

Day-Now HD3284. N48

February 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Anniversary Party and Shopping Spree

By Kenna S. Eaton

### INSIDE:

Member Appreciation Day, FAQ's  
about Vitamins, Co-op Board  
Candidates, Growing Tomatoes &  
Onions, and MORE!

Wow! Hard to believe we've been in this location for two years. When we moved here in 1999, we decided that having a grand re-opening party in February was so much fun we wanted to do it every February.

The Co-op was started sometime back in 1973, but the records are pretty sketchy. So it's unclear exactly when the Co-op originally opened, so this is not really an Anniversary Party as much it is an excuse to brighten up the dreary days of winter.

Please mark your calendars for the next Co-op Anniversary Party. February 24<sup>th</sup>.

It's a Saturday and we are planning a whole day's worth of food and fun for you, from 10am to 4pm. We'll have plenty of food, enough to satisfy even the hungriest shopper.

We'll have tons of free samples from lots of

different manufacturers with an emphasis on locally-produced foods. You'll get an opportunity to meet the producers as well as sample their wares. And if you like what you taste we'll even let you buy some!

There'll be lots of door prizes, like t-shirts and gift baskets, all day long. Plus you will be able to enter to win a Grand Prize of a \$250 shopping spree. The drawing for the shopping spree will be held March 31<sup>st</sup>, and you can enter all month long if you like.

Last year's prizewinner had great fun picking out

her favorite products and filling her cart up full. So start writing your list! And in the meantime, stop by for the Anniversary Party and try some new foods. Maybe they'll become your favorites.

CO-OP  
Anniversary  
Party  
February 24<sup>th</sup>  
10:am - 4 pm

[www.moscowfoodcoop.com](http://www.moscowfoodcoop.com)

## Co-op Business Partners

**Anatek Labs, Inc.** - 10% discount on well water tests, 1282 Alturas Dr., Moscow, 883-2839

**Columbia Paint** - 15% off retail paints & supplies, 610 Pullman Rd., 882-6544

**Computer Serenity** - 20% off computer consultations, 720 W. "A" St., Moscow, 882-8812

**Copy Court** - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow, 882-5680

**Culligan** - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, Moscow, 882-8812

**D. M. Georgina Publications** - 10% off business card or brochure design, P.O. Box 246, Albion, 332-6089

**Global Portfolio Management, John A. Hauser** - 15% off socially responsible portfolio management, 126 S. Grand, Pullman, 334-3351

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

**Inland Cellular, Chip Damato** - \$10 off the purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245

**Kaleidoscope Custom Picture Framing** - 10% off retail and custom framing, 208 S. Main #11, Moscow, 882-1343

**Kelly Kingsland, Licensed Massage Therapist** - First two massages @ \$30. each, for appt. call (208) 892-9000

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**Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 883-8315

**Motherwise Midwifery, Nancy Draznin** - Free supply of pregnancy tea throughout pregnancy, 1281 Sprenger Rd., Genesee, ID, 208-224-6965

**Northwest Showcase of Fine Crafts** - free 16 oz. latte with \$25 purchase, 531 S. Main St., Moscow, 883-1128

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

**Paradise Fibers, Kate Painter** - 10% off all books, magazines, videos, yarn and knitting needles. NW 115 State St., Ste 112B, Pullman, 338-0827

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

**Dr. Ann Raymer, DC, Chiropractic Physician** - \$10 off initial visit including patient history, physical, and spinal exam, 803 S. Jefferson St., Moscow, 882-3723

**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, Moscow (behind Mikey's Gyros), 883-4779

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

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

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

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

# Community News



## Generally Speaking For Members Only

by Kenna Eaton, General Manager

Tuesday, March 27, is the date selected for the Annual Membership Meeting (see related article from the Board) and it is also the day we've chosen to show you, our members, our appreciation. Like the "Year of the Child" or "Heart Healthy Month," this is the "Member Appreciation Day."

All day, Tuesday, March 27<sup>th</sup>, members will receive a discount on all their purchases at the Co-op.

No one will go home without a prize, though those who spend more get more. Be prepared to show your current members card. For purchases less than \$25, you will receive a 5% discount. For purchases of \$25 to \$70, you receive a

7% discount. For purchases over \$70, you will receive a 10% discount.

Volunteers will be able to receive these discounts in addition to their regular discounts—except on beer & wine (we'd lose too much money). And while you're here don't forget to sign up for the Shopping Spree, with the winner to be selected March 31<sup>st</sup>.

After you shop, come back for the membership meeting later that night. We will close the store early so staff and shoppers may attend, From 6:30pm to 8:30pm, we will regale you with Co-op tales of 2000, cookies, coffee and tea.

Happy M.A.D. day!

## Update on the Tables and Chairs

By Kenna S. Eaton

One of the many challenges facing us is the monthly deadline for this newsletter. The deadline is the 20<sup>th</sup> of the month, which makes it sometimes difficult to write timely articles.

This month I wanted to give you an update on the tables and chairs but by the time you read this the situation may be very different!

Anyhow, today (January 20) the deli improvements are mostly completed, the soffit and stub walls around the new seating area are mostly constructed, and the first coat of "Hopi Squash" (the color chosen for the front wall by the seating area) has been applied. There's still a lot to be done.

I think the best part, however, has been the tremendous support from members. Before last month's newsletter was printed, I had received several offers for member

loans and thus we were able to reach our goal without even breaking a sweat.

To all of you who offered to lend the Co-op money: "Thank-you!" I am only sorry we couldn't take you all up on your generosity. Next time!

And to the members who made generous donations an even bigger, "Thank you" is sent out. It is totally amazing to discover how many people love the Co-op and want to see it thrive and grow. It is definitely heart warming.

I'm busy now trying to order the tables and chairs themselves. I hope they're here by the time the renovations are done. If not, we'll have to pretend we're at a cocktail party, like one member suggested, and wander around holding plates of food, imagining how nice it'll be when we can sit down!

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## In the Deli Deli Rolls

By Kelly Kingsland, Deli Manager

There have been a few new faces in the Deli recently, some returning and some new. I thought I'd take a moment and introduce and acknowledge their contributions to the Deli.

First and foremost, I'd like to welcome back Josh Burnim who has been gone a few months while nursing his brother who was in a tragic accident. We are all relieved to have his smiling gentle presence back with us.

Another face that we will all be ecstatic to see is Amy Margozerwitz. Amy worked briefly in the bakery before her terrible accident on Thanksgiving. She'll be returning to the Co-op, this time in the Deli in early February. Look for her beautiful, smile behind the counter, and welcome her back.

We've also hired two new servers recently—Jamie Jensen and Liz Bageant. They can both be seen

serving pizza on Friday evenings. I welcome them both and appreciate the enthusiastic energy they bring. I think, for example, that it was Liz who spearheaded the discovery that each Deli cook makes roughly 3,744 pounds of salad a year! And that was in her first week. I look forward to more such expeditions into Deli wonderment.

Sadly, the down side of having new folks is that others have to leave to make the space. This month we are saying sad good-byes to Amy Richard, and Erika Cunningham. Erika is heading off into self-employmentland—teaching Yoga at the center downtown as well as growing her massage practice. Amy is just moving over the counter to cashier. Both are long time employees in the Deli and will be painfully missed.

Two other new faces are Don Dysart and Deokja Kim. They are

coming in on Saturdays to make Kim Pub (Korean Nori Rolls). Deokja is Korean, and definitely has the knack of making delicious rolls. Actually these folks are the answer to one of my Deli dreams—to have Nori Rolls without having to make them myself. On their first Saturday, I sampled as they were making them, then bought two trays on my way home.

Check out their rolls each Saturday, and look for them at the Anniversary Party on Saturday February 24<sup>th</sup>. They'll be rolling and sampling out on the floor (so to speak). If any of you have been hankering for something "authentic" here's your chance. Deokja brings her experience from home, as well as special touches such as her mother's homemade sesame oil! I'm really glad to have them.

So as you can see there are plenty of things going on the Deli. Spring is almost here, and I'm headed to Utah to go remind the sun of us northerners. I'll try to bring it back with me. Till then, that's about all I can think about.

# Feed Your Self

Come eat  
**Brunch**

in the  
**Deli**

Saturdays **New Hours!**  
9-11 am

## Up All Night News in the Bakery

By Christa Haagensen, Bakery Manager

Welcome back students and friends from the holiday.

The bakery has been going through a few changes. Ben Semple, who has been an assistant baker for the last two years, will also be baking breads on Fridays. Welcome Ben to the baking team!!

There are also a few changes going on in the bread schedule. Since the Cracked Wheat has been selling out on Mondays, we will be making it also on Thursdays. The Buttermilk Bran has not been selling as well on Thursdays and will only be made every few Thursdays from now on. We have a new bread that will be made on Wednesdays which is Cranberry Sourdough. Samples will be out in the case for all to tempt their taste buds.

The time has come for me to start going through all the bread ingredients and checking the prices of ingredients that go into each of the breads. This is a thorough and lengthy process that will result in the possibility, or even probability, of bread prices going up.

Do not be alarmed Co-opians! It has been a substantial time since this has been done in the bakery and will be a reasonable task. I have also been checking the competitive prices as this helps me to see how we are priced. The result will be a price that is reflective of the quality of our ingredients and the mission statement of the Co-op.

Here is a new muffin recipe to try out:

### Good Morning Blueberry Muffins

4 cups whole wheat pastry flour  
2 T. baking powder  
1/2 t. sea salt  
1/2 cup canola oil  
1/2 cup maple syrup  
2 cups apple or other fruit juice  
2 t. vanilla  
1/2 cup blueberries or fruit of  
your choice

Add any spices you might want.

Mix all the ingredients together thoroughly. Scoop out into well greased muffin tins. Bake at 300 degrees for 20 to 30 minutes. Let cool and enjoy with your friends.

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Regular board meetings are held the second Tuesday of each month at 6:00 p.m. at the Pea & Lentil Commission Meeting Room.

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## Veggi Head - Produce Notes:

### Not Just Roses

by Lahde Fesler  
Produce Manager

Well, it's February, the month of LOVE, and some of you may be thinking of getting that special someone a beautiful bouquet of flowers. Have you ever wondered where the Co-op bouquets come from? Has anyone noticed the improved quality of our fresh cut flowers the past few months? Well, in December we started purchasing our flower bouquets from a local business in Pullman called Just Roses. Previously, we received our flowers from a wholesaler in Spokane.

Jennifer and Calvin Baisley purchased Just Roses in 1997 when it came up for sale. They had no previous experience with the floral business—so what gave them the crazy idea to own and operate one?

Originally they owned a business called Candy Bouquet which designed custom candy arrangements. They began to notice that on Valentine's Day they received a lot of calls for flower bouquets. This gave them the idea to diversify into flowers. So when Just Roses came up for sale, they snatched up the opportunity to combine their Candy Bouquet store with that of Just Roses. Calvin said it was a good move and that without the flowers they wouldn't have been able to stay in business.

I asked Calvin if he felt they needed to change the name of their business from Just Roses since they also sell candy arrangements and other types of flowers. He said maybe they would change it to something like "Roses and Etc." but didn't seem to be in a big hurry to do so. Through word of mouth and good customer service their customers know that Just Roses has much more to offer than roses. For now,

Calvin has a yellow sign he put above the glass that reads, "more than just roses."

Depending on the season, most of their flowers come all the way from South America. The flowers arrive at the Pullman airport a week after being cut in the field, and then last up to two to three weeks once the customer has purchased them. Just Roses buys direct from the farmers in South America, cutting out the middleman. This improves both the quality and the cost to the consumer.

As a closing question, I asked Calvin during our interview if there was anything he wanted to relay to the readers of this newsletter. He wanted to stress how hectic it can get on Valentine's Day, since everyone wants flowers all at once. So he suggests simply purchasing your flowers a day or two ahead of time.

Just Roses, last year on V-Day, sold out on 5,000 roses by 2:00pm. They had a continuous stream of customers until every last flower was sold. Florists in the area cannot keep up with the demand for roses on this day of love and courtship.

