while at the same time provide the protein we need in our diet. Seitan should be eaten only occasionally because it possesses more yang than yin qualities – a lot like meat. Feeling a need to light up the barbecue? Marinated tempeh cubes and chunks of vegetables make tasty shish kebobs. Firm white fish such as halibut is delicious grilled.

The amount of salt and spices used in summer cooking should be light. Because we lose needed minerals through perspiration, traditional macrobiotic condiments such as gomashio and tekka can be used in small amounts. Umeboshi plums are particularly good for cooling the body and can be used in beverages and dressings. For a real treat, try spreading a little pureed umeboshi on corn-on-the-cob. For seasoning salads, try umeboshi or brown rice vinegar, chopped shiso leaves, or freshly-squeezed lemon juice.

Summertime is traditionally the time of the year to nourish our heart and small intestine. Not surprising, the foods which nourish these organs are also ones that help us keep cool: boiled brown rice; corn or cornmeal; wheat or corn noodles; tofu; pinto, kidney, black or garbanzo beans; summer vegetables and salads; nori and sea palm; and desserts made with cooked fruit, amasake, or rice syrup. Eating these foods during summer's heat may make us feel lighter, more playful, celebrative, inspired, and less

stressed. At the same time, our bodies may show signs that our heart and small intestine are being strengthened such as lower cholesterol levels, muscle relaxation, and a healthy complexion.

I'll probably never like hot weather, but I sure love the taste of summer's bounty. The next time the heat causes your cooking ambitions to wither, but your stomach urges you into the kitchen, toss together a garden-fresh green salad and serve it with this light and easy grain dish.

Quinoa with Corn and Scallions (serves 4)

3 ears of corn (1 1/2 cups kernels)
2 cups water
1 cup quinoa
pinch of sea salt
1 tsp sesame oil
1/2 cup sliced scallions

Slice corn kernels off the cob and set aside. Place quinoa in a fine strainer and rinse well. Place quinoa and water in a saucepan and bring to a boil. Add salt, cover, and simmer 30 minutes until the grain is fluffy. Turn off the heat and let stand 5 minutes. Meanwhile, heat oil in a skillet over medium high heat. Add the corn kernels and scallions and sauté for 3 minutes. Toss with the quinoa and serve.

Peggy Kingery doesn't miss the heat and humidity of her childhood summers in New Jersey. She, husband Jim, and canine buddy Hannah divide their time between their home in Moscow and farm in Deary.

Emily's Red & Green Salad


By Amy Richard

1 cucumber
2 red bell peppers
2 tomatoes
4 stalks celery
1/2 red onion

1/2 cup olive oil
1/4 cup red wine vinegar
1 1/2 tsp sea salt
1 1/2 tsp black pepper
2 tsp unrefined cane sugar

Chop all veggies into a nice comfy bite size. Then whisk together remaining 5 ingredients to form the dressing. Pour dressing over veggies and toss well. Chill and enjoy!

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Palouse Area Singles

Palouse Area Singles is a nonprofit, all-volunteer club formed by and for single people in the Palouse region. It is aimed primarily at people in their thirties and above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities. The club has a membership directory so that members have the opportunity to contact one another without having to wait to meet at an organized event.

We hold house parties, picnics, and coffee get-togethers. PAS is a cooperative organization and individual members will let others

know of an upcoming dance, movie or exhibit and invite them to come along.

PAS is not affiliated with any church or other organization. It has been operating in this area, in one incarnation or another, for more than 20 years. Membership is only \$16/year, mainly to cover the cost of the directory.

Come to one of our functions and check us out; everyone is welcome. Call for more information.

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Gardening

Companion Planting: part two

By Patricia Diaz

This month we'll complete the article on planting to enrich your garden's ecosystem and eliminate pests.

LEMON BALM - This herb has citronella compounds that ward off squash bugs—and if you crush and rub the leaves on your skin you can keep mosquitoes away. You can also sprinkle this throughout the garden to deter other bugs.

