

day/mw dup
HD
3284
N48

November 2000

FREE!
Please take one.

Community News

The monthly newsletter of the Moscow Food Co-op

Chairs and Tables at The Food Co-op

By Kenna S. Eaton

In November the Board of Directors went ahead and approved the designs for the café at the Co-op. Work began in late December with a behind-the-scenes project in the deli.

After 2 years in the new store, the deli staff had come to the conclusion that the original layout wasn't working. They wanted more counter space and more shelving to hold all the cups and things necessary for making espresso. So the first part of our project was to remodel behind the counter, making a better workspace for the deli staff. Plus, we added a walk-thru to the deli seating area to make it quicker to go get those dirty deli dishes.

The second part of the project is to begin in early January with a remodel of the front part of our store. The shopping carts will be re-angled with a small wall separating them from the tables and seating area. We're planning to add some architectural interest with a soffit to visually enclose the area and we will replace the original lighting with some small, warmer, more personal lights. We will also be re-painting the front of the store inside, a warmer color.

Our largest remodel concern has been the water, now stashed at the front of the store in the area soon to be the café seating. However, as of this writing Big Spring has offered to deliver 5-gallon containers of water to Co-op members' homes, upon approval of their credit applications. We will still be carrying small sizes of Big Spring, not to mention our own

INSIDE:

Supplements, New Products, Perfect Pepper Packages, A Different Kind of Preschool . . .

filtered water available by the gallon for only 29 cents per gallon. Culligan has also offered to become a Business Partner and plans to offer our members h, and ome delivery. Without the water taking up so much space, we will easily be able to fit 5 tables and chairs, a great new addition to our community store.

All this is not a large project, but it does come with a price tag. We need you, our members, to help make this oft-request dream come true. We have already raised \$5,000 in member loans towards a goal of \$7,000. If you are interested in helping us finance this project, won't you consider either a donation or a loan to your community Co-op? We are offering 4.5% annual interest on loans from \$100 to \$5,000 repayable in 3 to 5 years. This is a great way to invest in your local business, to make money, and to help create a place to eat our great food. For more information on loans, pick up a prospectus at the front of the store or talk to me (Kenna).

So, see you in the café...I'm the one with the double latte!

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., Moscow, 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

D. M. Georgina Publications - 10% off business card or brochure design, PO 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 - \$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 at \$30.00 each, (208)-892-9000 for appt., PO Box 8373, Moscow

Market Drug - 10% off all gift items, 209 E. 3rd St., Moscow, 882-7541

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 through 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

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

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

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

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

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

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

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

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

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

Community News



From the Deli (or something like that)!

By Kenna S. Eaton, General Manager

The deli makes the best food in town. It's true. I speak from the position of being lucky enough to eat deli food at least once a day, and usually more often than that! When we relocated two years ago, I was opposed to the idea of a sit-down eating area in our store. I had spent a lot of time researching deli-seating areas in other Co-ops across the Northwest and had come to the conclusion that we were not ready for such a step. While it was partly an issue of space, I also wanted to be sure not to invest too many of our resources in something that might not be successful.

Silly me. I should have known better. Our deli makes *great* food and I'm not the only one who thinks so. Our deli has grown from a one-person-per-day operation to a 14-person staff in less than two years—because of such overwhelming positive response to our cooking.

So when the Board asked me, this past fall, to investigate the possibility of putting in a seating

area at the Co-op and to report back to them with the results, I had already come to the conclusion that we needed the seating area. We need it not only as a place for people to sit and eat, but as a space where Muscovites can relax with their friends and neighbors in the warmth of their community-owned grocery store.

As another result of the investigative process, we also discovered that the deli needed some remodeling. Counter space had been at a premium, and several storage spaces had not been working well, so Kelly and I attached a deli plan to the tables-and-chairs project (much like lawmakers). The Board approved both the preliminary designs and the budget, and the project was launched. We plan to finish the remodeling early in January, though as we all know the best-laid plans often go astray (or something like that). So, plan on joining us in early February for cake and tea, or soup and salad, or a sandwich and a cookie, or....



Up All Night Welcome In The New Year 2001!!!

By Crista Haagenon, Bakery Manager

I hope that friends and shoppers of the Co-op had a fruitful and warm holiday season. It's hard to believe 2000 is already over and a new year is upon us. The new winter bread schedule is out, so be sure to pick one up at the checkstand. The new changes to the schedule are as follows: White Spelt will also be made on Tuesdays instead of Whole Spelt (due to the large amount of requests for more White Spelt), Onion Herb bread made on Thursdays may be made with cheese on some weeks, and the Breakfast Loaf is being made with a few new ingredients (so be sure to sample it when you see it on Sundays).

That's all the changes for now, however, the bakers have the option of changing breads throughout the winter as they see fit.

Since I have received so many requests for more White Spelt to be made in the bakery, I thought some of you might like to have this recipe at home to try out.

White Spelt Bread

10 1/2 Cups Water
3 Tbsp. Yeast
2 1/2 Tbsp. Sea Salt
1/2 Cup Canola Oil
1/2 Cup Honey
32 Cups White Spelt Flour

Mix all ingredients in large mixing bowl. You may need to add

Contents

Welcome In The New Year 2001!!!	1
From the Deli (or something like that)!	1
New Products	2
The Buy Line	2
What's in a Supplement?	2
MFC Volunteer Profile	3
The Wondrous Sunchoke!	4
From the	
Board of Directors	4
Volunteer Volleys	5
From	
The Suggestion Board	5
Business Partner Profile:	
Staff Profile	6
The Party	7
Producer's Profile:	10
Perfect Pepper Packages	11
Macro Musings:	12
Short Season Growing	13
Free Compost From Latah Sanitation	13
Short-Season	
Planting Choices	13
A Different Kind of Preschool	14
GMO Labeling: Ethical Choices Before Profits	15

up to 4 more cups of flour depending on whether it looks too sticky. Dough is properly mixed when you can touch it with your finger and it does not stick. (But make sure not to get the dough too dry with too much flour). Let dough rise. When making a batch of White Spelt, shape your loaves to 1.5#. Let dough rise in pans until ready to go into oven. Spray the top of the loaves with pan spray before putting in oven. Bake at 325 degrees for 15 minutes and then rotate and bake for another 15 minutes. Yields about 6-8 loaves. Let cool. Enjoy and share with your friends.



The Buy Line

By Vicki Reich, grocery buyer

I'm not much of a resolution making person. I've tried making them in the past and never kept them. I did make one resolution a couple of years ago that I have been able to keep. I buy and eat organic food whenever it is available. It's an easy resolution to keep. Everyday we are bombarded with horrible things that are happening to the planet and the people on it that we are powerless to do anything about, but here was something simple for me to do. Eating organic food would not only keep me healthy but keep the planet healthy as well. It makes me feel good every time I choose organic over conventional produce, grains, and meat. If each of us chose to eat only organic wheat and lentils, and encouraged those around us to do the same, and maybe told our friends in Seattle or New York about it, then someday we wouldn't be

living with the smell of pesticides and herbicides wafting through the air in the summer. We wouldn't have to worry about nitrate levels in our water or the degradation of our fertile farmland. It's kind of utopian, I know, but it's something that I can work toward on a daily basis.

Some of you are probably thinking that you'd like to buy organic food but can't afford it. My response to this is can we afford *not* to buy organic? Personally, I don't believe we can. I read recently that in the 1930's Americans spent 24 cents of every dollar earned on food. Today we spend only 14 cents on the dollar and I hear lots of complaints about how expensive food is. But are we really saving money? Cheap food doesn't feed our bodies very well nor does it taste all that great. The chemicals we put on our food may be having unknown ill

effects on our bodies. Biological diversity is decreasing while cancers are increasing. Is cheap food really worth it, even if chemically grown food is not responsible for all the ills of society, what if it's responsible for even one? It seems a very small price to pay if buying organic food was a way to solve even a tiny societal ill.

I spend about 21 cents on the dollar for food at my house. In order to afford this "luxury" I do without other luxuries. I don't have cable TV, I don't shop very often and only buy well made durable items. I live simply and I make do.

Every day I find new reasons to continue with my resolution. The threat of untested genetically modified food entering our food system alone keeps me reaching for organic food. This year is a good year to start incorporating more organic food into your diet. The new organic standards are out and are said to be some of the toughest standards in the world. The fact that we have a federal organic standard tells me organics are here to stay

and that the demand for them is growing. It's a good feeling to know that in my small way, I've help increase the demand and maybe even pushed an acre or two of land into organic production. So, if you're looking for a resolution to make that's easy to keep, good for you and the planet, why not try buying a bit more organic food the next time you shop. You'll love the way it makes you feel.



Golden Blue Lotus Tara
Buddhist Meditation Center
Join us for meditation
Sundays 9:30 am
525 S. Main Moscow (509) 332-1147

New Products

By Vicki Reich and Carrie Corson

Tasty Bite shelf-stable entrees with meat—Delicious and easy Indian meals.

Endangered Species Bug Bites—Little squares of chocolate with cool collectable bug cards inside.

Mild Mannered Cowgirl Chocolate—The same great chocolate you expect from Cowgirl without the kick.

Barbara's Bakery Grain Shop Cereal—A high fiber cereal with lots of variety that makes it fun to eat.

Knudsen Blackberry Hibiscus Mist—Another addition to the Simply Nutritious Line.

Spectrum Organic Shortening—No hydrogenated oils and less saturated fat than butter, it makes a great pie crust.

Sierra Nevada Mustards—Three tasty mustards made with three different beers.

Fairhaven Mills packaged flour—Because Joseph Barron passed away, we needed to find a new source for packaged flour. This mill is a cooperative, and the flour is really good too.