If you are in Pullman, stop by and visit Jennifer and Calvin in their shop. You will also get a chance to meet their new addition, nine-month-old Caleb. He is the store "mascot" and must be quite the charmer because customers like to play with him while Jennifer makes up bouquets and some customers will even return just to see him and bring little gifts. Sounds like the little guy plays an integral part in administering the shop's excellent customer service. Or maybe this is just the result of careful planning on the part of the parents!

## Newsletter News

By Laura Long

We have some really exciting news for the Co-op membership. For the first time, the newsletter is making enough money from its advertisers to support itself.

Since all the labor to create and distribute the newsletter is volunteer, the costs associated with its production are printing and a few minor amounts, like film and photo development. Now, the ad revenue equals or exceeds those costs.

Vicki, our grocery buyer, has been doing a really great job soliciting advertisement money from the producers of the foods we highlight every month on the center pages. Those companies have been really supportive of our efforts to provide a

high quality, locally-written and locally-produced community newsletter.

In addition to Vicki's efforts, Amy Richard, our advertising director, has done a wonderful job of promoting the newsletter to local advertisers. This year we really went out on a limb, and decided to pay our advertising director and the decision was well worth it. Not only have the advertisers been happy to have a committed person look after their ads, but Amy's wages have been paid for through her efforts to expand the advertiser pool as well.

Although printing costs have increased recently, we fully expect that the newsletter will continue to generate enough funds to take care of itself in the future. Thank you, Moscow Food Co-op members and friends, for making our little paper such a success!



## Welcome!

By Laura Long,  
Membership Director

Happy New Year to all. I missed last month due to illness, so I have a few things to catch up on with all you members.

One subject that usually comes up around this time of year is resolutions. I usually resolve to be a more patient person, a kinder person, and of course a more physically fit person.

In the last few months, I've really changed my diet (for the better, I believe) to include more fresh ingredients and fewer processed, high fat, high sugar foods. Often here at the Co-op, we get questions about the latest fad diet or the new super-vitamin on the market. I think we all want to feel better and have more energy, and often we lack the patience to wait for the results that a change in lifestyle can bring.

So back to my personal chal-

lenge. It has been several months since I changed the way I cook and added regular exercise to my life, but the results have been wonderful! I have more energy, I sleep better and I have a new sense of personal power, and all this without having to remember not to eat bread and rice or take several pills morning, noon and night.

I know it's old fashioned advice, and we hear it from every direction, but eating fruits and vegetables, whole grains and lean meat, and exercising at least 30 minutes a day really has worked for me.

So I'll get off my soap box now, and just remind all of you that the Co-op is still one of the best places to purchase fresh vegetables, whole grains in bulk, farm fresh eggs, tofu, and lean meat without all the hormones and antibiotics.

And don't forget, if you're a Co-op member, there are good discounts offered by both the Shark Athletic Club and the Moscow Yoga Center to help you achieve your 30 minutes a day. So take care, have fun, and enjoy life!

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## Personal Care Corner

# Frequently Asked Questions About Vitamin/Mineral Supplements

By Carrie A. Corson, Non-Food Buyer

I went to the websites of the companies that make the vitamins sold here at the Moscow Food Co-op, to get answers to some of the questions I hear the most from customers choosing supplements. I thought these web sites were excellent and would encourage customers to visit them. Here are their answers.

*When is the best time to take vitamin supplements?*

According to Karen Sullivan, author of *Vitamins & Minerals, An Illustrated Guide*, it's best to take most supplements after a meal. Absorption of supplements is best when the body has bulky food to work on. It is especially important to take time-release formulas with food.

Water-soluble vitamins, especially B-complex and C, are excreted rapidly from the body. So breaking your dose into three parts to take after meals will give you the best chance of maintaining a high body level.

If you have to take all your supplements at once, it is best to take them after your biggest meal of the day. It is also important to take vitamins and minerals together as minerals are essential for the proper absorption of vitamins.

Remember to check your label. It should advise you as to specific instructions on best times to take. Also remember that your health care professional may advise you to vary these guidelines in order to obtain a particular result.

*What role do antioxidants play and why should I take them?*

Olympian Labs had a great answer. Antioxidants are a group of vitamins, minerals and enzymes that help protect the cells in our body from the formation of free radicals. Free radicals are atoms, or a group of atoms, that can cause damage to our cells, which can lead to the impairment of our immune system and to various diseases, including heart disease and cancer. Free radicals are formed from overexposure to the sun, radiation and toxic chemicals (often found in foods we eat and the air we breathe), and through the normal metabolic actions in our body.

Antioxidants function as free radical scavengers. These scavengers

neutralize the free radicals by ingesting them and making them incapable of harming our cells. Even a good diet may not provide adequate antioxidant protection, so it is usually suggested that we take a good antioxidant supplement each day. Vitamins C, E and beta-carotene, and the minerals zinc and selenium are all antioxidants.

Flavonoids, also known as proanthocyanidins and anthocyanosides, are also powerful antioxidants. These can be found in the herb ginkgo biloba, in the skins of black cherries, blueberries, blackberries and in extracts of bilberries. Antioxidant enzymes include methionine reductase, catalase and the substance coenzyme 10. Find Olympian Labs website at [www.olympian-labs.com](http://www.olympian-labs.com).

*How do I choose a multi-vitamin/mineral supplement?*

We carry over 25 different multi-vitamins. If you're looking for a good multi, and you can't decide which is the best, you can narrow your choices with a few questions.

- Do you want a vegetarian product? If you do, anything contained in a gelatin capsule would be eliminated.
- Do you only want something in a tablet form, capsule form, or liquid?

If you are only interested in taking one pill a day, this will take away over half of your selection. While this is convenient, keep in mind that to maximize absorption and utilization, most authorities suggest taking several pills over the course of the day, at different meals.

Other points to consider when choosing a multi are any allergies or sensitivities you might have to particular ingredients. Are you supplementing a "good diet" or "poor eating habits?" Are there certain nutrients that you are particularly concerned with (i.e. lots of antioxidants, B-vitamins, etc)? And what kind of potencies fit your needs. Answering these questions can go a long way toward choosing a multi vitamin/mineral supplement that is just right for you.

*What is the difference between d-alpha tocopherol and dl-tocopherol forms of Vitamin E? And why is d-alpha tocopherol more expensive?*

Vitamer, manufacturer of the Moscow Food Co-op brand supplements, has the answer. Unlike many vitamins whose synthetic form is "nature identical," synthetic vitamin E is not the same as natural vitamin E and has lower biological activity. Here's why: Biochemically speaking, vitamin E can either be right or left "handed." This is indicated with the letters d and l. The form that exists in our food and the form that our bodies need is the d form: d-alpha tocopherol. The l form does not work in our bodies.

When vitamin E is made synthetically, a mixture of d and l forms is automatically produced and cannot be separated. Recent studies have indicated that synthetic vitamin E does not stay in the body nearly as long as natural vitamin E, making it a much less effective protector. Learn more from Vitamer at [www.vitamer.com](http://www.vitamer.com)

*What is the difference between Vitamin D2 and D3?*

Again, I turned to Vitamer. D2 is a synthetic version of D3. Vitamer only uses D3 in their supplements. The D3 found in the Moscow Food Co-op brand comes from two sources, fish oil and wool (it is extracted from the wool oil). While the wool oil (cholecalciferol) is a vegetarian source (the animal is not harmed), it is not a vegan source. Although Vitamer strives to provide vegan alternatives, D2 in particular is hard to obtain and is not as efficient as D3. Therefore it is not used in their formulas.

Well, that's it for this month. Here are a few more websites you might find interesting: Enzymatic Therapy at [www.enzy.com](http://www.enzy.com), Nature's Life at [www.natlife.com](http://www.natlife.com) and Nature's Plus at [www.naturesplus.com](http://www.naturesplus.com). Happy surfing.

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March 17**

Daytime and evening classes  
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<small>Schedules available on the yoga center door.</small>	<small>10% discount for full-time U of I &amp; WSU students.</small>
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## Writer Wanted

By Bill London

Randy Paulin, who has long provided this newsletter with feature profiles of staff members and Co-op business partners, no longer has time for this volunteer work. His game store business in Pullman is eating all his time.

Our thanks to Randy for lending his writing and photo talents to this newsletter.

Our writers have shifted around, but we need one more writer. Would you like to see your words, and your photographs, in print?

We need someone to interview and photograph the Co-op business partners, and then write about those local business owners. Would you like to write those profiles? Volunteer discount, writing experience, and fun could be yours.

If so, please contact Bill London, editor, at [london@moscow.com](mailto:london@moscow.com).

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## From The Suggestion Board

*Sage oil, not for scenting but for seasoning...do they even make that? Is Aura Cacia clary sage oil edible??? Sue, a member*

If there is sage flavoring oil, I cannot find it through my distributors. The FDA does not approve essential oils as food or supplements. Therefore, Aura Cacia does not recommend that their oils be taken internally. —Carrie, Personal Care Buyer

*Green & Black's Organic Dark Chocolate, good stuff!!!*

Ok we'll try it- look for it with the other organic chocolates up front—Vicki, Buyer

*Kashi GO Lean, Hi protein fiber bars, Linda Obermeyer, a member*

Sorry, we don't have room for another fiber bar at this time. We are however happy to special order that item for you at any time—Vicki, Buyer

*Stay open 24 hours a day, Bobbi*

Only if you come in and stay with us for the full 24 hours!—

Janna, Cashier

*Does Soy delicious make coffee or mocha almond fudge type flavors/ Can we get them?*

Sorry they don't.—Vicki, Buyer

*I strongly suggest putting a cash register at the deli and insisting that people pay for their purchases there. Nancy, a member*

Nancy, we've put a lot of thought into your suggestion. Of course, we insist that everyone pay for his or her lunch, but we have decided not to put a register at the deli for health concerns. We would have to hire an extra staff person just to run the register or insist our register person wash their hands before making your latte or serving your salad and that would slow us down too much. Plus this way you get to visit with our cashiers!—Kenna, GM

*I miss you Co-op! You are so much better than the Good Food Store in Missoula where I live, and Vicki- I love you and am sorry to have not seen you on my visit. p.s. tell everyone to try the Westbrae Malted Mint Carob drinks! Linda M.*

We miss you too Linda, though we like the Good Food Store!—Vicki, Buyer

*Pacific rice milk with low fat, not fat free. Lein Weber, a member*

We'll try this item for a while and see if it sells well. Remember

you can always special order a case of this item and save an extra 10%.

—Vicki, Buyer

*Can you get frozen green soybeans without the inedible shells? Nick Geir, a member*

Yes, I'll bring them back in.—Vicki, Buyer

*What a wonderful place! Loved the butternut squash soup! Mmm....Ivy. Not a member, just visiting*

Thanks for your yummy feedback Ivy!—Kenna, GM

*Can you get Earth's best Cereal for Babies in oatmeal? Ann Marie, a member*

Yes, we can and it's here.—Vicki, Buyer

*Make cracked wheat bread twice a week and/or make more when you make it, Kate*

Good idea Kate, Crista says she'll start making it on Thursdays as well as Mondays.

*Please either make cookies larger- as they use to be or charge less!!! The oaties are pretty small and still cost 89cents!!!!*

We have changed the cookie size because we had many complaints about them being too large. At the same time the cookie ingredients continue to go up in price, thus making the larger cookies at 89 cents a give away. Cookies will continue at their current size to better reflect their true value.—Kelly, Deli Manager

*I had some fabulous cranberry sourdough from the Boise Food Co-op. It made for fabulous French toast and turkey sandwiches. Can we have some at our Co-op? Allison, a member*

Great idea!!! I'll try it. Look for some.—Crista, Bakery Manager

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## Word of Mouth

By the Management Team

Vicki ran out of time this month to research and write this article, so the whole management team stepped in to save the day.

Vicki had already selected Tomato Soup as the taste test item for February. In the single serving size, we carry 6 different tomato soups. Each one was warmed in a microwave and sampled out by all the team (except Carrie who said she didn't like tomato soup and Kelly who was out of town). The results were very interesting!

