

May 2001

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Moscow's Angels

By Bill London

Over the last few years, several very generous people have given—GIVEN—more than \$10 million to you and me and all of us who live here in the Moscow area. These benefactors have chosen to donate huge sums of money and property to our community to make it a better place to live.

Perhaps it all began with the donation of his 40-acre farm a few miles north of town by Virgil Phillips about ten years ago. He left his farm to the city of Moscow to be managed for the benefit of local children.

Then a few years ago, Bob Hamilton, a former Moscow resident, and his wife, donated the land at Mountain View and F Streets where the present Aquatics Center is built. That gift saved the taxpayers of Moscow about \$300,000 and ensured that the pool was constructed. When Hamilton later died, he left the bulk of his estate to Moscow—approximately \$7 million. All he asked was that the city of Moscow use that money for the betterment of local youth. A city task force is now identifying those uses, and we will be reaping the benefits of his foresight and generosity for years.

The next donor, who has chosen to remain anonymous, has pledged \$2 million for the resurrection of the 1912 high school building.

The renovation has now begun, and by August we will have a chance to enjoy the Great Hall: a huge, open meeting space on the ground floor of the building, open to everyone. The 1912 Building will become a hub of Moscow's cultural and social life, thanks to that gift.

Another anonymous gift of more than \$1 million has created the Latah County Community Foundation. This organization is designed to give away money to needy local groups. A few months ago, the foundation presented about 20 Latah County organizations with a total of \$25,000. The foundation will continue to dispense money to worthwhile groups in perpetuity, thanks to the initial benefactor's gift.

Taken individually, any of these gifts would make an incredible difference in a community of our size. Viewed together, these gifts are a powerful force for positive change in our community.

We can not thank these benefactors enough. Their foresight, their sensitivity, and their generosity amaze me. And a special thanks is due to the anonymous benefactors whose modesty and humility are absolutely saintly

Co-op Business Partners

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

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

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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

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

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

Whitney Law Offices - Reduced rates for all initial legal consultations. 424 S. Van Buren St., Moscow, 882-6872

Wild Women Traders - 10% off regularly priced 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

A "MAD" Day at the Co-op

by Kenna S. Eaton

Is "MAD" just another one of those annoying acronyms that seem to haunt our daily existence? Or is the Co-op really going crazy? Probably a little of both. "MAD" stands for Membership Appreciation Day, and that's just what we were doing on March 27th.

A growing trend in the Co-op natural foods industry is to thank the members by giving them a deal on their shopping on selected days of the year. While we can no longer afford to do this on a daily basis, it sure is fun to be able to offer our strongest supporters—our owners—a special day that is just theirs.

In March we ran the "MAD" sale in conjunction with our Annual Membership Meeting (see the report elsewhere in this newsletter), so from 8 AM until 6 PM we offered members discounts from 5%-10% on all their purchases.

On an earlier Tuesday in March we saw sales of \$5,008 compared to sales for the "MAD" day of \$12,489. Discounts were, of course, much higher at \$1,723 versus \$68, however, since all other expenses held steady I feel

that it was a successful event for both the members and the business. We sold over \$300 in new and renewed memberships, versus the \$74 for an earlier day.

Interestingly enough, the customer count was lower than that on the comparison day, thus the average purchase increased from \$8.76 to \$22.12. Sales were highest in the grocery department, with the bakery and deli remaining stable. Here's a mini-financial report for that day, using projected COGS and expenses:

Sales:	\$12,489
Cost Of Goods Sold:	\$7,493
Gross Profit Margin:	\$4,996
Expenses:	\$1,886
Discounts:	\$1,723
Net Profit Margin:	\$1,387

With a net profit margin of over 10% we will be holding another MAD day later this year, possibly in early September. So be sure to look for the signs and articles we'll be running the month before, get your shopping list ready and join us for the fun!

Contents

Moscow's Angels	cover
A "MAD" Day at the Co-op	1
Kelly's "Be a Yokel-Buy	
Local Rant	2
Deli Recipes	2
CoQ10, Energy for Life	3
Word of Mouth	4
From the Suggestion Board	4
Volunteer Volleys	5
The Buy Line	5
Our Local Egg Supply	
and More!	6
News in the Bakery	6
Producer Profile: Camas	
Winery	7
Macro Musings and Beyond	7
Nutrition News You Can Use	8
Motherwise Midwifery	9
28th Renaissance Fair	9
Staff Profile: Natalie	
Beckwith	12
Work in Lewiston?	12
Seasonal Cooking—More!	
Mushrooms	13
Garden Gifts	14
Find out More About the	
National Organic Program	14
The Governor's Roundtable	15
Drive a Schol Bus, Part III	16
Ren Fair King and Queen	16
The Frangrant Nightmare	17
Pet Perspectives	17
From the Board of	
Directors	18
Romping through the	
Grapes	18
Annual Membership Meeting	19



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Kelly's "Be a Yokel—Buy Local" Rant

by Kelly Kingsland, Deli Manager

As spring rolls onto the Palouse and surrounding communities I begin to look forward eagerly to the increased variety of local products available. Soon we will be chopping and stirring local veggies into our deli products and enjoying local music and products at the Farmers' Market.

My excitement over this has undoubtedly been passed on from my mother who eagerly awaited and ceremoniously served the first meal of the year containing food solely produced and grown on our small farm.

While not just one farm supplies the Co-op deli with fresh, local produce, that excitement remains. 'Tis true as well that we are currently unable to get all of our produce locally, even in the summer, but as time goes by I would like to see our percentages of local usage go up.

Each year now, in a tradition begun by former produce department manager Gordon and carried on by Lahde, we meet with local farmers in an attempt to find sources for commonly used, and locally grow-able items.

This year the farmers asked what a competitive price would be for some products. My response was only that we could pay whatever they felt they needed in order to cover their cost of production. Sadly, this seemed surprising to some, as in most cases they are still competing with huge producers in far off places. And I suppose that local produce does often get passed over for the cheaper alternative. But when the whole cost is figured in—quite possibly a futile task—I can't imagine that our local produce isn't cheaper.

As G.W. maneuvers for fuel extraction in "protected" areas, as pollutants burn holes in our sky, as corporate conglomerates control increasingly large proportions of our food production, I think we can hardly afford to do anything but buy local whenever possible. Transporting produce from California, Mexico,

Israel, and Holland (yes, we have received produce from as far away as Holland and Israel), subsidies aside, cannot be cheaper. True you may pay less for it at the register, but the true cost will return to kick us in the a** sooner or later.

Certainly we are all in this together. It takes commitment beyond cheap groceries. It takes awareness that we are part of the system and our action can alter the course.

Spring and Summer here on the Palouse do offer increased opportunity to take action and support our local system, but are not the only opportunities.

Choosing a local alternative is part of our mission here at the Co-op, and while often we are faced with demand for products that there is no local source for, I believe that searching for and encouraging local alternatives is part of our work.



In the Deli Deli recipes using local products

By Kelly Kingsland, Deli Manager

Cream of Wild Rice Soup

6 tbsp. butter or margarine
1/2 cup chopped onion
1/3 cup shredded carrot
1 cup sliced mushrooms
1/2 cup flour
1/4 tsp. white pepper
1/2 tsp. salt
3 cups chicken stock
2 cups cooked St. Maries Wild Rice
1 cup half-and-half
2 tbsp. dry sherry
snipped parsley or chives

Melt Butter in saucepan; sauté onion and carrot until tender. Add mushrooms; sauté 2 minutes longer. Blend in flour, and then gradually stir in chicken stock. Cook, stirring constantly, until mixture comes to a boil. Boil and stir one minute. Stir in cooked rice, salt and pepper.

Simmer about 5 minutes. Blend in half-and-half and sherry; heat just to serving temperature. *Do not boil.*
Garnish with parsley or chives.

Heidi's Spicy Chickpeas

5 tbsp. canola oil
2 medium onions, minced
1 tbsp. ground coriander
2 tsp. ground cumin
1/4 tsp. cayenne
1 tsp. Turmeric
2 tomatoes, finely chopped
3 cups local garbanzo beans, cooked
1 cup water
2 tsp. paprika
1 tsp. Garam Masala
1/2 tsp. salt
1 tbsp. lemon juice
1 fresh, hot chili
2 tbsp. fresh grated ginger

Sauté onions in canola oil over low heat till brown and soft. Add coriander, cumin, cayenne, and turmeric and briefly stir, then add tomatoes. Stir and fry over medium heat till tomatoes are cooked down. Add remaining ingredients, stir, cover and cook on low 10 minutes or so.

Sweet Erika's Roasted Beets with Walnuts

Slice desired quantity of fresh beets into uniform pieces. Add a few fresh basil leaves, and a liberal quantity of walnuts. Toss with olive or walnut oil until lightly coated. Cover and bake in a 400-degree oven until beets are nearly soft. Remove cover and continue to bake until beets are soft, but not overcooked. Cool and serve.

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(208) 882-8537

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

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Personal Care Corner
CoQ10, Energy for Life

By Carrie A. Corson, Non-Food Buyer

"CoQ10 is a vital catalyst in the creation of energy that cells need for life. Without CoQ10 the chain of cellular energy is broken. Without energy life ceases." So say the folks at Alternative Health Supplies of Australia.

Just what is CoQ10? It is an enzyme found in all cells of the body. It occurs naturally, and is the co-factor in the electron transport chain between cells. If it is lacking, the body's most important source of cellular energy is depleted, and many medical conditions are aggravated.

It is most concentrated in the heart and liver, and is a vital component of the mitochondria, the body's metabolic factories. And although our bodies can make CoQ10, its production tends to decline as we age.