Dundee Ginger Preserves and Orange Marmalade—Fine

preserves from England.

Let's Do Organics Organic Sprinkles—All the fun and none of the junk.

Honest Tea—Iced tea without a lot of sugar. (Carrie loves them.)

Soma Herbal Natural Brew—A non-alcoholic beer with added herbs.

Rattlesnake Pale Ale—The only place in town to get this great Richland beer in a bottle.

Macadamia Nuts in bulk—I just couldn't resist any longer.

New in Personal Care

Hair Care Products from Shaman. Great natural ingredients. Sulfate free.

T-shirts and Flat Hats from "A Tail We Could Wag" in Ketchum. If you love dogs, you'll love these shirts.

Quantum CoQ10. Tasty Cherry Chewable

Nag Champa Incense Super Size it! Now in 250 Gram size

Healthy Cells Breast and Prostate Formulas with Calcium Gluconate and IP-6. New from Enzymatic Therapy.

Published by

Moscow Food Co-op
221 E. Third, Moscow, ID 83843
(208) 882-8537

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

All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

For advertising rates and information: contact Amy Richard, 882-6274

For letters to the editor:

Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow ID 83843
bill_london@hotmail.com

Open Every Day
8:00 am - 8:00 pm
With plenty of FREE PARKING!

General Manager

Kenna Eaton
kenna@moscowfoodcoop.com
882-8537 (882-8082 fax)

Board of Directors

Shel Lee Evans	332-0934/332-5589(w)	shel_flife@hotmail.com
Erick Flexman	332-0934/334-6016(w)	Byooco@hotmail.com
Jim Hermanson	334-9245	hermanson@wsu.edu
Bonnie Hoffman	882-4829/882-5724(w)	bonniehoffman@hotmail.com
Mark Mumford	882-4754/883-1505(w)	mmumford@moscow.com
Mimi Pengilly	882-6307/892-1123(w)	pengillys@moscow.com
Suzanne Peyer	334-9245	smpeyer@wsu.edu
Al Pingree	882-8865	lap@moscow.com
Pat Vaughan	882-9005	pckh@moscow.com

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

Printed on Recycled Paper

Deadline for Articles: & Ads
20th of each month

Editor

Bill London

Issue Editor

Therese Harris

Layout

Kate Grinde

Advertising

Amy Richard 882-6274

Co-op Product Sales Pages

Barbara Hamm

Illustrations

Nancy Nelson

Distribution

Evan Griffith/Kristi Wildung

Bulletin Board Design

Beth Case

Webmaster

Bob Hoffmann
webmaster@moscowfoodcoop.com



Personal Care Corner What's in a Supplement?

By Carrie A. Corson, non-food buyer

Okay, so just what are those "other ingredients" that are listed on the labels of most of the supplements found here at the Co-op? Do they contribute or detract from the desired effect of the supplement? And why aren't they listed with all of the rest of the ingredients on the nutritional label? These are questions I am often asked by customers. I thought I would take this opportunity to answer them.

Supplement manufacturers usually refer to these "other ingredients" as excipients. Excipients are defined as 'non-active ingredients essential to the manufacturing process.' They are used for such diverse reasons as preventing machinery clogging, binding nutrients, and in the case of "fillers," are added to active ingredients in order to conform to the requirements of tableting and encapsulating equipment.

Excipients may, indeed, contribute to the desired effect of a supplement. For instance cellulose—a purified plant fiber—is used by many natural supplement manufacturers as a sustained-releasing agent. It also aids tablet disintegration when ingested. While most supplement manufacturers do not believe these excipients detract from the desired effect of a supplement, there are some who feel that they are not a necessary part of supplement production.

One such manufacturer is Frontier Natural Products Co-op. Frontier feels that, in order to maintain the integrity of the herbs that they encapsulate, no excipients should be used. Therefore, when you buy a Frontier herbal supplement, you will see that the only ingredient not listed on the nutritional label is cellulose, which they use to make their vegetarian capsules. You might wonder how they could do this if excipients are essential to the manufacturing process. Maybe that definition should be changed to 'essential to the manufacturing processes used by most supplement manufacturers.' Unlike most supplement makers, Frontier does not use heat to process their herbs. Instead they cryogenically freeze them. They have found that this not only protects the freshness of the herb, it also greatly reduces the equipment-clogging problems faced by most makers. They feel so strongly about this

ideal that they will not encapsulate an herb that cannot be processed without excipients. For instance, they do not encapsulate milk thistle, a popular herb for liver support. Because milk thistle seeds form a glue-like substance when ground, it is not possible to encapsulate the powder without an anti-caking agent. Therefore you will only find Frontier milk thistle in tincture form. It should be noted that Frontier only produces herbal supplements. No comparison can be made in the number of excipients that they might use in vitamin/mineral supplements.

Because they usually comprise a very low percentage of the total product, and/or they are used strictly for the manufacturing process, not to enhance the nutritional value of the supplement, excipients are not listed on the nutritional or supplement facts label.

Here are some definitions of the most common excipients on supplement labels here at the Co-op.

Magnesium Stearate: Magnesium combined with stearic acid; is a flow agent or anti-caking agent to facilitate encapsulating dry ingredients.

Gelatin: Collagen protein (animal source) used mainly for hard- and soft-capsule production.


Glycerin: Usually used in the production of soft gelatin capsules.

Silica: Primarily used as a flow and anti-caking agent.

Di-Calcium Phosphate: Calcium and phosphate mixture used as a filler and/or binding agent.

Stearic Acid: Fatty acid derived from vegetable oils used as a lubricant.

I hope you find this information helpful when purchasing supplements here at the Moscow Food Co-op. Happy New Year, everyone.



**Brused
Books**

buy • sell • trade
hardbacks • paperbacks

**105 N Grand
Pullman WA 99163
509-334-7898**

**Monday - Friday
11-6
Saturday 10-6**

MFC Volunteer Profile:

Paul Weingartner

By Angie Freeman



The man in the blue scrubs, big beard, and black leather jacket is striding purposefully toward the Co-op's lunch seating. Could this be Paul Weingartner?

"I have exactly 27 minutes," he says plunking a bowl of Tabouli down on the counter as he gives me a kind smile and a firm handshake.

"Well, we'd better get right to it then," I say and start firing questions.

Paul has made the Monday milk run to Stratton's Dairy regardless of rain, snow or sunshine for the past five years. Starting at the Co-op each time, he and his nine-year-old son, Dylan, load the empty bottles into their four-wheel-drive and make their way to the farm just south of Pullman. Once there, Dylan plays endless rounds of fetch with the cowdogs, while Paul waits for the order of fresh milk to be assembled. They load up, return, and stock the shelves, all in about two hours.

Paul enjoys this volunteer position. He can do this job with his son and isn't required to be at the Co-op to do it. The run usually doesn't take three hours, but he still gets an 18% discount since he uses his own vehicle.

What makes him want to be part of the Co-op?

"I like being a part of an alternative economic institution that is antithetical to the traditional capitalist model," Paul says simply. I nod sagely as if I am not wondering if I still have my college econ textbook at home to look that up.

He also likes the food choices, enjoys the discount, and gets a

sense of satisfaction from knowing his food dollar is supporting the Co-op and his friends who work there, not "someone's Leer jet or corporate buy-out."

How did he get started?

"That's a funny story," he says candidly. "After my wife died, a friend of mine told me it was a good way to meet people." Seven years ago he and his wife, Barbara, both college professors, moved to the Palouse from upstate New York. Paul was teaching part-

time, caring for their son, and finishing his dissertation when his wife got sick. Paul cared for her at home until she passed away. After that, he found he was no longer interested in Sociology.

"I had always had some existential angst about my role as a college professor," he says dryly. He pursued a nursing degree and now works at Gritman Medical Center. This explains the stethoscope, the scrubs, and the need for a relatively solitary volunteer position, since Monday is usually his first day off following four 12-hour shifts.

Why nursing? Paul's answer is concise and telling. "Your impact on people's lives is immediate. It doesn't require any intellectual slight-of-hand to make yourself feel useful."

Shopping and volunteering at the Co-op is another way to make those seemingly small, everyday choices add up to a difference in people's lives. "I spend 90% of my food dollar here and I like knowing I am supporting organic farmers and producers, as well as providing a market for local and small producers," Paul says.

So look your calendar over. The milk-run crew currently needs someone for the Wednesday milk run. If this job and its perks sound appealing to you, contact Gary Macfarlane to volunteer. No fetching experience required.

Angie Freeman's seemingly small, everyday choices add up to a big difference in the lives of her children Sammy Jean, 5, and Levi, 3.

Vegi-Head Produce Notes:

The Wondrous Sunchoke!

By Lahde Fesler, Produce Manager

Sunchokes, also known as Jerusalem artichokes, are an incredible vegetable little known to most people. Sunchokes, best known in gardening circles, are relished for their fresh, crisp flavor and their hardiness. Gardeners have embarked in countless conversations about sunchokes and why their popularity is so low. I think their name has something to do with it. The name "Jerusalem artichoke" was thought to be a "savvy" marketing idea by British importers "catering to a craze for exotic produce." Their hope was that the word 'Jerusalem' would lend an "alluring mystique" to the vegetable (native to North America). Instead, they confused consumers, making them expect something similar in appearance to the beauty of an artichoke rather than a lumpy-looking tuber that won't win any beauty contest. Meanwhile, the name "sunchoke" was chosen by American marketers who felt the exotic name "Jerusalem artichoke" would not appeal to the American consumer. No wonder people are so confused by this fine vegi! It would be nice to figure out what the Native Americans called it and start all over again with the original name.

