

April 2002

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Bikes, Free Trees & Earth Day

by Kenna S. Eaton, General Manager

Celebrate Earth Day this year by bringing your bicycle out of the garage and into the sunlight. Saturday, April 20th we are sponsoring several events to help you do just that.

Ride your bicycle to the Co-op that day and we will have a tree (provided by Prairie Bloom Nursery) for you to take home and plant—or donate to Paradise Creek. We'll also have bike mechanics on hand to help get your bike in shape for the season.

Village Bicycle Project and Northwestern Mountain Sports will set up shop at the Co-op for the day, and will hold two workshops on bicycle repair and maintenance. From 10:00 to 11:30 am they will be teaching anyone who is interested the basics in bicycle tune-up and repair. The second-class is scheduled from 1:00-2:30pm and will offer a little more sophisticated knowledge for you bike geek wannabes.

The classes will be held on the Fourth Street side of our building if it is sunny, and in front under the awning if it decides to snow or rain. Northwest Mountain Sports, a Co-op business partner, will be selling bicycle parts for a 10% discount so you can go ahead and do those repairs on the spot. We will also be accepting used bikes for donation to the Village Bicycle Project. Moscow's Dave Peckham started this project to take bikes to Africa, he then trains the owners on how to maintain and

repair their new bikes. Dave is looking for donations of bikes (especially mountain bikes) parts, and cash. Donate a bike and you'll also receive a free tree!

If you are interested in learning more about the Village Bicycle Project you can check out their web site www.ibike.org/vbp or email ghanabikes@yahoo.com, or call Dave at 892-2681.

We're hoping to have lots of other fun events happening on that Saturday, possibly including bicycle stunts! So bring your bikes, your friends and kids down to the Co-op and take home a tree and a shiny, happy bike.

As usual the Co-op will also be putting together a crew for the Annual Paradise Creek Clean-up. The Co-op has committed to cleaning up several section of creek at least once a year and we need your help to make it happen.

Please read the article by the volunteer co-ordinators, Janna and Annie, for more information if you are interested in being part of that effort.

The Co-op will offer 10% discount all month long on all bulk items. This includes all food and non-food items that you scoop and put in a bag; coffee, olives, bath salts, grains, beans, you name it. Long live Bulk!

Co-op Business Partners

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

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

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, 882-1351

Erika Cunningham, Licensed Massage Practitioner - First 2 massages @ \$30 each, 882-0191 for Appointment

Eva Jo Halvik, LMT - First 2 masages @ \$30 each, 306 E 3rd St., 2-A, Moscow, 301-2246

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 purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536

Inland Cellular - \$10 off 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 custom framing, 208 S. Main St., Moscow, 882-1343

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

Kinko's Copy Center - 10% off all services except shipping, East Side Market Place, Moscow, 882-3066

Dr. Linda Kingsbury, Professional Herbalist - \$10 off consultations, 106 E. Third St., 883-9933

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

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

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

Movement Improvement Feldenkrais Center - First individual lesson 40% off, and first group lesson free, 2106 Orchard, Moscow, 883-4395

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

Northwestern Mountain Sports - 10% off bicycle parts, accessories & labor, 1016 Pullman Rd, Moscow

O'Brien Real Estate, Jennifer O'Brien - 1% commission discount for seller & 1 hr counseling for buyers, 111 E 1st St., Moscow, 883-1219

Paradise Fibers - 10% off all books, magazines, videos, yarn and knitting needles. spinning@colfax.com

Peacock Hill B & B - \$10 off night's lodging and 1/2 price breakfast when purchase two. 1245 Joyce Rd., 882-1423

Professional Mall Pharmacy - 10% discount on any compound medication, 1205 SE Professional Mall Blvd., Pullman

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

Glenda Marie Rock III, Healer Teacher Exorcist - 10% off clairvoyant readings, past life regression & energy healings, 892-8649 or gmrockiii@aol.com for appointment.

Star Garden Flower Essences & Intuitive Astrology - 10% off readings and consultations, 882-8360

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 509/595-7787.

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

Waddell & Reed, Jim Trivelpiece - Free consultation for financial/retirement/investing/ life insurance. E 205 Main St., Pullman, 332-2543

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

Wild Women Traders, Sandy Russell - 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



Help Support the Village Bicycle Project

by Kenna S. Eaton, General Manager

During the month of April when you shop at The Moscow Food Co-op your purchases will directly help support the Village Bicycle Project. Two percent of every sale on Tuesdays during April will go to the Project. Started by Co-op member Dave Peckham, the Village Bicycle Project sends bikes, parts and tools to improve the availability of bikes in West Africa. Since 1999, VBP has been teaching selected (mostly rural) groups how to do maintenance and

repairs, so that they will be able to keep their bikes running better longer. This year, the project begins a program to teach bicycle repair in the schools. Currently, there are one American volunteer and two Ghanaian partners working on the project in Ghana.

If you are interested in learning more about the Village Bicycle Project you can check out their web site www.ibike.org/vbp or email ghanabikes@yahoo.com, or call Dave at 892-2681.

Help us support the Village Bike Project

The Co-op will donate 2% of every sale on every Tuesday during April to the Village Bike Project



The Village Bike Project sends bikes, parts and tools to improve the availability of bikes in West Africa.

For more information check out the website www.ibike.org/vbp or email ghanabikes@yahoo.com or contact founder Dave Peckham at 892-2681

Shop on Tuesdays to support the VBP!

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BAKERY SCHEDULE SPRING 2002

EVERYDAY

Muffins, Scones, Cinnamon rolls, Croissants
Fruit Bread, or Pound Cake
Bakers' Choice Bread
Cornell White
Pesto French
Breakfast Loaf

MONDAY

Daily Wheat
Crusty French Baguette
Cracked Wheat
Rosemary Bread
Tomato-Herb Pitas
Sourdough
Caraway Sour Rye
Bakers' Choice

TUESDAY

Daily Wheat
Crusty French Baguettes
White Spelt
Country White
Sour Wheat
Multi Crunch
Bakers' Choice

WEDNESDAY

Daily Wheat
Crusty French Baguettes
Cornell White
Seeded Sour

THURSDAY

Daily Wheat
Crusty French Baguettes
Honey-Butter-Oat
Country White
9-Grain
Bakers' Choice

FRIDAY

Daily Wheat
Crusty French Baguettes
White Spelt
Buttermilk Bran
Sweet Black Rye
Sourdough Walnut
Bakers' Choice

SATURDAY

Daily Wheat
Crusty French Baguettes
Spicy Corn Loafettes
Sour Rye
Country White
Kalamata Olive
Seeded Sour
Bakers' Choice



Welcome!

By Laura Long,
Membership Director

As some of you may already know, I wear many hats here at the Co-op, and in fact I am not just the Membership Director. Many days, I am also the Front-end Manager, which means I deal with most things pertaining to the cash registers and the cashiers. The reason that I mention this is because there were a couple of comments on the suggestion board that I wanted to respond to this month.

*Can you adjust the credit card machine to print only the last 4 digits [of the credit card number on the receipt] as most machines do rather than printing the whole number on the receipt [as the Co-op's machines do]?—*Thanks for asking about this. I will try to look into have the machines adjusted because I think your request is a good one, but until that happens, here are a couple of comments.

First of all, it is the Co-op's policy not to accept only a credit card number in payment for purchases. The card must be physically present, and we do check the signature on the back of the card.

Second, I would really encourage you as the customer to take your credit card receipts with you! Many customers opt not to do this, and I don't really think it's a very safe practice on their part. When someone leaves one behind, we try to destroy it as best we can, but we do recycle as much paper as possible, and receipts go into that recycling as well. So, please, please, pretty please, be responsible for your own paper work. It's the price of using credit cards in our modern, fast-paced society, and I personally think it's well worth your effort.

