

Day - NW HD 3284. N48

March 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Lucid Dreaming

By Kelly Kingsland, Deli Manager

While I was gone on vacation the finishing touches were applied to our new seating area. My first day back at work the tables and chairs arrived. As I worked I witnessed the first few folks ordering their food and drinks from the deli counter and finding their way to a table to eat. In many ways this is the result of our co-op at its best. While folks have been requesting a place to gather for years, it never seemed doable until we settled into the new store, and even then it took some wrangling.

True, I have heard requests for a seating area for years and years, but the truth is that many co-ops charge into large seating areas at the request of their membership only to have to scale back, cut staff and down-size after losing a lot of money. I recently read this funny quote in a trade magazine: "Know how to make a small fortune? Take a large fortune and open a restaurant." Funny, but painfully true when you look at restaurant failure statistics. Bellingham Food Co-op also provided us with enlightening, gory details of where we didn't want to go, as their remodel a few years back included an optimistic and huge eating area that ended costing enormous amounts of money even after it opened. The last I heard they were scaling back and returning more than half of their eating area to retail space. They learned the



lesson the hard way, and we hoped to avoid the cuts and bruises they received. So our tables and chairs have come to us through a long, slow, thoughtful process.

But now they are here, and truthfully it almost brought tears to my eyes to see folks clustered around tables, sharing food face to face rather than strung out along the counter. I've been reading a bit about the Slow Food movement, and face to face sharing of food is definitely one part of how we begin to reclaim OUR relationship with

food and eating. I watched as one guy joyously bought a little lunch and tea, sat at a table, opened a book, and slowly enjoyed his food and his community as friends greeted him when they came through the door. While I watched I felt the fulfillment of a dream of many friends and co-op members alike.

We Did It! And I'm proud to be a part of this place that strives to be a community center.

I must however, through the flowers, add my obligatory deli manager rant. I'll remind you all that the service provided by the Deli is unchanged. You are still asked to bus your own table, sort your recycling and compost, and come to the Deli counter for service. We will work towards keeping the place clean, tables wiped, dishes washed etc. Working together I'm sure we can make this thing a great success.

[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

**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

**Markettime Drug** - 10% off 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 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



## Shoplifting At the Co-op

by Kenna Eaton, General Manager

Sad, but true, the Co-op is frequently a target of shoplifters. The other day my teenage son overheard some kids bragging about shoplifting at the Co-op; it seems that the Co-op is perceived as an easy place to rip off. And it's true we don't have a totally linear store with cameras everywhere watching someone's every movement. But the Co-op cannot afford to support shoplifting and while we can train and support our staff to look for and apprehend would-be thieves, we can't be everywhere all the time. Last year the Co-op made a profit, albeit a small one, but any profit we make either goes to the staff in the form of raises or back into your store.

So that is why we are asking you, the owners, to help us. With over 2000 owners watching don't you think we could work together to provide the Co-op with an efficient deterrent to stealing?

Here's how you can help. First, if you see someone who appears to be pocketing Co-op goods, please let a staff person know. We will then monitor them and possibly apprehend the offenders if we think it appropriate. Secondly, please be sure not to put items in your bags or pockets intending to pay for them later. It's confusing to our staff who've just been asked to be on the alert for thievery. We really can't afford to let anyone take our store away from us. Thank you for your help.

## Membership Appreciation Day

By Kenna S. Eaton

Tuesday, March 27th, has been designated Membership Day at the Moscow Food Co-op. All day from 8 am to 6 pm (we're closing early!) members can receive discounts on all their purchases. The discounts go like this: for less than \$25 you receive a 5% discount, for \$25-\$70 you get a 7% discount and for over \$70 you get a 10% discount. Volunteers can also use their discount but not on beer and wine (we'd be giving it away). If this sounds like a great deal, it is! We

want you, our members, to know that we really appreciate you. Later that evening we will be holding our Annual Membership Meeting from 6:30 to 8 pm right here at the Co-op. We will provide light refreshments (coffee and cookies) if you provide the fun! There'll be reports from your favorite General Manager and Board Prez. Plus, you'll get the first opportunity to meet your new Board members and thank the ones who are leaving. Please be sure to join us on Member Appreciation Day. Tuesday, March 27th, 2001.

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## Up All Night News in the Bakery

By Christa Haagensen, Bakery Manager

As many of you have noticed, the bread schedule has changed as well as some of the bread prices. Some of the breads have gone up in price due to the cost of ingredients rising, while some of the bread prices have stayed the same, and some have actually gone down in price. Many of our entrees have been changing also. Pesto Cheese Rolls will now be made on Tuesdays, Thursdays, and Saturdays. There are two new entrees to the bakery. The Red Pesto Cheese Spirals are made with the Asiago Cheese Bread dough and filled with Red Pesto and cheese. They are made fresh on Mondays. The other new entrée being made on Fridays is Green Chile Cheese Spirals. These are made with the Green Chile Cheese Bread dough and filled with Green Chiles, Jalapenos and cheese. Please make sure to taste these delightful new treats!

The bread schedule has changed and will reflect some of the suggestions that I have been hearing. White

Spelt Bread is now made on Tuesdays and Fridays. Cracked Wheat Bread is made on Mondays and Thursdays. Country White is made on Tuesdays, Thursdays, and Saturdays. The following breads have been discontinued due to the cost of ingredients: Tomato Garlic, Onion-Herb Levain, Idaho Potato, and Buttermilk Bran. However, I have been thinking about re-pricing those expensive breads and leaving the option of Special Ordering these breads (A Special Order is a minimum of one full batch of bread). So, I will keep you all posted if this is going to happen.

All in all, the bakery has been producing incredible amounts of breads and other tasty products. I want to say an extra big "THANK YOU" and "GREAT JOB" to all the bakery staff. They have been most helpful during my bread pricing changes and with all the new changes in the bakery. Keep up the good work!



Scooter winners Teva Lamar-Palmer (age 13) and Natalie McDaniels (age 3) enjoy their prizes courtesy of Thai Kitchen. Thanks to everyone who bought a ticket. Funds raised helped pay for our new tables and chairs.

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## Welcome!

By Laura Long,  
Membership Director

Once again spring is just around the corner, and officially here on Tuesday the 20th. Speaking of spring, you may have noticed that we no longer carry the 5 gallon bottles of Big Spring water in the store. Unfortunately, that was the item that had to make way for our new tables and chairs. However, we have found a new Business Partner for the Co-op that will be happy to fulfill your water needs. The locally owned franchise for Culligan has joined our Business Partner program, and they will be happy to deliver water right to your front door. Moscow Food Co-op members who are new customers for Culligan can receive 10 free gallons of water and two weeks of free rental on a water cooler in their home just by showing their membership card. Just give them a call at 882-1351 and they will be more than

happy to set you up with a delivery schedule.

Don't forget that March is also unofficially "Member Month." On Tuesday, March 27th the Co-op will be trying something new that I hope all you members are as excited about as I am! It's our first ever Member Appreciation Day. On that day, all current card-holding members will receive a discount on all of their purchases made between the hours of 8:00 am and 6:00 pm. At 6 o'clock we will close our doors in order to prepare for our annual membership meeting to be held in the store at 6:30 pm. So be sure to mark this day on your calendar, come on in for great discounts on all items, and plan to stay for a cup of tea, a cookie, and the annual report to the membership by the Board of Directors and the General Manager. I know I'll be there, and I hope you will be too.

## Push the Button, Open the Door

by Bill London, photos by David Hall

When you approach the Co-op's front doors, have you noticed the metal disk with the wheelchair symbol on it? That button is located to the left of the doors, between the doors and the bulletin board. Push the button and one of the doors automatically opens (a similar button is located inside the store to the right of the door). Very handy if you are pushing a baby stroller, hauling in a handcart of Stratton's milk, or if you are in a wheelchair.

After the automatic door was installed about a year ago, some vandal (as opposed to a Vandal UI student) ripped off the wheelchair access symbol. Recently, thanks to the help of the Disability Action Center of Moscow, the access symbol is back.

Now, Moscow resident Andrew

Becker shows us all just how easy it is to press the button and have the door open for you. The Co-op's doors are open to everyone.



Something for everyone...

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## Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

Hello prospective volunteers. Yes, every Co-op member is a prospective volunteer (how's that for positive thinking?) and everyone can be a member of the Co-op. Even Dubya could be a member, though his vote for the board might not count—a little payback of sorts. Besides, felons serve as volunteers at the discretion of the manager so His Fraudulency may be out of luck on account of a DUI in his past.

But, I digress....

Today's topic is the application process, that important first step in volunteering. First, go to the part of the Co-op where there is a lot of fresh paint—that nice squash color. There you will find the volunteer board, located next to the front office at the east end of the store. The next steps may be difficult for those under 30, the cyber-people, so pay attention. I have provided a list of definitions to help those of you in that category who may wish to complete an application. I know, some of the pre-internet ways of communication may seem primitive, but that is how we communicated in BC (before computers).

Write: Dragging an instrument across a surface to create letters, words, sentences, and even whole documents (as in Email).

Paper: Noxious product made of tree flesh that is generally two-dimensional. The Co-op tries to use recycled paper or non-tree fibers to avoid contributing to rampant tree-murders. Paper is the surface over which the writing instrument (see above and below) is dragged.

Pen: A long, somewhat cylindrical device used to leave a mark on paper so letters can be written by hand. Amazingly, we all used to learn how to write with pens and pencils.

Pencil: Another long cylindrical device that can be erased with a rubbery substance, sort of like the delete key.

For example, the paper used in Kindergarten contained huge chunks of wood, about a cord per sheet, and the pencils were the size of baseball bats (old baseball bats were made out of wood. Life was differe'n't in them days, I tell ya.

So take a volunteer application (sheet of paper), find a pen or pencil, and fill in the application. Don't be intimidated if you can't answer all of the questions, unless it's your name you can't answer (in which case, don't bother).

Next time we will have a conversation with a real live volunteer! Adios!



# From The Suggestion Board

*You guys are the only ones in this whole area that sell chemical-free shampoo and conditioner. I am a hairstylist and many of my clients come here for that anymore, so many people are allergic to store bought shampoos so I tell em all to come here!!* Thanks for sending people our way, and we'll continue to stock all those great shampoos and conditioners.—Carrie, Personal Care Manager

*I am very glad to see some low-carb protein products! I have severe hypoglycemia and have trouble finding such. Thanx.* You're welcome. If there is something you don't find, let me know and I'll see if I can get it.—Vicki, Grocery Manager

I'll see if I can squeeze it on the shelf. Vicki.

*Please stock Tahini Sauce Mix in a box by Fantastic Foods.* Thanks. Ok, I'll give it a try.—Vicki.

*Could you get other cuts of beef from BCR? I'd buy sirloin. How about coarse cracked pepper?* We have sirloins from BCR. Sorry they were out when you were here. We carry cracked pepper in bulk that replaced a coarse ground pepper. I can't get a coarse cracked pepper.—Vicki.