A friend of mine, Mary Jane Butters, and I have relished this vegetable countless times. It is fresh and crisp, and "almost like water chestnuts with an iridescent skin". Butters states, she "has really come around to loving them fresh, eating them like an apple, carrying them around in her pocket as a snack and eating them sliced in salads. I love them fresh too, but they are also my personal favorite in soups. Add them into any vegetable soup or, if you like hot and sour soup, cut them into matchstick slices and use as a substitute for water chestnuts. Sunchokes are also excellent roasted, sautéed, stir-fried, cooked in pasta sauce, served on top pizza... basically, you just can't go wrong with this vegi! To prepare sunchokes just scrub them with a vegi brush and they're ready to eat.

Sunchokes are one of the easiest and most rewarding vegetables to grow. They come in two varieties: either red-skinned or white-skinned. The red-skinned variety has a smoother surface that's easier to clean, is elongated in shape and has

spreading growth habit, while the white-skinned variety is lumpier, more compact in shape, and sweeter in flavor. Sunchokes can be planted in the spring or the fall. Simply bury the tuber two to three inches deep, with about a foot spacing (no tillage necessary). Mulch well. One of the neatest things about this vegetable is that it can grow in the worst soil conditions. The first time I ever planted them, I mucked them into a corner of our garden with heavy clay soil and very poor drainage...and they did great! Sunchokes are a good drought-tolerant crop as well, and do not need to be watered. But do water during a heat wave, so the tubers will grow to a good size. Harvest the tubers in the late fall after the plants have flowered, or leave them in the ground, mulched with four to six inches of straw, and harvest through the winter and into the spring. Usually sunchokes are the best of all keepers, outlasting even potatoes in a root cellar.

Nutritionally, sunchokes are very interesting. They are of particular interest to diabetics because they contain a sugar called levulose, the sweetest of all known natural sugars, that diabetics can safely eat. Levulose is also found in most fruits but in association there with dextrose, which diabetics must avoid, whereas with sunchokes it is present, alone. Sunchokes are also rich in vitamins and minerals. I have heard that sunchokes are as high in iron as meat...and as such are a possible benefit to people with anemia.

The potential of this underutilized, overlooked plant is perhaps endless. Besides eating the sunchoke in its raw form, it can also be made into flour. As far as I know, only pasta is made with "Jerusalem artichoke" flour. It would be interesting to see what other ways the flour could be utilized. The tall fibrous stalks, once fermented, hold exciting potential as a biofuel that might lessen our dependency on petroleum. Who knows, maybe the fiber could have many other uses, like hemp does. It would be great to further explore the possible benefits of this wondrous crop!

From the Board of Directors

By Al Pingree

It's Budget time, and we approved the new 2001 Budget at our last Board meeting on 12 December. Kenna worked very hard on it and we all owe her a big "THANK YOU"!

When the Co-op was first beginning to be formed, people picked up their share of a purchase in someone's garage, and there were no employees. Wow! How things have changed.

As we start our third year in our newest location, one can only wonder what the New Year will bring. Speaking of which, Have a good one!

**MOSCOW
YOGA CENTER**
525 S. Main • Moscow, ID 83843
(208) 883-8315

New Session
**Jan 15 -
March 17, 2001**

*Daytime and evening classes
Classes fill quickly so register early*

Schedules available on the yoga center door.	10% discount for full-time U of I & WSU students.
--	---

Dr. Ann Raymer
Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

803 S. Jefferson, Suite 3
Moscow
(208) 882-3723

FREE SAMPLES

Discover the secret behind our energizing natural and organic superfood products. Thousands of people, including world class athletes, have experienced the difference — you can too!

Call 1-800-707-1639

Income Opportunity Available

Palouse Hills Midwifery

Veronica Lassen
Licensed Midwife
Certified Professional
Midwife
(509) 334-0326
Pager (208) 444-8610

**Home Birth
Birth Center
Water Birth**
Covered by most insurance
including DSHS

Nancy Draznin, CCE, CLA (208) 224-6965

Home Birth
Water Birth
Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

Animal Care Center
328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
(208) 883-4349

Large & Small Animals
Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

**R & R OFFICE
EQUIPMENT**

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

1104 South Main
Moscow, Idaho 83843
882-3514

From The Suggestion Board

Can you get cotton tights for women? You used to carry some wonderful ones in nice colors. Thanks! Unfortunately, the Maggies tights that we carried did not work out. Maggies found that they shrank too much and so they no longer make them. I would like to find a source, but have not run across one. If you know of a company that makes environmentally friendly tights let me know—Carrie, Personal Care Buyer.

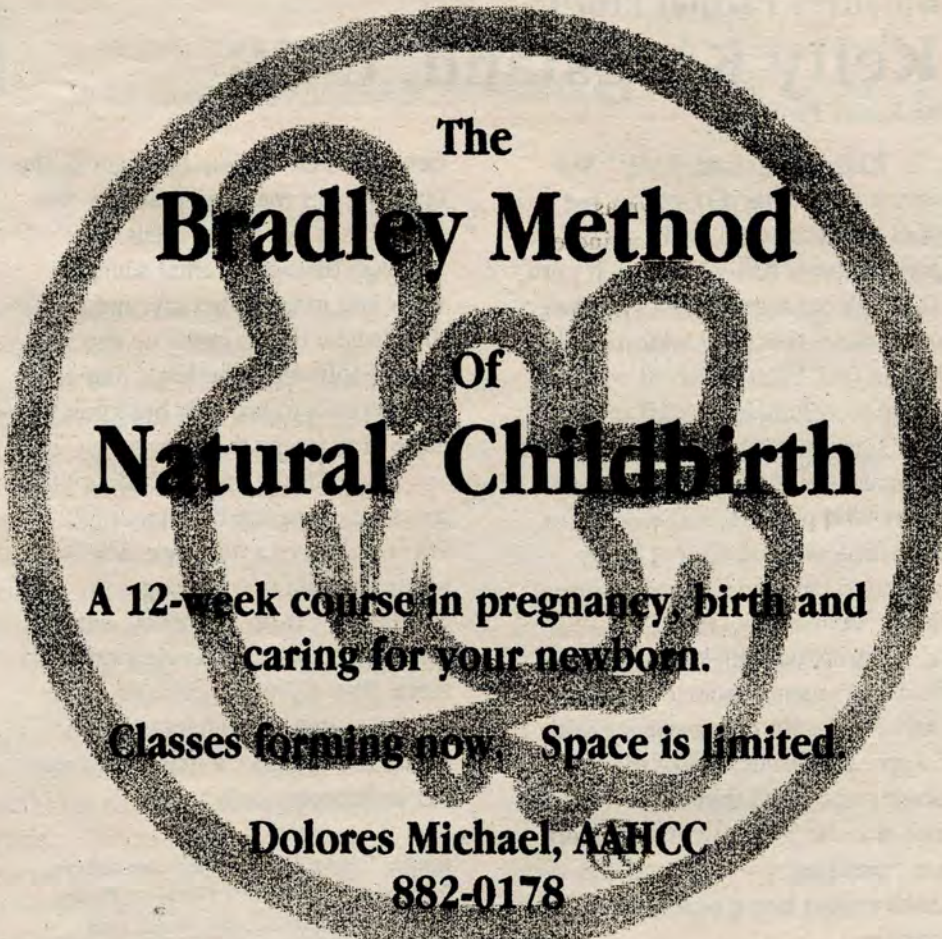
No more artichoke hearts in bulk? Sorry, they didn't sell fast enough and we kept throwing them away—Vicki, Grocery Buyer.

Order killer scones from Sage Bakery!! We think our scones are pretty killer and they are made fresh every day—Vicki.

You should have alternative transportation vouchers i.e. take the bus, walk, bike, etc. 10 times (recorded on a card) and then you get \$5 off your next purchase. This is a good idea, look for it in the future—Kenna, General Manager.

A garbage can by the front door? Another good idea, we'll get one—Kenna.

Mark the handicapped parking space with a sign—so that when it's snow-covered the space is still evident. Look for one in the spring—Kenna.



The
Bradley Method
Of
Natural Childbirth

A 12-week course in pregnancy, birth and caring for your newborn.

Classes forming now. Space is limited.

Dolores Michael, AAHCC
882-0178

Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

Whew! Another holiday season is over. Hallelujah!

No that my obligatory holiday rant is out of the way, we can get down to business. I do want to thank all the great volunteers who get up at ungodly hours to volunteer and help the bakers. Without them, we wouldn't have the fine quality goods that we do. Thank you: Cindy Ament, Ron Hatley, Noel Palmer, Ashley Martens, Yuliya Billings-Kononova, Kami Schott, Mike Wolfson, and Suzanne Lambeth.

Speaking of baking, is somebody willing to tag team with Suzanne on Friday mornings? This would involve volunteering every other week and receiving the discount every other week. Any takers?

I want to remind all volunteers to please fill out their cards and begin showing them to cashiers.

Also, if you happen to move away or decide to cease volunteering, please remove your card from the file. It tends to get cluttered in there.

We do have some important openings, so please check the volunteer board. The new seating arrangement will necessitate moving the board. I am looking for a new home for it. Keep your eyes peeled and any suggestions would be greatly appreciated.

Thanks to all who came to the party. It was a lot of fun. We will have another party around St. Paddy's day. We shall plan ahead to find a suitable location so we can drink the water of life in order to celebrate the end of English hegemony, no more divided Republic, and freedom for all the Celtic peoples. I feel another rant on the way so it's about time to end.

Until next time....

Something for everyone...