*Could you provide] optional receipt printing on the cash registers so that a receipt can be printed on command and not each time a purchase is made?—*Thanks for suggesting this, because I think it's commendable that you want to save all that paper. I would like to also, because the fact is that we recycle about three grocery bags full of paper receipts every day here at the Co-op. Unfortunately, as it stands now, we only have the option of "on" or "off," and there is no in between. Many of our in-house transactions require a re-

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Deadline for Articles & Ads
20th of each month

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

ceipt for bookkeeping purposes, and many customers do want their receipt. Our registers do not allow us to print a receipt at the end of a sale if the customer decides at that point that they need to have one. Also, it is our policy that we cannot give cash back for a returned item unless a receipt accompanies it. So, if you really don't want your receipt, just leave it behind with us and we will happily recycle it. At least that way it won't just land on the ground outside in the parking lot.



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8-11am



Staff Circle: A Little Peace, Love and Understanding

By Kelly Kingsland, Kitchen Manager

Periodically, on a sort of regular, irregular basis the Co-op calls an all-staff meeting. Sometimes the need for these meetings is great, and we use them as a vehicle for increasing communication between staff and departments, as well as resolving internal commotion. Other times, it just seems a good idea to gather and get to know each other better.

We recently held a meeting of the second type. We felt the need to spend some time together outside of work (although outside only in the sense that invitations were limited to Staff and Board members).

We started with a little food, simple fare, eaten for sustenance (my favorite), and then moved into what has become traditional—a talking circle. Over the years the Co-op has learned to recognize the value of hearing every voice, as well as providing an uninterrupted, unlimited time to speak for each individual. This year's talking circle was typical in that it very quickly became a "Love Fest" in which many employees spoke of their love for their jobs, their co-workers, and the opportunities that the Co-op has provided them.

One employee read a long letter she had written about her dreams and wishes for this place and the Moscow community at large. And around it went. Sitting in a circle with many of the 40 or more staff members is eye-opening, and heart-rending.

The folks here are here because they are committed to alternatives. And while the group is typical north Idee-ho white, we are diverse in other realms. We are of different ages, backgrounds, interests, and commitment levels. We are radically idealistic, and more mainstream. We are pierced and tattooed, scarred and healed by life, and we all appreciate each other very much. Generally we are very loyal and tend to defend each other's rights to choose and be opinionated. When we can, we know each others stories, and passions. For me in Moscow, this feels like diversity.

In reflection, sitting in this group helps me understand my own defensiveness when I see customers balk, or even rudely comment, on a tattoo or other demarcation worn by a staff member. Ultimately the Co-op stands for the people's right of choice. As shoppers and members we are choosing to remove ourselves from the main-

stream food chain. As staff we have chosen proactively to insert ourselves into something deeper, further commitment to each other and our world. Sitting in that circle as we each shared I felt a common, shared, awareness and pride.

After the circle we moved on to a round of Co-op Jeopardy. Admittedly it took some convincing and explaining to bring me up to speed. Not having had a TV for the last 35 years has left me sorely, and blissfully, out of the know of television game shows. But WOW this game was fun, especially since my team won! Each manager had written 6 questions for their departmental category. Judging by one of my team members, Pat Vaughn's awed exclamations with each question, I have decided to include a few of the questions for you to try to answer. I'll leave out the further complicating rule of giving you the answer rather than the question, as the REAL game does. Here Goes:

One thing you should never put in a mixer: Your hand (yes, this one is from experience).

Who has worked at the co-op for 11-12 years, was the original "Deli Queen" and is now a cashier? Annie Hubble.

What at the Co-op costs \$5, \$10, \$17 or \$150? A membership!

This frozen rice product puffs when you bake it: Mochi

These seven things guide the Co-op: The seven principles of cooperation.

What/Who gets fed everyday, likes beer, often overflows, and lives in a bucket in the Bakery? A Sour-dough Starter

So obviously we had a good evening. Having professed our mutual love, shared bread, and played games, we went home. Some of us had to work early the next morning.

Classes • Workshops

The Institute for Yoga on the Palouse
Rm. 304, Gladish Community Center
115 NW State Street, Pullman WA 99163
509-334-YOGA (9642)
yoga@turbonet.com • www.yogaonthePalouse.com



Volunteers

By Annie Hubble

Volunteer coordinators

Hello volunteers and fellow Co-op members! Two very worthy and exciting events are happening in the month of April that I would like to tell you about.

On April 20th the Co-op celebrates Earth Day. For many years now, we have formed a crew to help with the annual Paradise Creek clean up. I encourage you to put your name on the sign up sheet (or simply turn up on the day).

The team will meet at the Co-op at 9am on Saturday April 20th and proceed from there to our designated strip of creek. Wear old clothes and waterproof boots if you have them and be prepared to have fun and work hard to keep our local water clean. The work takes about 3 hours so should be done about 12 noon, and you will have a wonderful sense of accomplishment.

On Sunday, April 14th, we are going to have a pot luck for all members of the Co-op. Janna and I are organizing it under the umbrella of volunteer co-ordinators, but as at the Christmas party, we welcome ALL Co-op members. We see this as a great way of bringing the community closer and getting to know each other better.

This is going to lead to a monthly potluck series, an idea originating with Sarah Scranton (your lovely and talented deli cook). Thank you Sarah!!

The potluck will be at 314 E. 2nd, Moscow.

When you arrive at the house, go around to the back of the house and climb the stairs to the second floor. Bring a yummy dish, your table setting and extra chairs if you have them. There will be a trestle table, and beverages provided by the Co-op.

There is no kitchen, so with the doors opening at 6pm, we will start eating promptly at 6.30pm. Each month we will follow eating with some kind of entertainment, sometimes self-made.

On this occasion Dave Peckham, coordinator of The Village Bicycle Project will present a slide show of his work in Africa. He has done great work with this program in Africa and I am sure that the slide show will be fascinating. I for one plan to be there.

(On Earth Day April 20th, you can meet Dave outside the Co-op giving workshops and helping people with their bicycles. The Co-op is helping his project further by donating 2% of its sales each Tuesday of April so shop on Tuesdays if you want some of your money to go to a very worthy cause.

See Kenna's article for more information about this exciting new Co-op venture).

So lots of good things are happening and I also hear rumors that Spring really isn't so very far off!

I hope to see you at the potluck and urge you to sign up for the creek clean up!

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From the Suggestion Board

By Vicki Reich

Thanks for carrying the Mental Claritea! Was going to order bulk but saw you just started to carry it! By the way, you might be smaller than the Davis Co-op, but it was not long ago they matched your size! Keep up the great work—just don't paint your building florescent green like they did. It's nice to be living near a co-op again.

Thanks and you're welcome—Vicki, Grocery Manager.

The Pepper Tofurky Slices kick butt! Can we have them sometime? Thanks!

If they're that good we'll give them a try—Vicki.

Please order Vegan Parmesan Sprinkles by Soyco Soyimage. It is a great tasting product and has no casein in it. I am dairy allergic.

I will bring it in to replace the veggie Parmesan we now carry—Vicki.

I have a recipe for marrow beans, do you know what they are and can you supply them?

I had to look these up on the Web, they are a white bean with a bit of a smoky flavor. They were popular in the last 1800's but I don't have a source for them. They were available on-line—Vicki.

More organic frozen pie crusts, please.

They're back—Vicki.

You should get Environ-Mints. They were like "Bug Bites" only better and tasted like mint chocolate. Please get them again!

I've been hearing this plea ever since the company that produced these stopped making them and I've always had to say "Sorry". But not this time. The company that makes Bug Bites has a new product coming out that's called Chimp Mints. They are mint chocolate squares with chimp cards inside. Profits from the chocolate will go to support the Jane Goodall Institute. Hopefully, we'll have them soon—Vicki

I love the large spring salad bags!