MARIGOLDS - (*Calendula*) - These beautiful and easy-to-grow flowers keep the soil free of bad nematodes and discourage many insects. You can plant these flowers freely throughout the garden, although they might attract spider mites and slugs. French marigolds deter whiteflies when planted around tomatoes and are especially effective in greenhouses. Mexican marigolds are the most powerful of the marigold family and people say they repel Mexican bean beetles and wild bunnies.

MARJORAM - If you use this herb as a companion plant it improves the flavor of vegetables and herbs.

MINT - This wonderfully smelling herb deters white cabbage moths, ants, rodents, flea beetles, fleas, aphids, and improves the health of tomatoes and cabbage. You can also use the cuttings as mulch around members of the brassica family. Mint also attracts hoverflies and predatory wasps (remember, these are the good guys). Earthworms are very attracted to mint plantings. And if you have mice, place either fresh or dried mint around and it drives them off. The only downside is that mint is extremely invasive.

OPAL BASIL - This herb repels hornworms and tastes good, too.

NASTURTIUMS - This is a good plant to use to create a barrier around tomatoes, radishes, cabbage, cucumbers, and under fruit trees. It deters woolly aphids, whiteflies, squash bugs, cucumber beetles, and other pests of the curcubit family. It likes soil with low moisture and no fertilizer. The leaves, flowers, and seeds are all edible and wonderful in salads.

PARSLEY - Plant this herb

among tomatoes and asparagus. You can also use this in a "tea" to ward off asparagus beetles. It attracts hoverflies and if you let it go to seed it attracts tiny parasitic wasps. Parsley increases the fragrance of roses when planted around their bases.

PEPPERMINT - This herb repels white cabbage moths, aphids, and flea beetles. It is the methol in mint that is the actual repellent. Bees love it, too.

PEPPERS, HOT - Chile peppers have root exudates that prevent root rot and other *Fusarium* diseases. Plant peppers anywhere you have this problem. You can also make a "tea" from hot peppers which is useful as an insect spray.

PENNYROYAL - This herb repels fleas. If you crush the leaves and rub them on your skin they will repel chiggers, flies, gnats, mosquitoes, and ticks, plus it smells nice, too. Pennyroyal is gaining favor as an alternative lawn.

PETUNIAS - These pretty flowers repel asparagus beetles, leafhoppers, certain aphids, tomato worms, Mexican bean beetles, and general garden pests. Petunias are great companions for tomatoes but you can plant them everywhere. You can use the leaves in a "tea" to make a potent bug spray.

RADISHES - Plant these with your squash plants and they will protect your squash from squash borers. You can also plant them around corn and let them go to seed as this helps fight corn borers.

ROSEMARY - This herb is a good companion plant to cabbage, beans, carrots, and sage. It deters cabbage moths, bean beetles, and carrot flies. Use the cuttings to place by the crowns of carrots to repel carrot flies.

RUE - This herb deters Japanese beetles in roses and raspberries. It also repels flies and some say it deters stray cats. You shouldn't plant it near cabbage, basil, or sage. Rue can cause skin irritation in some people.

SAGE - Sage is a great companion for broccoli, cauliflower, rosemary, cabbage, and carrots to deter

cabbage moths, beetles, black flea beetles, and carrot flies. Do not plant near cucumbers or rue. Sage repels cabbage moths and black flea beetles. If you allow sage to flower you will also attract many beneficial insects.

SUMMER SAVORY - This is a really pretty herb and is good planted with beans and onions to improve growth and flavor. It also discourages cabbage moths. Honey bees love this plant.

SUNFLOWERS - Along with being such a pretty, striking, flower, sunflowers get rid of aphids. Apparently ants herd the aphids onto the sunflowers which keeps them away from everything else and the aphids can't hurt the sunflowers because they are so tough. A big plus in the fall is that you have nice big seedheads for your birds.