It is believed that as many as 75 percent of people over fifty may be deficient in CoQ10. It is also believed that this deficiency may lead to cardiovascular disease because without it, the heart does not have enough energy to circulate the blood effectively. In fact, CoQ10 supplements are widely prescribed in Europe and Japan to protect against and treat heart failure.

In addition to its use in the treatment of heart disease, its role is being examined in the treatment and prevention of a number of other conditions including; hypertension,

cancer, muscular dystrophy, periodontal disease, AIDS, post-operative recovery, obesity, aging and neurological protection.

CoQ10 is also a powerful antioxidant that protects cells from damage done by free radicals. In addition to being taken internally, CoQ10 is becoming a popular ingredient in skin care products, as its antioxidant properties also help protect our skin from damage caused by the sun and external toxins.

CoQ10 comes in a variety of forms and dosages. It can be found in softgel capsules, encapsulated powder, and as a chewable lozenge. Dosages are usually seen in 30mg, 60mg and 100mg. Recommended dosages differ depending on your reason for supplementing with CoQ10.

There are no known side effects associated with CoQ10, but if you are considering adding it to your supplement regimen, it is a good idea to seek the advice of a health care professional who can help you with recommended dosage (as it varies widely), and provide drug interaction information.

The Co-op carries CoQ10 supplements in our private label brand (60mg capsules and 100mg softgels), by Jarrow Formulas (100mg softgels), Quantum (50mg chewable tablets), and Enzymatic Therapy (50mg softgels).



Welcome!

By Laura Long,
Membership Director

Happy May Day to one and all! I do believe that sunshine is here to stay for a while. I know my garden really appreciates the change in the weather as well. Thanks to all who came shopping at the Co-op on Earth Day, 2% of all your purchases went to support the Moscow Community Gardens. If you're interested in more information about this project, or you would like to obtain some garden space of your own, just contact the Palouse Clearwater Environmental Institute at 882-1777.


I also want to give a very heartfelt welcome to the North Idaho Athletic Club, and Erika Cunningham, Licensed Massage Practitioner, for becoming our two newest Business Partners. The North Idaho Athletic Club will be offering a discounted membership rate to all Co-op members, and Erika will be giving your first two massages to you for \$30 each. Just show your membership card at these businesses to enjoy your discounts. There will be further information about these two new Partners in the June and July issues of the newsletter, but for now just check out the Business Partner list in this issue for more details and business locations.

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in the
Deli

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Non-Member Price: \$28.29

Member Price: \$23.99

Palouse Area Singles

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

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

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

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

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

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

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

Word of Mouth

By Vicki Reich

I think my most favorite food is chips-and-salsa. I eat them almost everyday after work as a snack before dinner and sometimes they are dinner, if I'm rushed for time. Several months ago we taste tested chips for this column, and as I was stocking a new brand of salsa recently, I thought it time to see which salsa was the best.

The one thing I learned even before we started the taste test was that the Co-op carries a heck of a lot of salsa. We tested 8 different brands and each of those brands has a whole bunch of flavors and temperatures to choose from. For consistency, I picked the most traditional flavor of each brand and either a mild or medium heat (there are a few hot wimps among the Hog Heaven Handspinners, but I won't name names).

We started the night with Enrico's Mild Organic Salsa (\$3.29). This is a very mild salsa with a slightly sweet taste and good size chunks.

Seeds of Change Organic Traditional Picante Medium (\$3.49) is a zesty salsa with not a lot of chunks but thick tomato texture and taste. What I like best about this brand is that the hot varieties are truly hot.

Salpica Rustic Tomato Salsa Mild (\$3.39) was the most different tasting salsa of the evening. It is very garlic-y with a strong roasted flavor. It is slightly creamy in consistency and doesn't "sit up and say howdy on the chip" as Sarah so eloquently put it. It was, however, one of the favorites of the night.

Muir Glen Organic Fire Roasted

Tomato Medium Salsa (\$2.95) has a nice smoky flavor with green chilies and a pretty good amount of heat for a medium salsa. It has a good chunky consistency as well.

Green Mountain Gringo Mild Salsa is the freshest tasting of the jarred salsas we tasted. It has that ripe tomato sweetness of summer and good chunks.

Que Pasa Medium Salsa Mexicana (\$3.19) has lots of onions and vinegar with a good spice level and "afterburn."

Virginia's salsa (\$5.50) is our only locally-made salsa and one of two fresh salsas we tasted. It has a great fresh look to it and has lots of cilantro and onions. It tastes really fresh and has a little kick to it. This was one of the top two salsas.

The last salsa we tasted was Emerald Valley Medium Salsa (\$2.75). It is fresh tasting with a complex and interesting blend of spices and lots of vinegar and garlic. This was also one of the top two salsas and definitely my personal favorite.

There was definitely a wide range of opinions as to which was the best salsa since everyone had a very different idea of what makes good salsa. Some like a lot of spice, some like chunks, some like an intense tomato taste like a paste, and some want just the opposite. Needless to say, we did not reach consensus. The fresh salsas were definitely the most liked, but I like to keep a jar of salsa in the pantry for those occasions when I run out of fresh. I would have a hard time deciding which one to choose. I guess I'll keep trying them all one by one, I

From the Suggestion Board

It appears you need a "high" chair for children in the eating area.—Sorry, the one we purchased broke right away but we now have a new one.

Please bring back pitted Kalamata olives. I am far too lazy to pit them myself.—Sorry they were out of stock when you were here. They're back now.

Can we carry frozen mango chunks?—I'm sorry, I can't find a source for them. I'll keep looking.

Plain Kefir? Lifeway brand is great.—Lifeway is not available to me and Nancy's and Alta Dena don't make a plain Kefir.

Would you please stock Amy's Veggie Burgers? Note, the Boca Burgers contain genetically modified soybeans.—I will consider bringing in Amy's burgers, but I wanted you to know that Boca got so much grief about their GMO soybeans that they have now come

out with an organic soybean version which we are now carrying.

Carry more Bio-Kleen and Oregon's Choice Tuna. The tuna is caught by a crew out of Bandon, Oregon and thus supports "local" rather than foreign—Which BioKleen products would you like us to carry? And where do I find out about this Oregon tuna. I've never heard of it. I would carry it if I could find it.

I have two comments. First I am in desperate need of bagels. Are there any ones you could carry? Also, "Smartlinks" make vegan Italian sausage—can you get them? Thanks!—I've carried bagels in the freezer before but they didn't sell very well—I think mostly because a frozen bagel is not anything like a fresh one. I can special order them for you if you are that desperate. I'm not familiar with the company "Smartlinks." Do you have more information on them? I'll try to find them if you do.

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May 2001

Instructor, Suzanne Lambeth, CDE

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Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

Sometime, back in the Neolithic or thereabouts, there was a beast known as the volunteer newsletter (ask Kenna about it). Anyhow, some time ago I thought it might not be a bad idea to revive the beast through some form of Jurassic Park-like genetic engineering. Well, that idea was stupid, as is genetic engineering of all types. I should have known better. Anyway, you may wonder what that has to do with this month's edition of Volunteer Volleys. Well, two things.

First, Volunteer Volleys fills the role of the volunteer newsletter. I am certain every volunteer reads this column faithfully. At least you better. So here is what is happening.

I must confess, I fibbed. I told a whopper last time around. I said this month's article would deal with the volunteer interview. I was wrong, again, only the second time in several months, mind you. There is other more pressing news to relay. Since we are in a confessional mode I better repent, yet again, for

backsliding and forgetting to thank volunteers in the past couple of articles. So, this month I would like to thank those volunteer freight handlers. Thank you David Christian, Peg Kingery, Lorine Munn, and Megumi Yanamoha.

Now for the heavy-duty business part, so listen up y'all, even non-volunteers. Today's message is about the discount structure, who is a volunteer, who is a member, and who is an adult. There has reportedly been some confusion as of late.

You are an adult if you are over 18 or living outside your parent's home if 18. Freshmen in college are adults. Only the person who volunteers and one other adult member of the household, and non-adults in the household (if it is a family membership) can receive the discount. That additional person's name should be marked on the volunteer card. The non-adults don't need to be marked on the card.

The examples below should help illustrate the issue.

EXAMPLE ONE: You are in college and have two roommates. You share the volunteer discount with roommate X because s/he helps you do your volunteer job and is also a Co-op member. Roommate X goes out of town to party in San Francisco for a few days. During that time roommate Y helps you out doing the volunteer shift. Sorry folks, but roommate Y, even if s/he is a member, doesn't get the discount. Roommate X is the one who gets the discount because that person is the one listed on the card.

EXAMPLE TWO: Your younger sibling, who is 17, comes to town to get away from home and party it up in the big city of Moscow. Your roommate is the other adult on the volunteer card. S/He is out of town partying it up in Seattle so your sibling stays in her/his room. You figure that since your kid brother/sister is a member of the family and also because your roommate is out of town, s/he gets the discount. After all, your sibling is under 18 and staying with you. Wrong again. Your sibling is not a permanent resident.

EXAMPLE THREE: Your partner has an identical twin who lives on the Coast. Even you can't tell them apart. The twins have had a long-term falling out and don't speak with each other. You and your

partner's identical twin have had the hots for each other for a couple of years and you two have been clandestinely communicating with each other. You and the identical twin hatch a diabolical plot, like something from a 1949 film noir with a final production budget between \$7.34 and \$978.23, and the identical twin ends up as your partner. You assume the identical twin deserves the household discount that you get for volunteering because, well, s/he sure looks like your former partner and nobody knows the difference. Wrong, wrong, wrong. Your unfortunate ex-partner, consigned to wearing cement shoes and sleeping with the fishies, is the one listed on the card so that person is the only other one who gets the discount.

EXAMPLE FOUR: (Insert your own scenario here.)