Thanks, I don't think you're alone—Danni, Produce Manager.

Is it possible to carry paneer cheese? P.S. Great work everyone!

It's here—Vicki.

Do you have dry unground sea salt? I could not find it.

If you are looking for coarse sea salt, we have it and it's with the bulk

baking needs below the bulk medicinal herbs—Vicki.

Can you stock Unique shredded cheese substitute? I have gotten it in Spokane for \$9.99 for 5 pounds. White and yellow.

I'm sorry but that product is not available from our distributors—Vicki.

Can you get Ener-g Bread-wheat free, gluten free and yeast free again? Thanks!

I'll bring it in, look for it soon—Vicki.

You guys should consider stocking Robert's American Gourmet's Fruity Booty. I know I would buy it!

I'm sorry I won't bring them in but you can special order a case if you want—Vicki.

How about listing sizes/quantities with price on sale items in the monthly newsletter.

Okay, look for it in the middle pages of this newsletter—Vicki.

It's great you started carrying veganise. Now, maybe you could consider Veganise made with grapeseed oil instead of canola. We've gotten it in the past at Huckleberry's in Spokane. Thanks.

It's here—Vicki

Thanks to everyone for the great job you do and a special thanks to Vicki for telling me about Vigor Aid—a tasty nutritional supplement and to Kenna for reminding me of the member discount if I ordered by the case.

You are most welcome, but we were just doing our jobs—Vicki and Kenna.

Fruiteos cereal and Buckwheat Maple cereal by Arrowhead Mills.

Sorry, I'm not going to pick these up but you can special order just 3 boxes of the Maple Buckwheat cereal—Vicki.

Stock Nutrex 7 oz. Bottle of organic flake spirulina. It is excellent and the flake form dissolves easily in liquid unlike the powder, which is gooey and lumpy. It is also cheaper!!

I'll bring it in. Look for it on the shelf early March—Carrie, Personal Care Manager.

Bring back your sprouted wheat bread, please!

We will put it out on Saturdays as long as it sells well—Kelly, Kitchen Manager.

Please have Daily Wheat bread ready earlier (9 am).

Sorry, but with our new bakery schedule, this is impossible—Kelly.

I love the poppy seed cookies—they have no eggs, sugar, or butter in them. Please make more vegan cookies and muffins. Your bakery staff is the best! Thanks.

Crista, one of our cookie goddesses, has been playing with the vegan cookie recipe and variations. Look for other maple sweetened cookies—Kelly.

Who ever made the "Sunflower bread"—Please make more. It was wonderful.

Yes, it is awesome, although I don't think it'll be a regular, it will come around as a Baker's Choice once in awhile—Kelly

Bakers—your plain sourdough is SO yummy—it used to be made every Thursday but I rarely see it anymore. Any chance it could still be made weekly? It's better than the Walnut, etc. (I think)...I miss it! Thanks!

It's made on Mondays now—Kelly.

Country Save Non-Chlorine Bleach Powder.

This will be in the store in April on sale. If it sells well I will consider carrying it all of the time.

Steve's Raw Food for Dogs.

Sorry, we don't have a separate freezer in which to stock dog food. You may special order it in case quantities.

Bison Meat? The Bozeman Co-op has a big selection—maybe you can now get it through your co-op pooling program.

Let me explain two things about why we can't get bison meat even though Bozeman can. First, the CAPWest program helps us get good deals on lots of things but not bison meat. It doesn't really help us deal with small producers that are not in major distribution. Secondly, every other co-op in the group is located near an interstate highway. This means they can get lots of stuff we can't. There are lots of things we just can't get because suppliers are not willing to have their truck deliver to us since we're not on the way to anywhere else. Believe me I've tried, but nobody wants to play with us. Maybe some day, I'll keep my eyes open—Vicki.

Have you stopped carrying the organic pop tarts? Hope not.

If you are referring to Amy's Frozen Toaster Pops, they are still here, we just moved them down a couple of doors—Vicki.

And here's more on music....

Letter 1: Imagine my surprise when I heard the two worst songs since at least the Paleolithic. The first is one that won the worst ever poll done by reputable pollster Dave Barry. The second is one I sing to Bobbi to annoy her, a bad lounge act imitation. Ugly, and the song is no worse when I perform it at home! Can the canned music! Its nutritional equivalent is Wonderbread and we don't sell that @##@^ here!

Letter 2: What is up with the bad music? I feel like I am at a 1980's slumber party! What ever happened to the good music?

Letter 3: Please play more of the "Saturday Evening Selection" of music (Rock, etc.) and less of the bad jazz. Thanx.

As you can see, musical preference is a very personal thing. It has been a contentious issue since we moved to the new store. We recently subscribed to cable radio, which is non-commercial and has 45 stations of different musical genres. The staff has had issues with the music until recently when we worked out a rotation system that everyone seems to like. Of course, the customers' happiness comes first, so if the music is really bugging you just ask a cashier to change it for you —Vicki.

Sole Mates.

Florida

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Personal Care Corner: A Visit With Wilson

By Carrie A. Corson

Recently, Vicki and I were stranded at the Lewiston airport while traveling to the Natural Products Expo in Anaheim, California. Our situation became more and more ridiculous as every twenty or thirty minutes (for 6 hours), someone with a Rod Sirling-like sense of humor, would announce that our plane would be arriving in Lewiston any minute, and that we all needed to stay in security to facilitate quick boarding. I realize that being stranded for 6 hours at the Lewiston airport only seemed like 15 years on a desert island. But as I sat in the security area, locked away from food, water and the bathroom, I began to feel a real kinship with Tom Hanks and Wilson.

I have little patience for waiting for anything for an indefinite period of time, so I soon found myself thinking of the many sarcastic, yet ultimately unproductive things I would like to have said to those folks keeping us locked up in order to facilitate quick boarding (on a plane that apparently was only a figment of someone's imagination).

But really, these folks had absolutely no control of the situation, and Vicki was unavailable to hear my comments as she was locked out of security changing our flight arrangements for the third time, so instead, I kept my mouth shut and turned to my imagination to provide some entertainment. There I was with plenty of time to let my imagination drift to a place of wondering what it would be like to be stranded, all alone for an indefinite period of time? What would make my time more bearable—other than not having to listen to the demented voice announcing that our "plane should be arriving any minute" over and over again?

Anyway, so here I am wondering, and the first thing that pops into my head is that I'd definitely want to have my Leatherman multi-tool with me. Just in case an unexpected tooth extraction should become necessary. But then I thought, hey, this could be a newsletter article in the making, so let's think about what products sold in the personal care department of the Moscow Food Co-op would assure my survival.

Thus I began mentally roaming the aisles and hit on that which would top my list: tangerine or lemon-lime flavored Emergen-C from Alacer. This

vitamin C and electrolyte replacement supplement would be just the thing for added energy during those endless games of one on no one volleyball, tree climbing and shark wrestling. Vitamin C is also great for your skin and provides antioxidant protection from all of those nasty UV rays from the sun.

To add to that protection, I would also want my favorite sunscreens, All Terrain SPF 30 Sport and Burt's Beeswax SPF lip balm. Both are waterproof and long lasting.

I try not to go anywhere without tea tree oil, and this would be no exception. It's antiseptic properties are soothing and healing to bug bites, blisters, cuts and scrapes and you can brush your teeth with it (thus perhaps eliminating the need for the multi-tool).

Liquid grapefruit seed extract would also come in handy. It has strong natural antibiotic properties and it can help purify water (because surely no island stranding would be complete without parasites in the water).

Last but not least would be the big old box of wooden kitchen matches. Because let's face it that friction fire building method, while perhaps filling a number of empty hours, does not appear to be that successful.