TANSY - This is another wonderful herb for deterring sugar ants, flying insects, Japanese beetles, striped cucumber beetles, squash bugs, ants, and mice. To deter the sugar ants and flies in your house, tie up and hang a bunch of tansy leaves indoors as a fly repellent and place clippings by the door to deter the ants. You can be generous with your cuttings as tansy endures lots of abuse. It is also wonderful for the compost heap as it's loaded with potassium.

TARRAGON - You can plant this throughout your garden as most pests don't like this herb. It is also a good companion for flavor enhancing and growth of vegetables.

THYME - This herb deters cabbage worms. There are many types of thyme and it's easy to grow from seeds or cuttings.

WHITE GERANIUMS - These pretty flowers attract Japanese beetles, which feast and die.

WORMWOOD - If you want to keep animals out of your garden, plant this as a border. It is an excellent, also, for most insects and you can make a "tea" out of it to repel cabbage moths, slugs, snails, black flea beetles, and fleas. The two best varieties for making insect spray tea are silver King and Powis Castle. Powis Castle attracts ladybugs, which breed directly on the plant. Wormwood produces a botanical poison, however, and thus

you don't want to use it directly on your food crops.

YARROW - This plant repels many insects and is an excellent natural fertilizer. If you add a handful of yarrow leaves to your compost pile it really speeds things up. It also attracts predatory wasps and ladybugs. It also may increase the essential oil content of herbs if you plant it among your herbs.

By now, you may have had the same thought I did - why not just plant an herb garden in with the vegetables! It seems as if most of the wonderful companion plants are herbs. I do hope this has been helpful for you to improve your garden and keep out the toxic chemicals so many people think are essential to raising a healthy garden.

Pat Diaz lives with her husband Tom and cute little Schnauzer Gus on six acres in the woods by Dworshak Reservoir. They cheerfully share their garden with deer, wild turkeys, and snowshoe hares.



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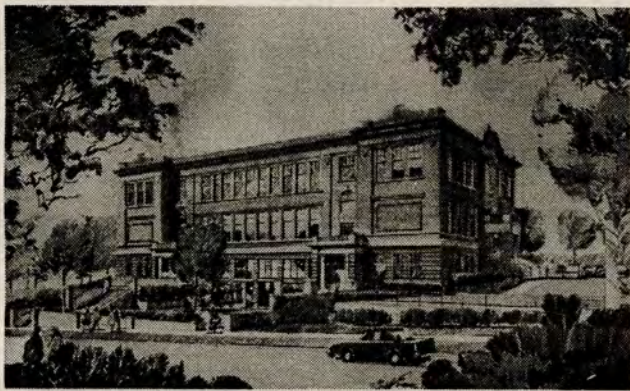
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Insights

An 88th Birthday for Moscow's 1912 Building

By Kenton Bird



A piece of Moscow's history is about to be turned into a centerpiece for community gatherings and activities. And everyone in Moscow is invited to help celebrate this connection between past, present and future.

The Mayor's Task Force on the 1912 Center will sponsor a birthday party for the building that served as Moscow's second high school on Saturday, July 8. Events will begin at 11 a.m. and run until 3 p.m. at the building, located on Third Street between Adams and Van Buren.

"This will be a chance for the public to learn more about the building's history and to discover some of its unique architectural features," said Duane LeTourneau, task force chairman. "We'll also salute some of Moscow's distinguished citizens - anyone born in 1912 or earlier."

According to historical records, the cornerstone for the building was laid on July 6, 1912, and the building opened for students in January of 1913. It became the junior high school when the current high school opened in 1939. Later, it was used for school district administrative offices and storage. The city of Moscow bought the building in 1997 using donations from citizens.

A \$2 million contribution from an anonymous benefactor, along with other donations, will allow the city to begin construction early next year on the first phase of renovation. The initial phase will include a "great room" for meetings and other gatherings on the ground floor, along with a kitchen, restrooms and an entrance that will be wheelchair accessible. A plaza on the building's south side will adjoin the great room.