Okay, the point is the discount applies to one other adult member of the household. The Co-op is generous in giving that additional discount. Please don't abuse it.

Second business item, I am leaving the Co-op to go to work full-time for Friends of the Clearwater. There will be a new volunteer coordinator so don't tack anymore messages that uncannily resemble love letters to the volunteer board for me. Adios...see you at lunch!



The Buy Line

By Vicki Reich, Grocery Buyer

It is 6:00 PM Friday, newsletter deadline day and I'm ready to go home. I don't have much to say this month but I really wanted to say goodbye to Natalie Beckwith. She's been a stocker here for about seven months and she is moving to Bend with her husband in a

few short weeks. I wanted to thank her for all her hard work here at the Co-op and for being a great workout partner and calling me the mornings we worked out at 6 AM to get my butt out of bed. Good luck with everything, Natalie.

Palouse Hills Midwifery Veronica Lassen, LM

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Veggi Head - Produce Notes:

Our Local Egg Supply and More!

by Lahde Fesler, Produce Manager

Last month we held our first Annual Egg Meeting. It was a boisterous occasion with much chicken talk and bantering about egg production. The meeting was for all our mysterious egg producers and myself to meet face-to-face once-and-for-all with the purpose of collaborating. It provided an opportunity for producers to share trade secrets on preventing such horrible problems as hen peck and a chance to commiserate on the joys of egg washing. From the meeting, a loose co-operative of chicken folks was formed to buy supplies in quantity and to build a support network. We also had the opportunity to hear Skeeter Lynch of Full Circle Farm share her experience as a certified organic egg producer. Too, we discussed changing the Co-op's labeling system to make it easier for producers to be clearer with the consumer. This new labeling process is still in the brainstorming stage. For now I have a handout for egg producers that details how to label each carton to meet USDA requirements.

What really came through at this meeting were the diverse personalities of each egg producer and their unique approaches to producing quality eggs. Production methods vary greatly, and ultimately provide eggs that fit different consumer demands. For example, Skeeter Lynch, mentioned earlier, tops the scales in terms of wanting to provide a top quality, highly nutritious, organic egg to consumers. She does this by continually rotating her chickens and their coops through different sections of pasture. Each bird always has plenty of fresh space to peck and scratch. She has three different types of chickens and has found the only way to keep them from pecking each other is to provide each breed with their own coop. Who would have thought 'breedism' existed among chickens? Skeeter feeds her chickens 100% organic feed from local Palouse farmer, Rod Repp, and includes flax meal to ensure the eggs are rich in

omega 3 fatty acids. Skeeter believes the only way to provide quality eggs is through the happiness and health of her chickens.

Full Circle Farm eggs arrive each Sunday at the Co-op and are in limited supply, so come early in the week to purchase them. Skeeter is unable to meet the high demand for her local organic eggs but hopes to increase the supply by forming a co-operative with other local egg producers interested in being certified organic.

Cheri and Randy Hinderer of Pullman, another major supplier of local, free-range eggs also produce a high quality egg labeled as "farm fresh." They make their living by raising all sorts of livestock, from cattle to turkeys.

Their primary goal is to provide affordable, 'farm-fresh' eggs to consumers. They do not use organic feed but give their chickens free range and don't use antibiotics on any of their livestock. They hope, through careful rotation of chickens, to maintain a consistent supply of local eggs for the Co-op. To do this they sell their chickens before they start to molt and buy a new, younger flock at the height of their egg production. Quite a challenge if you ask me; but if they can do it, we will be blessed with a more consistent supply of local, free-range eggs.

Other local folks bring in cartons of eggs, from a few dozen to 30 dozen at a time, depending on the size of their flock and the time of year. None of these suppliers are certified organic but may very well be using organic feed. Some use conventional feed that may contain animal protein--a consideration for the vegetarian consumer.

Some of their chickens may have a whole field for "free-range" while others might consider their fenced chicken pen as "free-range" as "free-range" gets. All our egg producers must meet our minimum standards. That is, their chickens must be allowed free-range, weather permitting of course, and the eggs must be clean upon deliv-

ery. We also encourage egg producers to feed their chickens kitchen/garden scraps, especially in the winter when insects and fresh greens are scarce.

With that, regretfully and happily I must say this is my last month working as produce manager at the Co-op. If you haven't already put two-and-two together (my protruding belly and the "Now Hiring Produce Manager" signs) I am leaving the workforce to have a baby in August.

My last day will be May 31st (Kenna and I magically produced this date thinking I may be having difficulty hoisting 50-pound boxes over the protuberance of my belly without doing some serious damage to my lower back—knock on wood!) Please welcome our new produce manager who will begin training this month. And, keep your eyes peeled for a fat, waddling lady shopping up and down the aisles...that will be me!



Up All Night News in the Bakery

By Crista Haagensen, Bakery Manager

Welcome Spring! School is almost out and summer is approaching. With these seasonal changes, so goes the life of the bakery... Many of our beloved employees will be leaving for the summer. As spring makes way for summer, so our employees will make way for other new and fresh ideas from others.

Welcome new staff : Laura Hixon, baker; Robert Moon, baker; Violet Warren, assist; and Erin Wittman; assist. I am excited to be working and training with new folks!

I would also like to take this opportunity to thank all of my current staff who will be leaving: Ben Semple, baker and assist; Eric Salontai, assist; Joseph Erhard-Hudson, assist (who will be working in the deli now); and Doug Finkelburg, baker. It has been a fun learning experience to work with all of you and your presence will be missed!

Here is a delightful muffin recipe to try out and share with your friends:


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COFFECAKE MUFFINS

4 cups whole wheat pastry flour
2 tbsp. baking powder
2 1/2 tsp. cinnamon
1/2 tsp. sea salt
2/3 cup canola oil
2/3 cup maple syrup
2 cups apple juice (or other fruit juice)

CRUMB TOPPING:

1 cup walnuts
2 tsp. cinnamon
1/2 tsp. vanilla
1/4 tsp. maple syrup
2 Tbsp. Spectrum Spread
*a little bit o' brown sugar

Mix muffin ingredients together. Pour into well-greased muffin tins. In a separate bowl, mix crumb topping ingredients. Sprinkle crumb topping on top of each muffin. Bake in the oven for 20-30 minutes, rotating half way through baking. Muffins are done when a knife or toothpick inserted comes out clean. Let cool and enjoy!

Producer Profile: Camas Winery

By Gary Chang

Camas Winery, founded in 1983, is the second oldest winery in Idaho and the oldest winery owned by Idaho residents. Its owners, Stuart and Sue Scott, produce roughly 4,500 gallons of wine a year. Some of their wines have won prizes at various wine-tasting events. What began as Stuart's hobby has "run amok" to become a profitable business.

In 1978, Stuart lived in northern California, where he started growing grapes as a hobby. He grew 500 vines on over an acre, which is about all that one person can manage. He also started to learn

early from government work to concentrate full-time on Camas Winery.

Today, Stuart, Sue, and occasional part-time help operate Camas Winery. The winery is located at 110 S. Main Street in Moscow, in a building that is, coincidentally, 110 years old. Camas Winery consists of a winery proper, a retail store, and a quiet wine bar that is in line with Stuart's ideal of how best to enjoy alcohol.

Camas Winery produces several varieties of wine, including wines made from grapes, from other fruit such as cherries, raspberries,

most of his wines from a single source material, although some wines are blended.

Camas Winery's huckleberry and honey wine blend illustrates some of the factors that influence production. Huckleberries are particularly expensive. Because attempts at cultivating huckleberries have not had much success, they must be gathered by hand at relatively high elevations. Huckleberry prices have been further elevated by increased demand in recent years. The huckleberry-honey blend can be sold for a lower price than straight huckleberry wine, and the honey wine has a neutral flavor that complements the flavor of the huckleberry wine.

Stuart's involvement with wine continues even after a bottle has been sold and consumed. People can return empty wine bottles for reuse by the Camas Winery or put them into a specially marked garbage can on the south side of the Co-op. If the bottles are generic, standard-shaped, and fit corks, Stuart will reuse them. At the Winery, each returned bottle is good for five cents off a wine purchase or donated to the Moscow Volunteer Fire Department. Palouse Industries in Pullman cleans the bottles which are then are sterilized at the Winery. Reusing bottles saves Stuart money over buying new glass bottles, conserves energy, and reduces the volume of garbage in the landfill. Thus, financial and environmental incentives work at each step of the process. Forty to fifty percent of wine produced by Camas Winery is sold in recycled bottles.

Camas Winery products are sold at both the Co-op and the Camas Winery. At the Winery, Stuart or Sue can help you select the best wine to go with a particular meal or answer other questions you might have. Camas Winery is open from noon to 6:30 PM Tuesday through Saturday, or by appointment. They can be reached at (208) 882-0214.

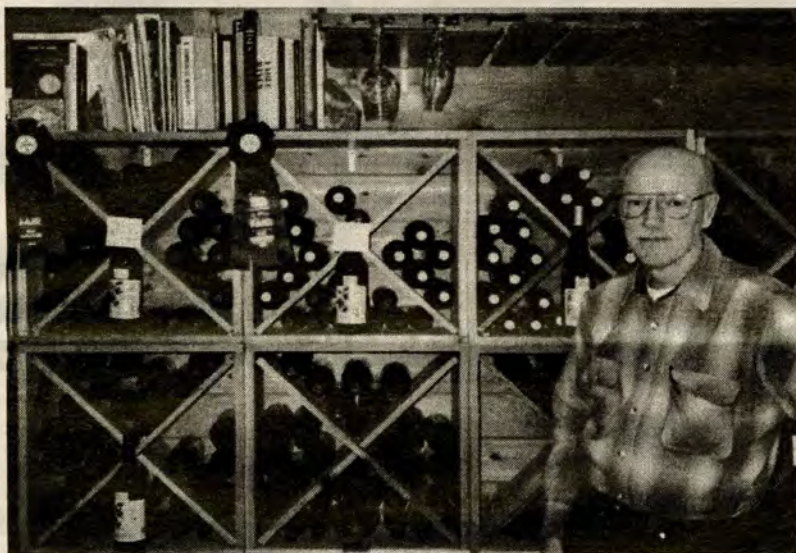
Gary Chang is a post-doctoral entomologist at the University of Idaho.