Well, having thoroughly enjoyed this exercise myself, I decided to ask some of my co-workers what they would take along to their own desert island. Skin and lip protection seemed to be foremost on everyone's mind. Alba Botanica SPF 30 (look for it to be on sale in May) tied with All Terrain SPF 30 for favorite sunscreen. Everyone had differing opinions on the best lip balm. Kelly chose Desert Essence Lip Rescue with tea tree oil, Vicki's choice was Lip Trip from Mountain Ocean, Dani is into Hemp Balm from Merry Hempsters and Laura's choice was Nature's Gate SPF 15.

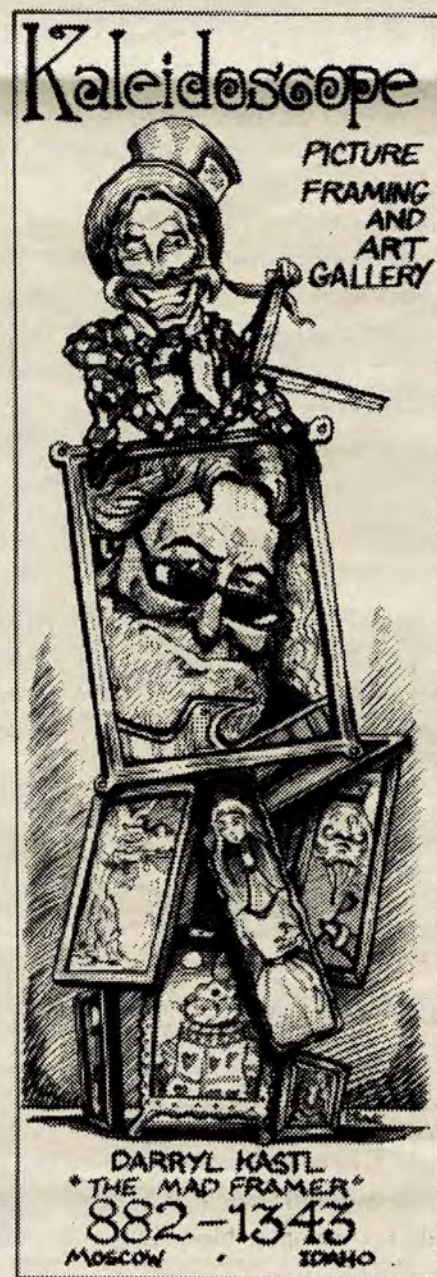
Now, dental hygiene was also on everyone's mind. Apparently I wasn't the only one who remembers the tooth extraction scene. Kelly couldn't survive stranding without her Nature's Gate Wintergreen Gel, nor Kenna without her Weleda Pink Plant toothpaste. Both Vicki and Kenna also felt that Desert Essence tea tree oil dental floss was a must. Vicki thought she

would also take along Dr. Bronner's peppermint castille soap. Not only can you brush your teeth with it, but also at long last she would have the opportunity to read the entire label.

Everyone thought they would like to have some Emergen-C and a multi vitamin along. Nature's Life Soft Gelatin Multi received high marks from Kenna and Kelly for its ease in swallowing and digestibility. Vicki would choose the Moscow Food Co-op's Ultimate III formula. She thought life alone on a desert island would actually provide few enough distractions that she could remember to take her vitamins.

Dani offered some of the more unique selections. Stella Mars postcards, Earth Therapeutics tub buddies and Clearly Natural toy squirter soaps topped her list. I guess you can't count on a volleyball washing up on shore to provide you with entertainment.

So there are our picks. Not planning on being stranded anytime soon? Not to fear, all of these products can be helpful for your summertime survival on the Palouse. And even though it's snowing outside as of this writing, summer is just around the corner.



New Products in Personal Care

By Carrie A. Corson

Solgar Vitamin Supplements— This high quality line just went into distribution for the very first time with Mountain People's Northwest. This is a full supplement line with multi-vitamins, antioxidants and some harder to find combinations like Calcium/Magnesium Citrate. They also offer phosphatidyl choline, which has been receiving a lot of attention of late for brain nutrition.

The new one-stop shop from Aura Cacia—We've carried Aura Cacia body care products for a long time but they have recently changed their packaging and expanded their line to include body lotions, shower gels and candles.

Fresh Water Filter from New Wave Enviro—This above counter water filter removes many volatile organic contaminants including organic mercury, methane, propane, dioxin, styrene and chlorine from your tap water. Provides great tasting water and can be upgraded with the New Wave Enviro complete 10 stage filter replacement cartridge. Price competitive with the Brita and Pur pitcher and tap filter systems.

Body care products from EO— This line brings some interesting aromatherapy fragrances like juniper and lemon, wild lime and hinoki, with old favorites like french lavender. Look for their grapefruit body scrub, food scrubs, lotions, hair care, bath suds and bath salts.

Lavender shower and bath gel and milk lotion from De-lux 0151the company that brings us Savon soaps.

Derma E skin care products with Ester C and Alpha Lipoic Acid — (as seen on the PBS program featuring the "Wrinkle Cure"). *DMAE caps from Twin Lab*— (as seen on the PBS program featuring the "Wrinkle Cure").

Customer Profile: Pam Becwar

By Katy Purviance

It's a personal policy of mine that as soon as it's above freezing outside, it's Ice Cream Season. When it gets above forty, it'll be Shorts Weather so I should make this at least kind of nutritious. Let's see, what haven't I tried yet in the Co-op's freezer section? Double Rainbow Soy Cream Chocolate Chocolate Chip? Sounds good. The more words a flavor name has, the better.

"Mmm," mms Pam Becwar, also inspecting today's freezer offerings. "That looks delicious." She's got a basket full of items bearing Member's Sale stickers. She sees me looking and explains, "I just became a member. It was my start-of-the-year commitment," she smiles. No doubt this will be a healthy year.

Originally from Tucson, Arizona, she came to Moscow almost four years ago and has been coming to the Co-op for the past three.

"What first brought you here?"

Her eyes widen, "Oh because of the pizza on Friday's of course! And because the Co-op was on my way. I really liked the people in here." She lowers her gaze and tells me quite solemnly, "Going in became my ritual."

"I have a Co-op ritual too," I nodded appreciatively, equally serious. "It involves the cookies."

"Yes, the cookies! I just love the Oaties."

"Who doesn't?"

When they moved the Co-op, it was no longer on her way, but no matter: Pam just couldn't stay away. "With their bakery schedule I've become a real Tuesday/Saturday person. I just love the sage bakery! It's become part of my Co-op ritual." There are so many things that bring Pam back in time and time again: the breads...the people...the lettuce...the atmosphere... the cookies...all the local products, produce and otherwise...

And then she starts talking tofu. When you give up dairy products, as she recently has, you've got to find a good protein substitute. She expected the switch to be difficult, especially as far as replacing cheese was concerned. Thanks to tofu, it wasn't hard at all. She grabs a white cube of Small Planet Tofu excitedly and tells me how she fries it up and mixes in a little soy sauce, a little peanut butter, ginger, and

noodles, and "Oh! It's so good!"

She places it in her basket. "I tried a bunch of different tofus." Her face drops as she mentions some disappointing variety she picked up at Rosauers, and she brightens again when she tells me of her Co-op tofu discoveries. It took a little time, but she found just the right kind for her.

"I should try it," I say. "I'm still looking for a tofu I like." I put one in my basket too. We walk along to the bulk grains where three others are scooping out of bins.

"The Co-op has this real sense of community about it. I mean," she says, "I can come in to pick up a few things, or I might just hang out and read the paper. You can't come in here without seeing someone you know — Oh hey!"

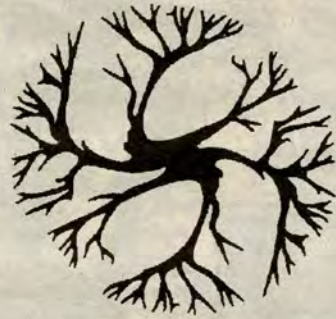
I have to laugh. It's someone Pam works with at the Environmental Science Department at the University, measuring out millet. Pam laughs at the coincidence and tells me about her work. "I advise freshmen and do office..." she waves her hand casually, "stuff. I do Administration Assistant work but mostly I'm a Freshmen Advisor."