Later phases will include dedicated space for senior citizens and the developmentally disabled. Several rooms will be set aside for

art classes and workshops. A historic classroom will help visitors learn about the early history of education in Moscow. The upper floors will include additional meeting rooms and the Palouse Discovery Science Center.

Tours and displays will begin at 11 a.m. At 1 p.m., the mayor's task force will recognize donors who helped purchase the building and others who have contributed to the campaign so far. Music will be provided by the Snake River Six, refreshments (including birthday cake) will be served, and door prizes will be awarded.

For more information, or to volunteer to help with the birthday party, call 883-2890.

Kenton Bird is the former editorial page editor for Moscow's daily newspaper and now is a member of the journalism faculty at the University of Idaho, as well as a member of the Mayor's Task Force on the 1912 Center.

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Children Learn about Nature

by Ashley Martins

Children interested in discovering nature may want to join us as we visit the Nature Conservancy's Idler's Rest forest in August. The sessions (including transportation) are free.

This is what happened when we took our first group of children (all girls, but we hope boys join us as well) to Idler's Rest in June. The blindfolded girls smudged themselves with pitch as they rubbed their cheeks against trees and inhaled the sweet scent of wet fir and cedar in our first game "Meet a Tree." Each of them found their way back to their tree and learned to identify it by bark, cones, and needles. One girl even gently pocketed a fallen cone and twig of her Douglas Fir to remember her tree by.

With such a small group, we were happily able to investigate each and every interest and idea that arose. They girls showed me their favorite "ostrich" tree - a twisted and contorted cedar that bent to form a perfect seat for a 9 year old.

Brooke, our summer intern, took pictures and laughed. Brooke and I followed their leads again through the wet woods to a "ladder" that crossed Idler's Rest Creek. We scrambled up the ladder behind them, fearing that our comparatively heavy bodies would buckle the stout branches underfoot. Into the brush we tromped, snapping branches along the way. We turned and visually retraced our paths revealed by the pathfinder plants. We looked for owl pellets and traded owl

stories. Skye spotted a dainty white flower among the glistening foliage and called us all over. I told her the beauties were called "bead lilies," but we would call them "Skye's bead lilies" in her honor. The other girls wanted flowers named after them as well, so we set off again in search of more flowers.

This morning of adventure captures what I love about Nature. She shares with us Her wonders and we share them with each other. This exploration and awe connects us with our environments and fosters care and respect for Nature.

We discover much about ourselves and each other as we learn about interconnectedness. We realize what we can do to make a difference in this world when we discover where we fit in. This is what Discovering Nature is all about.

Your child can participate in PCEI's Discovering Nature Children's Summer 2000 Series! This adventurous program is for kids ages 8 to 12 (flexible), and is held every Tuesday and Thursday in August from 9:30-11:30am at Idler's Rest Nature Preserve. We will learn about different topics every week to enhance our connections with and knowledge about the natural world.

Transportation is provided. Please call ahead to register.

For more information, please call Ashley Martens at

Palouse-Clearwater Environmental Institute at 882-1444 or email at martens@pcei.org.

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Trim Your Pets for Summer

By Sarah Hoggan

Summer sun feels wonderful on our bare skin. Those with fur don't share our sentiment. The summer heat isn't a blessing for our pets. Seasonal grooming can make the difference between a comfortable summer and an anguishing bake for them.

A clip down is an easy and effective way to help pets cool off. Think of how refreshing it feels to take off a jacket or sweater when you're too hot. A good trim has the same effect for them.

While bringing your pet into an air-conditioned house after they've been outside all day may seem thoughtful; it's actually a stress. They're going from one extreme to the other and their bodies have to rapidly compensate. Normally animals can pant to eliminate heat. That offers limited benefit given the surface area they are trying to cool, their whole body, and the area where evaporation takes place, their tongue! It's especially hard for pets to cool off if they have been very active, like chasing a ball or catching a Frisbee. A trimmed fur coat helps them eliminate heat because the insulating effect of the fur is gone.