The first soup was Imagine Organic Creamy Tomato Soup, \$1.95 for a single 15oz serving. The color was slightly alarming especially when compared to the other red soups. This one was orange in color! It's a smooth and simple soup, good for patients under the weather. Nice tomato bite at the end, this was Laura's favorite.

Next we tasted Health Valley's Organic Tomato Soup, \$1.89 for a 15oz serving. This soup had a pleasing red color, a sweet taste not unlike ketchup but no zing or bite either.

The third soup—Amy's Organic Creamy Low-fat Tomato Soup at \$1.75 for a 15oz serving—was probably the fave. A very thick texture, very filling with few specks of green. This was a very yummy soup.

Number four soup, by Knudsen, was Tomato Basil Soup at \$2.29 for a 14.75 oz serving. This was the most expensive, but had no sugar in it at all! It also has lots of herbs with a nice thick consistency and a beautiful color. This was the second favorite for both Erik and Vic.

The fifth soup Shari Ann's Organic Cream of Tomato Soup, \$1.75 for a 15oz serving. This tasted a lot like Spaghetti O's sauce! It had a hint of the roasted pepper flavor, but was not well received.

The sixth and last soup, also by Shari Ann, was a Tomato with Roasted Garlic soup, at \$1.75 for a 15oz serving. Organic, fat free and vegetarian. Very dilly, sweet and not very tomato-y. This is a non-traditional tomato soup with a good look.

After all that sampling, we were very full of soup (and pesto cheese rolls) and ready for our weekly meeting.

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# Volunteer Profile: Susan Cleveley

By Angie Freeman

I wait in the Cleveley's living room while Susan finishes with a client. She visits in quiet, friendly tones with a young woman in jeans. They discuss acne, cleansers, bronze pencils, and powders, as Susan brings out her concerns as well as a few laughs. A few minutes later, the customer is ushered out the door with samples, a fresh Mary Kay order and a tea bag to try at home. Thirteen years ago, Susan decided to try Mary Kay Cosmetics for a year and never left.

She sets steaming cups of green tea in front of us and shifts effortlessly to talk of gluten, auto-immune disease, bread, grief, potato starch and Pumpernickel. Don't be deceived by her polished exterior. Underneath the tasteful make-up, stylish short hair cut, and immaculate black knit skirt and sweater, beats the floury heart of a baker.

What lead her to become the Co-op's gluten-free gourmet baker? Susan claims pure selfish motivation. "I got very, very ill and after years of suffering, I was finally diagnosed with Celiac disease."

Celiac is an auto-immune disease that effects 1 in 250 people. This disease caused Susan's body to recognize gluten as an invader. Her body then attacked that food with such gusto that the small intestine was inflamed and damaged. Food is then passed through the digestive system without the absorption of vital nutrients. The only cure is diet and the damage is long term.

"I have always been a baker," Susan says emphatically. "I stood in my kitchen sobbing into bowls of bread dough and dumping them out." After grieving, Susan decided to rise to the challenge.

So you just can't eat wheat, no big deal right? Wrong. Gluten is in everything. You'll find it in bread, pasta, seasonings, bacon, nearly every processed food on the market, and even some medications. You can also forget eating out. Most restaurants use processed foods and even if you order something gluten-free there usually is enough cross-contamination to make you sick!

Susan found that the Co-op was the only source in the area for gluten-free products. After sampling these products, Susan was less than impressed. "They made cardboard look tasty," she says dryly.

She found a sympathetic ear at the Co-op bakery three years ago. She became an assistant baker and began to experiment with everything from arrowroot to bean flours.

"We'd bake one and taste it. Then we'd gag and start over," she recalls with a laugh.

I'd laugh, too, except my mouth is full of the most delicious gluten-free banana, orange, coconut, chocolate chip muffin I've ever had. Her experimentation paid off. She learned how her ingredients can be used to mimic those in regular recipes.



Now, every Monday from seven to ten in the morning, you'll find Susan baking gluten-free breads at the Co-op. She always makes a sandwich bread and a specialty bread. Her specialties include breads made with chickpeas, flaxseed, and even one with wild rice, apples and honey.

One of her breads is always milk-free and she rotates in a "hypoallergenic bread" that contains no gluten, eggs, dairy, soy, or corn. Susan also makes quick breads and rolls. She can fill standing orders or do special orders if you give her a week's notice.

The hardest thing is working in a "flour kitchen" and trying to avoid cross contamination. Susan educates each new volunteer that to a Celiac sufferer "one speck of flour is like one speck of rat poison."

Susan's husband Brian and their thirteen-year-old son Matthew have adapted their diet for her health, but haven't given up good taste.

"We are a gourmet family," Susan says emphatically. "Our food is anything but bland and boring." She still grieves over the loss of commu-

nity eating, but has found other compensations. "I keep baking at the Co-op because of the people who need my bread."

Is her baking purely selfish? It wasn't too long ago that a new member of the Co-op burst into tears at the sight fresh bread she could actually eat. Susan also works with Gritman Medical Center and other local institutions when they need to feed a Celiac sufferer.

I bite into a fragrant slice of warm toast. The white rice flour gives it a delicate, melt-in-your-mouth structure and the juicy prunes and melting chocolate chips blend into an addictive flavor.

"That's next Monday's special," she says with that almost smug smile that you get from a gourmet when they know they've hit the spot. I better curb my own selfish streak and wait to buy it day old.

Susan suggests those wishing more information on Celiac disease to email

[Celiac@maelstrom.stjohns.edu](mailto:Celiac@maelstrom.stjohns.edu)

*Angie Freeman grew up eating the heel slice of a golden loaf hot from the oven in her mother's kitchen in Eastern Oregon.*

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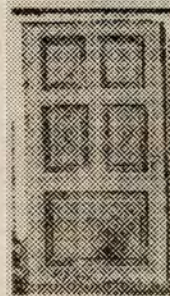
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# Producer Profile: Local Elk

By Julie Monroe

In 1982, when Carl and Lois Melina settled onto their farm just off the

Troy Highway east of Moscow, only one hawk shared their land. Nearly two decades later, after planting trees and seeding the eroded soil with pasture grasses, there are many hawks—red-tails, harriers, and kestrels—but the name of the Melina family farm, LoneHawk, remains the same.

And on this farm (but not at all like Old MacDonald) Carl, an emergency physician at Gritman Medical Center, raises domesticated elk. He started with three cow elk, and now has a herd of 26.

How does a medical doctor become an elk rancher? Carl's wife Lois, one of the nation's foremost authorities on child adoption, explains that the answer lies in the couple's dreams.

After Carl had completed his residency in the Midwest in 1979, Lois, who had spent much of her youth in Colorado, persuaded him to move west. She says they selected Moscow because "it would allow us to live in the country without a long commute for Carl's practice and because it had the universities which, at that time, were important for my career goals."

In 1982, in fulfillment of what Lois describes as their "mutual dream of living in the country," the couple bought a 56-acre farm on Kasper Road in rural Latah County.

Lois adds they had "always planned that the farm be a working farm, and when Carl learned of the elk industry, that seemed like the way to go."

Initially, Carl intended to raise elk to harvest the velvet from the antlers of the bulls. Antler velvet is used for a variety of medicinal and dietary purposes in Asia, particularly Korea.

When the market for antler velvet weakened, Carl turned his creative energies toward finding an "interesting product, something different" made from elk meat, he says. Having prepared sausages from game meats for nearly 20 years, producing elk sausages seemed a natural choice.

With the assistance of food consultant Amy Muzyka-McGuire, Carl developed recipes for the three varieties of no-fat, preservative-free sausages LoneHawk Farm



sells today: Hot Mediterranean, Sweet and Spicy, and Rosemary Dijon.

Each recipe features an ingredient long used in the making of sausages from game meat: prune puree. The prunes, says Carl, "add flavor and moisture without adding fat." In addition to the sausages, which are made at the Idaho Sausage Company in Grangeville, LoneHawk Farm also sells elk steaks and burgers.

Carl explains that there are four breeds of elk: Rocky Mountain, Roosevelt, tule, and Manitoban. He has switched from the Rocky Mountain breed to the Roosevelt breed, because they are bigger, stockier elk well-suited to the production of meat. Mature bulls average 800 to 1,100 pounds and stand

5' to 5'6" at the shoulder; mature cows weigh an average of 600 to 800 pounds and stand 4' to 5' feet at the shoulder.

Elk are grazing animals; in fact, according to Carl, "they graze more efficiently than cattle and therefore make less impact on the land."

At LoneHawk Farm, they feed on orchard grass until early July, and then are switched to wheat grass. In winter, they are fed grass hay. Year-round their feed is supplemented, with neither antibiotics nor with hormones, but with minerals, such as copper and cobalt, and with calcium as well.

In addition to ensuring the herd's nutritional health, Carl also maintains a rigorous program of disease control. His herd is tested every two years for tuberculosis, and testing for "chronic wasting disease," a rare disease found in domesticated elk, is ongoing.

For the most part, Carl manages the herd alone, although his neighbor and experienced cowboy, Sam Carr, occasionally helps out. Carl's personal management of the elk is an important part of how the farm's

products are marketed.

"Local production is a selling point," says Carl, and he also acknowledges how his ties to the community have played an important role in the success of LoneHawk Farm. Over the past decade, though, the sale of his products has expanded beyond the Palouse to include restaurants in Spokane, Ketchum, Winthrop, Boise, and Sandpoint.

Just as the sale of LoneHawk Farm products are expanding throughout the

Northwest (and as the hawk population at Carl's farm has multiplied during the past decade), so might be the LoneHawk Farm product line.

Carl is currently considering adding a preserved product, specifically an elk pate, to his inventory.

Because he's already found a local tinsmith to can the product, it seems it's only a matter of Carl perfecting the recipe. Will it, too, include Carl's famous secret ingredient, prune puree?

Only our tastebuds will know for sure. If you would like to take your own taste test, LoneHawk Farm products are available not only at the Moscow Food Co-op, but online at Carl's website: <[www.lonehawkfarm.com](http://www.lonehawkfarm.com)>

*As a child in rural Bonner County, Idaho, Julie Monroe, who has lived off and on in Moscow since 1973, recalls hearing, but never seeing, wild elk as they foraged through the forest surrounding her home.*

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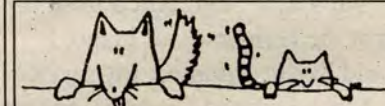
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# Co-op Board Candidates

Four Co-op members have announced their candidacy for the 2001 election to the Moscow Food Co-op Board of Directors: Mike Forbes, Peg Kingery, Louise Sweeney, and George Bridges.

There are two open positions. All Co-op members (who were members as of January 31, 2001) will receive a ballot in the mail this month.

To vote in this election, Co-op members should return the ballots to the Co-op.

The photos and statements of the four candidates are printed on this page.

The results of the election will be announced at the annual membership meeting, March 27, 2001.

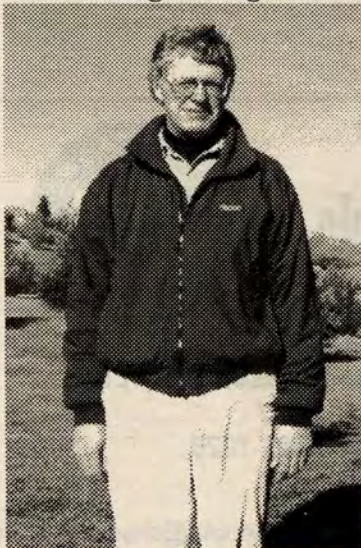
## George Bridges

Now that I am retired from my job at the University of Idaho, I would like to volunteer my service to the Moscow Food Co-op by becoming a member of the board of directors. When our family moved here in 1985, we were happy to find the Co-op downtown, and we have been members ever since. The Moscow Food Co-op has played an important role in our lives during the past 15 years and I am sure it will continue to do so.

The Co-op provides us with good, wholesome food produced without harm to the natural environment. I see that as its most important function.

But I also see the Co-op playing an important role in the civic and economic life of our community. I believe the Co-op should continue to serve as a distributor for local small producers committed to organic

*George Bridges*



*Louise Sweeney*

farming, and perhaps even expand that role if possible.