And then I do laugh because I see my old roommate. "You're right! You can't come in here without seeing someone you know!"

And she's getting ice cream too. Of course.

Katy Purviance invented the little plastic things on the ends of your shoelaces. That's a fact.

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The Buy Line

By Vicki Reich

Yes, it's true. Someone has figured out how to make soy caviar. I saw it and tasted it myself while I was at the Natural Products Expo West show (and it was actually good in a weird way). They've also come out with a protein made from fermented fungus that tastes just like chicken (you'll be seeing that in the store soon, but not the caviar).

There were also pills that plump your lips and other body parts and an air freshener that supposedly works as well as any diet to help you lose weight (although I bet the only weight you'll lose is the money out of your pocket). I think it's very appropriate that the NNFA (National Nutritional Foods Association) holds this annual natural food show across the street from Disneyland in Anaheim, California. Some of what goes on in the convention center is not that far off from what happens in the land of make believe.


But before you start thinking Carrie and I go to this show just to goof around, let me set the record straight.

Food shows are both hard work and important. Manufacturers bring out their latest and greatest products and we have a chance to try them and decide whether to bring them into the store. We get to talk with manufacturer and tell them what we think about their products.

It's also a great place to find new products that might not be in distribution yet. I found organic Parmesan Reggiano and these yummy organic chocolate truffles I hope to carry, as well as a couple of new organic wines.

After three days of walking the show floor, which is about the size of five football fields, my feet hurt, my back hurt from carrying all the literature and free t-shirts around, my head hurt from the amount of new information I had received and I'd had my fill of all things soy (of course, I still had the energy to dance the night away). It was nice to come home to our wonderful Co-op and start putting all the new information I had gleaned to work.

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Board of Directors' Column

By Mark Mumford

We live so much of our lives in isolation. Perhaps isolation is the inevitable result of the American ideal of the independent individualist, the cowboy, the pioneer, the entrepreneur, the revolutionary, the free spirit.

Technology has contributed to our isolation. When the television was first introduced, it promised to bring the family together. But, rather than bringing the family together, the family sits before the TV in isolation, each focused not on their relationship with each other but on the mesmerizing relationship each has with that flickering moving image. The computer has exacerbated the isolation. Sitting in front of the TV and in front of the computer, hours pass without notice, without human contact, without a word spoken.

Much of our work is done in cloistered isolation. Whether we work in an office or a store, the truck-driver, the delivery person, the assembly-line worker, the stock trader, the doctor, the lawyer—we all spend much if not all of our work day in isolation.

We prefer to commute individually. The carpool lanes on the highway are wide open while the single drivers sit in their privacy in gridlock. In the major cities, twice a day, thousands upon tens of thousands of commuters spend hours sitting in traffic, alone in their cars.

We live in separate houses. After a hard day's work, and commute, we return home to retire in isolation. When I walk with Bob, our standard poodle, in the evening, through our neighborhood, I see in each house that characteristic, mesmerizing, flickering blue light emitted by the television. We are addicted to the TV, and, it would seem, to the pleasures of our aloneness.

When my wife and I go out in the evening, I hate going to the movies because our evening together is spent in isolation, each of us sitting (though next to one another) in the dark theatre. The focus of our attention is not we together but the film.

In the gym, we exercise with our Walkmans over our ears. Runners run, bicyclists bicycle, skiers ski, rollerbladers roller-blade isolated in their Walkman environments. Cassie and I recently went to the new museum of music in Seattle, designed by the famous architect Frank Gehry. Conceived and funded by Paul Allen, this

museum incorporates the latest in technology. Each museum-goer straps on a computer controlled by a laser pointer, with earphones. As each individual walks through the exhibits he or she points the laser beam at a target activating the computer which produces dialog, music clips, and other audio information about the exhibit. Using this technology, each museum-goer designs his or her own experience, determining their path through the museum independently. The technology is fun and powerful. However, this technology transforms the museum from a grand experience of culture in community to a disjointed experience of isolation. Throughout the several hours we spent in the museum we hardly spoke a word, each of us isolated by our earphones, each doing our own thing.

In our lives so isolated, I wonder whether community and communal-ity has a function at all? At times I find that I need to be in public. I need to get out of my office and out of my home, to be in community. Technology has been helpful. I am no longer shackled to a desk. My laptop computer and my cell phone allow me to do my work from the table of a café as efficiently as from my desk. I like working in my café offices, one of which is at the Co-op. I like being in public, because I enjoy the serendipitous encounters with friends and colleagues who stop to talk. Sometimes my work efficiency suffers, but always these encounters are refreshing and rewarding. By being in community, I feel that I am in the world, open to opportunities and ideas that only human contact and conversation make possible.

One of my favorite events during the week is the pizza Friday evenings at the Co-op. These spontaneous gatherings bring people together to eat and talk and discuss and be in community. Sometimes an art exhibit enlivens the event. I like walking into the Co-op on Friday evenings and listen to the buzz of conversation. Similarly, I like Moscow's Saturday markets. I like entering into the crowd of people and dogs milling about, drinking coffee, eating tid-bits, buying produce and crafts, listening to music. The air buzzes with conversation and laughter and music, and life. But there are few such opportunities to live in community in Moscow.

Much more than a food store, the Co-op is a center of our community. As the Friday pizza events demonstrate, there is a need for such occasions, and the Co-op fulfills that purpose. As a member of the Co-op board, I would like to further develop such occasions, to promote the Co-op as a center of our community. It's good for business (we sell a lot of pizzas and drinks and related stuff), and it is good for community. As the Co-op grows, I hope we can expand the café space and further the function of the Co-op as a locus of our community life. Next Friday evening, come out to the Co-op for some pizza, some conversation and enjoy community life—but be early, the pizzas go fast, and all too soon the crowds thin, the conversations silence, and we all return to our homes and our privacies.

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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 or above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities.

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Area
Singles**

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 for more than 20 years. Membership is only \$16/year, mainly to cover the cost of advertising.

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

Ann 334-6620

Alice 332-2737

www.geocities.com/palousesingles/



Watercress, What is it? What do you do with it?

By Dani Vargas, Produce Manager

Watercress is a hardy perennial European herb (*Nasturtium officinale*) of the family Cruciferae (mustard family), widely naturalized in North America, found in or around water. Often cultivated commercially for the small, pungent leaflets, it is used as a peppery salad green or garnish.

Other plants of the genus are sometimes called watercress and are used similarly.

The Co-op is supplied with watercress locally by Moffit's Organics. The Moffits are located in Wawawai, which is about a mile from the Snake River. The watercress that grows in the wild on their property is certified organic.

Watercress can be put on sandwiches to add a little spark, steamed and eaten as a side dish or boiled down into soups. This could quite possibly be the first local produce to come to the Co-op this season so look for it soon.

Watercress Recipes:

Turkey/Brie Sandwich

From: JGiannanto

Honey roast turkey from deli (sliced)
double creme brie
french bread
honeycup mustard
mayo
watercress

Spread a little mayo on bread, then spread generous amount of mustard. Layer turkey and brie and top with watercress. Wrap tight in saran wrap and refrigerate for one hour. Then slice and eat. This sandwich is like none you will ever taste.

Watercress Salad

(4 Servings)

=== THE SALAD ===

1 head Butter or Boston lettuce
1 bn Watercress

== WATERCRESS DRESSING ==

2 tb White wine vinegar
1 tb Water
1/2 ts Salt
2 Green onions
1/2 c Olive oil
Reserved watercress leaves

SALAD: Cut core out of butter lettuce and discard. Separate leaves, rinse and pat dry. Remove leaves from stems of watercress. Discard stems.