Hodgins Drug & Hobby



Architectural Model Building
Supplies Top Quality Model
Railroad Kits Radio Control
Models & Supplies Model
Rocketry Doll House Kits
Miniatures Military
Simulations Breyer Horses
Erector Sets, Brio
Playmobil Puzzles and
much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored



Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available
307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)



Camas Winery

Local wines by the bottle & glass

Tasting Room & Wine Bar
Noon-6:30 pm
Tues - Sat

110 S. Main
Moscow
882-0214




ESSENTIAL CONSTRUCTION

John Dancey

Bonded & Insured
wa.reg.essenc*043Q1
(509) 878-1116

Additions
Remodels
Light Commercial
Compact Homes
Counter Tops



892-1349

DAYSTAR DESIGN & CONSTRUCTION

Experienced Carpenter/Builder
Specializing in Residential Construction, Passive Solar Design,
Additions & Indoor Remodeling, Custom Fences, Decks & Walks
Degree in *Passive Solar Design & Energy Conservation* (1981)
Design Consultation and Drafting Services available

CARPENTRY
REMODELING
HANDYMAN WORK

STEVE STREETS

Business Partner Profile:

Kelly Kingsland, LMP

By Randy Paulin

"Kelly Kingsland, LMP." She says it somewhat diffidently, but with a hint of pride. Most co-op patrons know Kelly as the deli guru, although her association with the co-op predates that particular job. She has, in fact, been involved with the co-op as volunteer or staff member ever since moving to Moscow about 11 years ago. As is the case with so many who put time and effort into the Moscow Food Co-op, Kelly moved to the area in part because it had a viable cooperative.

"I grew up with back-to-the-land movement parents," she says, "and I had a lot of experience with co-ops, including a lot of dysfunctional ones." She thinks it's remarkable that the Moscow Food Co-op has remained so viable, and she very much enjoys being part of that viability.

Kelly is also a very private person, so much so that she had managed to avoid being interviewed as a staffer or volunteer for all these years. But she's now a businesswoman as well, offering therapeutic massage to clients in the Moscow-Pullman area. She graduated from the Moscow School of Massage in the spring of 1998, and has been slowly evolving her business ever since. Many of her current clients were her practice clients when she was in school. Now, however, she's expanding her business and actively seeking new clients.

I asked Kelly, as such a private person, what made her choose massage? Her answer was both sensible and eloquent. She is concerned with making a difference, and although she'd seen others be activist in different ways, she realized that for her the way to make a positive difference was through the healing power of touch. Massage, she explains, makes a difference for people on several levels. In a physical sense it relieves pain and reduces stress. Emotionally it can be valuable in helping individuals to let go of emotions which impede them in some way. And on a spiritual level, Kelly says, it's important for us as human beings to be able to reach out and ask each other for help. This help includes the help of the healing touch, "without judgments," as Kelly puts it, and with the recognition that many in our society today are afraid to be touched.

Kelly is continuing to develop

her skills and knowledge even as she launches her massage practice. She is studying two major areas of massage therapy: cranial-sacral work and manual therapy, and says that as new things come up she sees herself following the leads that arise as she seeks to broaden her knowledge of massage therapy.

If you'd like one of Kelly's massages, you can call her at 892-9000 and leave a message. She offers the first two massages at \$30.00 for Co-op members, and operates on a sliding scale from there. She is pretty well booked up for the month of January, so plan ahead if you'd like a massage from her in February or beyond.

Randy Paulin lives in Pullman, where he owns and operates Gamers' Paradise, battles depression, reads and writes a lot, and walks for exercise and solace.

Are you ready for something new?
Check out these classes.

January

- 22 Fit & Fun Aerobics
- 23 Tai Chi Chuan
- 23 Hatha Yoga
- 23 Tae Kwon Do - Self Defense
- 24 Eight Weeks to Wellness
- 30 The Seven Steps of Highly Effective People
- 30 Writing Without Fear



February

- 3 A Woman's Life: Moments, Memories, & Milestones
- 6 Rockclimbing: The Basics

For complete information call the
Enrichment Program 885-6486

SUZANNE T. LAMBETH, CDE

Certified Diabetes Educator
Certified Insulin Pump Trainer

An Individualized Approach to Diabetes Management

Diabetes Education
Consultation
Trouble-Shooting
Goal Setting
Insulin Pump Training

For information or to schedule an
appointment, contact:
PROFESSIONAL MALL PHARMACY
1205 SE Pro Mall Blvd
Pullman, WA 99163
(509)332-4608

Staff Profile:

Garek Druss

By Randy Paulin

Garek Druss is younger than his brother, Jared, but has seniority at the Co-op. In fact, "I trained him," Garek says of Jared with a smile. Jared was profiled in the newsletter first, however.

Garek's been a cashier at the Moscow Food Co-op for about 15 months. He worked at a co-op in Boise before coming north to attend the UI, and feels fortunate to have landed the job here.

"I have the best job of any student I know," he says. When I asked him what he likes most about working at the Co-op, he immediately responded, "the people I work with." The people, he repeated, and the food.

"I like to come to the deli to get something besides crappy bachelor food," he added. I also asked him the infamous question about Kenna and Vicki's relative poker-playing skills, and his response was very diplomatic.

"I didn't even know they played poker," he replied.

"If they did, who would be [the better player]?" I persisted.

He responded, "I better plead the fifth on that." A moment later, however, he chuckled and confided, "I'm probably a better poker player than either of them."

So, Vicki and Kenna, the gauntlet has been flung. Garek's working on a degree in fine arts, and his current interests include painting and printmaking. He's been doing art ever since he was a child, and his earlier media included drawing and collage. Now he's working in oil and non-traditional media, but, as he says, that could change, too.

"I tend to get bored [with institutional programs] pretty quickly," he says. But he does feel that he's learning a lot in Moscow, both by being a student in a small town and by working at the Co-op.

In fact, he says, he wouldn't mind working at the Co-op and doing art on his own. When he's not cashiering or doing art Garek enjoys skateboarding and reading.

At the end of our conversation I asked him, as I am wont to do, whether there was anything else he wanted newsletter readers to know about him. "How would you introduce yourself to everyone if you could?" I asked.

He thought for a minute, smiled his engaging smile, and said, "Oh, I don't know. I'd probably just smile and say hi, and see where it goes from there." Again the pause, and the chuckle. "I might even show 'em the Co-op secret handshake."

He didn't offer to show me, but if you ask him next time he's cashiering for you, maybe he will show you! And remember, Jared may be older, but Garek has seniority at the Co-op.

Randy Paulin lives in Pullman, where he owns and operates Gamers' Paradise, battles depression, reads and writes a lot, and walks for exercise and solace.



COPY COURT

"You be the Judge"

428 W Third Street • Moscow ID 83843
208-882-5680 • copycourt@moscow.com

3 1/2¢ Black & White
Copies
Expires 1/31/01

8 1/2 x 11 black and white copies on white 20# bond full or self service for 3 1/2¢ each. No limit. Coupon may not be reproduced and may not be used with any other discounts or offers. This offer is limited to one coupon per customer. Offer valid at time of purchase only and may not be credited to past or future purchases.

New, Rare and Used Books and Art

Bookpeople
of Moscow, Inc.



521 S. Main Street • Parking in the Jackson Street Lot
Moscow, Idaho 83843-2977

Tel: 208-882-7957 Fax: 208-883-1826

Robert Greene

Email: bookpeople@moscow.com

The Party

(AKA Gary's anti-holiday, anti-woo-woo tome/bad poem about the volunteer party even though it was a great time and fun was had by all.

Photos by David Hall who had absolutely nothing to do with the article—I suspect he would want it that way.)

Volunteers had fun at the party
Even those who were quite tardy
The food, savory, sumptuous and so

The colds winds of December
Fanned all spirits, and like an ember
the fete blazed while outside it did snow

Dorothy played the artful accordion,
And Kenna's speech went on and on and on
in the minds of everyone though it was really short

The talk was light and airy
And all those who did there tarry
enjoyed the company, the music and the sport

Then from the room's far corner
Came thuds, like the Rams with QB Warner
charging down the field for another six-point score

'Twas drums and riotous dancing
Oh the pounding, pounding, and the prancing
staccato stuttering, sensation stampeding from every pore

Co-op volunteers did fling and frolic
I was as a baby with the colic
the pulsating sound pogo-ing about me from door to door

The thrumming, strumming, drumming
Joined by accordion, dance and even humming
raised roof and rafters as sound flew fleetingly from the floor

Then the clock chimed ten the PM hour
As my face grew grim and dour (my holiday heart is sour)
announcing we must leave the city building at this appointed hour or

Face fine, penalty or even jail
Where food, unlike the Co-op's, is stale
pack up, pack up cried I, and from the building we all tore

With full cooperation
Fitting as is our station
all was cleaned, and nothing did we ignore

But the drum drumming, strumming, humming
And the fancy prancing and dancing
will leave my pummeled puddin' head's neurons, alas nevermore!