*I heard Zen Don soymilk wasn't selling that fast. Could we get another cappuccino-flavored soymilk?* Pacific Foods just came out with a coffee soy milk (as well as strawberry). Look for them in the soymilk aisle.—Vicki.

*What happened to the price of Spelt cereal? At \$5+ for 12 oz. It is awfully high. OOPS! We priced it wrong. It should be \$3.55. If we overcharged you, please tell a cashier and they will refund the difference.*—Vicki.

*Will still buy mixed olives but not as often as the price increase seems unfair.* We had a request to line price the olives so you could buy all different kinds and put them in the same container. We lowered some of the prices and had to raise the price on the Country Mix in order to do it. But if I keep getting complaints I will change the prices back.—Vicki.

*Beer—Have you ever tried "Hair of the Dog" brewery. Their "Adam" is barley wine-style beer and would make an excellent compliment to your selection.* The only distributor of that beer is no longer selling beer and it was only available in kegs. If it becomes

available in bottles I will pick it up.—Vicki.

*What a shame! Couldn't we, as members, work harder to remember to bring bags back to the Co-op so we wouldn't need to use/order new paper "Co-op" bags? We should reuse and reduce our impact.* I agree, and I would also like to encourage people to insist on paper bags not plastic at other stores. We end up throwing away a lot of plastic bags because they easily get holes in them or they begin to overflow our storage capacity since they are not easy to store. I have looked into recycling them but it is next to impossible. You have to separate them by the stores they come from and then those same stores often don't recycle them. The recycling center won't take them, so they end up in the trash (or hanging from a tree on the side of the road). Paper bags last much longer and when they get holes in them, you can still recycle them. So bring in your paper bags and hopefully we won't need to buy new ones.—Vicki.

*Tofutti Fudgsicles, Strawberry Shortcake Bars, and Toasted Almond Bars.* Those sound good, but unfortunately they are not available from our distributors.—Vicki.

*Amazake—a plain kind for cooking, please?* Okay, look for it in the cooler.—Vicki.

*Can you bring in Veggie Booty and Pirates Booty? They also have many other products the members might like.* You're not the first person to ask so I'll give them a try.—Vicki.

*A stack of "The Inlander" here. Yes! Thanx!* They're here.—Carrie.

*I no longer see organic raw peanuts—is it possible to get them again? Thanks!* I've had quite a few requests for these. I stopped carrying them because of slow sales, but I will try them again.—Vicki.

*Can you bring back the Cascadian Farms frozen dinners?* I have tried selling these several times and they didn't sell but you can still special order them.—Vicki.

*Please get Hazelnut Yogi Tea again.* The company has reformulated or repackaged all their teas and now the hazelnut tea is Vanilla Hazelnut. Look for it on the tea shelf.—Vicki.

*What about a sister store in Pullman.* Not at this time.—Kenna,

General Manager.

*Ambassador hairbrushes.* Thanks. You can special order these.—Carrie.

*How is it that this is a "co-op" if my membership doesn't include the purchase of stock?* The purchase of stock is not one of the Seven Co-operative Principles. Your membership purchases equipment at this time. We are looking into some sort of member patronage refund in the far off future.—Laura, Membership Director.

*Hello. Thank you for all you do. The Co-op is a vital part of our community. Are the Rock Island eggs free-range and/or organic?* You're welcome. The Rock Island eggs are neither. We are carrying them because we had requests for half dozens and these were the least expensive.

*I don't like having to bring in my own cart from outside. It's been happening too much lately.* During the construction of the seating area, there wasn't a good place to keep the carts. Now that it is done, there should be plenty of carts inside.—Vicki.

*Your store is wonderful!!* Thanks, we think so too.—Vicki.

## Kaleidoscope

FRAME SHOP AND ART GALLERY



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## The Buy Line

By Vicki Reich, Grocery Buyer

I look out from my seat at the computer on a sea of "Co-op Squash." It's the only color I can see out my side office window. It's a very cheery color, and everyone hanging out in the new seating area seems equally cheery. And although the seating area is new, the faces in it are comfortingly familiar. It's one of the things I love about working at the Co-op. I see people I know every day. Some are close friends, some are loyal customers, and some are just faces I know from around town (although sometimes I have to jog my memory to remember just where I know them from). All of them make me happy to work in such a community-oriented store.

I love watching customers meet up in the aisles and reconnect after not seeing each other for a while. I like the fact that standing around chatting in the aisles is encouraged here. In the middle of a long winter, where else can you be assured of

seeing someone you know? The Co-op is also a great place to meet new people and I'm sure the new cozy seating area will make it even easier to meet people. So when you come in for lunch next, introduce yourself to the person sitting next to you. Then you'll have another smiling face to say hello to next time you're here.

And speaking of saying hello to new people (ok, it was kind of an obvious segue), say hello to Erik, our new buyer. He's the tall friendly guy who is quickly learning where all the products are in the store (the old trial by fire). He has taken over for Josh who decided to go back to school full time. We all miss Josh, but luckily he's decided to volunteer on Wednesday afternoons, so if you don't see him wandering around campus, pop in and say hello on Wednesday.

And now on to the plethora of purple papers....



# New Products

By Vicki Reich

*Shady Maple Farms Maple and Honey Waffle Cookies.*

Beware, these are highly addictive.

*Imagine Single Serving Soups.*

For those of us who can't finish a big carton before it goes bad.

*Pacific Foods Beef Broth.*

Another great addition to their line of soups and broths.

*Genisoy Soy Crisps.* Delicious bite-size snacks like rice cakes with the benefit of soy.

*Poppycock.* An indulgent treat my grandfather always had on hand.

*Bearitos Bean Dip.* Two tasty flavors.

*Amy's Chili.* Another delicious product from Amy since she's come out of the freezer.

*Annie's Microwavable Shells and Cheddar.* Quick and easy and taste just like the Annie's we know and love.

*Naturade Total Soy Bars.* A good tasting meal replacement bar with lots of soy.

*Green and Black's Organic Mini Chocolate Bars.* When you just want a little high quality chocolate.

*Bumble Bar Lushus Lemon and Chocolate Over Chai.* Two new great flavors from this awesome little business on Vashon Island.

*Republic of Tea Chai Concentrates.* A requested item.

*Barbara's Bakery Soy Essence Cereal.* A great way to get your soy in the morning.

*Nature's Choice Cereal Bars.* Delicious and great for backpacking or for a mid-afternoon snack.

*Earth's Best Tretzels.* Pretzel made for little kids' hands, in regular and peanut butter flavors.

*Knudsen Simply Nutritious Inner Strength.* Another addition to the Simply Nutritious line; with calcium, magnesium, and vitamin K.

*Mt. Sun Organic Orange Carrot and Incredible Vegetable Juice.* Two new flavorful organic juices.

*Pacific Foods Enriched Coffee and Strawberry Soy Milk.* Yummy new flavors and an easy way to get your soy.

*Annie's Naturals Goddess Dressing in 16 oz. Bottles.* At Last!

*Annie's Naturals Organic Buttermilk Dressing.* Good old-fashioned salad dressing.

*Annie's Naturals Black Olive and Truffle, Yellow Pepper and Sun Dried Tomato, and Basil and Garlic.* Annie's three new olive oil vinaigrettes. They're all yummy.

*Consozia Flavored Olive Oil.* For dipping bread like in those fancy restaurants.

*Bon Terra Cabernet Sauvignon.* A requested organic wine.

*Sake.* A much requested item, now in two varieties.

*Organic Chocolate Milk.* This stuff rocks. It's awesomely chocolate.

*Organic Valley Orange Juice.* Not from concentrate, organic, and delicious.

*Wallaby Yogurt.* A smooth creamy European-style yogurt.

*Manicaretti Bulk Torchio, Bucatini, and Linguini.* Excellent, high-quality Italian pasta in bulk.

*Bulk Guayaki Yerba Mate.* Both loose and bags.

*Kettle Sporting Mix and Honey Cranberry Mix.* Two new additions to our bulk trail mix selection. (Josh loves the Sporting Mix.)

*Ling Ling Shu Mai.* Just like you get at Dim Sum but you can make them at home in 20 minutes.

*Amy's Toaster Pops.* Fun, fast, and yummy breakfast.

*Double Rainbow Soy Cream.* As good as their regular ice cream. (Krista's addicted to the blueberry.)

# Word of Mouth

by Vicki Reich

Is there ever a month that is not considered in the cold and flu season? I haven't come across one in Moscow. It seems like someone I know is sick every month. When people get sick there is one herb they often come looking for, and that is Echinacea. It's an immune system enhancer, but it also tastes terrible. So instead of buying Echinacea root in bulk and choking it down in some hot water, those smart tea manufacturers have made a wide variety of Echinacea teas, and that's what we tried this month.

We tasted six teas in all. The first cup was Yogi Green Tea Triple Echinacea and Kombucha. It had a good minty smell with a minty flavor and a slight astringent taste. The green tea in it gave your mouth a slightly dry feeling but it didn't have any taste of Echinacea. It had a light taste that everyone liked but no one loved.

The second cup was Choice Organic Tri Echs. This had a medicinal smell and a licorice taste. One tester thought it tasted like a tincture rather than tea. And someone else recommended adding honey and rum to improve the flavor. It definitely tasted like it was good for you.

The third tea was Traditional Medicinals Organic Echinacea Elder. This tea had a pleasant flowery smell, and was mild and

mellow in flavor with hints of yarrow and chamomile. It reminded some testers of homemade tea and was very fresh tasting.

The fourth tea was Celestial Seasonings Echinacea Wellness. It had a good, almost perfumy, smell with a pleasant and slightly sweet taste (Stevia is used as a sweetener in this tea).

The fifth tea was Yogi Echinacea Special Formula. It had a nice minty smell, tasted delicious—with hints of licorice and cinnamon—and felt very soothing on the throat. This tea was the favorite of the evening.

The last tea was Celestial Seasonings Organic Green Echinacea Mint. It had a good strong minty smell. Because of the green tea, it was a little drying to the mouth but had an overall good flavor.

Most of the teas come 16 bags to the box, the Echinacea Wellness has 20 bags. The prices ranged from 18 to 24 cents per bag. As always, there was a wide difference of opinions but everyone liked the Yogi Echinacea Special Formula and the Traditional Medicinals Echinacea Elder. So next time you feel that little tickle in the back of your throat or a little bit of a snuffle coming on, pick up a box of one of our many Echinacea teas.

## 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

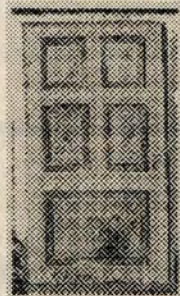
know of an upcoming dance, movie or exhibit and invite them to come along.

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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## Veggi Head - Produce Notes: A Call to Action!

by Lahde Fesler  
Produce Manager

In January we had our annual All Staff Meeting. The focus of this year's meeting was to examine the Co-op's Mission Statement and brainstorm actions to better realize the Mission's goals. For those of you unfamiliar with the Mission Statement it reads as follows:

To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment; to provide an information network that forms progressive social, political, and economic change; to strive to provide a sense of community for its constituency and right livelihood for its staff.