Rinse and dry leaves. Chop half of watercress leaves — about 1/2 cup — and set aside to use in Watercress Dressing.

Combine remaining watercress and lettuce greens in large bowl. Cover greens with damp paper towel and refrigerate while you make Watercress Dressing.

WATERCRESS DRESSING:

Combine vinegar, water and salt in jar. Screw on lid and shake until salt dissolves. Trim roots from green onions. Chop onions and add along with olive oil and reserved watercress leaves to jar.

Fasten lid again and shake well. Dressing will look cloudy after shaking, which means it is thoroughly mixed.

ASSEMBLY: Pour half of Watercress Dressing over bowl of greens. Toss leaves gently, preferably with your hands, going repeatedly to bottom and sides of bowl to coat all leaves. Taste, salt to taste and toss again.

Serve cold.

Each serving: 247 calories; 300 mg sodium; 0 cholesterol; 27 grams fat; 2 grams carbohydrates; 1 gram protein; 0.27 gram fiber

Seared Tuna with Blood Orange-Fennel Glaze and Relish with Sautéed Watercress

Recipe courtesy Bobby Flay

2 teaspoons fennel seeds
4 cups blood orange juice
1 cup orange juice
2 tablespoons Dijon mustard
1 tablespoon honey
4 tuna fillets, about 6 ounces each
Salt and freshly ground pepper

Place a small saute pan over medium heat. Add the fennel seeds and toast for 1 minute. Place both juices and fennel seeds in a medium saucepan and cook over high heat until reduced to 1 cup. Remove from heat and whisk in mustard and honey. Heat saute pan or grill pan over high heat. Season the fillets on both sides with salt and pepper and brush 1 side of each piece of fish with the glaze. Cook glaze-side down until golden brown, about 2 minutes. Turn over, brush with more of the glaze and continue cooking for 1 to 2 minutes for medium-rare doneness.

Fennel and Blood Orange Relish:

3 tablespoons sherry vinegar
3 tablespoons olive oil
Salt and pepper
2 blood oranges, segmented
1 cup finely sliced fennel
2 tablespoons finely chopped parsley

Whisk together the sherry, oil and salt and pepper in a medium bowl. Add the orange segments and fennel and mix to combine. Season with salt and pepper, to taste and fold in the parsley. Let sit at room temperature for 30 minutes before serving.

Watercress:

2 tablespoons olive oil
2 cloves garlic, sliced
2 bunches watercress, washed and patted dry
2 tablespoons sherry vinegar

Heat oil in a large saute pan. Add the garlic and cook over medium-high heat for 1 minute. Toss in the watercress and cook just until it wilts. Add the vinegar, toss and serve.

Watercress Soup

1/4 cup butter
1 leek, thinly sliced
1/2 pound potatoes, peeled and thinly sliced

2-1/2 cups chicken stock
Pinch grated nutmeg
Salt and freshly ground black pepper
4 large bunches of watercress, cleaned and trimmed, (reserve a few sprigs for garnish)
4 teaspoons cream

Melt the butter in a large saucepan and cook the leek gently until soft. Stir frequently to prevent browning. Add the potatoes, stock, nutmeg and seasonings. Bring to a boil, then cover and simmer 15 minutes. Add watercress and simmer an additional 10 minutes.

Cool the soup slightly, then process in a food processor or blender until the vegetables are finely chopped. Rinse the saucepan, then strain the soup through a fine sieve into the pan. Push all but the tough stalks through the sieve with a wooden spoon.

Season to taste, add the cream, and heat gently — do not boil. Serve garnished with watercress sprigs and cream.

"If You Can Remember the 60's..."

by Katy Purviance

For the fifth anniversary celebration of Moscow business Kaleidoscope Picture Framing, owner Darryl Kastl and radio discjockey Peter Basoa will interview Chet Helmes. Helmes is famous for his shows at the Avalon Ballroom in the 1960's, putting together Big Brother and the Holding Company, and bringing Janis Joplin to San Francisco.

If in 1968 Jerry Garcia hadn't picked up 15-year-old Darryl Kastl and got him in to see that night's show, and if Kastl hadn't spotted himself in a photograph of that very concert in Rolling Stone's Garcia tribute issue many years later, Kaleidoscope Picture Framing might never have been.

"I got that picture from the photographer signed and had it framed," Kastl said. "I enjoyed the process and that's what started the shop. Right then and there I knew I wanted to do that."

And that's when he called his ol' pal Chet Helmes. "I flew down to San Francisco with a matted and framed original

poster from the Avalon to give to him as a gift. I went there for two reasons: to do that and also to get his blessing for my new business."

"A lot of people don't know who Chet was," Basoa said, "but I grew up in the East with Bill Graham, not the preacher but the rock and roll promoter of The Filmore. He and Chet were working in different territories but they were working with the same band, and creating a scene. That's what the music was a celebration of."

"He's very open to discussions so we don't really know what direction it's going to go," said Kastl. Helmes will probably talk about his experiences with 60's rock and roll and perhaps go into his posters and how his gallery came into existence.

"I know he's got a lot of stories," Kastl smiled.

The interview will be live on KUOI-FM, 89.3, on Wednesday, May 1, at 7:30 PM and will last approximately thirty minutes.

Business Partner Profile: Professional Mall Pharmacy

By John Pool

What is it that sets the Professional Mall Pharmacy in Pullman apart from other drug stores on the Palouse?

The Professional Mall Pharmacy sets a standard for involvement in community health issues that is unmatched in the University cities. It is no doubt aided in that involvement by the fact that it is the only locally-owned pharmacy in Pullman. Not having to tailor its service to the demands of corporate bureaucracy gives Sid Pierson and the team at Pro Mall Pharmacy the flexibility to respond to local health needs and concerns.

Pierson also operates Sid's Professional Pharmacy, located in Dissmore's IGA grocery store, with the same concern for customers and the community. Having two stores allows Pierson to operate both with the same warm and inviting feeling and concern that was present in the neighborhood pharmacy of old, while allowing the "neighborhood" to be more broadly defined as the entire community.

What also makes the Pro Mall Pharmacy unique is that two of its pharmacists have taken extensive training as compounding pharmacists.

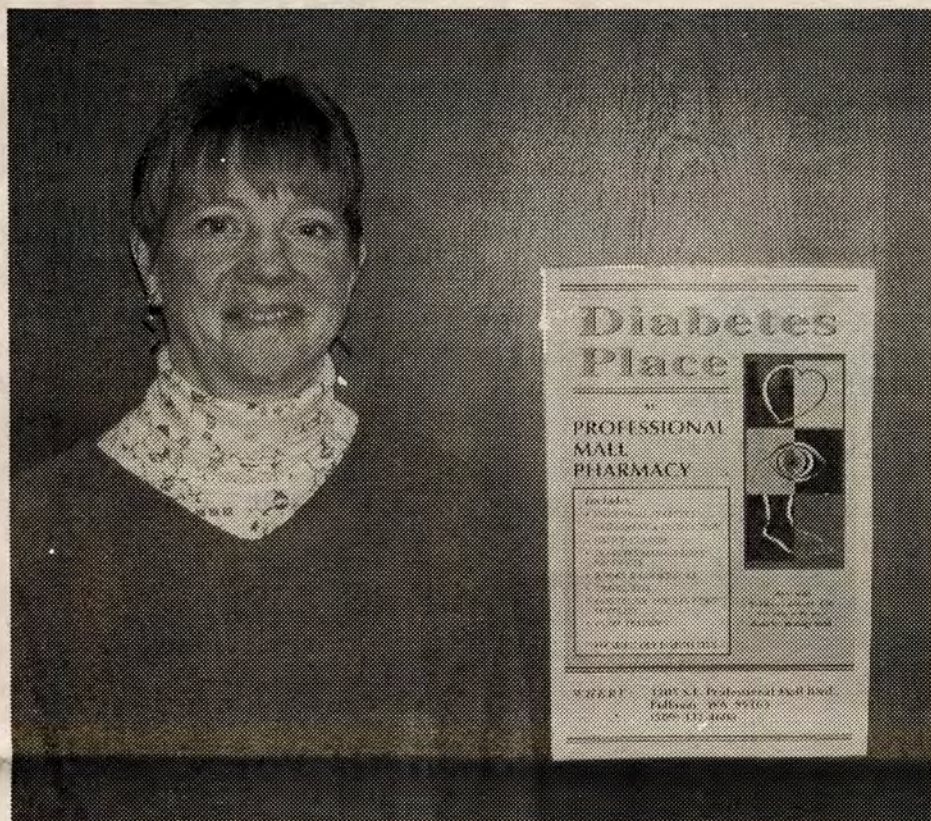
In a mass production world, medicines that are available often don't match the health needs and restrictions of individuals. Mass-market medicines may contain all sorts of additives to which given individuals are allergic to or otherwise cannot easily tolerate.