Macro Musings and Beyond

By Peggy Kingery

Change is necessary if we're to grow and experience all the excitement life has to offer us. When we make changes, though, we sometimes have to leave activities we love behind. Now that I'm serving on the Co-op's Board of Directors, I've had to prioritize the other activities in my life and regret that I'll no longer be able to write "Macro Musings" every month. Beginning this fall, "Macro Musings" will run in this newsletter on a quarterly basis. I'd like to thank all of you who've read my articles over the years and hope that you found them helpful in your quest to live and eat more healthily.

If you have any questions about macrobiotics or are interested in cooking classes, please contact me at <king6619@uidaho.edu>. Thanks again for your interest, and happy cooking!



about winemaking from observing his neighbors.

"I was living...in the middle of one of California's many wine-growing regions," explains Stuart. "I was surrounded. My neighbors had small family wineries, and I was really captivated by the lifestyle of having a small winery and doing hands-on stuff."

A few years later, Stuart moved to Moscow while working for the U.S. Department of Justice as a probation/parole officer. Although growing grapes was now out of the question, he continued making and bottling wine using grapes from commercial growers. Then, Stuart went through what he calls his "first midlife crisis." Even though he liked his job as a corrections officer, he developed a 15-year plan to turn his hobby into a full-time job. In 1998, his plan was complete: Stuart retired

huckleberries, strawberries, and others, and wine made from honey (also known as mead). The diversity of wines they make is unusual, but it provides certain advantages. In particular, Stuart's production equipment and facilities can be used more fully and efficiently by making different wines. Because different fruits ripen at different times and honey is available year 'round, the winery operates throughout the year instead of having one specific, very busy season.

The process of winemaking is fairly complex. In general, each source material (variety of grape, type of fruit, or honey) is treated differently in order to bring out the best flavors that each contains. For example, heavier red wines are aged in oak barrels, while lighter wines, such as the fruit wines, are aged in stainless steel barrels. Stuart makes

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The Sweet Pea: Nutrition News You Can Use

By Kathy Early

Greetings Co-op friends! My name is Kathy Early. Since my arrival to the Palouse in 1997, my husband and I have enjoyed membership and shopping, and volunteering at various times at the Co-op. I am a registered and licensed dietitian with a personal interest in promoting vegetarian nutrition. I have worked in a variety of nutrition settings including clinical, community wellness and public health. I am very excited to have this opportunity to share information about food and nutrition issues in this new column for the Co-op *Community News*.

Question: *I have heard that rickets is increasing these days. What is this all about?*

According to recent studies, rickets is on the rise in infants in some parts of the US. Researchers attribute this increase in rickets to non-supplemented breastfeeding and reduced exposure to sunlight through increased indoor activities and use of sunscreens.

Rickets is a childhood bone disorder resulting from insufficient intake of vitamin D. Some symptoms of the disorder include bowed legs, bumps on the ribcage, delayed tooth eruption, and impaired growth. Vitamin D is produced by our skin upon sun exposure or consumed in foods (fish liver, fatty fish, egg yolks, fortified milk or fortified non-dairy beverages) and supplements. Vitamin D in short supply prevents strong bone formation. Therefore, the bones are soft and when the child stands, their body weight bows the legs outward. *Osteomalacia*, the adult form of rickets, can also develop in people who limit their sun exposure or do not consume enough vitamin D in their diet.

Inadequate consumption of vitamin D-rich foods and limited exposure to sunshine are the two primary factors resulting in the development of rickets or osteomalacia. Individuals who choose not to drink fortified milk or a fortified non-dairy beverage, have lactose intolerance, milk allergy, or do not consume any animal products may not get enough vitamin D. However,

folks can ensure they will get enough vitamin D by using fortified non-dairy beverages. Vegans who do not consume fortified non-dairy beverages would probably benefit from a vitamin D supplement.

Infant formulas are already supplemented with vitamin D, so babies receiving formula would not require additional vitamin D. Breastfeeding is highly beneficial to both mom and baby, and is recommended for at least 12 months. However, breast milk does not contain much vitamin D and infants who are exclusively breast fed will benefit from an extra source of vitamin D. Breastfeeding moms who do not have adequate vitamin D intake also put themselves at risk for osteomalacia.

People who limit their exposure to sunshine or omit vitamin D-rich foods and choose not to consume other sources of vitamin D, would also benefit from a vitamin D supplement. Darker skinned people absorb less sunlight, so they need substantially more sun exposure or more vitamin D from foods or supplements.

If animal products are consumed, cow's milk is required by law to be fortified with vitamins A and D. This law applies to Stratton's Dairy milk, which is sold here at the co-op. Goat's milk is another animal milk that is supplemented. Those looking for non-dairy options can find soy, rice and nut milks fortified with vitamin D. Vitamin D is also added to some breads and cereals. Twenty to thirty minutes of sun exposure two to three times a week is an additional way to ensure you get enough vitamin D. Vitamin D supplementation should only be done under physician guidance because it can become toxic if taken in excess.

If you would like to submit a question to the Sweet Pea, call 335-7412 or email the questions to kearly@mail.wsu.edu.

Kathy Early RD, LD is a registered and licensed dietitian with particular interest in public health, wellness, and vegetarian nutrition issues.

For more information...

The Vegetarian Society: <<http://www.vegsoc.org/info/infant.html>>

The Vegetarian Resource Group: *Vegan Pregnancy and Lactation* by Reed Mangels, Ph.D., RD. <<http://www.vrg.org/nutrition/veganpregnancy.htm>>

Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet by Vesanto Melina, RD, and Brenda Davis, RD. 2000.

Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet by Vesanto Melina, RD, Brenda Davis, RD, and Victoria Harrison, RD. 1995.



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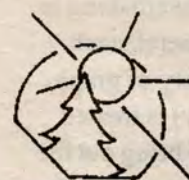
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Business Partner Profile: Motherwise Midwifery

By Lori Harger Witt

Nancy Draznin has a certain bearing to her, a kind of gentle strength and calm receptivity. As she entered my house, her easy laugh let me know that I was in for a pleasant afternoon of drinking tea and discussing babies, mothers, and childbirth.

A mother of three children, Nancy has been involved in natural childbirth for the past eleven years. She now provides home birth midwifery care as well as doula services, or labor support, for mothers giving birth in the hospital.

When I asked Nancy what drew her to midwifery, her dedication was unmistakable. "Giving birth can be wonderful and empowering and midwifery care can help provide a good start to motherhood."

She points out that studies of mother-infant bonding show that women who are nurtured during labor are more responsive to their babies.

A woman who feels good about her birth experience can move with confidence into being a mother and raising healthy children. "The foundation of society," Nancy says, "is the mother-child relationship."

Having given birth at home and in the hospital, Nancy knows firsthand that both can be healthy and appropriate, depending on the mother and the situation. In home birth the focus is entirely on the woman giving birth, and the mother has the freedom to control where, how, and with whom she labors. Birth at home allows for community and family involvement.

As a midwife, Nancy views pregnancy as natural. To avoid the need for medical interventions, Nancy emphasizes preventative care and good nutrition. For example, if a woman's blood pressure begins to rise during pregnancy, she needs to

eat more protein. This has, in Nancy's experience, almost always alleviated the problem. But because this approach is not medically proven, doctors may choose instead to use medications once the blood pressure gets abnormally high.



While Nancy does not dispense any pharmaceutical medications, she does use herbs when appropriate in pregnancy and labor. And all Co-op members receive a free supply of herbal pregnancy tea. For pain relief in labor, Nancy emphasizes holistic approaches such as using different positions, deep breathing, warm baths, relaxation, and emotional support.

Nancy recommends that couples interested in having a natural birth learn as much as they can. There are many good books about childbirth. Parents should also talk to as

many care providers as possible. Ask doctors about their cesarean section rates, and ask midwives how often they end up transporting clients to the hospital. Giving birth at home requires mothers and fathers to take an active role in their own health and education.

Where and how a woman gives birth is a very personal decision. Nancy emphasizes that a woman must decide where she is most comfortable.

For women who chose to go to the hospital, Nancy provides doula services. This involves meeting with and getting to know the mother before the birth, providing emotional support during labor, and making follow-up visits to the new family after the birth.

If you are interested in giving birth naturally, you may want to consider a midwife. Nancy provides doula services at hospitals in Idaho and Washington and home-birth services in Idaho only. She lives outside of Genesee and can be reached at Motherwise Midwifery, phone 208-224-6965.

Lori Harger Witt is a practicing herbalist and the mother of a 20-month-old son who was born on the bedroom floor after six hours of smooth labor.

Celebrate Spring at the 28th Moscow Renaissance Fair, May 5 & 6

By Nancy Taylor

Celebrate spring at the 28th annual Moscow Renaissance Fair in Moscow's East City Park on Saturday, May 5th, and Sunday May 6th. Admission to the festivities and the main stage entertainment both days from 10:00 a.m. to dusk is free.

The fair will start off with a parade featuring the Border Highlanders and the crowning of Malcolm and Carol Renfrew as this year's King and Queen (see the article about Ren Fair Royalty elsewhere in this newsletter).