A summer hair cut also has health benefits for our pets. Dogs frequently get grass awns, or cheat grass, caught in the fur between their toes. Over time the seed can work its way into the skin and cause a painful abscess. If the fur is trimmed from between their toes, the seed has no way of getting caught in the first place.

Cats are more likely to get fur balls or hair impactions in their digestive system in the summer when they are shedding excessively and must groom themselves. A popular trim for longhaired cats is the "lion cut". The body and legs are trimmed but the tail and head are left long. The finished cut resembles a lion with a mane. Surprisingly, cats don't seem to mind their new shorn appearance. They're cooler and more comfortable and are less likely to develop fur balls because there's less fur to groom.

Finally, a trimmed coat is easier for owners to manage. Longhaired dogs and cats need regular combing to prevent the formation of mats. A shorter coat eliminates this chore. Also, long fur forms clumps when it's shed. The clumps accumulate and grow to resemble "dust bun-

nies". A trimmed animal doesn't have enough fur to generate these clumps and consequently eliminates the formation of these extra "pets".

If you are unsure of how you want the coat trimmed most professional groomers are happy to offer suggestions or are knowledgeable to standard cuts for specific breeds. Remember that if you have an animal with a light colored nose, or is very fair skinned they may require some sunscreen right after a trim because their skin hasn't seen sunshine on a regular basis. Your veterinarian can suggest a good brand for their protection.

Summer is a beautiful time of year. Help your pet get the most out of the season by helping them stay cool. Grooming will not only make them look good, they will be happier because they won't be trapped in a fur coat when it is 90 degrees in the shade!

Sarah Hoggan is a senior veterinary student at WSU's College of Veterinary Medicine. She and her growing family make their home in Troy, Idaho.



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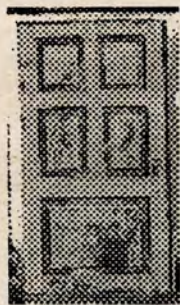


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Darwin Vest Memorial Celebration

By Lisa Cochran



One couple traveled up from Clarkston. Others changed their plans, worked around family commitments or canceled a job. But they came.

They came to Robinson County Park, five miles east of Moscow, on the evening of June 3 to remember their tenant, co-worker, friend: long-time Moscow resident Darwin Vest.

Darwin lived in Moscow from the late 1970's to 1989 when he moved back down to his hometown of Idaho Falls to be closer to his parents. While in Moscow, he worked at the Micro Moviehouse. But he was also well-known for his expertise in the venom of spiders and snakes.

He disappeared on June 3, 1999, after playing his regular weekly

game of Trivial Pursuit at an Idaho Falls tavern. He left the tavern never to be seen again. Despite a police search, no evidence about him has surfaced and the case has been put on hold pending new information.

The event was held on the anniversary of Darwin's disappearance to celebrate his life and times in Moscow and generate renewed interest in the search for his whereabouts. The ceremony also overlapped a memorial celebration hosted by his family in Idaho Falls the same day.

Robinson Park was chosen for the Moscow gathering because Darwin used to love playing frisbee golf at the park, and finishing with a cold Ranier Ale. Those who at-

tended the ceremony came to honor the life and times of this interesting and unusual man. Stories were shared and every story brought bursts of laughter or looks of surprise. Even those who knew him very well learned something that they had never known about him that evening. Some stories were about practical jokes that were either initiated by Darwin or played on him by others who had been touched by his incredible sense of humor. Some stories were about his prowess at catching venomous creatures, including one about his encounter with a cobra, which resulted in a bite.

Still others were about his sense of commitment to others and his code of honor. One gentleman told of his 15 year association with Darwin that brought a large body of scientific information to the pest control industry, including the making of training films for workers. Finally, a woman told how Darwin sparked interest in science in her young son, making the boy a frequent collector of spider specimens. Those specimens were a well-known part of the office decor at the Micro Moviehouse where Darwin worked until his move to Idaho Falls.