Through its volunteer program, the Co-op not only provides part-time jobs to students and others, by enabling them to buy their groceries at a reduced rate in return for their help, but also increases their social awareness. The Co-op's Newsletter is informative and also helps people to get to know one another. Finally, the Co-op has become one of the mainstays of our town, a business and at the same time a community center, helping to keep the downtown alive.

My "vision" for the Co-op is for it to simply continue to do what it has been doing so well in recent years. I do not believe it has to grow bigger, necessarily. However, in order to maintain its present high quality of service, it must also continue to make steady improvements, and as a member of the board of directors I would like to try to help keep the Co-op on that course.

## Louise Sweeney

My husband and I came to Moscow in 1982 to attend the University of Idaho. We became fond of Moscow and decided it was where we would stay and raise our kids. We have three boys ages 9, 16, and 18. They are all alumni of Moscow Day School and currently attend Lena Whitmore, Moscow High, and the University of Idaho.

I am employed as a Project Architect at the University of Idaho and enjoy the challenge presented in managing construction projects on campus. I devote much time and energy to my work and look forward to the days when my schedule

allows me to spend my lunch break at the Moscow Food Co-op. My husband is self-employed as an independent contractor and is also guilty of many spontaneous grazing sessions at the Co-op.

For a long time, my husband and I have enjoyed the benefits provided by the Moscow Food Co-op. We applaud the vision and efforts of the past and current board members for making the Co-op what it is today. And we are thankful for the hard work and enthusiasm of all the Co-op staff that provide for us a healthy food choice in a friendly community atmosphere.

I must admit that I was honored when asked to consider serving on the Board of Directors for the Moscow Food Co-op. Being a mom and working full-time doesn't always fulfill the need to give to the community.

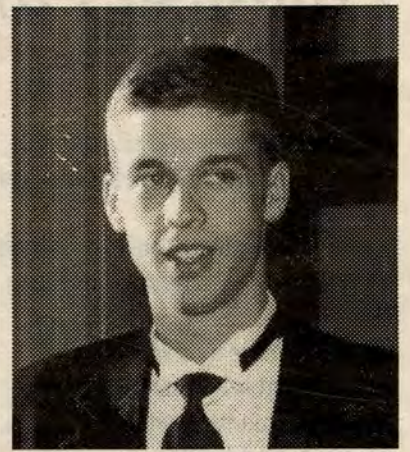
Being a board member will allow me to give back to the community in a setting that I already feel strongly about.

If chosen to serve on the Board, I will embrace the chance to help the Co-op maintain its excellent level of service. And I will look forward to taking an active role in shaping the future of the Co-op, so that it may better serve its members and the community of Moscow.

## Peggy Kingery

There are few things that warm me more than walking into the Co-op and being greeted—by name—by one of its smiling employees. The friendly, inviting atmosphere is one of many qualities that make the Co-op such a special place to shop. It's a store that's accessible to and accepting of all, where veteran natural foods shoppers and raw rookies can both feel comfortable. As a Board member, I will do what I can to assure that this atmosphere continues and strive to "spread the word" that the Co-op welcomes everyone to shop here.

*Peggy Kingery*



*Mike Forbes*

I'm a firm believer in the health benefits of chemical-free, preservative-free, organic whole foods. I also believe in the value of education. Many people are unaware of the potential dangers of over-processed foods or the effect chemical farming has on our environment. Others may want to improve their diet but aren't quite sure how to cook some of the wholesome foods the Co-op sells. I understand how intimidating using unfamiliar ingredients can be. I'm dedicated to providing the educational materials needed for those who are concerned about their health and the environment.

Our Co-op provides a delicious and nutritious service for Moscow and its surrounding towns. As a member of the Board, I will do my part to assure that it remains a strong and vital part of our community.

## Mike Forbes

Hello, I'm Mike Forbes. I'm excited for this opportunity to run for the Co-op board.

I moved from Olympia to Moscow about 2 years ago when I became a firefighter for the city of Spokane. I came to Moscow so I could work and live at Paradise Farm. Shortly after moving here, my long-time friend Lahde Fesler and I married. We now live just north of town on a couple of acres where we garden, play/experiment with various alternative technologies, and prepare for an expectant child due in August.

I've been a member of Co-ops (Olympia and Moscow) for 10 years now, and I have finally settled in a place where I can become more active in the community they create. I see serving on the Co-op board as a perfect opportunity to do so. I come from a family with a strong work ethic and will bring that with me to the board if so elected. Thank you.

# News from the Board

By John Hermanson

Suzanne's and my 3-year volunteer term on the board is coming to an end.

Every time I move on from someplace, I always ask myself, "have I left my campsite in as good or better condition than I found it?"

The same is true for our tenure on this board. The Moscow Food Co-op has undergone significant changes since we were elected 3 years ago—the move, a bigger deli presence, and the upcoming seating area are just a few of the most visible examples. Do these changes leave the Co-op in as a good or better condition than when we had started?

I still recall my first shopping experience at a co-op. I was too young to buy anything or fully appreciate the meaning of a cooperative, but I vividly recall stepping into a large old warehouse with massive wooden beams and floor. The store had a certain feeling. It was like no other place I had been to shop before.

I was equally impressed with my next co-op visit, this time a grocery store. Again, I was dumbstruck by how un-grocery store it was and again I had that feeling. You could even grind your own peanut butter: fascinating. These early experiences drew me into the co-op world.

I joined a bicycle cooperative where I could use the tools in the shop, buy parts, talk to the mechanics and just hang out—talking bikes, beers or hikes. Then, I joined a grocery cooperative. It was about the size of an Arborcrest Road living room—a big living room or tiny grocery store. You really got to know people because you were constantly bumping into them. It was almost 100% volunteer run. I have fond memories of counting everything from cabbage to condoms for inventory on New Years Eve. I don't recall if the champagne toast at midnight was for the new year or for completing the inventory.

In reflection, what drew me to cooperatives was not the large wooden beams or the peanut butter grinder. It was that feeling, the sense of community, the willingness and ability to work together. That is the definition of cooperative.

Unfortunately, the place with the warehouse and wooden beams has turned into McOutdoors (aka REI) and the un-grocery in Greenlake,

Seattle, is now the highfalutin PCC. I don't feel that sense of community like I had earlier in these places. But cooperatives do not have to end up that way. Wright Brothers Cycle Works and the Mifflin Street Co-op have still retained their cooperative spirit.

In moving this Co-op to its new location, our ambition was not just to create a bigger shopping environment like REI or PCC, but to create a community space "for the benefit of us using our services" like Wright Brothers or Mifflin. The deli and upcoming seating area are meant to be community gathering spaces, to bump into old friends and make new ones.

The board has decided to test this out by having the annual membership meeting at the Co-op on Tuesday, March 27th. The Co-op will be closing at 6:00 pm on that day. The annual membership meeting will start at 6:30 pm. The deli is going to provide desserts and hot beverages. A monthly board of directors meeting will be held after the annual meeting.

In conclusion, how Suzanne and I left our campsite depends on how the members, staff and management of Moscow Food Co-op have the ability and willingness to work together. Because it is not just Suzanne's and my campsite, it is every member's, every staff person's, and every manager's campsite. We need to work together to keep it in a pristine state. As members, we have an upcoming opportunity to work together by voting for the two new board members. Please do your part by voting in the upcoming election.

See you at the annual meeting.



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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.

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# Food

## Macro Musings

### Your Kitchen Medicine Cabinet

By Peggy Kingery

At the beginning of every new year, I clean drawers, files, and cabinets of unwanted or unused clutter. When I tackled the bathroom medicine cabinet, I was amazed to find that of the few over-the-counter remedies there, most of them had expired – including a bottle of aspirin! I suppose I shouldn't have been so surprised. More and more, when I'm feeling a bit under the weather, I head for my kitchen instead of the pharmacy to find the relief I need.

Most of the foods on the macrobiotic diet possess qualities that make them particularly nurturing for certain organs. A few have long been revered in Oriental medicine for their healing properties. While some of these are difficult to find in the United States, others are as close as aisle one of the Co-op!

Umeboshi are Japanese plums (actually green apricots) pickled in sea salt and shiso (beefsteak plant) with a sour-salty, fruity taste. They have traditionally been used to treat a wide array of ailments, from stomachaches to migraine headaches. Umeboshi plums contain citric acid, which neutralizes lactic acid and creates a more alkaline environment throughout the digestive tract. They are also used in traditional medicine to aid digestion by promoting a healthy intestinal flora, stimulate the secretion of digestive enzymes, neutralize acidic foods, and improve blood quality and circulation. Shoyu and tamari are fermented soy products. Shoyu is made by inoculating cracked wheat and steamed soybeans with the spores of an aspergillus mold and allowing them to ferment. Traditional tamari is wheat-free and is the liquid that rises to the top of the keg when miso is made. Both are good sources of iron, riboflavin, thiamin, and essential amino acids. Like umeboshi, they are used traditionally to stimulate the secretion of digestive enzymes, promote the growth of healthy intestinal microorganisms, and neutralize acidic foods.

Ginger is a golden-colored, spicy root that imparts a mild, peppery taste to foods. Ginger is reported to stimulate the appetite and increase circulation. Because of its ability to increase circulation, ginger is traditionally used to aid healing of

many ailments, from joint pain to stomachaches. Research results suggest it may also benefit the heart and circulatory systems by slowing blood clotting. When made into tea, it may have an anti-cough effect, lower fever, and reduce pain.

Shiitake mushrooms are large fungi with an intensely earthy taste. They are reported to help lower cholesterol and cleanse the blood. Traditionally, a tea made from shiitake is used help reduce fever, dissolve animal-quality fat, regulate kidney moisture, and relieve muscle tension.

Kuzu (kudzu) is a high quality starch made from the root of the kuzu plant, a vine that grows in Japan and in the southern United States. It is used primarily as a thickening agent in cooking, but also has some reported medicinal qualities because it has a neutralizing effect on all organs of the body. It's reputed to strengthen the gastrointestinal tract and relieve general fatigue.

With these and a few other ingredients on hand, macrobiotic home remedies are rather easy to prepare. The next time you're feeling a bit off, give these tasty teas a try. I predict you'll be feeling yourself again in no time!

#### Shiitake Tea

Drink it 2-3 times a week for about a month.

1 dried shiitake mushroom  
1 cup spring or filtered water  
dash of shoyu

Soak mushroom in water until tender, then mince. Place in a saucepan with the soaking liquid. Bring to a boil and simmer 10-15 minutes. Add shoyu and simmer an additional 2-3 minutes. Drink liquid and eat mushroom while hot.

#### Ume-Sho-Bancha

This tea is reputed to help relieve fatigue and obtain relief from over-consumption of sugar, fruit, or acid-forming foods and beverages.

½-1 umeboshi plum

½-1 tsp shoyu

hot bancha (kukicha) tea\*

Place umeboshi in a cup and mash with a chopstick. Add shoyu. Pour in tea and stir well. Drink liquid and eat plum while hot.

\*Bancha (kukicha) is a Japanese tea made from the stems and twigs of the tea bush.

#### Ume-Sho-Kuzu

This tea is reputed to strengthen digestion and relieve fatigue.

1 heaping tsp kuzu

spring or filtered water

½-1 umeboshi plum

dash of shoyu


Dissolve kuzu in 2-3 tablespoons cold water. Place one cup cold water in a saucepan and add dissolved kuzu. Mash umeboshi to a paste and add to pan. Bring to a boil, stirring constantly, until the liquid becomes translucent. Reduce heat, add shoyu, and simmer 2-3 minutes. Drink while hot.

#### Ume-Sho-Kuzu with Ginger

The addition of ginger to the above recipe is reputed to stimulate body warmth in addition to strengthen digestion.

Prepare ume-sho-kuzu as above but add 1/8 teaspoon grated ginger toward the end and stir gently. Simmer 1 minute and drink while hot.