In addition to the traditional storytelling, performances by local dancers, and musicians, the Fair has some fun new events in store for fair-goers this year. Headlining two days of top-notch entertainment on the Main Stage will be Blue Rags, a ragtime, blues and country gospel band from Ashville, North Carolina; Mondo Raga Samba who play a hypnotic blend of exotic world fusion; Alice Di Micele, a groovin' folk duo; and one of last year's favorites, Coeurimba.

Some of the acts playing on Stage II include Cello Kids, Rendezvous On Mars, and Tales from the Appalachian Mountains. In the Children's area look for Lowel the Airplane Man, Make-a-Saurus Fun, and of course, the pony rides and Sno Cone Express train.

Fair-goers can expect to see the region's finest artisans with 135 craft booths. As always, there will be traditional food favorites at the Fair sold by non-profit community groups.

Fair-goers can check the Moscow Renaissance Fair website for more detailed information: <www.moscowrenfair.org>. See you there!

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

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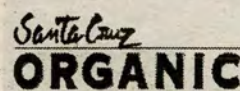
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Staff Profile: Natalie Beckwith

By Julie Monroe

The Moscow Food Co-op says farewell to staff member Natalie Beckwith who relocated to Bend, Oregon, the first of May. Natalie's husband, Eric, will join her following his graduation from the University of Idaho later this month.

Moscow was never Natalie's final destination. But it was an important first step, a "natural step," says Natalie who explains that she has a great "need to know more about life and myself." And while the time spent earning a bachelor's degree in Psychology at the University of Idaho and stocking the shelves of the Food Co-op, has been a "great learning experience," Natalie, with husband Eric, is eager to walk down the path of life's experience.

Actually, she would probably prefer to ski down the path of life's experience, if given the choice. Natalie says she just about grew up

on skis and was even a competitive cross-country skier as a student at the University of Nevada, Reno. Making the team was quite an achievement because she was not recruited; she "walked on."

Natalie says, "Exercise is a big part of my life," and adds that through exercise, she has learned much about the interdependency of body and mind—how the movement of the human body can provide insight to the mysteries of the mind.

Natalie's love of skiing and the outdoors may have something to do with growing up in McCall, Idaho, with Payette Lake and Brundage Mountain as her backyard. When she was very young, her family moved to McCall from Cascade, where she was born. And McCall retains its important place in Natalie's heart. Her mom, Joan Brundige, is a math teacher, and her father, Eric Brundige, is a smoke

jumper. (Natalie adds that her father anticipates another busy summer for people in his line of work.) Only one of Natalie's two younger sisters, Erin, is still in the "nest," as she describes her family home. Middle sister Stephanie is in the dance program at the University of Idaho.



Tyson Kemper, winner of the \$250 shopping spree came armed with a long shopping list, a calculator, and a helper, Kristen.

In fact, "staying close to the nest" partly explains why she and Eric selected Bend, Oregon, as their next destination. Close enough to reach McCall within a day's drive, the couple hopes Bend will provide good employment opportunities. Eric will graduate from the University of Idaho this month with a degree in Sports Science with an emphasis in Marketing. While Natalie supposes that graduate school will be a part of her future, in the present, she will most likely seek employment in the field of social services. While working as a stocker at the Co-op, Natalie also worked as a "tracker" for Latah County Youth Services. Her primary responsibility was to supervise community service arrangements, and as a volunteer, she tutored students at the Moscow High School.

When not working or volunteering, Natalie enjoys the company of Clio, a "feisty" eight-month-old tabby cat she and Eric recently adopted. And as soon as she has some soil to call her own, she

intends to indulge her love of gardening. Working with the soil and plants is an important form of self-expression for Natalie who spent the past four summers in McCall working for a landscaping business. She shares that as a child, she was a "tomboy who was dirty all the time."

In fact, Natalie adds that she hopes to rediscover that part of herself who was so willing to build forts and play in muddy ponds. Doing so, she believes, will nurture her potential for gathering "wisdom," a word she carefully chooses and a state she is purposefully seeking. As Natalie and Eric step on the trail to Oregon, Natalie's willingness to undergo new experiences seems awfully wise for someone who also knows she still has "a lot to cover in life."

Julie Monroe, while too bookish to have ever been a tomboy, does spend a considerable amount of time during the summer modeling the Palouse clay around the home in which she, her sister, and their little dog reside in Moscow.

Work in Lewiston?

by Bill London

Donald Stanziano, who has distributed copies of the Co-op newsletter in the Lewiston/Clarkston valley, has now switched to distribution in Pullman. This change of delivery area resulted from his changing job site. So, while we now have a distributor for Pullman, we need someone to distribute our newsletters in the valley. So, if you work there, or go there regularly, please consider earning a discount and distributing this publication. For more information, contact Bill London at <london@moscow.com>.

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All in Good Time: Seasonal Cooking— Morel Mushrooms

R. Ohlgren-Evans

Here on the Palouse, the merry month of May is significant for several reasons: tulips, the Renaissance Fair, and the end of the school year pop quickly to mind. May is also morel mushroom season.

For the past several years, the Moscow Food Co-op has been carrying local morel mushrooms in the produce section, and if you've never indulged, don't miss this opportunity—the morel season is a fleeting one.

The more adventurous among us may decide to try their very own mushroom excursions. If you are a first time hunter, you should make your first expedition with someone who knows what a good morel looks like. There are several types of morels, some edible and others poisonous.

Also keep in mind when you are harvesting this incredible wild food, that care should be taken to preserve the habitat and future of 'shrooming.'

Mushrooms reproduce by means of spores. The fruit of the morel organism (the mushroom we pick) contains hundreds of thousands of microscopic spores that are intended to return to the earth for their reproduction. The morel spore takes five years to create another mushroom.

It is highly recommended that all mushroom hunters use mesh bags (like an onion sack) or baskets when collecting mushrooms, which will allow spores to drop back to the forest floor as the picker walks. Indeed, we can help Mother Nature as this method also mixes strains of spore. This is particularly important when you're hunting in areas you'll want to return to year after year as predictable, favorite spots.

To ensure that you are able to best pick, prepare, and preserve the morels you come across, keep in mind these hints and precautions:

1) It is important to not disturb the mycelium (the delicate, root-like filaments that make up any fungus) by pulling the mushroom entirely from the ground. Some suggest having scissors or a sharp knife to snip morels off just above the ground, but pinching the very base of the stem, carefully and cleanly, is probably adequate.

2) Air circulation and avoidance of moisture are essential in keeping your morel catch fresh. Never use a plastic bag. Never put your find in a warm or humid place (car trunk, for example). Morels will deteriorate rapidly if not kept cool and dry after they are picked.

3) Keep your collection as free from dirt as possible. Morels, amazingly, push through the forest floor with no loose soil or grit on them. Try to keep them that way.

4) Wash and cut fresh mushrooms into quarters, slicing the long way. Soak in a large bowl of salt water to remove and kill any hitchhiking insects. Morel mushrooms are at their best when cooked immediately, but if you plan to cook your 'shrooms within a day or two after picking, make sure to drain the excess water and keep them covered with damp paper in the fridge. This prevents your mushrooms from getting soggy and mushy.

5) To soak dried morels: Dried morels should be re-hydrated in twice their volume of warm water until tender, 10 to 30 minutes. Lift morels out of soaking liquid and strain liquid through a fine sieve into a bowl, reserving it if desired. Pat drained morels dry with paper towels.

6) Do not eat raw morels as they can cause digestive disorders.

You can prepare morel mushrooms much like you would any mushroom—sautéing them, adding them to sauces, and grilling them

would all work just fine. Experiment and enjoy their unique, lusty taste. And you might try this for a special treat:

Cream of Morel Soup

A heavenly soup that will make you eager for the earthy delights of spring every year after.

Ingredients:

- 3/4 lb. fresh morels (more or less to taste and your hunting success), quartered and sliced
- 1 large leek
- 3 medium to small russet potatoes
- 1 cup chicken stock
- 1 cup heavy cream
- 1/2 cup dry white wine
- 2 tbsp. butter or mild vegetable oil
- salt and pepper to taste
- 2 cups water

1) Chop off dark green leek leaves and roots. Slice the stem lengthwise and rinse under cold water, making sure to remove all grit

trapped between layers. Peel and halve potatoes. Add potatoes and leeks to soup pot with the water. Boil moderately until quite tender, 20-30 minutes.

2) Heat a medium-size pan over a medium flame. Add butter, morels, and a few dashes of salt. Cook morels gently for about 15 minutes, making sure they do not dry out. Add a small bit of wine at a time to keep them moist. When nearly done, add remaining wine, turn up flame, and continue cooking until liquid is almost gone. Add chicken stock and stir until blended.

3) When potatoes and leeks are tender, remove from heat and puree or blend until smooth. Return to pot.

4) Add morel mix to potato/leek mixture and simmer very gently, stirring occasionally to avoid scorching. After about 5-10 minutes, add cream and salt and pepper to taste. Serve hot, immediately.

Robin Ohlgren-Evans welcomes spring anytime of year, but especially in May. Your comments are welcome: rohlgren@moscow.com.

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Gardening

Garden Gifts

By Patricia Diaz

With Mother's Day, graduations, and Father's Day coming up, what better gift to give than one that keeps on growing and giving. Or maybe just be really nice to yourself and make one of these little gardens for your own pleasure. These gifts are easy to create and are relatively inexpensive, depending mainly upon the container you choose.

SALAD MIX POT. Choose a pretty pot, preferably with drain holes (if it doesn't have any, be sure to put gravel in the bottom of it), and fill the container with potting soil. It's also a good idea to mix a controlled-release fertilizer or fish emulsion into the soil. Plant a couple of violas and a couple of calendulas (pot marigolds) on the perimeter (they give wonderful color and are edible). Then either sprinkle salad mix seeds onto the soil surface and scratch them in, or plant salad-type seedlings in the middle of the pot, spacing them somewhat. Water carefully, especially if you've planted seeds. Move the pot outdoors, protecting it from freezing, and keep the soil moist. If you have time before giving the gift, thin the seedlings when

they're about an inch tall. Your recipient can harvest individual leaves when they're 3-4 inches tall. Good plants for this pot include nutritious lettuces like buttercrunch, redleaf, greenleaf, and salad greens like arugula, mesclun, and spinach mustard.