In your typical pharmacy that is a non-issue. That's because run-of-the-mill pharmacies are staffed by dispensing pharmacists. A dispensing pharmacist is, in essence a wholesaler. She receives medications in bulk and dispenses them in retail amounts. That is not to say that a dispensing pharmacist is any less a professional than a compounding pharmacist. But being a dispenser doesn't allow for any alterations to meet the needs of a particular individual except in selection of a generic instead of a name brand. There is no control over what is inside the particular medication.

Contrast that with Pierson and his associate Maggie Cooke. A compounding pharmacist can start from the beginning, making up a medica-

tion to meet an individual's needs. There are a number of characteristics that can be changed.

The dosage can be customized, as can be the strength. The form of the medication can be changed, so that the medication could be a liquid or cap-



sule instead of a pill. For that matter, the medication may be made up in a very un-medicine-like form, like lozenges or lollipops. Medications can be made available that are sugar free, dye free, and preservative free. Homeopathic, pain, nausea, pediatric formulations are all options.

Children's medications can be made more appealing by formulating them in a variety of flavors like banana or bubble gum. Medications for pets and other animals can also be altered. A Great Dane shouldn't get the same medication as a miniature poodle; the compounding pharmacists can match the strength or dosage to animal's size. They can also add flavorings, like fish or liver, to make it easier for the animal to accept the medicine.

In short, Pro Mall Pharmacy offers an excellent alternative to the common, "one-size-fits-all" medicine world.

Cooke, a 1998 graduate of the School of Pharmacy at WSU, is also a specialist in hormone replacement therapy for treatment of menopausal symptoms. Slight changes in levels of

estrogen or progesterone, as well as the source of the hormones, can have a profound impact in the management of these symptoms. While many commercial preparations use animal hormones, Cooke uses only bio-identical hormones and is able to achieve an exactness of dosage that just can't be matched by commercial preparations.

A vital component of the Pro Mall Pharmacy approach are the diabetes education and support services offered by Suzanne Lambeth, a certified diabetes educator, insulin pump trainer and

stocking an extensive line of diabetes management products.

Pro Mall Pharmacy, through the expertise of pharmacist Bruce Carroll, also offers a prescription consulting service. For patients on multiple medications, Carroll is able to review current medications and determine if any have opposing effects, or there are less expensive but effective alternatives available. A written report with any recommendations for change is then sent to the patient's physician.

With its on-line refill orders—the pharmacy has a web site at www.professionalmallpharm.com—its periodic health screenings, drive-up window and free delivery, the Professional Mall Pharmacy offers residents of this area a level of service that can't be beat. Co-op members receive an extra level of benefit through a 10% discount on any compound medication. The Professional Mall Pharmacy is located at 1205 SE Professional Mall Boulevard in Pullman. Hours are 9-6 Monday-Friday and 9-12:30 Saturday. Sid's Professional Pharmacy in Dissmore's is open 9-8 Monday-Friday, 9-6 Saturdays and 11-5 Sundays.

After surviving (barely) 35 winters on the Palouse, John Pool thinks spring is overdue for springing.

diabetes management consultant. Diabetes is a disease that affects a person's life on a daily basis, and managing the disease takes a lot of hard work. With 15 years experience in diabetes education, Lambeth can, in a one-on-one or small-group setting, help those afflicted with diabetes to develop personalized disease-management programs. Lambeth works closely with physicians and other care-givers in the area to identify and assist those with diabetes and to make the care community aware of innovative approaches and products to assist diabetics in their daily lives. The Pro Mall Pharmacy assists in this effort by

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Staff Profile: Priscilla Polson

By Julie Monroe

Priscilla Polson, who describes herself as "definitely a baby boomer," joined the staff as cashier at the Moscow Food Co-op in December of last year. Cashiering is a perfect match for Priscilla because it combines, like the career from which she retired several years ago, two of her vocational interests: working with people and with "money and figures." Some might think those two interests are contradictory until they learn more about

Priscilla and the history of her life.

Priscilla, a native Nebraskan, explains that she is very much a product of the 1960s and 1970s. The values of liberalism associated with that period of American history are "natural to me," she says. In fact, in this age of compassionate conservatism, she does not flinch from calling herself a "bleeding heart liberal." And for two decades Priscilla succeeded in living out her values as a claims representative for the Social Security Administration.

Priscilla's career with the Social Security Administration began in Palm Springs, California, in 1973, following her graduation from Creighton University in Omaha with a degree in History. Before 1974, each state administered their own programs to provide benefits to individuals unable to work due to various disabilities. That year, though, the various supplemental insurance programs were centralized under the federal government, and the administration of benefits fell to the Social Security Administration. Employees of that agency were given the choice of transferring to this new arm of the organization, and while not everyone made that choice, Priscilla did.

It was a good decision for Priscilla, because she knew she would not be happy working for a business or cor-

poration where her only reason for being there was "to make them a profit." She wanted a career where she would be "doing good," and she found one with the Social Security Administration where, for 20 years, she served individuals by helping to determine their eligibility for supplemental security insurance benefits.

And it was her career that led her to Idaho. Well, actually, it was



Priscilla's husband, Bruce, who having once been stationed at Mt. Home while in the Air Force, wished to return to Idaho. When Priscilla was able to transfer to the Lewiston office of the Social Security Administration, the couple was then able to move. Bruce moved to Idaho in 1980 to begin his studies at the University of Idaho, and Priscilla followed him in 1981. The couple moved to Moscow in 1984. Their daughter, Deirdre, who was born in 1983, currently lives in Moscow, and Bruce, who earned a degree in microbiology, now works for the U.S. Postal Service in Pullman.

After retiring from the Social Security Administration in the early 1990s,

Priscilla had the time to pursue some of her interests outside work.

She was very active with her daughter in the Girl Scouts, serving as co-leader and helping coordinate summer camps. After retirement, too, she found herself "getting into gardening," an interest she remembers sharing with her parents. She's also had to time to "dabble" as a painter, but she describes herself as a "kinda bad artist." Priscilla has not yet formed any specific goals for her retirement, largely because it will be several more years before Bruce will retire. However, she would "love to travel as much as possible." If this dream is compatible with Bruce's dream of living in the country, only time will tell.

In the meantime, Priscilla spends a good portion of her time spoiling

"Sassy," the couple's 11-year-old miniature dachshund. Not surprising for someone who says she "loves animals" and can't even bear to see anything happen to them in a TV show or movie. And when she's not spoiling Sassy,

Priscilla is happy to be working at the Co-op, which she and Bruce have supported for as long as they've lived in Moscow.