As I rode home from the ceremony, I reflected on how Darwin was one of the colorful characters who help make Moscow such an enjoyable community for me to live in. He touched so many lives in so many ways. There are so many stories to be told. He was the Micro guy. He was the snake guy. He was the spider guy. But as also a friend, son and brother and is sorely missed by every one who knew him.

More information about Darwin's disappearance is located at the following website: <http://www2.state.id.us/dle/idmpch/htmlsrc/End/dvest.htm>

Lisa Cochran has been a resident of Moscow since 1984 and worked at the Micro with Darwin from 1987-1989.

Sheri L. Russell

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Rendezvous Promises to Please

By Julie Ketchum



Rendezvous Festival 2000 is coming to East City Park in July. Our musical line-up is the best in years, showcasing talented musicians from the Pacific Northwest, Southwest, and Eastern United States. Last year's survey told us that Palouse audiences want blues, Cajun and country music and this year we're filling the bill in spades.

Kicking off Rendezvous in the Park Festival 2000 on Thursday, July 27 is the pop group, Heartfriends, who held the rapt attention of the entire Farmers' Market last June. I lost count of the number of people who walked up to me during their concert and said, "You've got to get this group for Rendezvous," but suffice it to say that they were great! Moscow music and dance lovers won't be able to keep their seats as Washington-based How's Bayou and Louisiana's own Filé take the stage with some traditional and updated Cajun and Zydeco music. Filé's addition of piano and chromatic accordion gives them a uniquely jazzy style that sets their music apart.

Last year, nearly 1000 people came to Rendezvous to hear the country hits of Dan Seals. We're expecting music lovers to come in droves this year to see Idaho's own Cody and Willie Braun. Muzzie Braun's two sons will continue their family's musical tradition as they lead off Rendezvous' July 28 "Texas Tea" concert with their hot Austin band, Reckless Kelly. Ray Wylie Hubbard, the Texas country/folk

singer who penned the infamous "Up Against the Wall Redneck Mother" is not to be missed. I had the pleasure of seeing Ray in Portland last October at the NW Booking Conference. He faced a tough audience of arts directors from all over the Northwest, but he didn't let anyone down as he told wild

and funny tales of his many years as a singer/songwriter and performed songs that resounded of his tongue in cheek attitude about life.

This year's Rendezvous in the Park will go out with a bang as three talented blues bands take the stage for "Blues Buffet." Leading off the Saturday, July 29 concert is veteran blues piano player and vocalist Tracy Nelson. Tracy's voice is strong and gutsy, and she's been around long enough to compile a repertoire nearly as long as her list of fans. I am personally thrilled at the chance to see a live performance of the irreverent female blues trio, Saffire—The Uppity Blues Women. These women are truly amazing! In one decade, Saffire has re-energized a half-forgotten tradition of women blues singers. Finally, Rendezvous brings to the stage the considerable guitar talents of Mark May and the Agitators. Mark May is sure to set the East City Park stage ablaze with his sizzling guitar licks. He has toured with The Allman Brothers and Susan Tedeschi and was voted 1999 Musician of the Year by the Houston Press. Mark May is a blues legend in the making.

Many people have asked me, "why is Rendezvous changing to three days?" When Rendezvous was started in 1983, it was a one-weekend festival. Over the last few years, the Rendezvous board of directors has been discussing the idea of returning to a one weekend format, primarily to reduce the cost of production. It is very unusual for a festival of this size to run on non-

consecutive days. Another reason to operate the festival on one weekend is to make it easier for out-of-town visitors to attend the entire festival. We're proud to be able to present the same amount of music (8 bands) using this format as we have for the past decade.

Rendezvous will continue its tradition of great music, delicious food, and friendly folks at this year's Festival 2000. Come to Rendezvous in the Park for the best music on the Palouse!

Julie Ketchum is the director of Rendezvous in Moscow, and a dedicated patron of the arts who enjoys gardening, cooking, hiking, and traveling to places near and far.



Featured Artists:

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Rendezvous in the Park

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