WILDFLOWER POT. Another colorful and wonderful gift is a pot of wildflowers. Again, choose a pretty pot and prepare as above. Plant a few blue fescue plants around the outside and one in the middle. Then sprinkle seeds of low-growing wildflowers in between and water carefully. Grow outdoors in full sun, watering regularly to keep the soil moist. If you don't have time to grow seeds or want to give a pot with growing plants in it, check our local nurseries for seedlings of low-growing native flowers.

PAPERWHITE NARCISSUS BASKET. For this pretty presentation, you might want to plant the bulbs in a basket. If you choose a basket, line it with plastic, then fill halfway with potting soil. Plant narcissus bulbs several inches apart and plant chamomile in between for

a nice filler. Cover with soil up to the base of the bulbs' necks. Water just to wet the soil. Grow outdoors in bright light and protect the basket from rain. Since the liner affords no drainage, water lightly. When the flower buds begin to open, bring the basket inside to enjoy the wonderful, fragrant flowers.

HERB POT. One of my favorite pots to create is an herb pot. It's colorful, useful, and fresh herbs taste so good! Large terra cotta pots work really well for this and are usually inexpensive. You can, however, make a beautiful little garden in a basket. Treat as described above. Choose herbs in 2-4" containers at the nursery. Herbs that are used frequently in cooking are parsley, chives, oregano, basil, sage, and thyme. Plant nasturtiums on the perimeter for gorgeous color. Soft-stemmed herbs can remain in the basket but if you choose larger herbs (such as sage or rosemary) your recipient may want to transplant them outside later. Plant low growers and draping herbs, such as chives and nasturtiums, around the sides and build height in the center with tall, upward growing plants such as basil and parsley. It's important to remember that herbs in containers need more care than those planted in the ground. And

terra cotta pots tend to dry out more frequently than plastic ones so you'll need to watch the soil moisture more carefully.

Water and feed potted plants regularly and harvest liberally. Trim off any yellow or dead leaves and if plants look as if they're going to outgrow their containers, plant them outside and replace them in the pot with smaller ones. For optimum taste, make sure you harvest your herbs before the plants flower.

HOT CHILE POT. How about a pot of different hot chile peppers for Father's Day? This gift would be wonderfully colorful, and useful too. There are usually a variety of chile pepper seedlings at the nursery or you could plant them as seeds. Some of the best varieties include jalapenos, serranos, habaneros, baby hot cherries, tabascos, and maybe a larger Anaheim chile in the middle. You could include your favorite salsa recipe as well. You'll probably want a fairly large pot for this gift and these plants need lots of sun and frequent watering.

Pat Diaz lives in the woods by Dworshak Reservoir where the snow has finally melted! The snowshoe hares have turned brown, the wild turkeys are getting ready to have little ones, and the deer are plentiful.

Find out more about the National Organic Program

By Nancy Taylor,

Organic InspectorAs many of you know, the new National Organic Program (NOP) regulations were published by United States Department of Agriculture (USDA) last December. These new rules will be implemented on April 21, 2001. By October 21, 2002, all products labeled as "organic" must be in compliance with the new Federal Rule. If you are interested in what

will be required by the Federal Organic regulations you can log on to <<http://www.ift.org/careers/video/>> and click on 'join us' to view the videoconference and to view a broadcast from the Institute of Food Technologists on Requirements for Processed Organic Food. The original broadcast aired on April 10, and you will be able to view this videoconference until May 10, 2001

on your own computer. The videoconference is approximately 1.5 hours long and gives an overview of National Organic Program regulations, the organic industry, processing and handling and labeling requirements. If you would like to get a copy of the video for \$30, contact Paul Grassman at <pdgrassman@ift.org>, 312-782-8424.

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The Governor's Roundtable for Families and Children

by Lisa A. Cochran

Coinciding with recognition of April as Child Abuse Prevention Month, approximately 300 people attended the Second Annual Governor's Roundtable for Families and Children in Boise, April 17 and 18. I had never been to such an event before, so I came with an open mind and an unbounded perspective. I went to the conference wearing several hats: First, I am a parent of a toddler who will be impacted by Idaho's resources and support for families and children (or lack thereof). Second, I am a community volunteer who is working to try to improve the lives and children and families. Third, my volunteer activities are with Young Children and Families Programs, an entity with its own specific goals and needs.

When Dirk Kempthorne entered the Governor's office, he proclaimed this to be Idaho's Generation of the Child. To this end, he immediately signed an executive order establishing the Governor's Coordinating Council for Families and Children (GCCFC). The duties of this council are: to maintain accurate inventories of programs that run at the state, local, and non-profit levels; to serve as a clearinghouse of this information; and to develop a plan to achieve mutually defined goals.

The council is made up of representatives from every region of Idaho and every facet of background as it pertains to families and children.

People from Health & Welfare, law enforcement, YMCA, the media, the legislature, faith-based and service organizations, the judiciary branch, health care, youth groups, business, education, social welfare, Native American and minority groups, funding groups and trusts, and advocacy groups all bring to this council their experience and skills. The result of their work together has been to establish priorities which serve to strengthen and improve the well-being of families and children in Idaho. The

discussions and definitions have been complex and diverse but I briefly list them as:

Priority 1: Information Coordination and Dissemination. How to get help and give help on information related to children and families. That is, to link people and services. Result: A merger, suggested via a Memorandum of Understanding,



A youngster, one of 369,000 living in Idaho, listens carefully to the First Lady as she talks about her vision of the future of Idaho's children at the Governor's Roundtable for Families and Children

between the Idaho Careline (1-800-926-2588) and 211 Idaho (an assistance network website located at <www2.state.id.us/idahochild>).

Priority 2: Data collection and utilization to provide accurate, reliable, and pertinent data to inform, evaluate, and make policy decisions. Result: endorsing a model called Kids Count for achieving this goal.

Priority 3: Public awareness to enhance everyone's understanding that healthy kids=healthy communities=healthy state. Result:

The Brightest Star award given by the Governor to reward groups, businesses, and individuals who are making a difference in the lives of children.

Priority 4: The fostering of public and private partnerships at the community level. Result: formation of the GCCFC and the Governor's

for children and families of Idaho. Governor Kempthorne himself was unable to attend, but the steadfast dedication and tireless enthusiasm of the First Lady of Idaho, Patricia Kempthorne, along with others whom I met there was enough to make me believe that we are and will be making progress in the lives of kids and families. I saw commit-

ment and I felt a common passion for making our children and our families a top priority. Governor Kempthorne has said, "In five years it will no longer be a political struggle to make children a priority." Just hearing the Governor say that may not make you a believer, but seeing Mrs. Kempthorne and the army of folks working on behalf of our kids has convinced me that this certainly is their "cause d'etre." But to make it work, this needs to also be the priority of every Idahoan.

We all need to make a pledge of responsibility to work towards making this goal a

reality. Why? Because healthy children and healthy families make healthy communities, and healthy communities make up a healthy state—the kind of place people want to live and raise families.

Isn't this quality of life issue what we all want? It is essential that we all make a commitment to do our part to work towards an image of what Idaho should and can be. We all have a vested interest in this goal. We are all links in the chain.

We are family.

Roundtable for Families and Children.

The Roundtable served to communicate the 4 priorities established by the GCCFC and to convey results, get feedback, and allow attendees an opportunity provide input, share knowledge and better define needs of different regions and communities. It also provided fertile grounds for people to network and collaborate as well as develop strategies and recommendations for future results. Call me naive, but I felt the conference was full of hope

Letter from the Land

Get To Know Your County: Drive a School Bus, Part III

Last month I talked about how Moscow sits at the junction of the prairie, the mountains, and the canyon lands. To illustrate, here is what I consider to be one of the prettiest Moscow School District bus routes. It will take you one-and-a-half to two hours by car.

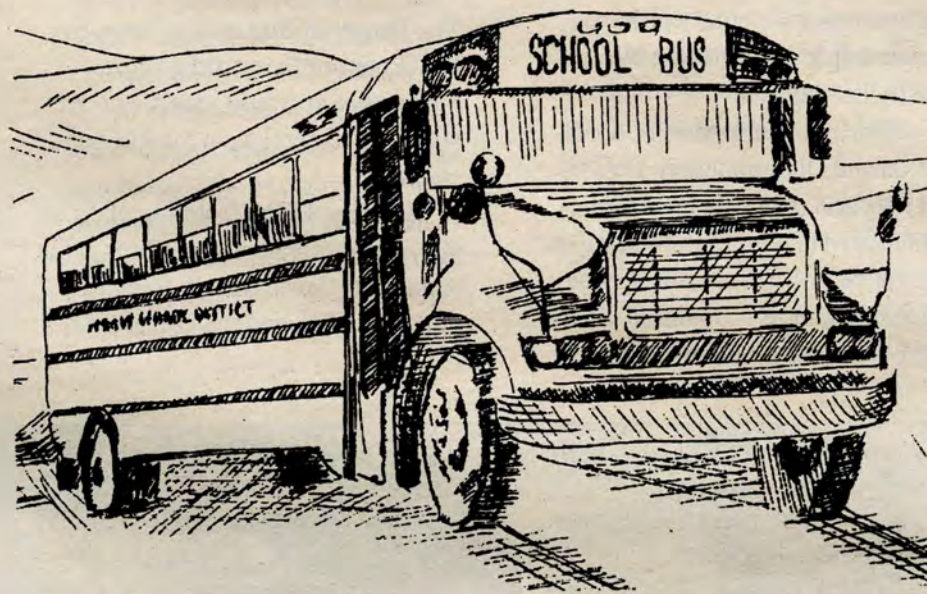
Route 101.