A lot of good ideas materialized from the staff members, some easily do-able for the immediate and others involving a lot of committed work from dedicated individuals. While many of the ideas discussed were not new to the ears of Co-op "old-timers," it was great to have the full participation of the whole co-op crew. Those who were able to attend created a full-page list of actions that we can start whittling away at as staff members, board members, and as members of the greater Moscow community. You see, to accomplish the goals of our Mission Statement it will take the cooperative participation of many, drawing upon the diverse talents and propensities of our community. A good opportunity to get involved will be at our up-and-coming Annual Membership Meeting (March 27<sup>th</sup> 6:30 PM, at the Co-op). At the Membership Meeting the complete list of actions will be presented and there will be a call for collaboration amongst all present to draw up a plan of action to bring these ideas into living reality.

Looking at the list of ideas from the meeting, there are several that fit within the bounds of the produce department. And, in addition to this list, there are other ideas that have been floating around the Co-op awaiting their turn for attention. I say this because ultimately the job of any individual working at the co-op is to attend to the immediate needs

of one's job (i.e. the lettuce needs stocking), while any extra hours or minutes stolen in between the necessary tasks can be focused towards creative actions that improves upon one's department. Most of us are familiar with this aspect of life...we have dreams and eventually we realize them through much work and creative juggling. The All Staff Meeting made me realize I did not need to be the only one carrying these produce department ideas around in my head. But rather, sharing them with others would allow for their true manifestation... "let others know and let others get involved!"

The following ideas concerning the produce department were generated at the All Staff Meeting or have been discussed throughout the years within the Co-op Community:

- ◆ Grow a Co-op garden. "Grow it ourselves!" and donate proceeds from the sale of crops to the community.
- ◆ Information board featuring local growers, complete with photos of each grower in his or her garden.
- ◆ Information pamphlets explaining things such as the definitions of organic, transitional, local no-spray, as well as how to prepare certain types of vegetables.
- ◆ Recipe cards for unusual produce items that may be unfamiliar to customers.
- ◆ More informative signage that tells consumers where their produce is grown.
- ◆ "Meet the grower day." Provide the grower with an additional opportunity to sell their produce and give the consumer a chance to meet their local grower in person.
- ◆ Cooking demos in the produce department to promote seasonal and unusual produce.

As you can see, many great ideas have been generated by our staff. Now is the time to roll up our shirtsleeves and bring these ideas to fruition! If you are inspired by a project please contact me at the Co-op and we can discuss how to get started.

## Welcome Aboard!

By Therese Harris

This month's *Community News* is the debut issue for our new layout person, Jill Maxwell. Jill, her husband, Tim, and their children, Rhea and Shay, have been on the Palouse for about 18 months, having come to WSU so Tim could pursue an entomology degree at WSU. Jill brings to our newsletter her layout and design experience from working for such organizations as the National Center for Employee Ownership. She is honing her design and layout skills further by working in web design for the U of I. She will share layout duties with (my favorite Daily News columnist) Tanya Perez. Welcome, Jill!

Another new talent joining us this month is Gary Chang who will be profiling the producers and suppliers of Co-op products, so we can 'see' where this cool stuff comes from. Gary is, himself, a quality local product, so to speak. Welcome, Gary!

I am also pleased to introduce our new 'issues' writer, Natalie Beckwith. She plans to use her interests in local and global social issues to enlighten and entertain us for the next few months, until she moves to Oregon. Welcome Natalie!

This newsletter comes together each month through the consistent, grand efforts of our amazing volunteers like Jill, Tanya, Gary, and Natalie. I thank everyone who has contributed their time, energy and skills. It has been wonderful to see this newsletter grow and develop over the years. To our volunteers: Cheers!



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3 Microsoft Windows	
3 Photoshop	
7 Cultivating Personal Peace	
19 Woodworking for Kids	
26 Fit and Fun Aerobics	
27 From Renter to Home Owner	
28 Hola! Moving on in Spanish	
28 International Folk Dance	
29 How to Start a Business in Idaho	
<b>April</b>	
1 Fantastic, Funky Furniture	
5 Conflict Resolution	

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# Producer Profile: Cowgirl Chocolates: Candy with a Kick

By Gary Chang

Marilyn Lysohir has plenty of fun as the Head Cowgirl at Cowgirl Chocolates.

"Chocolate is joy," says Marilyn. "It really is a joyful thing." For the past three years, Marilyn has made and distributed chocolates and other treats in addition to working as an artist in Moscow. Marilyn jokes that one of the hard parts of running Cowgirl is that "it takes all of my willpower to stay out of the chocolates."

Cowgirl Chocolates are all-natural, kosher chocolates that are unique in that they contain hot pepper as an ingredient. When you first put one in your mouth, it will taste smooth like other high quality chocolates. After a second or two, you'll taste the fiery pepper. Be forewarned, they are *quite* hot. Marilyn admits that not everyone can take the heat of her choco-

lates. However, enough people enjoy both chocolate and spice to keep Marilyn busy shipping her candies from Moscow to all over the world, even as far as Norway and New Zealand.

Cowgirl Chocolates come in mint, orange, lime-tequila, espresso, and milk chocolate. Although espresso is the hottest, all five flavors are hot. In order to appease people who prefer chocolate without spice, this year Marilyn has started making "mild-mannered" milk chocolate and dark chocolate truffles. Also in the line of Cowgirl Chocolates' products are a spicy caramel sauce and merchandise emblazoned with the company logo and the tongue-in-cheek warning: "sissies stay away."

What inspired Marilyn to combine chocolate and hot pepper? As with the whole business of

Cowgirl Chocolates, Marilyn credits a team effort. Marilyn's first job was at a candy factory, where one of her duties was carving 8-foot-tall chocolate animals. (Marilyn's interests in art and chocolate have a long, parallel history.) Marilyn stayed in touch with

Pepper Magazine. Her truffles were also named 'Best New Product of 1998' by the Idaho Specialty Foods Association. Cowgirl received even more exposure last March when The New York Times ran a brief "Temptations" article on its truffles. The critical success of Cowgirl



the owner of the factory, a man named Pete Daffin. One day in 1995, Pete jokingly offered \$10,000 to anyone who could invent a new flavor of candy. Marilyn's brother, Bob, heard about the offer and thought that hot nuts and chocolate would make a good combination. Bob's prototype candies were laughed-at, but Marilyn liked the idea. She and a friend, Kathy Bodley, experimented with adding spice to chocolates. Eventually, Marilyn formulated a recipe for hot truffles and had some made at Hunter's Candies here in Moscow. In 1997, Marilyn began selling Cowgirl Chocolates at the Moscow Farmer's Market.

Cowgirl Chocolates quickly began earning accolades and gaining attention. Among the eleven awards that Marilyn keeps in her garage are two Golden Chiles, awarded by Chile

Chocolates inspired Marilyn to adapt and increase the size of her operation.

Today, Cowgirl Chocolates are made in cooperation with Seattle Chocolates. Marilyn makes the caramel sauce in a specialty kitchen in Sandpoint. Marilyn's family also helps in the endeavor. One of Marilyn's twin daughters, Delphine


Keim-Campbell, designed the packaging for the chocolates, while the other, Amy Keim-Des Rosier, designed the Cowgirl Chocolates web page. Marilyn's husband, Ross Coates, is also an artist who helps with the distribution of Cowgirl Chocolates. As it turns out, shipping Cowgirl products to numerous locations throughout the world has proven to be the most difficult part of the business.

Interestingly, running Cowgirl Chocolates hasn't become a full-time job for Marilyn. Instead, Marilyn views Cowgirl Chocolates as an extension of her art, while she continues to participate in workshops and create non-chocolate art. In fact, right now, funding that keeps Cowgirl Chocolates operating comes from Marilyn's art. Marilyn is not sure how big Cowgirl will eventually become.

"The snowball's going down the hill...we'll let it go and see what's happening."

If you like chocolate and spicy food, and are curious to taste them in tandem, the Moscow Food Co-op offers Cowgirl Chocolates candies as well as CC t-shirts and caps. Cowgirl Chocolates are also available in several other Moscow locations, and are turning up in specialty shops around the world. You can also order them online at <[www.cowgirlchocolates.com](http://www.cowgirlchocolates.com)>. Marilyn has ideas for some new products, such as a dessert cookbook, so keep an eye out for those.

*Gary Chang, Moscow High class of 1990, has always had a sweet tooth but didn't develop a taste for spice until after high school.*



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# Volunteer Profile: Aurora Cody

By Angie Freeman

Fifteen-year-old Aurora Cody has volunteered at the Co-op deli for almost a third of her life. It has been twenty years since Aurora's parents, Charles and Yvonne Cody, joined the Co-op to increase their buying power. "At the Co-op we could get bulk, organic, and unusual items, and back then there was nowhere else to get them!" Yvonne recalls.

Each Friday morning now you'll find mother and daughter hard at work behind the scenes in the deli before the lunch crowd arrives. They usually make up salads and soups from scratch. Other days you'll find them scooping cookies, or making veggie rolls.

Have you ever wondered how the eclectic collection of co-op salads are named? Aurora's Pasta Salad is pasta tossed with black olives, garlic, olive oil, parsley, salt, pepper and green onions. Dig a little deeper though and you'll find the roots of the recipe. They trace back to a little brown haired girl of nine

who found something she could make for dinner to help her tired Mother who was busy in the garden.



Home-schooled since third grade, Aurora gets credits for real-life experience. Her work at the Animal Care Center translates into science credits. Her volunteer work

at the co-op doubles as elective credit and her dance classes have supplied her physical education credits.

Aurora has danced for almost twelve years. She has studied ballet, jazz, modern, tap, Latin, and even attended workshops on Irish and African dance.

"Some people say dance is not a sport," Aurora says dryly, "but it is." Twenty-five hours of practice a week accompanied by conditioning like 500 push-ups and 1000 abdominal crunches a week leaves little doubt that this sport requires tremendous effort and commitment.

Aurora plans to major in dance at college. She will minor in theater and set building, with an emphasis on make-up. Don't get the wrong idea though. Aurora has already mentioned "girlie-girls" with disdain.

"By make-up," she says with a straight face, "I mean I want to do something interesting like make people look old or dead."

"I am always into learning new things," she says with quiet confidence. "I have lots of goals, but I

will dance first! I can do the other things when I am falling apart physically." Those other goals include continuing her study of the harp, learning sign language, and even dog sledding.

I ask if there is anything else the readers should know about this poised, determined, confident young lady I am interviewing and a mischievous glint appears in Aurora's brown eyes.

"You can tell them I am weird," she says laughing. "That I wore all black for an interview on Valentine's Day." I protest that that doesn't seem strange to me, but she clinches it when she taps ten perfectly painted black fingernails on the table between us. I see gold decals reading "100% Crazy" applied to them. "See what I mean?" she asks and we laugh.