Bring this coupon to the

Moscow Food Co-op

and receive \$500 off a purchase of
\$50.00 or more

Good through January 31, 2001

Organic
 Blackeyed Peas
 Reg. \$1.19
 Now 99¢
Save 14%
BULK



Granola
Save 25%
BULK

Organic
 Flax Seeds
 Reg. 89¢
 Now 76¢
Save 15%
BULK



Bean Dips
 Reg. \$2.75
 Now \$2.29
Save 17%
REFRIGERATED



Soy Yogurt
 Reg. \$1.05
 Now 89¢
Save 15%
REFRIGERATED

Wallaby
 Yogurt
 Reg. 89¢
 Now 59¢
Save 34%
REFRIGERATED

Amy's
 Pocket Sandwiches
 Reg. \$1.75
 Now \$1.45
Save 17%
FROZEN



All Varieties
 Reg. \$3.79
 Now \$3.25
Save 15%
FROZEN



Frozen Juice
 Reg. \$2.99
 Now \$2.29
Save 23%
FROZEN



Vegetarian Springrolls
Save 23%
FROZEN

Shelton's
 Premium Poultry Since 1924
 Chicken Breasts
 Reg. \$4.59
 Now \$3.85
Save 16%
FROZEN

Amy's
 Soups
 Reg. \$1.75
 Now \$1.19
Save 32%
GROCERY



Organic Tortillas
 Reg. \$1.85
 Now 2 for \$3.00
GROCERY

Annie's
 Homegrown Inc.
 Mac & Cheese
 all non-organic
 Reg. \$1.49
 Now 99¢
Save 34%
GROCERY

Blue Diamond
 Almond Milk
 Reg. \$2.09
 Now \$1.45
Save 31%
GROCERY



Luna Bars

Reg. \$1.45
Now 99¢

Save 32%

GROCERY



Soda

Reg. \$1.05
Now 59¢

Save 44%

GROCERY

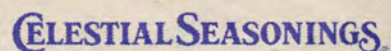


Cheese Puffs

Reg. \$2.09

**Buy one
get one free!**

GROCERY

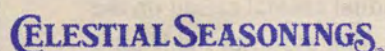


Tension Tamer
Extra

Reg. \$3.59
Now \$2.85

Save 21%

GROCERY

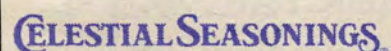


Sleepytime
Extra

Reg. \$3.59
Now \$2.85

Save 21%

GROCERY



Echinacea Cold
Season

Reg. \$3.59
Now \$2.85

Save 21%

GROCERY



Organic
Potato Chips

Reg. \$1.95

2 for \$3.00

GROCERY



Fat-Free Rice Drink

Reg. \$1.69
Now 99¢

Save 41%

GROCERY



Salad Dressing

Reg. \$3.49
Now \$2.75

Save 21%

GROCERY



Canned Beans

Reg. \$1.29
Now 89¢

Save 31%

GROCERY



Simply
Nutritious Juice

Reg. \$2.95
Now \$1.99

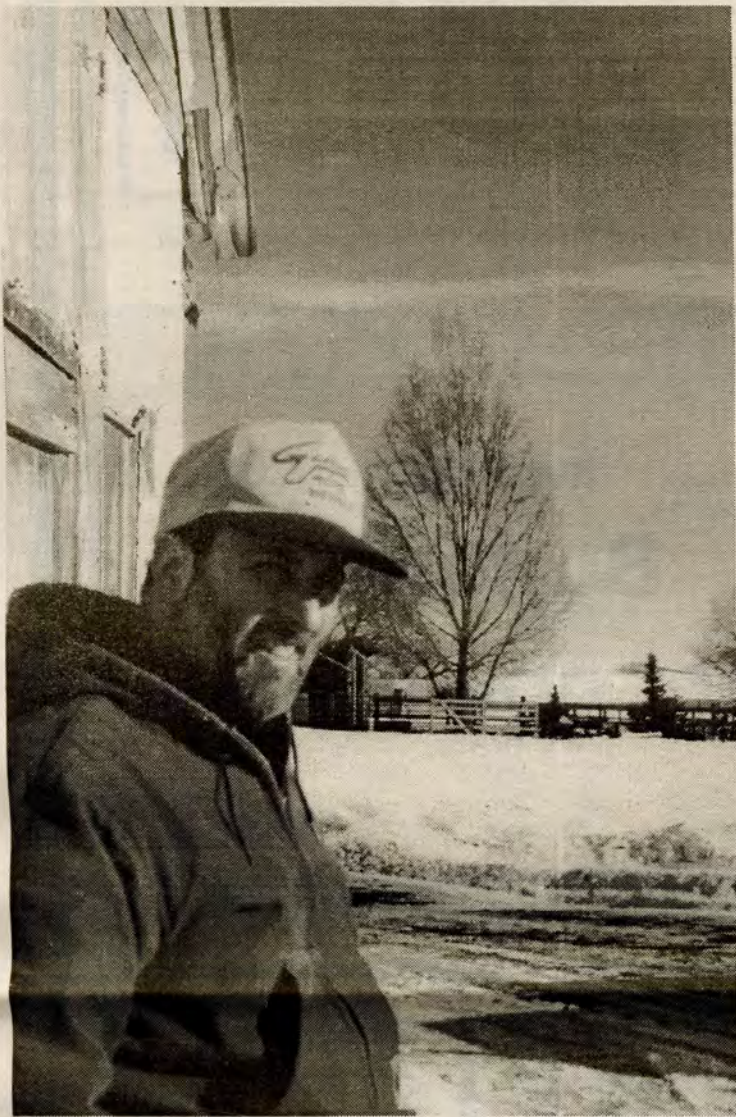
Save 33%

GROCERY

Producer's Profile:

BCR "Salers" Beef— Raising Beef the Natural Way

Article and Photographs by Julie Monroe



According to Scott's mother, Maxine Meyer, Scott always "took a lot of pride" in raising and showing cattle. While growing up in Colton, he was active in 4-H, and as a member of the Future Farmers of America, Scott was a successful stockman, making it to the finals of the Stock Show in Spokane three years in a row. With the purchase in 1988 of 12 head of Salers cattle at an auction

in Lewiston, Scott established the Blaine Cattle Ranch. Then as now, the goal of the Blaine Cattle Ranch to provide consumers with beef that is healthy and safe. Scott and Pam accomplish this by raising a breed of beef cattle famous for high nutritional value, and by carefully controlling how and what the cattle are fed.

Scott Meyer is carrying on the family business. For over a century, since the late 1880s when Scott's great-great-grandfather homesteaded in Colton, Washington, the Meyers have been farmers and ranchers. Four generations later, in fact, the original Meyer homestead is still being farmed. Scott and his brother, Kevin, not only grow barley, wheat, and lentils on a small section of the homestead but also on land owned by their father, Kenneth, and their grandfather, Vincent. And, like his father and his grandfather before him, Scott raises cattle while farming full-time.



Unlike his father and grandfather who raised several different breeds of cattle, Scott raises but one breed: Salers (pronounced Sa'lair.) Salers cattle, with their dark red mahogany-colored coat, are native to the Auvergne region of France. It is a breed relatively new to the United States, having been introduced in 1975, and it is a breed that produces good-tasting beef with low fat. To further develop the quality of the beef, Scott and Pam maintain an extensive Salers breeding program. In fact, Scott shows and sells Salers bulls around the Pacific Northwest.

The other way of assuring consumers that BCR "Salers" Beef is healthy and "clean," as Scott puts it, is by knowing and caring for each individual animal raised on the ranch. The motto of the Blaine Cattle Ranch is "We know our beef." Further, the herds of the Blaine Cattle Ranch are fed neither growth hormones nor antibiotics, nor animal by-products. What they are fed is grass. Much like his grandfather, whose cattle grazed on meadow grass in the summer and hay in the canyons of the Snake River during the winter, Scott also feeds his herd, which now numbers 18, on natural grasses — specifically Meadow foxtail. Four months before they are taken to the USDA-inspected facility at the University of Idaho to be slaughtered, the cattle are 'finished' on all-natural grains such as dry green peas and barley, which Scott grows himself; molasses and grass meadow hay top off their feed. Scott says that this combination of finishing feed gives his beef its "unique flavor." Its tenderness comes from being aged for 14 days before it is processed, a practice which is not common in today's marketplace.

At the beginning of the 21st century, as the marketplace becomes

more diverse in response to consumer demand for products produced in a sustainable manner, Scott and Pam Meyer seem to have struck a balance. As a full-time farmer and part-time cattle rancher, Scott is not only preserving the Meyer family tradition of earning a living through agriculture, he and Pam are doing so by meeting the demands of a discerning public. Whether Scott and Pam's daughters, members of the fifth generation of Meyers on the Palouse, will continue the family business remains to be seen. However, it is certain that Scott Meyer is doing what he can to provide consumers with not only a natural beef product but with peace-of-mind as well.

A native Idahoan, Julie Monroe lives in Moscow with her sister, Mara Lei, and their little dog, La Nina. She remembers helping her grandpa, Boots, feed cattle on his property south of Sandpoint during the winter. The swaying of the ancient, orange Ford tractor, as she stood balanced on the back, and the summertime smell of the hay are still strong in her memory.

Kaleidoscope

FRAME SHOP AND
ART GALLERY



DARRYL KASTL
"THE MAD FRAMER"
882-1343

208 S. MAIN ST. #11
MOSCOW ... IDAHO

Perfect Pepper Packages

By Pamela Lee

For me, the year 2000 was the year of the Bell Pepper. Funny how we get into food ruts or grooves. One of my year 2000 grooves (for this habit is far too delicious to be considered a "rut") was my twice-a-week lunch of stuffed bell peppers. I stuffed and baked batches of big bell peppers, wrapped them individually and then froze them. Twice a week I carried these perfect pepper packages up to my office for lunch. When hunger took hold, I'd defrost and heat them in the small old microwave oven that I keep in my office. As the stuffed peppers began to heat, the wonderful warm aroma of a home-cooked meal would fill my tiny office.

During the academic holiday weeks, when I didn't have to go up to my office, I actually missed my bell peppers. They seemed to bring such sumptuous civility to a work-day. Of course I could make them to eat at home, but somehow, for me right now, that would seem to defeat a purpose these peppers serve. I suppose that purpose has to do with the reward system that I set up to get tasks done. For instance, when faced with an overwhelming amount of work, I'll say to myself: "I'll treat myself to a latte *if and when* I finish grading this batch of tests (or that pile of papers)." More often than not, the rewards I select are food or drink, something sapid that pleases the palette and fills my belly. As one semester ends and the next academic year approaches, I'm thinking about stuffing some more bell peppers.