Route 101 runs north on Highway 95 over Steakhouse Hill to Viola and then east along Four Mile and Flannigan Creek Roads, with side trips up Chaney, Marshall, and Davis Roads.

Viola sits at the border between open farm land and forest. Four Mile Creek runs through Viola, draining off the north side of Moscow Mountain and heading west to join the South Fork of the Palouse River outside Colfax.

Route 101 follows the Four Mile Creek drainage eastward. At first there are open fields on both sides of the road, then the trees close in on the right, until at Spangler's Hill they close in on both sides. The top of Spangler's Hill is a divide: when you go down the other side, you are following Flannigan Creek, which runs northwest to join the North Fork of the Palouse River near Potlatch.

East of Spangler's Hill the landscape is at first similar to the Four Mile drainage: long fields stretching up the hill to the left, and forest coming down the mountain to the creek on the right. In late spring, and again when school resumes in late summer, I find this secret valley



lush and enticing, tucked away from the dusty heat of the mountain's south side. But as fall closes in on winter, and the sun comes late to the northside valleys in morning, and leaves early in the afternoon, the

land looks less welcoming, the soil of the cleared land more meager.

Just before Marshall Road, Lodgepole pines appear for the first time, signaling that one is coming into mountain country. Soon the

cleared land dwindles to a strip of old pasture along the stream bottom.

The bus turns around at Matson Road, and then makes a several-mile foray up Davis Road. Here the forest landscape opens into a hidden valley of wide fields sloping down to the creek, with great views south to Moscow Mountain. The various shoulders of the mountain frame the top of the valley in a semicircular vista.

The bus turns around at a large black mailbox in a horse pasture, and heads back to open country.

As you come into back into town, suddenly everything is small and near again: the north side of Moscow Mountain is a different world from the Paradise Valley.

Note: You can pick up a county road map at the assessor's office in the County Courthouse, for two dollars. Other useful guides are the Idaho and Washington atlases published by DeLorme Mapping, available locally at BookPeople. Caution: These maps sometimes show roads connecting that no longer do so, especially on Moscow Mountain.

Suvia Judd sells fruit trees, raises suri alpacas, drives schoolbus, serves on the county planning commission, and explores the local landscape.

Moscow Renaissance Fair King and Queen Selected

By Nancy Taylor

The Moscow Renaissance Fair Committee is proud to announce Malcolm and Carol Renfrew as the King and Queen of the 2001 Moscow Renaissance Fair.

The King and Queen honor represents "unsung heroes" who have made significant contributions to our community with little recognition. Malcolm and Carol are deeply rooted both in the Palouse community and in the university.

Malcolm came to the University of Idaho from Potlatch in 1929. Carol entered the University from Rosalia, Washington, in 1931. They met in 1935 when Carol was a senior and Malcolm a teaching assis-

tant in chemistry.

Malcolm has served as the head of the Physics Department and Chemistry department at the U of I until his retirement in 1976. Carol has served on many community boards. They have lived most of their lives in the Palouse, and continue to be active in the Presbyterian Church, library (both U of I and public), Latah County Historical Society, Humane Society of the Palouse, Latah Health Center, the Good Samaritan Village development, the 1912 Center, and the Kenworthy Theatre project. The Renfrews are considered "pillars" of the community and are avid supporter of the Renaissance Fair.

"When I think of the Renais-

sance Fair, I think of spring time and renewed energy for life," exclaimed Carol. "The Renaissance Fair is a wonderful community event and we are looking forward to serving as King and Queen".

The Renaissance Fair is at East City Park in Moscow on Saturday, May 5th and Sunday May 6th. Admission to the festivities and the main stage entertainment both days from 10:00 a.m. to dusk is free. For more information call Nancy Taylor: 208-875-1088. Information can also be found on the website:

<www.moscowrenfair.org>.

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The Fragrant Nightmare Continues

By Pamela Lee

Perfumes are used in an increasingly wide variety of products. Most people are walking soups, or cess-pools, of fragrance, wearing scented soap, hand lotion, shampoo, conditioner, hair mousse, hair spray, and deodorant, not to mention colognes, after-shave, and perfume.

Perfumes are even used in cleaners, plastics, industrial greases, lubricating oils, solvents, foods, and food packaging. I have not even mentioned today's big daddies of smell: the omnipresent highly fragrant laundry detergents and fabric softeners.

Add to the nasty mix those house and automobile products so deliberately misnamed "air-fresheners," whose ghastly smells cling tenaciously to your clothes and your hair. And now the chemical industries are going to sell you spray-on fabric softeners, products that are supposed to save you from ironing clothes. They *may* relieve you from that duty, but they may also shorten your life. You might well be using potent, harmful chemicals that are easily absorbed through your skin and lungs.

Over a million pounds of fragrance compounds are produced each year. More than 90% of fragrance ingredients are either synthetics or isolates (a single chemical extracted from a material, usually turpentine oil). Synthetic fragrance ingredients are cheaper than the now anachronistic, natural scents. Synthetics have changed fragrances from "special occasion" use to ubiquitous use.

In the mid-1980s, a new method was developed for formulating fragrances. These formulas use fewer compounds, but in larger amounts. The synthetic formulas are extremely powerful and long lasting. The pre-1980's perfumes were to be smelt within arms' reach of the wearer, for 6-8 hours. The new powerful synthetics are devised to last weeks or longer. Their acrid odor can fill an entire room, and leave a cloud-like trail of synthetic smell, even outdoors. If you fail to notice, chances are your olfactory senses are inured. The sense of smell habituates to the environment quickly. If you use the stiff synthetic

scents routinely, you will stop noticing their strong smell. But, those around you still notice.

The EPA did a study of fragrant personal cosmetic and laundry products. Based on that study, the 20 most common chemicals, off-gassing from 31 products were: acetone, benzaldehyde, benzyl acetate, benzyl alcohol, camphor, ethanol, ethyl acetate, limonene, linalool, methylene chloride, alpha pinene, g-terpinene, 1,8-cineole, beta citronellol, beta myrcene, nerol, ocimene, beta-phenethyl alcohol, alpha terpinol, and 3,7-dimethyl-1,3,7-octatriene. The list goes on; these are only the top 20.

The material safety data sheet (MSDS) warnings are horrible. Here are the most frequently occurring warnings for exposure to these chemicals: several are labeled carcinogenic, mutagenic, narcotic, and sensitizers. Many of the chemicals are on the EPA Hazardous Waste list. There are recurrent repetitions of phrases such as: "may cause kidney damage; CNS (central nervous system) irritant and depressant; headache; inhalation can cause dizziness, nausea, incoordination, slurred speech, drowsiness, in severe cases, coma; irritation to mouth, throat, eyes, skin, lungs, GI tract, abdominal pain; in mice: hyperanemia of the lungs". The sheets say the "vapors are irritating to eyes and respiratory passages,

exciting cough." Many cite warnings that the chemical "can be absorbed through the skin causing systemic effects," and "do not flush to sewer." These are warnings for chemicals in products you apply to your skin, hair, and clothing. If you use dryer-sheet fabric softener, add **chloroform** and **pentane** to your chemical closet.... Good grief! Have you been feeling inexplicably tired, yet nervous lately?

We all now know of the tobacco industry's historical advertising sins. Every major TV news network has been singing the tobacco cover-up tune for years; you've learned that lesson. If you still choose to smoke, you take your habit outdoors, respecting other individual's right to avoid second hand smoke. So, please, also rethink your fragrance use. It has become virtually impossible for other people to avoid your second-hand scents. *I want to* avoid second-hand migraines, skin rashes, chronic fatigue, cancer, and mutagenic damage to my chromosomes from *your* fragrance. Please, change your habits.

Pamela Lee believes static cling is an advertising hoax. But, if you actually suffer from this mythic malady, simply add 1/2 to 1 cup plain baking soda to your wash cycle. Curb pollution: buy unscented liquid laundry soap. If you think laundry powder dissolves, place your usual tub dose in a quart of water and wait, and wait, and wait.

Pet Perspectives

By Sarah Hoggan

This will be my final pet column for the Moscow Food Co-op Newsletter. I will graduate with my DVM on May 12, 2001, and I am leaving the Palouse to pursue my veterinary career in San Diego, California.

I have appreciated the opportunity to share my education and passion for animals and I wanted to express my thanks to the community.

In the four years I have attended veterinary school I was consistently impressed with our

community and its attitude toward animals.

Good Samaritans abound in the Moscow/Pullman area. Countless times people have brought wounded animals to the veterinary teaching hospital. Hawks, owls, rabbits, squirrels, dogs, and cats are just some of the animals that have been rescued from dire situations. Not only did people bring them to the teaching hospital, they often sat in the waiting room to hear a prognosis and left a donation to offset the cost

of care. That's a rare measure of kindness for a homeless animal.

At the Farmer's Market dogs are walked on lead and stroked by their owners and strangers alike. As people buy breakfast and other delicious treats, a generous portion is usually shared with a canine companion. Obviously mini doughnuts and baklava are not recommended dog food, but an occasional sample says "I love you" in a delicious way.

The traffic on the Chipman Trail is another "barometer" of our dedication to our pets. Even on the ugliest days, you can see a dog loping alongside its owner on the

paved path. A dog running on that trail is a portrait of canine joy.

It can be said of veterinary medicine that you see the best and the worst of humanity. My experiences in the Palouse have definitely shown the quality of our community is some of the best humanity has to offer. Thank you for showing me how a community should be: dedicated to the happiness of all its members, no matter their species.