*Peggy Kingery is a part-time student, part-time writer, and full-time lifemate to husband Jim. The couple divides their time between their home in Moscow and farm in Deary.*



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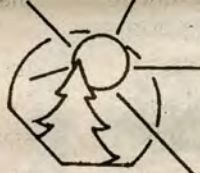
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# Gardening

## Growing Tomatoes and Onions

By Patricia Diaz

Perhaps you should plan on growing tomatoes and onions this year.

There's plenty of good reasons for you do grow your own tomatoes. Tomatoes are full of the cancer-fighting antioxidant lycopene. You can't open a natural health book or magazine lately without finding an article on the benefits of lycopene.

The big problem, however, is the awful taste and pesticide content of out-of-season tomatoes. And even in season, it's hard to find good, vine-ripened tomatoes. In addition, tomatoes are also one of the crops that are being genetically engineered, so if you want good-tasting totally-natural tomatoes, you'll need to buy in-season organic or grow your own.

How can you assure a good crop for yourself? Start with selecting either plants (small, budless young plants with dark green leaves without spots or holes) or seeds that are appropriate for our area. It is important to consider tomato varieties with the shortest growing time in case we have late spring or early fall frosts.

They prefer a neutral soil with a pH between six and seven that is also loose and granular and it must have good drainage. Adding compost, sand, or perlite will help lighten up our clay soils. Once you buy your plants or your seedlings are ready to plant, they like to be planted fairly deep, leaving only a couple of inches above the ground. And be sure and leave plenty of space between them for growing room. Tomatoes need eight to ten hours of direct sunlight daily. The best time of the day to water tomato plants is between dawn and 9 a.m. When the plant has established itself and the soil is warm, surround it with a three-inch thick mat of organic mulch such as hay or straw. And be sure and not to overfertilize as this may cause blossom-end rot. You'll need to stake your tomato plants or place them in cages to make sure the foliage and fruit are off the ground or you'll incur soil-borne plant diseases. Planting marigolds between your tomato plants can help keep pests away and attract bees for pollination.

For good eating, and great culinary creations, as you think of

planting tomatoes this year, consider onions as well. The two go together well in both recipes and gardens

Onions, like garlic, chives, and leeks, are members of the allium family.

All alliums have shallow roots and, therefore, need rich, well-drained soil and steady irrigation to keep the leaves growing and bulbs forming. In order to foster rapid growth in the spring you can give them a dose of fish emulsion with follow-up feedings monthly. And don't let flower buds grow, since the flowers will divert energy away from bulb formation. You can easily pinch them off if they do start to appear. Also, don't plant different varieties close together as their watering needs vary greatly as harvest time approaches.

You can harvest the green leaves any time from chives, garlic and onions—but don't clip them all, say, halfway down because they don't grow back.

Instead, clip a few from each plant all the way down.

You can harvest the bulbs after they have swollen to optimum size. When the onion and garlic leaves start to turn yellow at the tips, stop watering and bend the leaves to the ground. If you leave the dried tops on the garlic or onions, you can braid several bulbs together for storing.

There are several kinds of onions: bulbing, bunching, multipliers, and topset onions.

Bulbing onions come in two classes, for fresh eating and for storing. Vidalia and Walla Walla Sweets are both poor storers, but are so wonderful to eat. The best storers are 'Early Yellow Globe', 'Ebenezer', 'Ruby', and 'Sweet Spanish'.

Pearl onions are also in this good-keeping category and 'Gold Coin' and 'Purplette' are good ones to try.

Bunching onions grow in clumps instead of bulbs and form thick stems. You use these like scallions. There are mild, Japanese varieties and more earthy-flavored Welsh varieties.

Multipliers are hardy, perennial onions that grow into clusters of bulbs. Shallots are the best known variety of multipliers. They have a

hint of garlic flavor. You'll want to harvest these in the fall as summer harvesting gives them a burning pungency. These are best cooked.

Topset onions form small bulblets aboveground on leafy stalks and when the stalks hit the ground the bulblets root in the soil. Some people call these "walking onions". You use these like scallions.


For bulbing onions, sow seeds one-quarter of an inch deep or set out transplants in the spring. For bunching, multipliers, and topset types, plant divisions or small bulbs

1" deep in the spring. For shallots, plant bulbs 1-2" deep in the spring.

You can harvest bulbing onions in summer after the tops have died down.

Store in a cool place. For bunching onions, harvest up to half of each clump starting in spring. They'll quickly grow again for summer harvest.

*Pat Diaz lives with her husband, Tom, and schnauzer, Gus, on 6 acres in the woods near Dworshak Reservoir. She is currently surrounded by enormous mounds of snow and doesn't know if she'll get unearthed in time for planting in the spring.*



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# Let's Learn from Heyburn

by Bill London

Heyburn State Park includes 8,000 acres of forest, marshland, and open water at the southern end of Lake Coeur d'Alene, about 60 miles north of Moscow.

A visit to Heyburn a decade ago was bound to be a noisy one. Waterski boats dominated the lake. Several shoreline taverns within the park boundary added to the commotion.

Then in 1990, the Idaho Department of Parks and Recreation began an extensive study of what visitors wanted when they came to Heyburn. That study clearly showed that the public had changed to favoring quiet and ecologically-benign activities. To conform to what the people wanted, the park shifted from a motorized recreation focus to a natural appeal.

"We moved from ski boats to looking at the ducks," explained Park Manager Fred Bear. "Heyburn was classified as a recreational park, and then in 1990, that was changed to a natural park."

The park is now emphasizing wildlife viewing, hiking, photography and canoeing. The Benewah Resort (a lakeside restaurant and tavern within the park boundary) was removed and replaced with a public picnic grounds. Trails and campgrounds were upgraded. A canoe nature trail through Benewah Lake was established. The Plummer Creek Marsh Wildlife Viewing Area was partially completed and when finished, will include a 300-foot handicap-accessible boardwalk winding through the marsh.

And perhaps most exciting is the rail-to-trail conversion of the former Union Pacific railroad line into a 71-mile paved trail reserved for non-motorized transportation. That trail will extend from Plummer near the west side of the park, through four beautiful miles along Plummer Creek and the southwestern shore of Lake Coeur d'Alene within the park, and then continuing to almost the Montana border at Mullan. The park expects the trail to be completed in about two years.

What's the moral of the story? Environmentally-benign non-motorized recreation is the future for this region. As visitors learn to come to North Idaho for trail-based recreation, they will sample the Latah Trail from Moscow to Troy. Build it

and they will come.

There are plenty of good reasons to support the Latah Trail, and learning the lessons of Heyburn State Park is only one of them.

If you want to support the trail, contact the Latah Trail Foundation at P. O. Box 9344, Moscow. Or you can talk with foundation representative B. J. Swanson. Her work phone is 882-0809, and her home phone is (208) 835-5541. Or you can email the foundation at <latahtrail@moscow.com>

*Bill London edits this Co-op newsletter. As you may have guessed, he supports the Latah Trail, has joined the foundation, and even put a few bucks into the cause.*

## Annie Dvorak: May 3, 1954, to January 9, 2001

By Bill London

Antonia (Annie) Dvorak died on January 9 in North Otago, New Zealand. Her remains were cremated and will be spread at sea. She is survived by her husband Lindsay Murray at New Zealand, her mother Zeoma Dvorak of Moscow, and her brother Thomas Dvorak of Reno. She was preceded in death by her father Joseph Dvorak. She lived in Moscow during the 1970's and 1980's, and was a Co-op supporter and member.

Those stark realities of her life do not reveal the fact that Annie Dvorak was one of the most intriguing, cosmopolitan, creative and complex women I have ever met. She had a style and a presence all her own.

She also had a very real and very devoted relationship with her father that was a model for the kind of life I was hoping to develop with my own daughter.

I savor two very clear memories of Annie, both from experiences a decade ago.

The first memory was a shared afternoon near the top of Moscow Mountain, on an outcropping of rocks, baking in the sun and basking in the incredible view of the Palouse. The setting was magnificent, and so was the conversation--about life, art, the future, the past and everything in between.

The second memory was an

# Insights

## Calling New Parents

By Marci Schreiber

The spring Living and Learning Classes offered through Gritman's Young Children and Family Programs are set to begin. The dates for the Infancy series are in the adjacent box.

All classes are offered at 7 p.m. in the Gritman 1st Floor conference center. Toddler classes will be offered in March. Specific details will be available next month. Please call the Education Department to register at 883-2232.

*Marci Schreiber is the Coordinator of Young Children & Family Programs at Gritman Medical Center in Moscow*



encounter in Seattle, after she moved from Moscow. I was there at a boring conference. We met one evening downtown, and after visiting at my hotel, she took me to her place of work, a very trendy tavern called the Rebar. The line of totally-hip twenty-somethings waiting to get in snaked down the sidewalk. She walked me to the head of the line, and with a wave to the mammoth bouncer, lead me right in. She sat me down with a couple dressed primarily in chains and dog collars and then stopped by as her work permitted. We all had a good time, I'm sure, though I mostly recall the mega-decibel techno music that filled the bar and my poor aching head.

A memorial service and celebration of her life is planned for Earth Day weekend, April 21 and 22. Contact Jim Prall for specifics.

### Infancy Series

Thursday, February 1, 2001

**Ask the Doctor / Getting Baby to Sleep**

by Dr. Torquato, MD

Thursday, February 8, 2001

**Infant Nutrition:**

**Breastfeeding & Solids**

by Becky Behre, RN, IBCLC,

Lactation Specialist and

Heather Newberry, MS,

Nutritionist

Thursday, February 15, 2001

**Learning Through Play:**

**Speech and Development**

by Gritman Therapy Cen-

tral Staff

## Moscow Renaissance Fair Poster Contest

By Nancy Taylor

Artists are invited to submit designs for the 2001 Moscow Renaissance Fair Poster Contest. The first place winner will receive a \$200 award for the poster design. Second place will receive a \$50 award for use as the program design.

Entries must be a maximum of 17"X 21" in size. A four-color printing process will be used to print the posters. The fair theme is the celebration of spring.

Designs include the words: 28th Annual Moscow Renaissance Fair, May 5 & 6, 2001, East City Park. Optional text: Featuring: children's events, great food, and the finest craftspeople and musicians from the Northwest.

Entries, preferably accompanied with the artwork on a photshop or pagemaker disc file, are due by 5pm on March 2nd at Bookpeople 521 S. Main, Moscow, ID. Judging will take place on March 5th at 5:30 pm, also at Bookpeople. The public is invited. Contact Nancy Taylor at 208-875-1088 with questions.

Don't forget to get your craft and food booth applications in. The craft booth deadline is March 9. Contact Laurie Cortright for more information at (208) 882-6212 or lcortright@moscow.com.

The food booth deadline is February 28th call Bill London at 208-882-0127 or bill\_london@hotmail.com for more information.

Rules and applications for craft and food booths can be obtained from our website at [www.moscowrenfair.org](http://www.moscowrenfair.org)

*Nancy Taylor is the Moscow Renaissance Fair publicity coordinator, when she is not chasing after her two-year-old.*

# New Community Foundation Provides Grants

By Kenton Bird

Thirty non-profit organizations in Latah County have received grants from the Latah County Community Foundation.

The foundation, established last year to improve the community's quality of life, awarded grants ranging from \$250 to \$1,750, for a total of \$24,000.

Among the recipients are: the Kendrick-Juliaetta Arts Committee, the Potlatch Scenic 6 Committee, the Genesee softball field, the Troy Recreation Outreach for Youth, the Kenworthy Performing Arts Center, the Moscow Food Bank and the Latah Alliance for the Mentally Ill.

"Both in the range of services and in geographic location, these groups represent the types of activities that the foundation intends to support," said Elaine Broyles of Moscow, chair of the foundation's board of directors.

A group of Moscow residents established the foundation to assist programs and projects in seven areas: education, social services, environment, health, youth, civic improvement and the arts. The Internal Revenue Service recently granted the foundation 501-c-3 status, which means that all contributions will be tax deductible.

"We see this organization as a clearinghouse, matching donors to worthwhile causes and groups," Broyles said. "By pooling resources from many contributors, the foundation can magnify the benefit of individual gifts."