*If you'd asked Angie Freeman at age ten what she thought of her parents growing and processing almost all their own food she might have said "slave labor." If you ask her at age thirty she might say "work ethic."*

## Macro Musings

# Waking Up with Whole Grains

By Peggy Kingery

I've always been envious of people who bounce out of bed at the crack of dawn and head out for their daily run or workout at the gym. Although I get up early, I'm someone who needs to ease slowly into my day, giving all my internal systems time to wake up. When my stomach awakens, it calls out for healthy nourishment—food that is both gentle on my digestive tract and able to provide lasting energy for the activities that lay ahead of me.

American breakfast foods are generally high in fat, protein, and sugar. They jolt the body into a hyper-alert but artificial state of awareness, shock sleepy nerves, and stress a digestive system that's been snoozing for 8 or more hours. Foods that are difficult to digest make us feel irritable, sluggish, and lethargic—not the way I want to start my day!

The Japanese gently awaken their digestive system with a bowl of clear broth or miso soup. For Americans, soup for breakfast is definitely an acquired taste but its benefits make it worth considering. Miso soup energizes and warms the body, is a good source of protein and B vitamins, contains friendly microorganisms that replenish intestinal flora, aids digestion, and may even

strengthen the blood.

If soup doesn't appeal to you, there are many other healthy options to choose from. Omelets, doughnuts, and yeast-containing foods like bagels are not recommended because they're too harsh on our systems. Grain-based foods, however, are ideal morning fare. They provide complex carbohydrates for energy that will last for hours, they're easily digested, and they're fast and convenient—especially with the creative use of leftovers.

When the weather is warm, leftover brown rice (or millet, barley, or bulgur) makes a tasty breakfast served cold with rice or soy milk and sliced seasonal fruit. During cold months, simply heat equal parts cooked grain and a liquid (water, rice or soy milk, apple juice, or a combination) until thick and creamy. Stir in dried fruit, chopped nuts, seeds, or brown rice syrup for a warming meal. Grains that have been flaked (oats, barley, rye, wheat) also make a quick and satisfying hot cereal. Many commercial companies make grain-based hot cereals with no added sweeteners. Check out the variety in the Co-op's cereal aisle.

Leftover grains can also be mixed with whole grain flour, soy

milk, and a handful of seeds or nuts to make pancakes. Serve with barley malt syrup or an unsweetened fruit sauce. For brown bag breakfasts, make pancakes thin and store them in the fridge. Spread with a nut butter or unsweetened fruit preserves, roll them up, and you're on your way.

Speaking of grains and cereals, beware of packaged cold cereals and granola. Most are too processed and too high in simple sugars to make for healthy morning fare on a daily basis. Read labels carefully. Taking the time to make your own cereal using whole grains is a better alternative.

Vegetables can also be part of the morning meal. Leftover winter squash is delicious mashed and stirred into millet or blended with nut butter and spread on unleavened bread. Chopped carrots or other root vegetables are quite tasty when cooked with leftover brown rice. I especially like to top my morning cereal with sliced scallions when my tastes veer more to the savory than to the sweet.

Once I have a hearty, healthy, whole grain breakfast in my stomach, I'm ready to tackle my activities for the day—including my workout at the gym. I begin knowing I'll have plenty of energy to last me until lunchtime. Give these cereals a try and see if they don't help you feel more alert and recharged as you begin your day.

## Mixed Grain Breakfast Blend

(from Mostly Macro by Lisa Turner)

- 3 cups leftover cooked grain
- 1 cup soy or rice milk
- 1/2 cup chopped dried fruit
- 1/4 cup sunflower or sesame seeds
- 3 tbsp. brown rice syrup or barley malt syrup
- 1 tsp. vanilla extract

Combine all ingredients in a medium saucepan and heat over low flame until creamy and warmed through.

## Bulgur Sunflower Cereal

(from The Self-Healing Cookbook by Kristina Turner)

Make this "instant" cereal before you go to bed at night. It's perfect for a brown bag breakfast or those with little time to cook in the morning.

- 3/4 cup bulgur wheat
- 1 1/2 cups boiling water
- 1/4 cup roasted sunflower seeds
- pinch of sea salt

Place bulgur, sunflower seeds, and salt in a wide-mouth thermos. Pour in boiling water. Seal and leave to "cook" overnight. Serve with miso soup broth, amasake, or rice milk.

*Peggy Kingery loves cooking, writing, exercising, and living the beauty of each day with husband Jim at their home in Moscow and farm in Deary.*



## I Rely on Onions

By Pamela Lee

I don't remember the last time that there *weren't* onions in my larder. I rely on onions. I often decide what to cook while peeling and slicing an onion or two. I'll drizzle olive oil into a heated pan, and begin the meal by sautéing onions. When I cook for my mom, whose heartburn makes her onion-sensitive, I have to consciously rethink my customary culinary strategy. Onions and garlic are the flavor base backbone of my culinary repertoire.

Onions, garlic, leeks, shallots, and chives are all members of the large and varied lily family and the *Allium* genus. Historians believe that onions were a staple in the human diet as early as prehistoric times. Before humankind began cultivating crops, onions grew wild in many parts of the world. Ancient documents from all over the world chronicle the value placed on this bulbous vegetable. To ancient Egyptians, onions were an object of worship. Eternity was symbolically embodied in the circle-within-a-circle structure of the onion. Paintings of onions graced the walls of Egyptian tombs, and King Ramses was entombed with onions in his eye sockets. In the Old Testament (Numbers 11:15), the children of Israel lament the desert diet during their Exodus: "We remember the fish, which we did eat in Egypt freely, ... the leeks and the onions and the garlic." A sixth-century medical treatise from India praises the onion as medicine, as a diuretic, digestive aide, for the heart, the eyes and the joints. Before the ancient Greek Olympic games, it is recorded that athletes consumed pounds of onions, drank onion juice, and even rubbed onions on their bodies. During the Middle Ages in Europe onions were used as food, medicine, rent payment, and even as wedding gifts.

Though there are many varieties of onions, there are basically two distinctive types: storage onions and spring/summer onions. Red, white and yellow storage onions are in season from August through March. Storage onions are protected and distinguished by layers of thick, somewhat darker skin. When kept in a clean, cool, dry, well-ventilated place, these onions sustain minimal

nutrient loss. The flavor of a storage onion is sharp and intense, with a higher percentage of solids. Spring/summer onions have thinner, lighter-colored skin and a higher water and sugar content, so they are more susceptible to spoilage and bruising, and need to be handled with more care than their storable relations. Spring/summer onions are typically sweeter and milder in flavor than storage onions.

Onions' flavor, odor, and tear-inducing qualities come from the vegetables' sulfuric compounds. Bearing that tearful discomfort may well be worth while, since studies continue to reveal the many healthful properties of this old and flavorful food. Studies have demonstrated the in-vitro anticancer and antimicrobial activities of phytochemicals found in onions. Onions also contain an antioxidant flavonoid compound called 'quercetin.' Laboratory studies indicate that onions seem to deliver more absorbable quercetin than the other two big dietary sources—tea and apples. Ongoing studies at the University of Wisconsin suggest that onions offer anti-platelet activity. Researchers in Switzerland showed that rats fed dry onion had more bone mineral density than rats fed a control diet.... The ancients may have lacked the empirical method, but it seems they ate the right food.

### Tips and Trivia:

If tearing bothers you, here are two suggestions: Chill an onion in the refrigerator for 30 minutes before you slice into it, and/or, cut the top and peel the onion without cutting the bottom root end until the last possible moment. Apparently the cells that release the sulfuric compounds are concentrated at the base of the onion.

If "onion breath" bothers you or someone near you, there are several remedies. Rinse your mouth with lemon juice and water. Eat some fresh parsley. Chew a citrus peel. Or, cook your onions before you eat them. The "onion breath" odor comes from eating raw onions.

Lemon juice will also remove onion smells from your hands and kitchen implements.

If you want the crispness of a raw onion, with less burn, pour

boiling water over raw onion slices, drain and dry.

The average American eats 18.6 pounds of onions a year. Together, we daily consume nearly 350 semi-truck loads. The country of Turkey weighs in with the highest annual consumption, devouring 80.7 pounds per person.



About 1200 farmers plant 150,000 acres of onions annually in the U.S.

According to the Guinness Book of World Records, the largest onion was grown in England. It weighed 10 pounds 14 ounces. That's a lot of onion rings!

### Onion Tart / Pissaladiere

Makes one 10-inch tart; serves 4

- 2 tbsp. high quality olive oil
- 3 1/2 to 4 cups thinly sliced onions (approximately 1 lb.)
- A good pinch of fresh or dried thyme leaves
- Salt and fresh ground white pepper to taste
- 1 lb. chilled puff pastry
- 3 tbsp. freshly grated Parmesan cheese, separated
- One 2-oz., fresh can of flat anchovy fillets, oil-packed (optional)

To make the onion topping, set a 10-inch nonstick skillet or sauté pan over medium-low heat and add the olive oil and then the onions. Sauté slowly, stirring frequently, for 5 to 6 minutes, or until the onions are

tender and translucent. Raise the heat to medium high, and stirring almost constantly, let the onions brown nicely and evenly for several minutes more. Season carefully with thyme, salt, and pepper. Remove from the heat and set aside to cool.

For the crust, roll the chilled puff pastry dough into a long rectangle 1/8 inch thick and 10 1/2 inches wide. Using a plate or cake pan as a guide, cut out as many 10-inch disks as possible. Lightly dampen a baking sheet, loosely roll a disk of dough around the rolling pin, and unroll it on the baking sheet. (Store the rest of the disks on a pizza pan between sheets of plastic wrap, slip everything into a plastic bag, along with the leftover dough, and freeze.)

Leaving a 1-inch border all around, prick the pastry disk at 1-inch intervals with a fork, going all the way through to the baking sheet. Sprinkle 1 tbsp. of the cheese over the pricked disk and spread the onions on top. Strew the remaining 2 tbsp. of the cheese over the onions and, if you like anchovies, arrange them neatly like the spokes of a wheel over the onions and cheese. Crimp the edges of the pastry up over the edge of the filling. (The tart may be prepared in advance up to this point; cover with plastic wrap and refrigerate for several hours or as long as overnight.)

Preheat the oven to 450-degrees F. Bake the tart in the lower third of the oven for 30-40 minutes. It's done when the top has browned lightly and, when you gently lift up a section of the pastry, the bottom is brown and crisp.

To serve warm, transfer the tart to a round platter and cut into wedges. To serve at room temperature or on a picnic, transfer the tart to a rack and let cool completely. When cool, transfer to a platter or napkin-lined pizza pan.

Note: This recipe by Julia Child is somewhat confusing until you realize that with the pound of puff pastry, she is rolling and freezing more than one 10-inch round of dough.

*Pamela Lee serves and eats Turkish amounts of onions. But beware: onions are poisonous to cats and dogs.*



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# Keepin' the Cold In

By Mike Forbes

It has been another month, and electricity still flows through the grid. Here is another article in my continuing series on conservation. A bit more theoretical but for the adventuresome a good project: Refrigerators. Almost all of us have them in some form or another. Next to electric hot water or space heaters they are the one of the most consumptive appliances.