Truth be told, you don't actually need to follow a recipe to stuff a pepper. Most basic cookbooks, such as *The Joy of Cooking*, have recipes for traditional meat and rice stuffing. I'm including two recipes that depart from this tradition, but if these recipes' ingredients aren't quite to your taste, substitute and let these ideas serve as inspiration for variations of your own. Try your favorite poultry or game stuffing recipe to stuff peppers. Beans, rice, herbs or organic Italian sausage make a hearty stuffing. Wild rice, garlic, and sautéed mushrooms are delicious in a baked pepper. A hint, though: if you like a full, well-

packed pepper, make *a lot* of stuffing. I always think I'll have leftover stuffing, but hardly ever do.

Since I've stuffed plenty of peppers this year, I've learned a few tricks. A serrated grapefruit spoon is handy when cleaning the membrane and seeds out of the bell pepper. If you like the "stem cap" lid on your baked peppers, it helps to cut the top section of the pepper off in an irregular shape so you can more easily fit the lid back on each individual pepper. I do not parboil the peppers before stuffing, nor do I slice the peppers in half since I want the whole pepper shell to serve as my lunch's package. I make large batches of nine to ten peppers at a time, and since I really pack the stuffing in each pepper-package, I bake them at 375 degrees for at least an hour (and more if needed). I leave a loose foil cover on for about 40 minutes, then remove the foil, baking until the stuffing bubbles and the peppers are fully cooked and tender. Before stuffing, some people trim the bottoms of the peppers to make them flatter, I don't. Use crumpled aluminum foil in the pan if you need help getting your peppers to stand-up in the baking pan. Or, better yet, select good stuffing-shaped peppers when you buy your bells.

Sweet Peppers Stuffed with Chilies and Corn

From *A Well-Seasoned Appetite*
by Molly O'Neill

Serves 4 as a main course or side dish

- 1/2 tsp. olive oil [or more!]
 - 2 cloves garlic, minced
 - 1 small onion, finely chopped
 - 2 large ears corn, kernels cut from the cob
 - 1 can (16 oz) hominy, drained and rinsed
 - 2 large eggs
 - 2 small hot chilies, seeded and minced
 - 1 1/2 tsp. kosher salt
 - fresh ground pepper, to taste
 - 4 red, green, or yellow bell peppers, or a combination
 - 4 tbsp. grated Monterrey jack cheese
 - 1 scallion, chopped
- Preheat the oven to 375-degrees. Heat the oil in a skillet over

medium heat. Add the garlic and cook, stirring, for 20 seconds. Add the onion and cook until soft, about 5 minutes. Let cool. Combine half the corn and half the hominy in a food processor. Add the eggs and process until smooth. Scrape into a bowl and stir in the onion mixture, the remaining corn and hominy, the chilies, salt, and pepper.

Slice the tops off the peppers. Remove the cores and scrape out the seeds and ribs. Trim the bottoms so the peppers will stand straight, being careful not to cut all the way through. Fill the peppers with the corn mixture. Place in a shallow baking dish large enough to hold them without crowding, and pour in 1 cup of water. Cover with aluminum foil and bake for 30 minutes. Uncover and continue baking until peppers are tender when pierced with a small knife, about 30 minutes longer. Sprinkle the tops with the cheese and bake just until melted. Divide the peppers among 4 plates, sprinkle with the scallion, and serve.

Quinoa & Spinach Stuffed Peppers

From *Eating Well Magazine*, July 1998.

- 5 large, plump yellow or red bell peppers
- 3/4 cup quinoa, rinsed well
- 1 1/2 cups water
- 1 tsp. salt
- 1/4 cup currants
- 1/4 cup pine nuts
- 2 tsp. olive oil
- 1 cup chopped scallions
- 1/2 tsp. ground cumin
- 10 oz. spinach, washed and shredded (8 cups)
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh parsley
- 2 T. chopped fresh dill
- 1 T. fresh lemon juice
- 1 tsp. freshly grated lemon zest
- Fresh ground pepper to taste

1. Preheat oven to 450-degrees. Lightly oil a baking sheet or shallow pan.

2. Halve peppers lengthwise, leaving stems intact. With a paring knife remove seeds and ribs. Place peppers, cut-side down, on the baking sheet. Bake 10 to 15 minutes, until just tender. Dice 2 halves. Set all peppers aside.

3. In a medium saucepan, combine quinoa, water and 1/2 tsp. salt. Bring to a simmer. Cover and simmer over low heat until tender, about 15 minutes. Drain and set aside.

4. Soak currants in hot water until softened, about 20 minutes. Drain.

5. In a large dry skillet, toast pine nuts over medium heat, stirring constantly until golden and fragrant, about 5 minutes. Transfer to a small bowl.

6. In the skillet, heat oil over medium heat. Add scallions and cumin. Cook, stirring, until softened, about 2 minutes. Add spinach and remaining 1/2 tsp. salt; cook, turning occasionally, until spinach is wilted, 2-3 minutes. Remove from heat. Stir in cilantro, parsley, dill, lemon juice, lemon zest, reserved chopped pepper, quinoa, currants and pine nuts. Adjust seasoning with salt and pepper.

7. Divide mixture among pepper halves. (The pepper will keep, covered, in the refrigerator for up to 2 days.) Serve warm or at room temperature.

Makes 4 servings.

Pamela Lee stuffs and eats her peppers in Pullman, WA.



MarketTime
DRUG[®]

Post Office Square
209 East Third
Moscow, Idaho 83843
(208) 882-7541

Macro Musings:

Warming Winter Cooking

By Peggy Kingery

When I lived in New England, a friend told me the only way to survive the long, cold winters there was by learning how to play in the snow. He was so right. I began looking forward to the blizzards that created the perfect playground for snowshoeing and cross-country skiing. After an afternoon in the woods, I also looked forward to a warm, savory meal and settling in front of the wood stove with my notebook. Little did I know back then that my actions were in perfect tune with the energy of the season.

In previous articles, I've discussed seasonal cooking based on the *Five Element Theory*, or the *five transformations of energy*. These are cyclic energy changes that are generated by the interplay of yin and yang forces in our universe. Each season of year is associated with an energy phase that is nurtured by eating certain foods, which in turn supports different organs in our body. Winter weather tends to bring out the spontaneity and adventurous parts of our personalities, while at the same time the long hours of darkness quiet us and allow us to become a bit introspective. These two qualities are characteristic of Water energy, the phase in the cycle associated with this time of year.

Water energy nourishes our kidneys, bladder, and reproductive organs. These organs need rest in order to function at their peak so that we can be flexible and adaptive. Without proper rest, we deplete the Water energy within, leaving us feeling tired and weak. The way we cook can, however, revitalize us when this happens. Winter meals are generally more seasoned (particularly with salt) than those prepared other times of the year. Salt's job is to bring out the natural flavor of the food, not to make it taste "salty." Sea salt, miso, shoyu, tamari, and umeboshi plums and vinegar keep

Water energy enlivened. Umeboshi plums, a pickled, sour-salty condiment, possess a balanced, centered energy that neutralizes extreme yin or yang foods, aids digestion, and strengthens the blood. Other pickled foods are also nourishing, as well as those that are sautéed, deep-fried, steamed, baked, and stewed.

The foods that strengthen Water energy and nurture our kidneys, bladder, and reproductive organs all possess strong energy while at the same time keep our spirit of adventure alive. Soup, particularly miso soup, renews and warms us. Who can deny that nothing is more satisfying on a chilly day? Equally warming is buckwheat. Buckwheat (kasha) is the most yang of the grains. It grows under cold, adverse conditions in poor soil. High in amino acids, especially lysine, it's the perfect food when we're feeling chronically tired. Other grains served more frequently in winter include sweet brown rice and mochi. They contain more protein and fat than regular brown rice and keep our energy levels up during winter activities.

Among the beans, azuki, black turtle, pinto, and kidney best nourish us in winter. They are all low in fat and high in minerals—necessary for strong blood—and they create a warm, dry energy in our bodies. Sea vegetables—rich in calcium, B vitamins, and minerals—also strengthen our blood and keep us flexible and healthy during cold weather.

Many vegetables support Water energy, especially burdock. Burdock is a dark root that drills deep into the soil. It alkalizes the blood and, like buckwheat, is able to strengthen us when we're feeling drained. Mushrooms, radicchio, red cabbage and water chestnuts should also be emphasized in our diet this time of year. Shiitake mushrooms are the most potent. They are prized in Asia

for their ability to cleanse the blood, lower cholesterol, and relax tight muscles and joints.

Fruits like blueberries, blackberries, cranberries, and grapes are relaxing to the body. If your sweet tooth is acting up, try chestnuts. They make delicious, creamy puddings and pie fillings.

I still love traipsing around the woods on a wintry day and coming home to rest by the warmth of the fire. Eating the right foods to keep me warm and to give me enough energy to play in the snow brings out the kid in me. Try these recipes and see if they don't inspire you to venture out after the next storm blows in. Maybe, like me, you'll even want to pull out that old toboggan and head for the nearest hill!

Kinpira

1 tsp. sesame oil
1 cup matchstick pieces burdock sea salt
1 cup matchstick pieces carrot
shoyu to taste
spring or filtered water

Heat oil in a skillet over medium heat. Add burdock and a pinch of salt. Cook, stirring, about 2 minutes. Spread evenly over the bottom of the skillet and top with carrots. Add water to just cover burdock, cover pan, and cook over low heat about 10 minutes. Season to taste with shoyu and simmer uncovered until any liquid that remains has been absorbed, about 10 minutes.