In addition to Broyles, directors are: Beverly Boyd of Genesee, and Kenton Bird, Peg Hamlett, Judy Marineau, John Norton, Glenn Owen Jr., Jim Pilcher and Mike Thomason, all of Moscow. The directors have created a 16-member advisory board to help review grant applications.

The board expects to give grants of \$500 to \$5,000 twice a year.

Smaller grants may be awarded on short notice to allow groups to take advantage opportunities that might otherwise miss the funding cycle.

Potential grant applicants must first submit a letter of inquiry to determine eligibility. If they qualify, the formal application process will follow. Application deadlines will be March 15 and Oct. 15 for grants to be announced in May and December, respectively.

More information about giving opportunities and eligibility for grants is available from any of the directors, by writing to 676 Pullman Rd., Box 158, Moscow, ID 83843, by calling (208) 892-9209, or from the foundation's website:

[www.latahfoundation.org](http://www.latahfoundation.org)

*Kenton Bird is a board member of the foundation and is on the faculty at the University of Idaho*

## At Your Beck and Call

By Mike Forbes

It's been several months since I've written for this newsletter. In the meantime, the new year has come and it appears as though we're on the brink of a nationwide energy crisis. Get ready for our cheap power/fuel to disappear.

Hopefully, this will force folks to re-evaluate their energy use and turn towards more appropriate technologies. I use the word appropriate instead of alternative because I think it conveys a different idea. Nuclear power is an alternative power source for us here in Idaho but I don't find it appropriate. I think wind power is much more appropriate for us, you, and the ecosystem.

This explanation is a little diversion, however. In this article, I'm going to look at the hot water tank. It's a concept that bewilders me.

The majority of us have either an electric or gas water heater in our homes that heats up between 40-52 gallons of water to a set temperature (usually 120-140 degrees F). When hot water is used, cold water replaces it in the tank where fuel is used to heat it back up to the set temperature (for the sake of this article, we'll call both electricity and gas fuel). Fuel is also used to heat that same water back up when it cools sitting in a tank "waiting" to be used. It does this 24/7 whether we are using water or not.

The hot water heater is typically the most common consumptive appliance in the home—with the exception of electric baseboard heaters. An ordinary 40-52 gallon tank uses between 3500-5000 kwh (kilowatt hour) of electricity per year. Most large "efficient" refrigerators use about 900 kwh.

The problem with hot water tanks is that they keep the water hot at all times even when you are not using it. The insulation on the tank helps keep the water warm but doesn't do it sufficiently. Also as the hot water in your pipes travels to the faucet, it cools in the wall. That means the heater has to generate excess hot water.

Think about how much time you spend with a hot water tap on per day and I'll bet it is nowhere near 24 hours, maybe 1 hour if you take numerous showers. Why keep the water warm when you aren't using it?

Europeans and Asians figured out years ago how to deal with this problem. They use on-demand water heaters.

An on-demand water heater works like this: when you turn the tap on, the heater detects water flowing and activates a burner that heats the water to a set temp (120-140 deg F). When the tap is shut off, the burner turns off. There is no tank to store water in. Plus, you never run out of hot water. This sounds too good to be true, but it is really this good.

There are a couple of issues you need to be aware of. The heater can only heat the water to its set temperature for a given flow rate. In other words, if your heater is rated for a 70 degree F rise at 3 gallons per minute (gpm), then you can flow 3 gpm out of your faucet at 120 degrees F—if your incoming water is 50 F (most water is about 50-55 F).

Problems surface if you open 3 faucets at the same time, and try to flow 6 gpm all at once. The burner

won't be able to provide you with all the hot water that you request. It takes a little communication between family members to have an on demand system function properly.

There are many sizes of on demand heaters. I've only researched ones sized for a residential home. They range in price from about \$500 to \$1000 and can run from either propane or natural gas. If reducing your electric bill is your goal, don't even bother with electric on-demand heaters, they can use upwards of 28,000 watts of power when running. The companies that have a good reputation are Aquastar (Bosch), Paloma, and Takagi. All good on demand heaters are built in Europe or Japan and imported.

I'm just about ready to place my order for an on demand heater. Until now I've made my electric water heater much more efficient by turning the thermostat down to 120 F. I didn't rely on the gauge on the heater, I actually measured the water temperature at the tap after letting the heater sit for 24 hrs. It was surprising to see that the gauge was

not accurate. After reducing the water temperature, I added extra insulation to the heater. I started with one of the Reflectix® water heater blankets (about \$15) then I built an enclosure about 14-18" from the water heater and filled it with bags of cellulose and rigid insulation. I estimate that my water heater is enclosed by about R-100 of insulation. I have noticed a significant reduction in energy usage after doing this. This is a temporary fix until I install an on demand heater later this month.

Here's one last hot water conservation message. When washing their hands, many people instinctively turn on the hot water tap and wash their hands in cold water, without waiting for the water to get hot. Doing this moves hot water from the insulated tank to the house pipes where it cools, causing the hot water tank to run unnecessarily.

*Mike Forbes is an expectant father who lives with his sweetie in an old drafty farmhouse soon to be efficient, off-grid farmhouse. He is available for further commentary or information, by email at [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com).*

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# "Hope" from Africa

by Greg Brown and Mare Rosenthal

Greetings from Alaska! We enjoy receiving the Co-op newsletter to hear about community events and people. Our thoughts have never drifted far from the people who touched our lives on the Palouse. We can still feel the light from your community breaking our winter darkness. While we are surrounded by some of the most beautiful landscapes on earth, you are blessed with strong feelings of community and sense of place. Community is, and always will be, a place of the heart and mind.

Just as we feel the pleasant rhythms of the Palouse pulsing northward, we have also heard the distant cries of other communities not so fortunate. Perhaps it is harshness of winter or the imposing landscape in Alaska, but we have become more sensitized to the plight of humanity outside our comfortable existence. Perhaps for the first time in our lives, we began to seriously ask why there are an estimated 10 million AIDS orphans in Africa, why starvation stalks the dark continent while obesity is epidemic in the West, and why globalization appears to mean economic opportunity without social responsibility.

To avoid destructive cynicism, we attempted to reframe these difficult questions more affirmatively—what positive role could we hope to play on a stage with 6+ billion actors?

This last year we decided to adopt a beautiful child from Ethiopia. Her name is Nurit (Hope) and she arrived in this country on July 24. Nurit is 5 years old. Nurit is one of only a handful of orphans in Ethiopia who have been given the opportunity to be placed with a family in the U.S. Out of the approximately 18,000 international adoptions completed in the U.S. annually, less than two hundred come from Africa, primarily Ethiopia. Adoption simply does not function effectively as a safety valve for Africa for cultural and political reasons. As we in the West gorge ourselves in a frenzy of mass consumerism, an entire generation is being raised in Africa without the benefit of immediate family members, victims of AIDS, war, or poverty.

This adoption experience has forever changed us. We are amazed at how happy and resilient Ethiopian children are in the face of conditions that would stifle most of us. Our experience with Nurit has



been repeated with other adoptive families of Ethiopian children. Nurit is easily mastering the language and social skills of the West, but it is we who have learned the most from Nurit—that happiness does not derive from material wealth but from family and community. To be sure, we have taken her away from an economically poor country, but Ethiopia is more culturally and spiritually rich than our country. That we have done the best by her is an open question in our minds.

Our reason for writing this letter is to reaffirm our spiritual ties to the Palouse and to express the need for families to open their hearts and homes to the children of Africa. Our adoption agency, Adoption Advocates International, in addition to placing orphaned children of all ages for adoption, recently set up an AIDS house in Addis Ababa to provide a home for terminally ill children so they may experience some measure of joy in the remainder of their short lives. The agency calls this undertaking "Project Hope". It is the name we decided to give to our adopted daughter, a name she symbolizes well.

We have made two important decisions in our lives: to not bring any biological children into a crowded world and to help care for children already present on our planet. Are these acts of altruism? Hardly. We are the ones who have had our lives enriched by two incredibly beautiful children—not the reverse. If you want to find out more about what you can do, please visit the AAI website ([www.adoptionadvocates.org](http://www.adoptionadvocates.org)) or contact us ([mare@alaskapacific.edu](mailto:mare@alaskapacific.edu)).

Our Alaskan home is always open to our friends on the Palouse. Best wishes for the new year, from Greg Brown, Mare Rosenthal, Kodiak Ahimsa, and Nurit Hope.

*Greg Brown and Mare Rosenthal are lifetime members of the Moscow Food Co-op and lived in Moscow from 1989 to 1996. Greg is currently an Associate Professor of Environmental Science at Alaska Pacific University in Anchorage.*

# New View of Moscow

by Selene Klaas

Idaho....a land of sagebrush, canyons, desert and desolate terrain...or so I thought. When I came cruising down through northern Idaho on the way back from a cross-country road trip, my images of the Snake River Canyon were replaced by views of green trees, mountains and beautiful rolling hills.

"This is Idaho?" I thought to myself.

I have to admit I was surprised, and the surprise was quite pleasant. This was not the dry terrain that I had visited as a child, nor was it the wet, lush Oregon coast where I was raised. It was a landscape unique unto itself, a landscape like none other I had ever seen: the Palouse.

It has been nine months since the day I arrived here from that road trip, and I am still amazed by my surroundings and the town that is nestled among these rolling hills.

To me, Moscow is like a jewel tucked away inside the wheat fields and mountains that surround it. It certainly does not match the stereotypical views that I held about "conservative" northern Idaho. Besides the more liberal and artsy feeling that I get here, there is a distinct sense of community and a desire to participate and make things happen.

The first time I walked down Main Street, it was Saturday, and the Farmers' Market was in full swing. Live music echoed throughout Friendship Square, and local artists were out celebrating and selling their crafts. I almost thought I was in Eugene or Portland, for it was only in these cities that I knew such events existed.

I was delighted to see that in a community much smaller than either Eugene or Portland, there was something so fun going on. Not to mention the Hemp Fest, live concerts in the park, and the summer line up of plays at the UI repertory theater. For an arts lover like myself, it was a delight to find a place such as this.

I took my time exploring the treasures of Moscow. When I walked in to BookPeople for the first time, my taste buds salivated with delight not only upon seeing the piles of diverse literature, but at the espresso that lingered in my nostrils when I walked in. Needless to say I spend an hour of so in there.

Hours were also spent at the library, the park, the Co-op, on the

Pullman/Moscow bike trail, the U of I campus and other Moscow hot spots. I was in awe of this small, unique and diverse community.

I am no longer awestruck, but my appreciation has grown. I continue to enjoy a latte and a good read at Book People, I have become a member of the Co-op, and I have begun to know people on a first name basis.

I am still in awe, however, of the landscape of the Palouse. I have been here for all of the seasons now. Each season seems to wash over the landscape, each distinct, almost like flavors landed here in the sweet, fresh and green springtime, which was followed by the hot bitter dry, yellow summer, then by the golden, rich harvest season. And here we are in the dead of winter: cold, crisp, and tinted with snow. The rolling hills that surround us, no matter which season is covering them, are a breath-taking sight to behold.

I hope to see many more beautiful landscapes in my lifetime and live in many more towns and communities. But no matter where I go, I know that I will remain thankful for the time I have spent, and am continuing to spend, in the unique community of Moscow, Idaho, tucked away like a jewel, in this place we call the Palouse.

*Selene Klaas was born in Washington and grew up in southern Tillamook County on the Oregon coast. She attended school at Marlboro College in Vermont and is now taking some time off from school, living in Palouse, Washington, and is in the process of establishing residency so she can, eventually, attend the Evergreen State College in Olympia, WA. In the meantime, she is working full time at the Goodwill, and enjoying life in the Palouse.*

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# The Village Bicycle Project

By Dave Peckham

*Editor's Note: Long-time Co-op member Dave Peckham returned to Africa, after a short December visit back to Moscow, to begin his next year's work with the Village Bicycle Project. Peckham began the project two years ago, with the goal of providing bicycles, as well as bicycle repair training, to Ghana (a country in West Africa). The project's goal is to provide the people of Ghana with non-polluting, reliable, and affordable transportation. This is his report of the previous years' activities and his hopes for this year.*

We had three goals for the Village Bicycle Project, for the year 2000. First, to supply bikes and bicycle parts to Africans in need of reliable transportation; second, to provide bikes and training to specific groups, especially farmers and health workers; and third, to introduce specialized tools to the established bike market there.