It seems that refrigeration has taken steps backward in terms of efficiency. Today's fridges with icemakers, filtered water spigots, 25 cubic feet of space, inadequate insulation, condensers underneath, and frost-free features are becoming less efficient as the years go by. There are some basic concepts that are broken in modern refrigerator design. The frost-free feature actually heats up the **inside** of the fridge periodically to keep frost build-up down, accounting for over 40% of the total energy consumption. Some refrigerators even have heat tape on the door seals to keep them from freezing, I know I always struggle with doors frozen shut. The compressor being located under the fridge causes heat that is removed from the inside to be radiated up and back into the fridge. You can get a quick idea of the energy consumption by reading the little Energy Guide labels at any appliance store. Most common fridges use about 900-1200 kWh/year. As soon as you eliminate many of the fancy features and reduce your size a little bit you'll be surprised to see the numbers drop to 400-600 kWh. This is still terrible in terms of what is possible. Sunfrost, the most efficient fridge out there actually uses only 204 kWh/year. This isn't a little fridge either, it's the 16-cubic foot model. It does carry a hefty price tag at around \$2500. Since I can't afford such an appliance I decided to modify a fridge to make it as efficient as possible.

First I started by analyzing our space needs. We own a chest freezer and owned an upright 19 cubic foot side-by-side fridge. We found that we didn't need that much freezer space and that the fridge's freezer was more of a convenience than anything. My opinion on fridge size is that you'll fill whatever you

have. You should look at what you have in your fridge and compare it to what you've used in the past month and what actually needs to be refrigerated. We settled on a 9.6 cubic foot fridge with a small freezer built-in for ice-cream/juice/fruit. The fridge portion is just a titch smaller than our previous side-by-side fridge. Next we selected a model without the frost-free feature, I think we can manage melting out the ice every once in a while. The model we selected has an off-the-shelf, no modifications energy rating of 398 kWh/year—already we're 60% more efficient than before.

I brought the fridge home and plugged it in. The noise was something that needed to be dealt with. Out came the wall between the kitchen and mudroom. I stuck the fridge through the wall, facing the condenser coils and compressor into the cold mudroom. No more noise in the kitchen. The fridge now only sticks out 13" into the kitchen instead of 22". The kitchen grew. I sealed the fridge with expanding foam where it went through the wall. I then coated the interior portion of the fridge with 6" of rigid foam insulation (Thermax gives the best insulating value at R-7.2/inch). I figured that the factory insulation is about R-7 (very conservative figure) and with my additional insulation I'm up to R-50.2, 7 times more insulation than before. I insulated a portion of the back and the front door with 2" foam. In order to make it look nice I then coated it with oak panels and trim. I'm hoping in the end to reduce the usage down to around 200 kWh/year. At \$340 for fridge and insulation I figure it will take 9 years to pay for itself in energy savings and it's a bargain compared to the Sunfrost (the Sunfrost comparable to our fridge costs \$1620 and uses 70 kWh/year)

There are a couple of things to be aware of when modifying refrigerators/freezers. You cannot cover the condenser coils. Many fridges without the exposed coils in the back have them located inside all the walls except the door. If you were to add insulation to these the fridge couldn't dissipate heat and would burn itself up.

I have no background in refrigeration. This project came to me because it seemed like these ideas should work. I've spoken with appliance repair shops and they agree (although with many funny

looks) that my ideas should increase the efficiency dramatically.

If you don't want to modify your fridge there are a couple of easy things you can do to make yours less of an energy hog. Check the temperature by placing a glass of water in the fridge for 24 hrs. While 35-40° is recommended, many fridges are set much colder. Adjust your thermostat accordingly and allow 24 hrs for changes to happen. All air space, particularly in freezers, is prone to rapid cold loss since air doesn't hold heat well. Replace air space with jugs of water that will hold the cold longer, but freeze them one at a time to avoid a sudden shock to the fridge causing the compressor to work harder. Lastly, the most efficient way to let the cold out of your fridge is through an open front door. Try to avoid standing and looking at the food hoping something you want appears.

If you have any suggestions, I'd love to hear them or if you'd like assistance or more information about this type of stuff don't hesitate to email me at [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com).

*Mike Forbes lives in Moscow and pinches kilowatts like an accountant pinches pennies.*

## For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook

# Curried Tempeh Salad

By R. Ohlgren-Evans

Signs of winter's grand finale are upon us: the occasional earthworm braving the sidewalk that paves the way to my daughter's school, and the ground swelling with the lusty activity below the rich loam of my perennial garden, soon to reveal where the heck I planted all those tulip bulbs last fall.

It's a bit early for a Palouse harvest, unless you count the formidable parsley plant, or you've still got some carrots, well mulched. This Curried Tempeh Salad uses Co-op produce staples, some dried fruit and nuts, and tempeh, which has become a regular item in my freezer. It satisfies the desire for lighter fare that the coming of spring demands, yet is substantial enough for this time of transition.

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- 2 packages tempeh, steamed & crumbled
- 3 tbsp. cilantro, minced
- 3 tbsp. fresh parsley, chopped
- 1/4 cup almonds, chopped
- 1/4 cup raisins or currants
- 1/4 cup celery, chopped
- 1 tsp. turmeric
- 1 tsp. garam masala
- 1 tbsp. soy sauce
- 1/4 cup yogurt
- 1/8 tsp. salt

Combine all ingredients in a large bowl. Toss well and serve.

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



# Gardening

## Fragrance Gardens

By Patricia Diaz

What could be better after a long, hard day than sitting down on your porch/deck/patio and breathing in the wonderfully calming scents of beautiful flowers? Planting a fragrance garden can make your senses come alive and rejuvenate you. It's as easy as following your nose around the nursery and finding the plants whose scents please you best. And don't forget, our local nurseries reopen the first of March.

An important first step is finding the proper location for the plantings in order to establish an effective fragrance garden. You certainly don't want to do all this work only to have the prevalent Palouse breezes blow your fragrances away. So look for a space protected from the wind. A logical place might be a sheltered corner or you can make use of pre-existing natural hedges that will help trap the fragrances for you. You can also grow fragrant plants in containers on your patio or on a trellis located near a doorway or window and allow the wonderful scents to waft indoors. In this case, you'd want to take advantage of prevailing breezes and place the plants accordingly.

You can also select plants which produce scents at different times, picking those which release their fragrance when you're around. For instance, if you're seldom home before night, you might want to select plants which release their fragrance in the evening. Gold coast jasmine and verbena are especially good for this application. If you spend your days gardening, then choose plants that release their scents all day long, such as old-fashioned climbing roses or jasmine. Place them next to a south-facing wall where the heat will encourage them to release their oils—that's what creates the wonderful fragrance.

There are some great trees and shrubs which are not only fragrant

in their own right, but also can be used to shelter the other plants in your fragrance garden. These include magnolias, red cedar, spicebush, and golden currant. And do consider some of the wonderful hedging roses.

Herbs are some of my favorite plants and many of them smell heavenly. The extra-added bonus is that you can also eat them, and they make great companion plants to help keep harmful insects away (and sometimes beckon the good ones). Some of the best herbs for fragrance are angelica, bee balm, chamomile, fennel, French tarragon, lavender, and thyme. You can plant the low-growing ground cover varieties of thyme and chamomile between rocks and stepping stones and they release an incredible fragrance when crushed underfoot.

If you want to make fragrant flowers last even longer, cut and gather them into bouquets for your home, and dry the petals for pot-pourri. Then you can enjoy the wonderful fragrances all winter long.

I'm going to list a few plantings which are great for fragrance gardens, but remember that scents are very subjective (hence the wide variety of perfumes) so choose the ones that please you best. You can contact our local county Extension agents for suggestions, peruse gardening catalogues, ask your nursery person, or just wander the aisles at the nursery and smell the various plants. If the plants aren't in bloom, however, it might pay to do some research before buying. Remember to check for varieties which are hardiest for our climate. Sometimes not all plants will be perennial in our zone. If you'd like to research this further, there are MANY gardening books at the library, and there are often sections in general gardening books (such as Sunset's Western Garden Book) which contain information on planting

### Trees

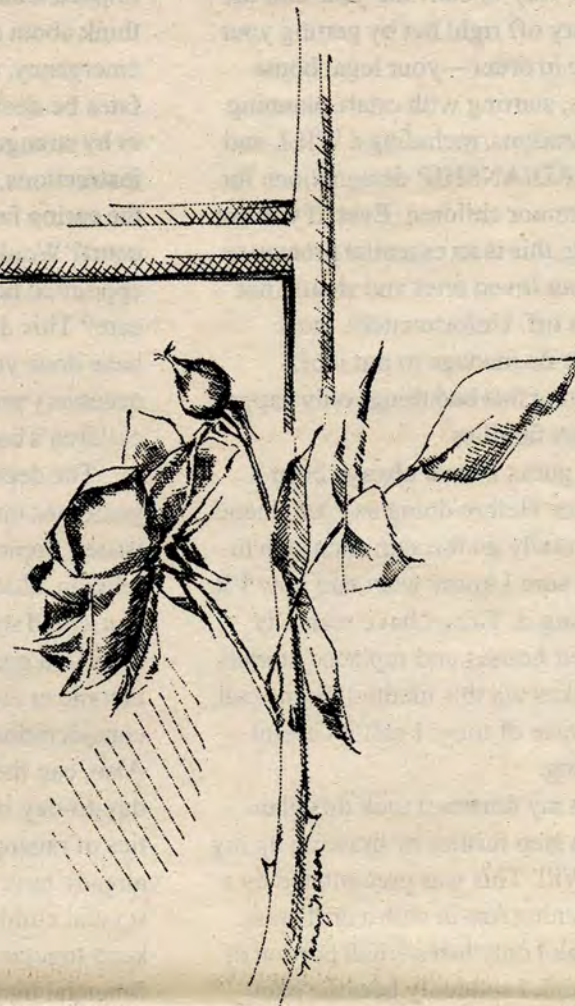
Black locust  
Crabapple  
Goldenchain tree  
Magnolia  
Flowering plum  
Russian olive  
Red cedar

### Vines

Clematis  
Honeysuckle  
Moonflower  
Passionflower  
Wisteria  
Butterfly bush  
Jasmine  
Mock orange  
Rhododendron  
Lilac  
Old-fashioned roses  
Spicebush  
Golden Currant


### Herbs

Angelica  
Anise  
Bee balm  
Chamomile  
Fennel  
French tarragon  
Lavender  
Thyme  
Perennials/Annuals/Bulbs  
Lily of the Valley  
Sweet William  
Heliotrope




Hyacinth  
Moonflower  
Sweet pea  
Hardy lily  
Peony  
Phlox  
Primrose  
Nasturtium

fragrance gardens. And remember—don't wait too long to pick out what you want at the nursery, as there sometimes isn't a whole lot of each variety. Happy planting this Spring and happy plant sniffing!



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# Wills and Ways

By Lisa Cochran

It is the new millennium. What better way to start the year and the century off right but by getting your house in order—your legal house that is, starting with estate planning preparations, including a WILL and GUARDIANSHIP designations for your minor children. Even if you are young, this is an essential protection for your loved ones and should not be put off. Unfortunately, most people do manage to put it off, believing that bad things only happen to other families.