Sautéed Buckwheat and Vegetables

1 tsp. sesame oil
1 carrot, diced
1 cup cabbage, sliced in chunks
1 cup buckwheat (kasha)
2 cups boiling water
pinch of sea salt

Heat oil in a saucepan over medium heat. Sauté carrot and cabbage until crisp tender. Add buckwheat and stir to blend flavors, about 2 minutes. Add boiling water and salt. Cover and simmer for 25-30 minutes, until water is absorbed.

Peggy Kingery especially enjoys playing in the woods and fields around her farmland in Deary with her husband, Jim, and always enthusiastic dog, Hannah.

Dana Hoaglund
Arborist



Pruning - Climbing
Consultations - Evaluations
Member of ISA Certified Licensed Insured
(509) 332-6745

OASIS
Early Learning Center
a quality preschool
experience for ages 3-5
for more information
or to visit call:
892-2256 or 883-4968

Tye-Dye
Brightest new store in town...
Located behind
Mike's Gyros & Moscow Pawn
527 S. Main
Monday-Sat 11:00-5:30
don't forget, Co-op mbrs get 10% off

Palouse Area Singles

Palouse Area Singles is an 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 members have the opportunity to contact one another without having to wait to meet at an organized event.

We hold house parties, picnics, and coffee get-togethers. PAS is a cooperative organization and

individual members will let others know of an upcoming dance, movie or exhibit and invite them to come along.

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

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

Alice (509) 332-2737
Link (509) 332-1435

Gardening

Short Season Growing

By Patricia Diaz

Growing a garden in our area is sometimes not easy due to late spring frosts, short summers with cool nights, and sometimes early fall frosts. You can, however, successfully grow vegetables, flowers and other plants if you pick the right varieties.

The first things you'll want to check out are your planting areas. Because of the shorter growing season, you want to take advantage of the most sun possible and plant accordingly. Most annuals thrive in borders, island beds, and containers that are in full sun. For flowering perennials, an east-facing site with morning sun is the best. For vegetables, choose a south-facing spot that gets full sun all day. If you live in windy areas, you'll want to plant near walls or boulders for wind protection.

If you're not planting native varieties you'll need to amend your soil. All plants enjoy the addition of organic elements which aid in healthy growth. Dig in plenty of compost, peat moss, or well-decomposed manure. These amendments also help the soil retain moisture and air.

It is also important to choose the correct plants in order to ensure garden success. There are many short season vegetables suitable for our area. Short season vegetables mature in two months or less which is ample time for even a quirky summer season. See the side-bar listing for some of the specific varieties you could choose. In particular, melons and eggplant take longer to mature than most vegetables, and aren't always successful in our area. If you want to try them, though, there are a few varieties that might be more successful than others. There are even some flower varieties that are better than others for our area.

Where can you get the right varieties? Our local nurseries carry varieties specifically chosen for our area. If you can't find what you want, however, or wish to grow your own from seed, there are at least three companies which sell varieties suitable for our area: D. V. Burrell Seed Growers, Rocky Ford, CO (719-254-3318); Garden City Seeds, Hamilton, MT (406-961-4837); and Seeds Trust/High Altitude Gardens,

Hailey, ID (208-788-4363).

It is also important, of course, to try and plant after the last frost of the spring. To find the expected date, check with the co-operative extension program at either the University of Idaho or Washington State University. You can also contact local Master Gardeners program for that sort of advice.

Another good tip for growing in the short summer is to boost soil warmth around the vegetables. Raised beds are a great way to accomplish this. The soil drains better and warms up more quickly in spring than the surrounding ground does. You can build raised beds either by framing the beds with lumber or by raking soil into flat-topped mounds. You can also plant seedlings through black plastic or fabric. Another thing that helps is to place floating row covers over your crops to warm the soil. This also increases the humidity around the plants and provides protection from the nighttime cold and potential frost. For tomatoes, there are collars such as Walls-O-Water which are filled with water and provide barriers against the cold.

If you already planted your garden and frost is predicted, cover the seedlings with cloches, plastic gallon milk jugs with the bottoms cut out, plastic sheeting rigged over lumber or PVC pipe, or floating row covers.

Free Compost From Latah Sanitation

By Patricia Diaz

The Latah Sanitation Department is currently offering free compost on a first-come, first-served basis to local citizens. While a great deal of the compost has already gone to the city of Moscow and to surrounding rural communities, there is still some left at the facility on the Troy Highway. The compost has been tested for pesticides and is composed mainly of leaves and brush which have been composted. So hurry on over with your truck, bags, or boxes if you're in need of compost.

The Sanitation Department continually adds and composts yard waste, leaves, and shrubbery as it comes in, so you might want to call to see if they have any finished compost (208-882-5724) later on.

Pat Diaz lives with her husband, Tom, and schnauzer, Gus, on six snowed-in acres near Dworshak Reservoir.

Short-Season Planting Choices

Vegetables:

Tomatoes: 'Gem State,' 'Glacier,' 'Gold Nugget' (cherry tomato), 'Medina,' 'Prairie Fire,' 'Rocket,' 'Siberia,' 'Siletz,' 'Stupice,' 'Sub-Arctic Plenty.'

Bush green beans: 'Earliserve,' 'Provider,' 'Venture.'

Corn: 'Candy Mountain,' 'Earlivee,' 'Early Sunglow,' 'Kandy Kwik,' 'Yukon Chief.'

Peppers: 'Ace' bell, 'Early Jalapeno,' 'Ole' jalapeno, 'Hungarian Hot Wax.'

Summer squash: 'Early Prolific Straightneck' squash, 'Cocozelle,' 'Dark Green,' 'Grey,' 'Seneca' zucchini.

Cucumbers: 'Northern Pickling,' 'Sweet Success' (slicer).

Eggplant: 'Dusky.'

Melons: 'Earlisweet,' 'Fast break' (cantaloupes); 'Earligold,' 'Minnesota Midget' (muskmelons); 'Cream of Saskatchewan' (watermelon).

Flowering Perennials:

Black-eyed Susan, Blanket Flower, Bleeding Heart, Catmint, Columbine, Creeping Phlox, Daylily, Delphinium, Dianthus, Hollyhock (Both Biennial And Perennial), Ice Plant, Maltese Cross, Penstemon, Shasta Daisy, Snow-In-Summer, Thrift, and Yarrow.

Annuals:

Calendula, Cleome, Cosmos, Gazania, Geranium, Impatiens (a shade-lover), Marigold, Nicotiana, Petunias, Snapdragon, Sunflower, Sweet Alyssum, 'Victoria' Salvia, and Zinnias.



FREE
SPECIAL INTRODUCTORY CLASS
Saturday, Jan 13
11 am - 12 pm
at the Moscow Yoga Center
525 S. Main
Have you ever wondered what yoga is? Join us to ask questions, meet the teachers and do some yoga

Insights

The Peer Partner Program: A Different Kind of Preschool

By Lisa Cochran

My homework for the past several months has been to find a preschool for my daughter. It seems that just yesterday she was a little helpless bundle in my arms. All of a sudden now I am facing waiting lists, making applications, and interviewing preschool administrators. I thought I was doing pretty well by getting to it almost a year ahead of my target date of Fall, 2001, then panicked when someone told me that they started this process at the birth of their child. As it turns out, we're both on the right track.

Some schools are in great demand due to their popularity while others haven't been established long enough to gain enconced notoriety. Then there are the little gems like the one I visited today, right where I least expected to find it. It is called the Moscow School District Developmental Preschool. It's mission is to help children with developmental delays to their highest potential to become as independent as possible in school, at home and in the community. It also has a subsidiary program to bring in peer models who are not struggling with disabilities to provide integration and diversity. It is called the Peer Partner Program. My daughter, Madysen, and I went over to campus to take a look.

Located on the first floor of the Education Building on the University of Idaho campus is a small but well-equipped preschool run by the Moscow School District. Though the school's primary purpose for thirteen years has been to serve children with special needs, it has openings for 3- and 4-year-olds to participate in the Peer Partner Program. This is to allow children with developmental delays to play side by side with children who are developing in a more typical manner. This form of integration benefits all students.

As the Early Childhood Special Education Preschool Teacher Nancy Reese says, "This association and integration provides real-life opportunities through communication and social experiences. Children with

special needs benefit from the stimulation and motivation their peer models provide. Children without delays can begin to understand that a word like 'disabled' does not mean 'unable' or 'unworthy.'

Regular preschool classes are held Monday, Wednesday and Friday mornings from 8:45-11:15. They are taught by certified Special Education teachers along with an instructional assistant and intern or practicum students. Also present at various times are a speech pathologist, physical therapist and occupational therapist. While other schools may have a 1:5 or 1:7 ratio of teachers to students, during my visit to the Moscow School District Developmental Preschool, there was better than a 1:2 ratio.

Just like at other preschools I visited in Moscow, the room was well stocked with a wonderful variety of toys, props, materials, and resources designed to stimulate all aspects of a child's brain and body, except perhaps even more so because this school addresses all types of physical challenges and must reach through various levels and kinds of developmental delays.

The day's typical schedule includes circle time, an overview of the days events, arts, crafts, free play, structured activities to motivate fine and gross motor skills, computer programs, snack time, singing and storytelling.