To meet the first goal, we successfully collected and shipped 364 used bikes (in a single cargo container from Seattle to Ghana) where most were chaotically distributed, recovering about 80% of the costs of shipping and clearing.

Second, we reserved 80 bikes for special programs with specifically targeted groups in Ghana, most of whom received discount-priced bikes and free tools upon completion of a two-day repair workshop. Recipient groups included:

—The farming villages of Danchira and Tsibu-Bethel, where the bikes will help farmers get from the village to their farms, and to market, in situations where reliable transportation is rare at best.

—The Pro-Link HIV/AIDS education group in Hohoe, for health workers to carry out programs in neighboring villages.

—The Domsec Traditional Healers, near Hohoe, to visit patients in their homes, travel to the bush to collect medicinal plants, and run errands in town.

—The teachers and staff at Vakpo Secondary School. The bikes help teachers get to school (located two miles from the center of town), and their farm plots which supplement their meager government salaries.

—The Youth Hope and International Exchange, a vocational training group in a poor neighborhood of Accra to develop bike mechanic coursework.

—The Wheel Power Christian Cyclists, for their transportation to do evangelical and social work in the town of Kasoa and neighboring villages.

The workshops were a smash, demystifying the repair and maintenance process, enabling riders to familiarize themselves with the machine in a way they never would have been able to do on their own. The donation of tools was crucial, because they are practically non-existent in the village settings, and of course, because tools are vital to doing any repairs. These cyclists should enjoy better performance and longevity from their bikes, as well as lower repair costs, all of which will make bike transport more practical for all.

To meet the third goal of the project, we delivered about \$1200 in specialized bike repair tools to the central bicycle market in Accra, selling them at less than half-price to mechanics and distributors. We wanted to learn the market response to the tools, so that we could test the feasibility of commercial suppliers stepping in to meet this need. While the tools were indeed very popular with the mechanics, tool importers have so far been discouraged by a weakening economy. We continue the search for a private sector solution to this problem.

These goals directed our activities for the second year of the project. We actually accomplished what we set out to do, and have learned much along the way. We've made important contacts with people and institutions in Africa who support the project and wish to contribute to its continued success.

We have great hopes for the continued success of the Village Bicycle Project during the year 2001.

The Village Bicycle Project will receive major funding for important components of our work in Ghana this coming year. The Institute for Transportation and Development Policy, an international non-profit agency headquartered in New York, is providing \$6500 for VBP to bring bikes, tools, and workshops to more farmers, to develop a locally-made load carrier for the bikes, and to initiate bike repair programs in schools. ITDP is also taking the lead in procuring special tools for Ghana's mechanics.

Through a partnership with the Kopeyia Ghana School Fund, we will use a community bike shop that was built last year in Kopeyia as a central workspace. At the shop we will be providing vocational and small business management training to recent high school graduates in the hope that some will stay in the village and build a successful business.

With additional resources, we will be able include other services in the 2001 program.

We would like to ship another cargo container of approximately 350 used bicycles from the USA, some for the training programs, the rest for bulk buyers in Ghana.

We want to provide follow-up support for the projects of VBP 2000 that have made progress on their own. We would like to provide additional training, bikes, and parts, as well as assist with travel to the capital to show them how to find the parts they need.

We would also like to bring bikes and repair training to orphanages and to street children rescue programs in the capital, Accra. Children from the ages of about 10 to 14 have an innate interest in machines like bicycles. Repair training could make a huge difference for some of these profoundly disadvantaged children.

We hope to offer additional bicycle repair workshops for farmers and other select groups, especially women, who need effective transportation for themselves and their crops.

We are looking for interns and volunteers to come to Ghana to continue and expand the work of the project. This is an opportunity for volunteers to not only share bicycle repair and technology transfer between rich and poor, but also to experience growth of understanding between people from different corners of the world.

If you'd like to help us meet our goals for the project this year, send your tax-deductible donation to Village Bicycle Project, c/o PCEI, Box 8596, Moscow, ID 83843. If you'd like to be a leader in shipping bikes, or would like to volunteer in Africa, email Dave Peckham ASAP at [peckham@lycos.com](mailto:peckham@lycos.com)

In addition, anyone who would like to receive email reports from Africa about the Village Bicycle

Project activities in the coming year can sign up at no charge, by sending an email message to [bill\\_london@hotmail.com](mailto:bill_london@hotmail.com) and requesting a subscription to the VBP list.

*Dave Peckham served as the director of transportation projects at PCEI and is a committed bicycle rider and bicycle advocate.*

## Supporting the Village Bicycle Project

By Lee Anne Eareckson

The Moscow High School International and Environmental Clubs are collecting bicycles to send to the Village Bicycle Project in Ghana. You can participate by bringing your good quality bike to Paradise Creek Bicycles on Main Street in Moscow, during the week of February 26th through March 2nd between 9 to 6pm.

Then, on Saturday, March 3rd, the high schoolers will be having a Bike-A-Thon, to raise money for tools for the VBP, at Friendship Square downtown. At the Bike-A-Thon, they will be displaying info about bicycle-related groups and activities in the Moscow area, as well as riding a group of stationary bicycles. In addition, they will be readying the donated bikes for shipment to Africa.

The students encourage everyone to come to the Bike-A-Thon and burn some calories, or just check out the posters and make a pledge to support a great cause.

Lee Anne Eareckson is a teacher and advisor to the Moscow High School International and Environmental Clubs, and a committed biker chick.

# Letter from the Land Get to Know Your County: Drive a School Bus

By Suvia Judd

This is my sixth winter driving a school bus for the Moscow School District. One of the best things about the job, from my point of view, has been the opportunity to drive the back roads around Moscow. I like following a road for the first time, and seeing where it connects up with roads I know, to fill in my mental map. I also like all the small and large details along the way, from a bough of snow-capped frozen apples on an old tree, to a coral pink sunset lighting up a snowy Moscow Mountain.

Driving a school bus is certainly not all sightseeing. There is a load of kids at your back to take care of, and a large vehicle to keep on the road. But on the rural routes in the Moscow District, there is always something interesting or beautiful coming at you.

Here is an introduction to three of my favorite rural bus routes, starting with one route this month. If you want to explore these roads yourself, you might start by picking up a county road map for two dollars at the assessor's office at the courthouse.

Route 111 runs north out of Moscow on Mountain View Road, and then out West Twin Road, Idler's Rest Road, Moscow Mountain Road, and around Crumarine Loop, coming back into town on Robinson Park Road.

After leaving Moscow, and after passing Darby Road and Moscow Mountain Road, but before you come to the turn on West Twin, there is a little rise in an elbow of Paradise Creek with four homesteads spanning probably one hundred years in age and architectural styles. Before the houses is a little wetland, on both sides of the

road. Go by there on a spring evening to hear a deafening chorus of Pacific treefrogs.

When you turn on West Twin you start along a kind of Roman causeway. Presumably the original road followed the creek, and as the road was improved over time the creek was forced into steep-sided ditches.

This little tributary of Paradise Creek doesn't look like much of a creek right here, but when it floods it can cover the road. Up at the second bend, a resident returning from town was caught by a four foot wall of water a couple of years ago, and barely escaped by turning up Herrington Road.

Drifting snow sometimes obscures the road too, although maybe this will occur less often since several homeowners have planted trees along the road. Much of this little valley was probably once forested. I have seen large pines cleared along part of the creek within the last fifteen or so years.

Now, from open wheat country, it is changing to a partly-forested landscape as more homes are built. There is a lot of people-driven habitat change in the few miles of West Twin Road. I know of six places that have ponds; four of them to my knowledge have nesting platforms for Canada Geese.

Route 111 turns left at Schultz Road. Schultz Road climbs up onto a ridge, and then plunges down to Idler's Rest Road to the west. It has nice views in all directions, and is nice for walking as well as driving. I once found a sugar bowl clematis that had eluded the field and roadside herbicides. Sugar bowl clematis is a short shrubby perennial with silvery down-covered purple bells

concealed in ferny foliage.

The route turns and goes up Idler's Rest Road to the end. The trees close in at the Idler's Rest Nature Preserve right before the end of the road. The preserve offers an unusual opportunity to see big cedars growing at low elevation and close to Moscow. It is a great place to go wildflower spotting in the spring.

On the way back down Idler's Rest Road to Mountain View, in the middle of open fields, there is a plum thicket on the road bank that is not the more common purple prune variety, but one that bears oval yellow fruit. Old fruit trees, like lilac bushes and daffodils, are often markers of old homestead sites that have been almost erased by time and cultivation.

Back down at Moscow Mountain road, Route 111 goes left. Heading east across the fields, the road dips down into the floodplain of Paradise Creek and crosses the creek. In flood season these fields are often covered, and the culvert does not begin to carry all the water under the road, so the road becomes a ford. There is at least one old apple tree along here, and some old Lombardy poplars. Watch for hawks.

The road climbs gradually through the fields, passing a couple of houses and the east end of Herrington Road. There is a huge old apple tree on the right. Then you are on the top of a ridge looking across a little valley at the main peak of Moscow Mountain.

Recently a tall sturdy elk fence was built on the right to hold a herd of farmed elk. In early summer, purple larkspur covers the road cut on the left. This is a great spot for sunrises and sunsets. Last December when I was driving

eleven kids home one afternoon, a heavy ground fog cleared suddenly—and there was the peak of West Twin Butte, floating pink and orange above the clouds.

The road descends (over ice in winter, slippery gravel in summer) past several houses on the right.

Below the paddock surrounding the barn there is a little wetland where I used to see camas. It may still be there, its lavender blue spires just concealed by the fast growing grass of that season.

A sharp left, then the road crosses Howard Creek coming down next to Hart road from China Gulch. A sharp right by the house on the knoll (we saw a big flock of wild turkeys behind the house one day), then the road crosses Gnat Creek. The two creeks join in this valley to form the South Fork of the Palouse River. Old apple trees. Frink Road goes straight, but the bus goes left up Moscow Mountain Road. Gnat Creek is in the deep gulch to the left. In spring, a big patch of tall Mountain Bluebells blooms in a little wild meadow between the creek and the road.

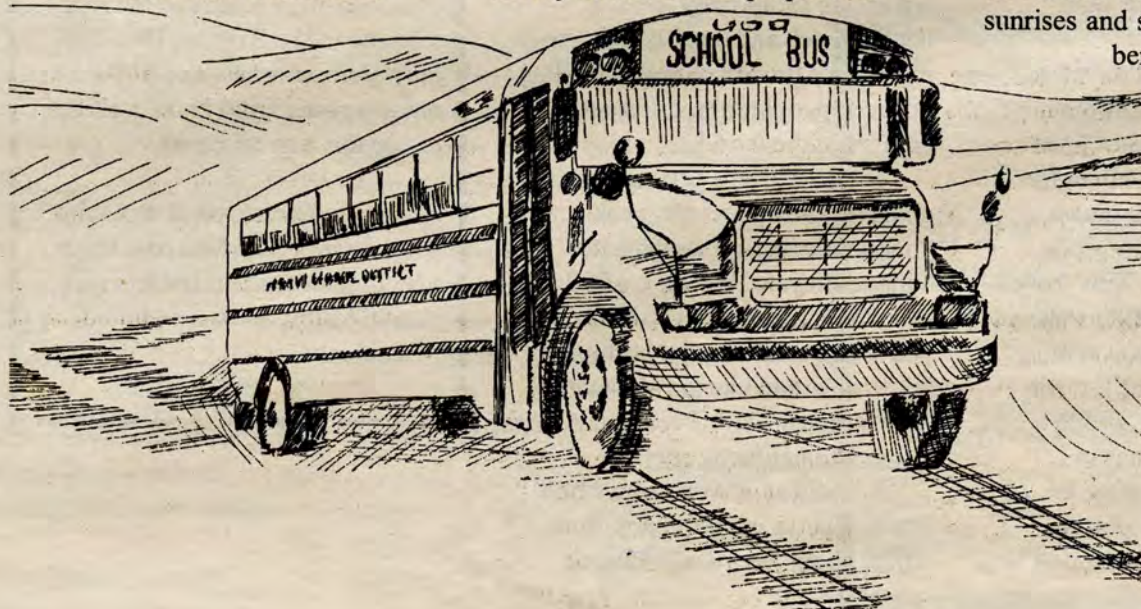
Beautiful serviceberries reveal themselves along this route when they are covered with white flowers in the spring. Just before the improved road ends and the road up the mountain to Four Corners begins, where the cedars appear in the cool draw and there are even a few white pines, there is a (labelled) bus turn around on the left. (Park there and earn the enmity of a bus driver.)