Sarah and her family are moving for her new job in North San Diego County in a multi-doctor, small animal practice. They are excited to enjoy their life's next chapter with the sand and the sunshine. Hopefully they will get used to the traffic.

From the Board of Directors

by Pat Vaughan

I enjoy our annual "introductory" board session much more than a typical board business meeting! This past month we welcomed two new board members. Peg Kingery and George Bridges began their three-year terms as directors for your food cooperative.

We introduced ourselves to each other, talked about how we came to be associated with the Co-op, and discussed the board's recent goals and priorities. As a group, we reviewed the responsibilities of board members and how we organize into standing committees.

Peg and George get to do "homework" studying documents like the Bylaws of the Moscow Food Cooperative, Principles of the Cooperative Movement, History of the Moscow Food Co-op... (and we "veteran" board members are reminded about brushing up on the official duties as well).

I find myself heartened by taking this time each year to review what we at the Food Co-op are about and what we are working on as a board. But more than anything I enjoy seeing how such a disparate group as this seven-person board actually has so much in common.

We come together elected by you, the members. We quickly find

we all care about the Co-op and are willing to commit time and energy to its support. Over time we become friends in a mutual effort to sustain some wonderful aspects of the Palouse and its communities. And I suspect that in this way we are representative of the Co-op's general membership.

Though we are various men and women, young professionals, students and retired persons, long-time Palouse residents and recent arrivals, town dwellers, farmers and even Albionites, we share many of the same values.

I find that the values we have established as our guiding principles in decision making also bring us together as friends:

- Good Food
- Democratic Principles
- The relationship between Food, the Environment and Health
- Community
- Right Livelihood
- Ethical Business Practices
- Support for Organic Farming
- Information Networking for Health and Environmental Issues

Do these represent principles you value as well? Let us know. We're listening.

Romping Through The Grapes

By Vicki Reich

This month I took a little trip to Italy, to the Tuscany region and brought back a very nice bottle of organic Chianti from Terre Di Romignano (\$10.25) to sample for you. Okay, it was just a saunter down the Co-op's aisle 4 but a girl can dream.

Chianti is probably Italy's most famous wine and one of the larger wine zones in that country. The entire region has DOCG status, which is reserved for a small group of elite wines, and is prominently noted on the label.

Chianti is made from Sangiovese grapes and, being the classic Italian wine, it goes great with Italian food. This particular Chianti is no exception. It is light, crisp, and dry with the predominant cherry aroma and flavor so common in Chianti. It has a beautiful ruby red color. This wine will go well with pasta and pizza, as well as with any light Mediterranean fare. It is definitely ready to drink now but will also age well for a few years.

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Annual Membership Meeting, with Cake

By Therese Harris

'Twas a mad day of shopping on March 27, and those impressive sales figures would be even larger and more impressive, if the store had stayed open until its usual closing time of 8 PM. But, as it was, the store closed at 6 PM to get ready to host the 2001 Annual Membership Meeting at 6:30.

Members started congregating even before the store closed, and by 6:30 a small crowd was standing ready to greet, meet, and eat. So, we greeted each other, met the new, current, and outgoing Board members, and ate some wonderful chocolate cake—and that was before the real meeting even began!

Board Chair Pat Vaughan called us officially to order about 7 PM and began the meeting by formally recognizing the staff members of our Co-op and thanking them for their good work and their daily dedication to running the Co-op.

The Co-op General Manager, Kenna Eaton, then stood to give her annual Financial Report, complete with diagrams and details. The report was fairly rosy, with the Co-op's sales for the year 2000 being above expectations. Kenna spelled out for us what the main expenses of the Co-op are (personnel and facilities), and what our largest improvements have been over the last year (the revamped loading dock and new equipment like a misting system for produce, new cookie and coffee bins, and an interactive computer in the personal care department). Kenna told the crowd that the Northwest Cooperative Grocer's Association planned to highlight our Co-op at a workshop in April, as an example of a store that's doing it right. Kenna echoed Pat Vaughan's appreciation for all the staff members who help make the Co-op the successful venture that it is. Kenna also gave a mini-financial report on that day's Members Appreciation special—the largest single day of sales ever at the Co-op (see her article elsewhere in this newsletter for more details of that day.)

Chairman Vaughan took over the meeting again and summarized for us what the various Board

committees have considered over the last year. The committee that stirred the most interest and discussion at this Annual Meeting was the Strategic Planning committee. It is charged with considering the overall course of the Co-op, including the following aspects:

1. Considering the Co-op's values, such as those covered by our vision statement (including the promotion of good food, especially as related to good health and life; democratic principles; sustainable community; right livelihood; support of organic farming & sustainable agriculture; ethical business prac-



Current slate of Moscow Food Cooperative Board of Directors:
Front Row L - R: George Bridges, Peg Kingery, Bonnie Hoffmann, Al Pingree

Back Row L - R: Pat Vaughan, Mark Mumford, Erik Flexman

tices; and being part of an information network.)

2. Pursuing the idea of becoming a legal co-op in the state of Idaho, as laws have changed on this issue. Currently, the Co-op is a nonprofit co-op corporation.

3. Reviewing how the Co-op gives back to the community (they are open to suggestions here!).

4. Improving the Annual Membership Meeting. What can be done to entice more members to attend and participate in this annual Co-op ritual, without it becoming merely an expensive party?

New Co-op Board of Directors

Pat Vaughan (President)	pckh@moscow.com
Erik Flexman (Vice President)	byooco@hotmail.com
Bonnie Hoffmann (Secretary)	bonniehoffmann@hotmail.com
Shel Lee Evans	shel_flife@hotmail.com
Mark Mumford	mmumford@moscow.com
Al Pingree	lap@moscow.com
Peg Kingery	king6619@uidaho.edu
George Bridges	gbridges@uidaho.edu

This last item of the Strategic Planning committee sparked some animated discussion. While numerous members miss the social aspect of previous years' annual meetings, it was agreed that the expense of an

that they are willing to share with other Co-op members, rather than just posting what the Co-op is looking for in volunteers at the moment.

Creating themed Board meetings/posting Board meeting agendas. Make it more obvious that the Board is interested in member input.

Solicit more regularly the input of members via the newsletter or in-store suggestion boards.

Solicit member suggestions for Co-op activities such as classes.

The small crowd responded warmly to the request for suggestions and the Board actively listened. While the intimate space and small crowd was conducive to good discussion, it was noted that more member involvement is both desired and desirable: the Moscow Food Co-op is an organization that is member-dependent and predicated on democratic principles. Therefore, the Co-op should be member-driven, not just Board-driven. So members are asked to look for ways to make our Co-op more thoroughly ours—and personal involvement beyond shopping is invited.

The 2001 Annual Membership Meeting wrapped up about 8 PM, with bits of leftover cake hauled away by a lucky few. The meeting was so dense with good discussions and ideas, it was amazing to find we were done so early.

If you weren't able to attend this year's Annual Membership Meeting, you are still invited to share your vision of what this Co-op is doing (well or not so well) and what more this Co-op might be. Send your ideas and suggestions to the Board, or even better, bring them to a Board meeting and see for yourself what's going on.

CO-OP

Bulletin Board

Moscow Post-Op
211 East Third Street
Moscow ID 83843

Adopt a Plant at Berman Creekside Park

Planting Day June 2nd

For a donation of as little as \$10.00 you or your group can participate in the planting of Moscow's newest park along Paradise Path north of Styner Ave. The City will match your donation and even plant your plants if you're not able to join us on the planting day. Plant lists and a copy of the planting plan are available at the Eggan Youth Center. Call 883-7085 for more information.

Palouse Folklore Society

April 21st w/Wild Dogs in the Marsh, and Vickie Marron calling again at the community center in Moscow, ID.

May 5th w/Potatohead, and Julie Dickleman is calling last time at the community center in Moscow, ID for this spring season. Moving to the Blaine School house in June

June 2nd w/Potatohead, and Joseph Hudson is calling at the Blaine School house.

The Ridenbough Gallery

April 20 - May 2

BFA Thesis #2 - Graphic Fine Art
Opening reception: Friday, April 20 4-6pm

May 7 - 11

Architecture Graduate Project Exhibition

May 14 - 18

Mixed Media Class Critiques

NorthWest Folklife

Is in Seattle this year is May 25-28, 2001 held in the Seattle City Center.

America Walks will host the first

National Congress of Pedestrian Advocates

August 16-18, Oakland, CA

For more information, visit <http://americawalks.org/congress/>

The Nez Perce

Thurs. May 10

7:30PM Moscow Center

View a wonderful slide presentation by Club photographers on the trail that brought us over the Bitterroot Mountains into Clearwater Country and see to help this summer.

Sponsored by Palouse Group Sierra Club Friends of the Clearwater and Idaho Conservation League - 882-1010

Moscow's Downtown Revitalization Committee

May 5-6

at the Moscow Renaissance Fair

Moscow's Downtown Revitalization committee will have its own booth near the south side of the stage to discuss the planning and gather input on proposals for remaking downtown in preparation for a series of public meetings in the fall. 885-2832

Moscow Renaissance Fair

May 5 and 6, East City Park

20 food booths, huge children's activities area, 130 craft booths, continuous stage entertainment, free admission

Come Celebrate Spring!

Join us for "Dead Night" at Mike's Gyros

A new tradition for Moscow, featuring readings of the Grateful Dead, the first Thursday of the month, May 3d starts at 8:00

sponsored by Tye Dye Everything



Special Collections Library
University of Idaho
Moscow ID 83844-2351



Submit non-profit and...
beh_case@hotmail.com
For additional events...
<http://www.moscowbulletin.com>