I guess I have always been a planner. Before doing any job, I tend to mentally go through each step to make sure I know what and how I'll be doing it. Thus, I have mentally painted houses and replaced starters or brakes via this method. Some call it a waste of time; I call it careful planning.

In my thirties, I took this planning a step further by drawing up my first Will. This was precipitated by a frightening run-in with a drill press. Though I only lost a small portion of my hand, I suddenly became painfully aware of how fragile we are and how fast a life can be changed. After my accident, I became unduly concerned about the fate of my two mangy, slobbery dogs and my 1968 VW van and my stereo should I be killed (obviously a post-traumatic anxiety disorder).

I drew up a do-it-yourself Last Will & Testament to dictate their fate. This kit was available through local bookstores, was inexpensive and legally binding. Over the years my last wishes fell into disrepair as boyfriends and husbands came and went, and finally the papers went down the hole of my Roosevelt 2-seater outhouse and were forgotten. Then, at age 42 and 6 months pregnant with my daughter, a need for a Will resurfaced. This time, it was given to me by an attorney friend as a baby shower gift. Amid the stuffed animals, baby clothes and diaper service, the Will was by far the most important gift I received.

Most of us don't want to talk about the unthinkable, but making difficult decisions and contemplating far-reaching scenarios is all part of

parenting. It's normal to assume we'll be around to see our kids grow up. But accidents do happen. Living here in our small communities of the Palouse, we all know when they do happen. We can't help but feel impacted and it makes us pause and think about our own families. In an emergency, would our children's fates be decided by us, their parents, or by strangers? Without explicit instructions, will actions be taken by the caring family or an impartial court? Would they end up with an appointed family member or in foster care? This depends on whether you have done your duty to provide necessary provisions on your children's behalf.

The decision to designate legal guardians involves many levels of issues. Topics like the importance of religion, blood ties and friendships, household stability, lifestyle, age, the level of a guardian's education or income or even geographical considerations need to be weighed. Also, can the designate handle the day-to-day stresses and responsibilities of raising a child? Do they already have children? Do you have several children that you want to keep together? What about the financial burdens? Or perhaps you ask your first choice and they turn you down? What about naming alternates?

Obviously, nobody can replace you as a parent or perfectly replicate your parenting style or even consider your child with the same heartfelt devotion that you do. Emotions and frustrations, disagreement and impasse can come between the parent's desire to designate the most qualified person(s) to raise their child(ren) which can stall the process indefinitely. Surely these are not decisions to be rushed into, but they shouldn't be put off either. If you haven't discussed these issues with your partner or the other parent of your children, you need to do so now.

Once the decisions are made, you've got to make it legal and binding. Guardianship does not become official until it's on paper. And any good attorney will bring up two important issues: One is the naming of alternates in case circumstances change and the primary designate cannot or will not be able to fulfill the position. These designations should be reviewed every year or so to make sure they are still the best choices for your child. The second concerns financial trusteeship. Even with relatively modest estates, ask yourselves whether the person you choose as guardian should also be the one who handles the money for the child. Financial savoir faire isn't a given even if the

designate is good with children.

None of us wants to think about the 'what ifs' in case of our untimely demise, but we owe it to our children to make these kinds of preparations. And surprisingly, it gives you more peace of mind to have a solid Will with guardianship appointees than to pretend that tragedy only happens to other people's families. You owe it to yourself to put your house in order. You owe it to your family too.

*Lisa A. Cochran lives in Moscow and thinks that any day she can spend with her daughter Madysen is a good one.*

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## Foundation Seeks Applications for Spring Grants

By Kenton Bird

The Latah County Community Foundation invites proposals from non-profit groups looking for support for community projects and programs. The foundation seeks to improve Latah County's quality of life through grants to enhance the Community arts, education, health, social services, the environment and other community needs. In December, the foundation awarded \$24,000 in grants to 30 groups in Moscow and surrounding communities. It expects to give similar grants twice a year.

The foundation has set a March 15 deadline for applications for its second round of grants, said Elaine Broyles of Moscow, president of the foundation. 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 foundation will normally consider grants up to \$5,000, Broyles said, although grants of greater amounts may be considered under special circumstances. A match from other sources may be required. The foundation provides three main types of funding:

- Project or program support for new or existing programs;
- Capacity building support for projects designed to improve an organization's capacity to serve its constituents; and
- Operating support for start-up or existing organizations, when the foundation is convinced that such funding for a limited period of time

can make a difference.

Community foundations serve donors who wish to establish endowments without incurring the legal and administrative costs of starting private foundations, Broyles said. More than 500 community foundations exist in the United States.

Grant application guidelines are available from the foundation's website, <[www.latahfoundation.org](http://www.latahfoundation.org)> or by calling 892-9209. Grants will be announced in early May.

The foundation also invites bequests and donations to increase the size of its principal. For more information about making a contribution, please contact any board member.

For more information, contact Kenton Bird at 883-8321 or [kbird@uidaho.edu](mailto:kbird@uidaho.edu)



# Do You Know What We Do?

By Lori Rock

We are the Northwest Children's Home—a private, non-profit organization hidden away right here in the Lewiston valley, just below the rolling hills of the Palouse. We've been here for almost 100 years—serving over 60 children at a time.

Children come to our doors through the waves of many troubled waters. Sometimes their behavior at home is beyond the capabilities of their parents to handle. Sometimes they have found themselves in trouble with the law. Sometimes they have been victimized themselves. For all of that, we are here.

For Franklin, we were here. He was 12 years old. His red hair and green eyes, combined with his small size and difficult behavior, made him a target for anyone in the mood to pick on someone. Franklin was out of control at home, totally beyond the capabilities of his parents to handle. A mother with long-term illness, and many unsuccessful attempts to manage his inappropriate behavior, led his family to take the advice of their doctor to enroll him with the Northwest Children's Home.

Franklin wasn't really happy to be on campus. He was horribly homesick. Family phone calls would deteriorate to the point of no speaking at times. But his parents knew he needed the environment we provided, and they hoped and trusted that the Northwest Children's Home was the right place to get the help he desperately needed.

He started working with a therapist using reality therapy techniques—learning to take responsibility for the outcomes of his actions. It was painful but promising. As his accountability level grew, so did his development and his understanding of himself and others.

His family had been planning a trip to Yellowstone Park for some time, and as the date approached, the question looming was whether Franklin could successfully navigate this kind of event outside the guidance of the Children's Home. Everyone was hopeful, but nervous.

At the set time, he left with his family, a crumpled note in hand with the Children's Home check-in phone numbers and emergency contacts—just in case. And vacation began.

Part way through the trip, his parents called to report in their amazement at Franklin's politeness and genuine concern for others. His actions were positive behaviors they hadn't seen in their son in years. The trip was a total success!

After the vacation, his excited parents worked with Franklin's therapist at the Children's Home to cautiously re-establish their son's public school attendance and his residence back with his family.

That was some time ago. A recent follow-up confirms Franklin's continued improvement with only a few minor, age-appropriate behaviors taking place on occasion. He is on his way. He is standing on the foundation we helped him build to grow into his future. Franklin is an example of the children we help here at NCH.

Do you know someone who might benefit from our care? Are you interested in taking a tour of our facilities? Would you like to become involved with an organization that is committed to providing therapeutic, rehabilitative and educational services for children who have little else for options?

To find out more, please contact me, Lori Rock, Director of Development, Northwest Children's Home, 208.743.9404 ext. 205, or e-mail: [nchl@lewiston.com](mailto:nchl@lewiston.com).

Next month I will share with you more about our history and early beginnings.

*Lori Rock, the new Director of Development at the Northwest Children's Home, has spent most of the last 10 years in Seattle working for the Boeing Company. Having grown up in Farmington, Washington, Lori feels right at home in the rolling hills of the Palouse where she and her two-year old daughter, Sophie, live. They both love regular trips to the Co-op!*

## The BookShelf -

# Monthly Reviews of the Co-op's Literary Repast

By R. Ohlgren-Evans

### *Tofu Mania*

by Brita Housez

193 pp. \$14.95

Marlow & Company, New York, NY

When a new tofu book arrives on the Co-op BookShelf and I have a column due, I always reach for it first. I'm a huge fan of tofu and love to find creative new ways to use it.

Brita Housez puts tofu into everything from Cherry Pancakes to Seafood Chowder and Greek Pasta. She likes to incorporate tofu into familiar dishes too, so even such standards as mashed potatoes, brownies, macaroni & cheese, and whipped cream (!!!) get a nutritional update.

Ms. Housez includes nutritional analyses (which I ALWAYS appreciate) with each of her recipes, and prefaces her cookbook with the latest scientific research about the health benefits of eating soy products. For instance, did you know that as little as 2 oz. of tofu per day can help ward off many kinds of cancers, heart disease, strokes, osteoporosis, kidney disease and menopausal side effects such as hot flashes and night sweats?

The following recipe from Tofu Mania serves up the versatile combination of potatoes and tofu for an easy and satisfying meal. The author suggests adding sliced carrots or corn to the potatoes and tofu, then wrapping them in aluminum foil and grilling for about 30 minutes, as an outdoor variation.


4 large potatoes, peeled, cut into bite-sized pieces  
1/2 cup cubed extra-firm tofu  
1 tbsp. chopped fresh parsley or cilantro  
1 tbsp. chopped fresh dill  
2 cloves garlic, minced  
1/2 tsp. dried oregano  
chili pepper flakes (optional)  
4 tbsp. olive oil  
salt, to taste

Preheat oven to 400 degrees. Pour potatoes and tofu into a container with a lid; the container should be only half full. Add herbs, garlic, pepper, and oil. cover with lid and shake gently so that potatoes and tofu get evenly coated with herbs and oil.

Arrange potatoes and tofu in a single layer on a cookie sheet. Bake about 30 minutes, turning once halfway through. Potatoes and tofu will be just lightly golden. If more browning is desired, turn oven to broil and place cookie sheet on top rack for 3 to 5 minutes. Sprinkle with salt just before serving.

Delicious!

*Robin Ohlgren-Evans pens this monthly column with the misguided notion that it would curb her insatiable hunger to purchase yet another cookbook.*

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# Pet Products Galore!

By Sarah Hoggan

If you haven't looked in the pet section at the Moscow Food Co-op lately, you need to. The staples of sturdy crockery dog bowls, wet and dry pet food, organic kitty litter, and gourmet pet treats still line the shelves in their familiar places. However, among the cans and bags, new products are available.

Toys, leashes and collars are in stock. The leashes are durable, woven nylon and have the thoughtful addition of a comfort-padded handle. Ask any Labrador owner if they'd appreciate something to cushion the force of sixty or more pounds of canine enthusiasm on the end of lead. The collars are fashioned to match the leashes and are made of the same durable nylon.