If I didn't know otherwise, the Moscow School District Developmental Preschool looks like it has all the same bells and whistles as the other schools I had looked at. There are just a few differences: the students are more diverse, the classes are smaller and the price is minimal. While other preschools offered 3 morning each week for up to \$200 a month, sometimes accom-



panied by enrollment fees, application fees and materials fees, the cost for such a high quality preschool education offered through the Peer Program is only \$25.00 per month. But more than all that, on top of all the regular curriculum found in a typical preschool, your child can

learn incredible and valuable social lessons in empathy and tolerance. In my opinion, that's a priceless advantage.

Chances are, if your preschooler has been evaluated, you already know about the Developmental Preschool. But if you don't know if your child qualifies for this school, or you would like your youngster to be considered for the Peer Partner Program, please contact Nancy Reese at (208) 885-7135. Spring semester begins January 8 and openings are still available.

Announcing



Foot Reflexology

at Gladish Community Center
Room 22 115 N.W. State St.
Pullman, Wa 99163

Treatment by Linda Hall
Certified Reflexologist, RN, LMT

*A gentle pressure technique used on the feet
to promote balance and normalization
of the body naturally.*

Questions and
Appointments
(509) 397-2751



GMO Labeling: Ethical Choices Before Profits

By Kelly Wiseman, Community Food Co-op, Bozeman, MT

Normally, the grocery store is a fairly subdued and uncontroversial place. But lately the retail food business has become a contentious and even heated industry, due mostly to the preponderance of genetically modified organisms (GMOs) in our food supply.

GMOs are now found throughout the marketplace, from soybeans modified to withstand heavier doses of herbicides to "transgenic" corn, potatoes and even cotton. Many of us view this speedy invasion of the food supply as an affront to our rights as consumers, and we are demanding that the United States join the European Union and many other countries around the world in requiring labeling on food that has been modified by splicing the genetic material from one species onto another.

Supporters of the rapid expansion of GMOs in the food supply argue that labeling foods as "genetically modified" will have the same effect as attaching a sticker that says, "do not buy this product". And this may be true, if only because the proponents of GMOs have not done their homework. Bioengineered foods have been quietly spooned onto our plates, without our input and now without our choice. No one held public hearings. No one bothered to educate the public about potential benefits, real or imagined. No one asked the consumer if it was o.k. to cross a tomato with a fish, or to include pesticide-producing bacteria genes into every cell of our corn. The industry just did it, and with the Clinton administration's blessing. Already, unless we buy certified organic foods, it's in about half of what we eat.

This is just fine, say the genetic boosters, because we've been eating genetically modified foods, in the form of selectively bred plants and animals, for eons. However, to claim that GMOs are somehow the same technology as Hereford cattle or baby carrots is ridiculous. Selectively breeding corn over time to achieve larger cobs is not at all like taking the genes from a completely unrelated species and splicing them in. They are as different in kind as a supersonic jet from a horse and buggy, and I don't think anyone would recommend that airplanes be left as unregulated as horses to

encourage "free trade."

Ignoring the Luddites who just fear technology, there are some very good reasons for a consumer to want to avoid GMOs. For starters, there has never been a study of the potential long-term health effects of eating this stuff. The truth is that no one really knows whether they are safe or unsafe. Instead, a lot of false claims fly back and forth, pro and con, from biased biotechnology researchers looking for grants to loud nonprofits shamelessly stirring the pot. We do know that without labeling genetically modified foods, people with food allergies have absolutely no way of knowing what they are eating. So avoiding serious illness and potential death by anaphylactic shock becomes potentially impossible in the future. And no one knows what kinds of new allergens the merging of unrelated genomes will create. Tinkering with the genetic barriers between species often results in wholly unpredictable results (as any reputable scientist will admit). Tinkering with the food supply could spell disaster.

Many people choose to avoid genetically modified foods for environmental reasons. The now famous Cornell University study, in which monarch butterfly caterpillars died after ingesting milkweed dusted with bioengineered pollen, has left many people unsettled about the issue. As did the recent revelation that Bt corn may kill beneficial organisms in soil, even at surprisingly large distances. Another fear is the probability of genes flowing out into the wild, creating superweeds. Researchers have already demonstrated that this can happen; that herbicide-resistant genes not only can migrate into related weeds but also may persist over time (see the April 1999 issue of *Molecular Biology*). Other possible environmental problems include the strong potential danger to wild fish populations (invariably genetically modified fish and/or their genes will escape fish farms), and the virtually endless list of potential and unforeseen ill effects for animals that consume bioengineered foods (what happens to the hawk that eats the mice that nibbled on the Bt corn?). Remember that pollen moves. Planting bioengineered crops is, in fact, releasing them into the wild.

The list of good reasons for not wanting to buy genetically modified foods goes on and on, including the very strong possibility that they may threaten the efficacy of antibiotics (for a good explanation of this, visit the website of the Union of Concerned Scientists at ucsus.org/agriculture). Refusing to buy GMOs for whatever reason is a personal decision, and by labeling them the USDA and FDA would only be giving us as consumers what should belong to us in the first place: the right to decide for ourselves.

The free market should not be impeded; but every bit as vital, and so often ignored by supposed defenders of freedom, is the right of the individual. The health, safety, and ethical choices of the citizens must come before the potential for profits by multinational mega-corporations. Label our food, fellahs, then take it upon yourselves to convince us that we should buy it.



Sole Mates.

Florida

BIRKENSTOCK

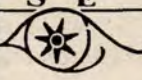
German Engineering for Your Feet

Nature Sport

Palouse Mall
882-9462

©1999 Birkenstock Footprint Sandals, Inc.

PALOUSE

Ocularium 

VISION CENTER

Precise, professional eyecare.
Comfortable Atmosphere.

William French
Optometrist
7th & Washington
Moscow / 883-3937



**Mikey's
GYROS**

Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

**Feed
Your
Self**

Come eat
Brunch

in the
Deli

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

Holistic Counseling Services



- counseling: individuals, couples, groups
- stress management
- mind-body wellness
- consultation and workshops

Cindy E. Carlson, M.Ed., LPCP
106 E. Third Street, Moscow, Idaho 83843 • 208.883.8419

Bulletin Board

Moscow Food Co-op
221 East Third
Moscow ID 83843

Think Spring! Think Moscow Renaissance Fair!

**May 5 and 6, 2001
East City Park**

Applications for food booths and craft booths are now available.

All food booths must be sponsored by community non-profit groups.

All food and crafts are juried for quality.

For food booth application, contact Bill London at 882-0127 or london@moscow.com

For craft booth application, contact Laurie Cortright at 336-1481 or lcortright@moscow.com

Start your year off right

Get a subscription to the Moscow Food Co-op newsletter. Perfect for former Moscow residents to keep in touch. \$10 for all 12 issues. Contact newsletter editor Bill London at the Co-op

The Cove/Mallard Coalition

**2001 Strategy Session
February 3 & 4 In Missoula, MT**

Come to this strategy session or email us your ideas of what we should do in 2001.

Contact the Cove/Mallard Coalition at cove@moscow.com or call 208-882-9755 or write P.O.Box 8968, Moscow, Id 83843 for the exact time and location.

Winter Fishtrap Writers' Gathering

**Eagle Cap Chalets on
Wallowa Lake near Joseph,
Oregon**

February 23 to 25

registration closes February 1

541-426-3623

Palouse Audobon Society

Free workshops

Ponderosa Pine Ecosystems

on January 17, 7:30 pm
Moscow Community Center
334-3817

Owl Box Building Project

on February 17, 9am, Eggan Youth Center
883-7085

Kenworthy Theatre (downtown Moscow) film schedule:

All films show on Friday and Saturday. Admission is \$4 adults/\$2 children 12 and under. For more info, call 882-1178.

Information and reviews on all of these films is available at imdb.com.

Jan 12 - 13 6:30 and 8:30 PM
Casa Blanca, not rated.

Jan 19 - 20 6:30 and 8:30 PM

Requiem for a Dream, not rated, however due to graphic sexual content no one under 18 will be admitted.

Jan 26 - 27 6:30 and 9:00 PM

Time Regained (French), not rated.

Feb 1 - 2 6:30 and 8:30 PM

Gimme Shelter, rated R.

Feb 9 6:30 and 8:30 PM

The, rated G

Feb 16 6:30 and 8:30 PM

Singin

UI W...er

Tues

Jeannie I

share her

Africa las

students c

Crossroad

885-6616

University

Slide Show

12:30 p.m. Women's Center Lounge.

Special Collections Library
University of Idaho
Moscow ID 83844-2351

Director, will
eks in South
of college
Operation

DIVERSITY RIGHTS L...

Dr. Omowale Ak
University of Wy
White Privilege
Construction o

University of Idaho

Friday, January 19, 2001

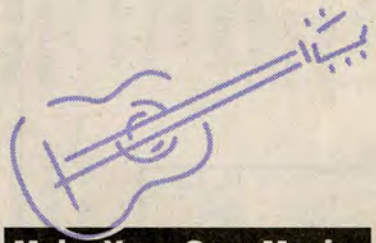
Administration Auditorium
12:00 p.m. - 1:00 p.m.

Workshop:

Friday, January 19, 2001

Crest Room Idaho Commons
1:30 p.m. - 3:00 p.m.

For questions or information, please contact the Office of Diversity and Human Rights at 885-9229 or diversity@uidaho.edu.



Make Your Own Music Jam Sessions

every first, third and fifth Saturday

at BookPeople in Moscow

noon to 2pm

call Lisa, 882-6416

Ice Skating for free

Hordemann Pond in Moscow

on Eisenhower Street opposite Good Samaritan Retirement Center ice conditions are posted at the pond call Moscow Parks Department 883-7085

"For additional events & information, <http://www.moscowfoodcoop.com/event.html>."

Submit non-pr
beth_casa@ho
no later than