The last kids on the road unload and the bus heads back down the valley. Sometimes we used to meet a flock of peacocks crossing the road.

The bus goes left at Frink Road, and hops over the hill to Crumarine Loop, goes left on the Loop along Crumarine Creek, crosses the creek, and goes over two hills to the next ravine. Both of these hills have bus stops just a little way up, which is frustrating in the winter.

At the top of the second hill there is a great view back down over the fields towards Moscow. One morning the kids and I saw a herd of 60 wild elk passing across the wheatfield in the snow. We met them a second time as we headed down the road along the next ravine. The herd came down the off fields in a file in front of us, and dropped one by one over the lip of the ravine. Hart Road comes in on the left at the foot of the hill, then the other end of Crumarine Loop on the right, then in a couple of bends the bus reaches the Robinson Park crossroads, picks up or drops off the last of the kids, and heads back to town.

*Suvia Judd has been driving school bus for six winters. She raises animals and plants and likes to explore the rural landscape by car and on foot.*



# Vaccines: What they are and Why Pets Benefit From Them

By Sarah Hoggan

Spring is coming and along with the crocus, puppies and kittens arrive to brighten our lives. If you get a puppy or kitten, you need to take your new friend for their shots—but what exactly are vaccines and how do pets benefit from them?

Vaccines are a series of small doses of either killed or modified live viruses. The viruses are killed or modified so they trigger immunity but don't make the animal sick.

The reason the vaccines have to be given over several weeks is due to the immunity the puppies and kittens acquired from their mother. When puppies and kittens first nurse they get a special type of milk called colostrum. This milk is thicker than usual and full of natural antibodies, the molecules that protect against disease. Maternal source antibody is key to the survival of young animals because their immune system is immature and can't produce enough of the right kinds of antibodies to fight off disease.

Maternal source antibody is why shots have to be given in a series. Every animal gets an individual amount of immunity from its mother. The antibody not only protects from viruses that would cause disease, it also deactivates the vaccines. You can't be sure when the maternal source immunity has diminished, so the shots need to be spread out to ensure protection. Additionally, the time span of the shots helps ensure

the young animal's immune system has developed enough to produce its own protection when the vaccines stimulate it.

Basic kitten vaccines protect against several upper respiratory infections and an immunosuppressive infection. The upper respiratory infections can also infect a kitten's eyes and cause severe problems such as ulcers of the cornea, the surface layer of the eyeball.

Basic puppy vaccines protect against upper respiratory infections and gastrointestinal infections. Young animals dehydrate rapidly and diarrhea is a serious problem. These infections can rapidly develop and they are potentially fatal. Even if an animal survives one of these infections, their lifespan and quality of life are usually severely impacted.

Vaccines are given for a reason and while they may seem insignificant or inconvenient, the consequences to skipping them are severe. Some people believe vaccinations are risky. In fact, vaccinations have very low rates of complications and their benefits far outweigh any risks. With excruciating eye pain or death as a potential outcome, why risk the infection? Your animal loves you unconventionally so return the love and get them vaccinated.

*Sarah Hoggan's life now is full of change. She is interviewing for jobs and her four-month son is discovering new things constantly (this week it was baby food). Her pets are adjusting very well and take turns licking Tucker.*

# The Community Compass: Navigating Your Way

By Lisa Cochran

Recently, I was interested in finding a preschool for my daughter, Madysen. I didn't have to go very far to find a complete list of preschools in the area, because my friend Joan Heron had sent me a copy of the Community Compass this past summer.

Joan is a Vista Volunteer for the Young Children and Families Project. Part of Joan's mission here in Latah County is to help get resource information out to parents of children aged 0-8. The Compass covers just about everything a parent with kids of any age might want to know about all kinds of services. It lists programs and activities for families in our area, from preschools, classes and recreation ideas to counseling services and child care. The Community Compass serves as an easy index that makes a wealth of information easily available in a very user-friendly way.

When a friend asked me if I knew anything about day care for her son, we found the information quickly in the Compass. Perusing beyond the section of licensed child care providers, we were amazed at the extent of this publication's coverage. We found over one hundred pages of information, including names of agencies or individuals providing services, their addresses, phone numbers and even email and fax information, along with a brief description.

Complete listings of counseling, mental health services, emergency and financial services, health and wellness classes, housing, employment and adult education, parenting education and child development, special needs programs and services: we found it all in one handy booklet.

The resources contained therein make it possible for folks to more easily navigate the sometimes murky waters of parenting. The Compass acts as a guide to locate and access those services. It's the only resource guide of its kind available. This publication allows families to connect with programs and activities which helps promote healthier kids, better parenting and stronger families. Besides parents, it's also used by grandparents, churches, and anyone who provides direct care for young children.

I think the Community Compass is a great resource guide, so I keep mine next to my phone book. A copy is absolutely free and easy to order by calling the Young Children and Family Programs at Gritman Medical Center at (208)883-6454 or (208)883-6370 or by e-mail at [marci.schreiber@gritman.org](mailto:marci.schreiber@gritman.org).

SOMEONE READING THIS COULD WIN \$100! A contest has just begun to find a new design to cover the newest edition of The Community Compass Resource Guide. This contest is open to all

# Not For Women Only

By Jill Anderson

Here's a list of some February programs at the University of Idaho. Any questions about the topics or times, call the Women's Center at 208-885-6616.

**On Tuesday, Feb. 6**—Taking Care of the Past: Finding and Recording Idaho Women's Lives. Erika Kuhlman, curator of UI Library's Special Collections and Archives, will present a slide show and discussion on "What historical photographs tell us about women's lives in western states." At the Women's Center Lounge, 12:30 p.m.

**On Friday, Feb. 9**—Keeping The Culture Alive. Koi and Simba Tirima will explain some of the complexities of living far away from their Kenyan home and family. At the Women's Center Lounge, 12:30 p.m.

**On Wednesday, Feb. 14**—Valentine's Day Poetry Reading. Ron McFarland, UI English Dept., and Elsie McFarland, UI International Programs Office, will give a romantic poetry reading, true to their own tongue-in-cheek style. At the Women's Center Lounge, 12:30 p.m.

**On Wednesday, Feb. 21**—Experience Reiki. Mary Dietzel, Licensed Massage Practitioner with a background in nursing in traditional health care settings, along with Christine McGreevy, Reiki master, will present the historical roots of Reiki and discuss its many applications. There will be an opportunity to ask questions and to experience demonstrations of Reiki. At the Women's Center Lounge, 12:30 p.m.

**From Feb. 21 to 24**—the Lionel Hampton Jazz Festival. New to the Jazz Fest this year is the all-woman jazz quintet, Five Play. The

group consists of Sherrie Maricle on drums, from New York University; Chihiro Yamanaka on piano, a native of Japan; Anat Cohen on tenor saxophone, originally from Tel Aviv, Israel; Karolina Strassmayer on flute, Austrian born; and Nicki Parrott on bass, who began her music studies in Australia as a piano player. They will be performing on Thursday evening.

*Jill Anderson is the Education Programmer at the University of Idaho Women's Center.*



# Bulletin Board

Moscow Food Coop  
221 East Third St  
Moscow ID 83843

## Celebrate the Co-op! Anniversary Party

February 24 - 10am to 4pm  
everyone is welcome, please come celebrate the second anniversary of the opening at this new location. See you at the Co-op!

## Sweet Art Gala

February 14, 6pm  
Lewis Alumni Center, WSU

Friends of the Museum of Art fundraising gala  
decadent desserts and auction - 335-1910

## Become a First Steps Volunteer!

Provide information and encouragement to a family as their newborn grows and learns. Through First Steps, a program at Gritman Medical Center, you can help support parents, provide needed information, and connect them to community resources to make the first few months of parenting easier.

## The next First Steps Training will be held on

Saturday, January 27,  
from 9:00 a.m. to 4:00 p.m.  
at Gritman Medical Center.  
For more information or to sign up for the training, please call Laura at 883-6454.

## Support the Village Bicycle Project

donate your bicycles to Africa  
sponsored by the Moscow High School  
International and Environmental Clubs

Donate your used bikes at Paradise Creek  
Bicycles on Main St. during the week of  
February 26th through March 2nd  
between 9 to 6pm

Join the Bike-A-Thon at Friendship Square on  
Saturday, March 3

## Fourth Annual Valentine's Dinner

at the Moscow Public Library  
Sunday, February 11, 6pm

catered dinner for \$20

sponsored by the Friends of the  
Moscow Library, 883-4802

## Friends of the Clearwater and the Sierra Club's

Roadless Area Snowshoe Series  
South Lochsa Face Roadless Area

**Date and Time:** Sat, Feb 17th 8am-6pm  
This large roadless area is adjacent to the Selway-Bitterroot Wilderness. We will explore the crucial forest habitats of this area with FOC's Gary Macfarlane and Sierra Club's Al Poplawski. Estimated driving time is 2.5 hours one-way.

**Transportation:** We will carpool from the Rosaura's parking lot.

**Equipment:** Snowshoes needed. Special rates available on snowshoe rentals with registration.

**Things to bring:** Plenty of water, food and warm clothes.

**Cost:** FREE!

**Registration:** Call/email the FOC office at 882-9755/foc@wildrockies.org or Ashely Martens at 882-1444/martens@pcei.org.

Good physical fitness and pre-registration required.

## The Auditorium Chamber Music Series

present MIAMI STRING QUARTET

present works of Beethoven, Shostakovich,

and

at 7:30pm

885-7212

at the Moscow

Book Sale

from 1:30pm

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## AFRICAN DRUM DANCE Workshop

Sunday, FEB. 11,

502 Taylor-Community Ce  
Apartments MOSCOW, ID

10 am and 12:30 pm Drum

12:30 pm and 5 pm Dance

All ages and skill levels are

\$5.00 a workshop!!!!!!!!!

## Annual Co-op membership meeting.

**Date:** Tuesday 27 March.

**Time:** 6:30 pm (store closure at 6 pm).

**Location:** Moscow Food Coop (not at the legion cabin like previous years) in and around the new deli seating area.

**Food:** Hand-held desserts and coffee and/or tea, compliments of the deli (not a potluck like previous years - although we won't turn anyone away if they'd like to bring additional food).

**Agenda:** Welcoming of all members, state of the coop speech by Kenna, farewell to outgoing board members, welcoming of incoming board members. Regular monthly board meeting will follow the membership meeting.

All members are welcome and encouraged to attend!!

## Annual Grower's Meeting Scheduled!

**Monday February 26th @ 6:00PM**

**Location:** The New (!) Co-op Deli Seating Area

**Refreshments and Snacks Provided**

For those interested in growing produce for the Co-op. RSVP to Lahde @ (208) 882-8537

## Three Cheers for Jazz Volunteers!

Join the volunteer team for the 2001 Lionel Hampton Jazz Festival and earn free concert tickets to hear some of the greatest jazz in the world. We have all kinds of jobs for all kinds of people. You'll love it!

**Festival dates:** Feb. 21 - 24, 2001

For more information call Volunteer

Coordinator, Britany Johnson: 885-0115

Submit non-profit announcement to  
beth\_case@hotmail.com by the 25th of each month.

For additional events contact  
http://www.moscowfoodcoop.com/submit.html.

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