Lengths of cotton rope knotted around a tennis ball and colorful felt sea creatures full of catnip are the newest pet toys. Rope toys help clean your dog's teeth and satisfy their urge to chew. Best of all, a tennis ball on a rope can't be lost under the refrigerator, and a content feline with a catnip toy won't be as inclined to devour your beloved spider plant.

Perhaps the best new product for cat owners is Kitty Kaviar. It's dried and flaked Bonito fish and is meant to sprinkle on a cat's food as a treat. If you've ever had to give a cat a pill, this product is the answer

to your prayers. Instead of a rodeo ending with bloody arms and a half-masticated tablet, try sticking your cat's pill in a bit of cream cheese and then rolling the cream cheese in Kitty Kaviar. Think of it as a feline truffle. If you make a few "blanks" and feed them to your cat first, he will be less inclined to suspect something and may just swallow the treat with minimal chewing.

For arthritic dogs, the Co-op carries a dietary supplement with glucosamine. Just as with humans, there's anecdotal and some emerging scientific evidence of glucosamine/chondroitin supplements helping dogs that have joint disease.

Finally, there are T-shirts and hats by "A Tail We Could Wag." This Ketchum, Idaho-based company produces clothing for humans and pets. Currently the Co-op carries these 100% cotton T-shirts with black and white photos of dogs cuddling, playing fetch, and just looking content. They come in assorted colors and sizes and are the perfect thing to wear when you celebrate spring by taking your dog for a walk to Moscow Farmer's Market.

*Sarah Hoggan passed her National Board Exam and will graduate with her DVM in May. She has accepted a job at a small animal clinic in San Diego and is planning to relocate with her family in late May.*

# Volunteers Needed for Urban Tree Rescue

By Nils Peterson

I am a timber framer and have a strong interest in using urban hardwoods in my buildings. My experience doing this began in 1997 when I built a "cruck" frame barn. 'Cruck' means crooked and comes from the English experience in the 1400s and 1500s when deforestation of the island forced builders seeking large timbers to use crooked wood. I decided to explore cruck building because I was thinking about the deforestation of our own countryside and I didn't like the modern solution: grind up the tree and glue it back together. To find large, curved trees on the Palouse I began looking at urban hardwoods.

What I discovered was beautiful wood which often goes to waste as firewood or even landfill because there is no market or way to use it. Since the wood is almost always crooked, people think it is only practical to make furniture with it. Timber framing offers an avenue to preserve these materials in large pieces, and to be more efficient with the tree.

Now, Mary Lang and the Moscow Charter School give us an opportunity to practice this method of preservation. The charter school is building itself a building, and because they use a theme of the environment to unite aspects of the curriculum, they approached Kurt Rathmann and me about environmentally friendly building. Kurt is on the building design team with Dan Mullin, a local architect. I am working on the timber frame aspects of the project.

## A Role for Volunteers

We are trying to keep the price of the school building down, and in particular, the cost of using timbers. At the same time, we are trying to use the project to build community spirit and awareness of environmental issues in building. Mary and I are working on an article for the newspaper about the project and our need for people to donate trees. If we are to accept these donations we will need help with the significant physical labor of harvesting and transporting. Later, we will need help with joinery and finally, we'll celebrate with a barn raising.


The help that is needed now involves pulling on ropes, carrying away brush to be chipped, loading firewood (small limbs) into trucks, raking and cleaning up the site, etc. I will not ask volunteers to run a chainsaw or do any task they find physically difficult or dangerous. Safety is my first concern.

- Tools to bring:
- ear protection
- gloves
- sturdy shoes/boots
- warm clothing
- rakes

The work will generally happen on weekends, between Spring Break and mid-June. I always hope for dry weather, but you know the Palouse. We will be working in people's yards, perhaps on campus, or on city property. The actual tree felling will generally be done by a trained arborist. We are helping out to get a donation of wood. (Felling a tree in big chunks is harder than making little pieces, so we need to give the owner and feller some incentive.)

To volunteer, contact Tom Lamar at PCEI. If you want more information, or know of a tree at least 24 inches around (chest high) that we should consider, you can contact me at: [nils\\_peterson@wsu.edu](mailto:nils_peterson@wsu.edu) or (509)336-1664.


2000-2001  
**Auditorium Chamber Music Series**  
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 Tuesday, March 27  
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"They produced a set of utterly captivating music. Neither precisely Indian nor Persian, it was a combination of both, in which the sensual melodizing of Kalthor and Khan blended into an irresistible expression of creative musical passion."  
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# Insights

## Raising Awareness for Women's Rights

By Natalie Beckwith

A UN Study on the Status of Women suggests that somewhere in America, a woman is battered, usually by her intimate partner, every 15 seconds. And according to the Oprah website ([www.oprah.com](http://www.oprah.com)), in Ethiopia, Lebanon, and Uruguay, there are laws that will protect a rapist from prosecution, but only if he decides to marry his victim.

Award-winning playwright, activist and screenwriter, Eve Ensler was inspired by disturbing facts like these to discover and uncover a somewhat taboo side of women's sexuality. Ensler, author of "The Vagina Monologues," based her Obie Award-winning play on intimate interviews with 200 women. Her play also won the jury award for the Best Theatre Performance at the Aspen Comedy Festival 2000, and was nominated for Drama Desk and Helen Hayes Awards. "The Vagina Monologues" is a celebration of female sexuality. It is performed nationally and inspired a grassroots movement called V-Day, to end violence against girls and women.

V-Day began on Valentines Day in 1998 when Ensler and a group of women activists held a benefit performance of "The Vagina Monologues" in New York. Its success inspired the now annual event. V-Day is a day when theatrical and artistic events are produced at local, national, and international venues to raise funds and transform awareness. According to a recent Marie Claire article, Ensler believes that "women should spend their time creating and thriving, rather than healing and surviving." Contributions to the V-Day fund are also received from individuals, corporations and foundations to name a few. Funds raised by product and book sales, benefits and commercial performances of "The Vagina Monologues" support the cause as well. These resources are allocated to global grassroots organizations that work to end rape, battery, incest, and genital mutilation. The V-Day fund supports charities for women from Break the Cycle in Los Angeles,

which counsels victims of abuse, to Afghanistan, where educating young women is a crime. The website [www.vday.org](http://www.vday.org) offers a wealth of information on how you can get involved.

Oprah Winfrey's talk shows have also tackled the issue of violence against women. She has worked closely with Ensler and other dedicated women on V-Day benefits, and has helped raise awareness of the atrocities toward women by featuring shows covering female genital mutilation, the sexual trafficking of young women, crisis and poverty, and human rights and social justice in Afghanistan.

Sexual trafficking affects millions of women. Females as young as ten years old are sold into sexual slavery all around the world every year. In a recent interview with Madeleine Albright, Oprah and Albright discussed The Heifer Project, one way to prevent young girls from being sold into prostitution. It is designed to assist families in poverty.

"The animals these families receive [goats, cows, chickens etc.] will help to provide nutrition as well as income and they will pass their animals' offspring to other families in need, so the ripple effect you start will go on and on," according to the CEO of The Heifer Project International. To learn how you can contribute log on to [www.heifer.org](http://www.heifer.org).

Another show discussed RAWA, The Revolutionary Association of the Women of Afghanistan. These Afghan women are fighting for human rights and social justice in Afghanistan. You can contribute to their fight by logging on to [www.rawa.org](http://www.rawa.org).


Many of you are familiar with the celebrity name Jane Fonda. She has been a profound supporter of women's rights in Africa. Female Genital Mutilation, FGM, is a ritual in Africa that has wounded an estimated 130 million girls. Female circumcision evolved out of the belief that a woman's sexuality should be controlled. Intense bleeding, infections, and possible infertility

are consequences suffered since the procedure is performed with unsterilized razors and no anesthesia. The emotional scars are equally horrific. You can learn more by logging onto [www.equalitynow.org](http://www.equalitynow.org).

Another organization called Women For Women provides tools and resources needed to move out of crisis and poverty and into stability and self-sufficiency. Learn more about this dynamic organization at [www.womenforwomen.org](http://www.womenforwomen.org).

Raise your own awareness by logging onto any of the aforementioned websites or walk to your local bookstore and purchase "The Vagina Monologues," an entertaining read with a profound global cause.

*Natalie Beckwith recently completed her B.S. in Psychology and is interested in various social issues primarily those concerning women. She and her husband Eric, kitten Clio, and four fish Pete, Manni, Ox, and Big Mamma, live in Moscow, but are all planning to move to Bend, Oregon, in May.*

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# Gas/Ethanol Fuels: Tank Up!

By Robert Hoffmann

It irked me immediately when I saw it. Perhaps you've seen it as well: the sign in front of a local Chevron station that read "Prevent expensive engine repairs; buy ethanol-free fuels here." When I lived in Ohio, I usually filled my gas tank with 10% ethanol blends, and had never had a problem with them. I also liked the fact that my fuel dollars helped feed the farmers who grew the corn from which ethanol was distilled. Gasoline mixed with ethanol produces less carbon monoxide and smog compared to straight gas. Finally, since ethanol is produced domestically, and much of our petroleum supply comes from abroad, I was buying locally, so to speak, reducing the trade deficit, and keeping oil rigs out of environmentally sensitive areas. So when I saw the ethanol-disparaging sign, I stopped my petroleum-consuming means of conveyance at the nearest parking spot and walked in to see Marc, the station owner. Yes, he was responsible for the sign. Yes, he claimed, ethanol-blended fuels could damage vehicle engines.

He launched into a litany of ethanol-related problems. Ethanol oxidizes metal parts, which can result in the clogging of fuel injectors. Additionally, ethanol has a tremendous ability to attract and absorb water. This causes performance and mechanical problems. He mentioned a number of other supposed problems caused by ethanol.

I was skeptical, but he seemed to be presenting his case in a very scientific manner. "If you claim ethanol is so damaging," I asked, "Why do all automakers allow its use under warranty?" Simple, he responded; because the Environmental Protection Agency requires the use of ethanol in certain markets, therefore the automakers have to cover it in their warranties. Indeed, ethanol-blended gas obviously damages engines, because "I get service bulletins on this all the time."

To see if he was having a common misunderstanding in the automotive world, I asked if he wasn't confusing ethanol with methanol, a much more toxic and corrosive fuel additive.

"They're both alcohols, aren't they?" he responded. I was shocked

that a mechanic would be equating the two.

"If you had a glass of ethanol and a glass of methanol, would you drink both?" I asked.

"I never drink," he responded flatly. Probably a good thing, I thought, since he doesn't know the difference. I finally asked him if he had any proof of his claims. Where were those service bulletins he was constantly receiving? He didn't have any on hand, but if I'd come back later, he'd show me what he could find.

When I returned, he had printed two chapters of *Motor Gasolines Technical Review*, a publication available on the Chevron Web site (<http://www.chevron.com/prodserv/bulletin/motorgas/>). He had highlighted the presumably pertinent passages. "What about service bulletins?" I asked. He didn't have any for me, but suggested that I contact the individual automakers.

So what did the Chevron document contain to support his claims that ethanol blends could damage engines? In a word, nothing. *Motor Gasolines Technical Review's* chapters on engine systems, including fuel injectors, did not mention ethanol a single time. The document did mention *methanol's* "corrosivity and toxicity defects," leading me to believe that this was another case of confusion between ethanol and a similar-sounding, but very different alcohol. After contacting customer service at Ford and Chrysler, and contacting local GM and Jeep/Nissan dealers, I couldn't find any service bulletins or other documents claiming that ethanol damages the engines or components of any vehicles. Typically, service staff remembered hearing of this supposed damage in the past. Some said that ethanol actually had caused corrosion and deposits on the fuel injectors of early- to mid-1980's cars. Others said, no, not corrosion, but *erosion*. The details varied, but one thing was constant: The inability to produce supporting documentation.

I then contacted the American Coalition for Ethanol (<http://www.ethanol.org/>) and spoke with Trevor Guthmiller. He said that ethanol, besides being an alcohol, could be characterized as a detergent. It can loosen carbon deposits, particularly in older vehicles, but since many fuels now contain detergents, this effect is not unique to ethanol. He was very firm that this would not damage engines.

"The fuel filter will capture any loose carbon deposits, so if you

switch from leaded gasoline to a detergent fuel, you will eventually have to change your fuel filter." He also stated that he'd never seen any documentation about ethanol damaging fuel injectors. "Automakers were cautionary about ethanol fuel blends in the beginning, but after thorough testing, they realized that it wasn't ethanol that was causing problems," he told me. "Methanol blends were frequently responsible for engine damage." Since then, automakers have endorsed, without reservation, the use of gasoline blended with up to 10% ethanol. This is born out by Ford Motor Company's *Technical Article: Ethanol/Methanol Fuel Blends*:

Ford Motor Company vehicles should operate normally if the customer uses blends that contain no more than 10% ethanol or a blend that contains no more than 5% methanol with its necessary co-solvents and additives. If the methanol does not contain the necessary co-solvents & additives, it will damage the vehicle. Note that Ford's statement is without qualification in terms of vehicle model, production year, or the presence of fuel injectors. Also note that a 10% blend is the maximum typically available, so if you buy an ethanol-blended fuel, you don't have to worry about whether the ethanol concentration is too rich for your vehicle.

What about the claim that automakers allow the use of ethanol blends only because the EPA mandates ethanol blending in certain areas? There is no such requirement. According to the Clean Air Act Amendments of 1990, "*All gasoline sold in the specified carbon monoxide nonattainment areas during the winter months when the carbon monoxide level is the highest must be oxygenated gasoline with a minimum oxygen content of 2.7 weight percent.*" There is no requirement for the use of ethanol, ever. The requirement is simply to use an oxygenated additive, and ethanol is one of several currently available. Chevron itself uses ethanol to oxygenate gasoline in numerous markets, such as Seattle, Spokane, Vancouver, and Portland, while it uses another common oxygenate, MTBE, in other areas. Incidentally, MTBE is the same additive that the EPA would like banned in motor fuels, as it is contaminating ground water supplies.

What about ethanol's water-absorbing capabilities? Yes, water is soluble in ethanol, otherwise you

would have to shake your beer to mix the alcohol with the water, and we know what a mess that would make. In terms of fossil fuels, Chevron states that a gasoline-alcohol blend can dissolve water up to 6000-7000 ppm at 70°F. "When this blend is cooled, both the water and some of the ethanol become insoluble. The result, in both cases, is two layers of liquid: an upper ethanol-deficient gasoline layer and a lower ethanol-rich (about 75% ethanol) water layer. The engine will not run on the water layer." (Chapter 4, *Motor Gasolines Technical Review*)

Chevron did not state the likelihood of this degree of contamination. But they specifically state that ethanol is transported in such a manner as to prevent contamination with water. While a 10% ethanol-gas blend can dissolve up to 40 times more water than straight gasoline, Trevor Guthmiller of the American Coalition for Ethanol states that it is highly unlikely that gasoline will come into contact with enough water to result in such high concentrations. This amount of water in your gas tank can stop your car dead, whether or not the gasoline is blended with ethanol. Because ethanol-blended gasoline can dissolve water, it greatly reduces the *chance of fuel-line freeze-up or water accumulation in your gas tank (e.g. due to condensation)*. Any water is diluted throughout the fuel and passes through the fuel line and combustion system with little or no compromise in performance. This effect, says Guthmiller, is responsible for ethanol blends **gaining market share** in the winter in South Dakota, where he is based.

There are a number of other supposedly negative claims against the use of ethanol in fuel. These claims tend to vaporize with careful research. So you can confidently fill your gas tank with ethanol blends. They burn cleaner, support American farmers, and reduce our dependence on imported fossil fuels.

Chevron Corporation was asked to comment on technical issues and any policy about anti-ethanol signage at Chevron service stations. They forwarded the inquiry to the consumer affairs department three weeks before the press deadline, but no response has been forthcoming.

Bob Hoffmann is the Web Master of the Moscow Food Co-op. He prefers to get around town by bike or foot, although you can occasionally see him changing the climate in his Jeep Cherokee. He will happily reconsider his endorsement of ethanol when presented with credible scientific evidence.



# Finance Report 2000

By Kenna S. Eaton

Your Co-op had another great year in 2000. After surviving the terror of the new millennium, we went on to see 15% growth for the year over 1999. In many ways 2000 was a challenging year, but overall the Co-op staff worked hard to keep expenses down and services up. As you can see below, the Co-op's greatest expense is staff wages including taxes, sick and vacation time, and medical insurance, but it is also one of our largest assets. We employ almost 40 people and believe that we are fulfilling a large part of our mission statement by providing an alternative workplace, one that can provide a living wage for its staff.

Our balance sheet continues to look strong as we gradually pay off the debt we incurred by relocating. We are continuing to put aside money to repay our members who lent us money in 1998.

## Income Statement for 2000

Total Sales:	\$1,820,858
Cost of Goods:	\$1,092,102
Gross Profit:	\$693,978
Labor(incl. benefits):	\$434,794
Other Expenses:	\$258,264
Net Profit:	\$920

## Balance Sheet

Assets	
Current assets:	\$171,323
Property/Equipment:	\$197,037
Liabilities	
Current liabilities:	\$35,508
Long term Liabilities:	\$199,246
Capital	
Member Equity:	\$227,573
Retained Earnings:	(\$94,887)
Net income:	\$920

# Roadless Forest Debate: An Opinion

By David Hall

Idaho Governor Kempthorne has filed a lawsuit attacking the US Forest Service's new rule to stop building roads in currently roadless areas. The Forest Service rule is designed to protect the best of our remaining wild National Forest lands, and is based on sound science and more than a year of analysis by some of the foremost researchers in their fields. There is an enormous amount of public support for the plan.

Governor Kempthorne's lawsuit is an insult to the people of this nation.

Between 1.5 and 2 million Americans officially commented on the plan, and almost all of the comments strongly supported complete protection without exception. The majority of concerned Americans see that it is correct to protect the remaining roadless areas

from development or damage caused by building additional roads.

Gov. Kempthorne's lawsuit is an insult particularly to the people of Idaho who participated in the Forest Service hearings. Gov. Kempthorne's lawsuit expends Idahoans' money and other resources to put on a fight that Time magazine characterizes as "an uphill battle—historically, such arguments don't hold much water."

The roadless rule is not a flash in the pan. It has been in progress during the last three years of President Clinton's tenure. There were six hundred well-attended public hearings, and it garnered more official comments than any other federal rule.

The people of Idaho and America have spoken.

*David Hall is the Moscow Food Co-op Community News's photographer.*

## Costume Contest for the 28th Annual Ren-Fair

By Nancy Taylor

It's time to get out your sewing chest and let those creative ideas flow for that special costume design to enter in the 28th Annual Renaissance Fair Costume Contest. The Costume Contest will be held on Saturday, May 5th on the main stage. The sky is the limit for your costume design, so use your imagination. The contest is a popular event and a lot of fun.

There will be two categories for entries: children (12 and under) and adults (13 years and up). The best three for the children's category will receive \$10 each in "Ren-Fair Bucks." The adult category (ages 13 and up) First place will receive \$35 in "Ren-Fair Bucks." Second and third place winners will receive \$20 and \$15, respectively. Ren-Fair Bucks are honored at any craft or food vendor at the fair. Winners will be chosen by audience applause using the applause-o-meter. Don't miss out on the fun.

For more information contact Nancy Taylor at 208-875-1088 or Mellowdee Brooks at [mellowjb@yahoo.com](mailto:mellowjb@yahoo.com).

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CO-OP



# Bulletin Board

Moscow Food Co-op  
221 East Third Street  
Moscow Idaho 83843

## Moscow Mardi Gras

**Saturday, March 3**

carnival downtown all day

music all night

882-1800

## Co-op Membership Day

**Tuesday, March 27**

member discounts at the Co-op 8am to 6pm

6:30pm to 8:30pm annual membership meeting

## Chain Saw Art Exhibition

**March 8 until March 23**

Lewis-Clark Center for Arts & History

415 Main in Lewiston, 792-2243

## 9th annual World

### Rhythm Festival

held at the Seattle Center

**March 23-25, 2001**

All events and workshops are free.

For info: [www.rhythmink.org](http://www.rhythmink.org) or John

[atdancey27@earthlink.net](mailto:atdancey27@earthlink.net) or 509-878-1116.

## "Breakfast Cereal for Two-headed Babies: Environmental Risk, Regulation, and Justice in the American West"

a talk about environmental problems in our region by Chip Ward

**Wed., March 7, 7:00 p.m.**

UI College of Law, Courtroom

## Palouse Folklore Society

**March Event:**

**March 17th** w/Potatohead, and

Joseph Hudson calling at the community center in Moscow, ID.

## Design Contest with \$100 prize

design the cover of the **Community Compass Resource Guide.**

Open to all ages, contest ends April 23, 2001

(208)883-6454 or (208)883-6370 or e-mail:

[marci.schreiber@gritman.org](mailto:marci.schreiber@gritman.org)

## Egg Producers Meeting -

held at the Co-op Deli **Tuesday, March 20th @ 7:PM**

For those interested in learning more about Organic Egg Production and Certification a talk will be given by Skeeter of Full Circle Farm. Also, for those currently selling Local Free Range Eggs at the Co-op this will be an opportunity to meet other producers and discuss the marketing and production of their eggs.

Any questions, please talk with Lahde at the Co-op.

## Join us for "Dead Night"

at Mikeys Gyros.

A new tradition for Moscow, featuring

recordings of the Grateful Dead

Thursday of the Month, Mar

May 3d starts at 8:00

sponsored by Tye Everything

## Annual Co-op membership

**Date:** Tuesday, March 27

**Time:** 6:30 pm (store closed)

**Location:** Moscow Food Co-op legion cabin like previous years - 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!

## Friends of the Moscow Library Book Sale

**March 3, 8am to 1:30pm**

Latah County Fairgrounds

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Submit non-profit announcement to [beth\\_case@hotmail.com](mailto:beth_case@hotmail.com) by the 25th of each month.

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