Throughout her work life, Priscilla has effectively merged what might appear to be two incompatible interests — handling money and helping people. In doing so, she not only found personal satisfaction, but also served a greater good, an ideal that may go in and out of political fashion, but one that many people make real through small, everyday actions that add up to a life of selflessness.

Like Priscilla, Julie Monroe is a baby boomer and an animal lover. She spoils her little dog, La Nina, and, while not quite a bleeding heart liberal, believes that, as Dylan says, "you gotta serve somebody."

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PLU's available on Co-op Web site

By Bob Hoffmann, Co-op Webmaster

Ever find a bag of funny white powder in your cupboard...and not know

whether it was pastry flour or pancake mix? And the only clue was the PLU (numbers you wrote to identify the product when you bought it at the Co-op scrawled on the bag)? Well, your troubles are solved!

The Moscow Food Co-op Web site now features a pretty darned complete list of our PLU's, allowing you to quickly identify the mystery powder! The page is <www.moscowfood.coop/bulk/PLU.html>, but should you forget, you can access this page from the Bulk category of our Recipes and Resources Archive, or just type "PLU" into our search engine.

PLU's, as you know, are those four-digit numbers that you write on the bag or twist-tie of your bulk purchases. Champions of retail trivia know that

PLU stands for "Price Look Up." This system helps our valiant buyers keep track of what's selling, what's not, and what needs to be reordered. So this is another reason to buy bulk at the Co-op. Not only will you save money and reduce packaging, but you will also be able to figure out what you bought once you get home!

Co-op Webmeister Bob Hoffmann was preparing for spring break in Utah as this article was being written.

Web Parable: Co-op gets .coop

By Bob Hoffmann, Co-op Webmaster

Once upon a time, there was .com, .org, .edu, .mil, .gov, and .net. And there was much confusion upon the land, because when you saw an Internet address that ended in ".com," for example, you frequently knew not whether said ".com" was a person's hobby site, a Fortune 500 company, a cooperative organization, or a purveyor of flesh-replicating pixels.

And the people cried out: Please, please grant us some more dots, and make them stick! Make them so we may know them by their names!

And the Lord waved a magic wand (I'm improvising here), and said, "Ye faithful cooperative masses, I grant you '.coop'"

Yes, ".coop" has been created to designate Web sites that are cooperative in nature. Like our food co-op.

The Moscow Food Co-op has been using the domain name <www.moscowfoodcoop.com> since about 1999. Our new address is now www.moscowfood.coop.

During the transition, the old ".com" name will remain in effect, but you can also use the somewhat shorter name www.moscowfood.coop.

Remember, there are no dashes in either domain name.

And I'll re-state the above: Only co-ops can use the .coop domain name, so, in my humble opinion, this will grant our Web site the increased credibility of a rather exclusive TLD (top-level domain).

Please note the new Web address. Don't wait until the old domain dies. Update your links and bookmarks today!

Fifth Annual Women's Center 5K

By Jill Anderson, Women's Center Educational Programmer

The Spring Forward Run/Walk/Stroll begins at 8:00 a.m. Saturday, April 20. For competitors, the race will give you a chance to kick off your fitness plan this spring season. For non-competitors, join us on a pleasant stroll through the scenic campus. There will be prizes for the top man and woman in each age category.

This is an annual fund raising event for the UI Women's Center. Proceeds from this event enable us to provide scholarship funds and bring quality educational programs and speakers to our campus.

For more information, call the Women's Center at 208-885-6616 or visit our web site at <http://www.uidaho.edu/wcenter/funrun>.

At the Co-op Art Gallery

By Rose Graham

The photographs of Dorothy Gullicksen will be on exhibit from April 19th to May 16th, 2002, at the Moscow Food Co-op Art Gallery. An opening reception will be held on Friday, April 19th, 5:30pm-7pm.

Dorothy Gullicksen lives in Pullman and has been in the area for two and a half years.

"I spent hours on the road and by the roadside marveling at the beauty of the designs made by the cultivators and plows of the farmers as they worked the contours of the undulating hills of the Palouse."

She explains, "It seemed to me that the operators of the equipment were aware of the final beauty of their work and were displaying their varying overwhelming talents to make the best and most beautiful designs."

When she took pictures she was not pleased because the beauty of the design got lost in the recording of a landscape. Then the idea for her present project came to her. She is just beginning to develop in this genre. After capturing the natural world as styled by man/machine, she uses her own imagination to complete it as design, rather than as landscape.

To any artist wishing to display their artwork, please contact Rose Graham at rterrydgraham@hotmail.com.

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Cooking

Rub in or Paste on Flavor

By Pamela Lee

One of the quickest and easiest ways to add flavor to food is with a dry rub or a paste. The distinction between the two lies in the name: rubs use drier ingredients while pastes employ moisture. The moisture can come from the ingredients themselves, such as from a fresh herb, or from a binder (such as oil, wine or yogurt) that holds ingredients together in a pasty consistency. Pastes and rubs are delightful vehicles for bringing flavor to fish, poultry, meat, or firm vegetables.

Dry rubs impart the greatest flavor punch if the (dried) spices are fairly fresh. When concocting a rub, an electric coffee mill, an electric blender, or a mortar and pestle are used to coax additional flavor out of the dry ingredients while compounding them. If you use one electric mill for both coffee and spices, you will want to clean the mill between jobs. Whirr a couple of tablespoons of either dry breadcrumbs or dry (uncooked) rice in the mill. The starches clean a by collecting the food oils. Dispose of the starch afterwards. My mortar of choice is a suribachi, a Japanese bowl with textured ceramic ridges that help grip the herbs and spices as you grind them with a wooden pestle.

When you grind your spice or herb ingredients, you do not want to pulverize them into fine powder. You simply want to grind them sufficiently enough to release flavor. If you use an electric mill, only pulse the dry ingredients briefly. Don't grind so long that the blades heat the herb or spice. If you make more rub than you will use immediately, you can store leftovers in a dark airtight container in the refrigerator or freezer. Brown glass supplement jars make good containers for rub mixtures. Label and date the jar before storing it in the refrigerator. Spice rubs will keep in a cool environment for about three months.

Most dry rub recipes suggest you coat the food from 2 to 8 hours before cooking. But I've been known to apply a rub right before cooking and still have enjoyed plenty of last-minute flavor.

This rosemary rub is a great way to spice up chicken thighs before popping them under the broiler or onto the grill. If your palette isn't fond of heat, decrease the amount of pepper and cayenne.

Rosemary Seasoning Rub

- 2 T. dried rosemary
- 1 1/2 t. kosher salt (or to taste)
- 1 T. fresh cracked black peppercorns
- 1/4 t. cayenne
- 1 t. dry mustard powder
- 1 t. dried oregano
- 1 t. garlic powder

Grind the ingredients very briefly - or - crush them in a suribachi. Clean and dry chicken pieces. Rub the chicken with a bit of olive oil, and then apply the dry rub. Store any leftover rub in an airtight jar in the refrigerator or freezer.

In public television's "In the Kitchen with Julia" series, guest chef Gordon Hamersley prepared Roast Chicken with Garlic and Lemon. The following recipe is a simplified version of that recipe. I use a food processor to prepare the paste.

Roast Chicken with Garlic and Lemon

- 1 large bunch flat leaf parsley, leaves only
- 3 large cloves garlic, smashed and chopped
- 3 large shallots, roughly chopped
- 1 T. Herbes de Provence
- 1 t. dried rosemary
- 3 T. Dijon mustard
- olive oil, enough to make a paste

Wash and dry the parsley. Coarsely chop the parsley leaves and put them in the food processor bowl along with the garlic, shallots, herbs and mustard. Process until finely chopped and mixed. With the machine running, drizzle in olive oil until you have a fluid spreadable paste.

Transfer the processed mixture to a glass bowl, then mix the following ingredients in by hand:

- 1 1/2 t. salt

plenty of freshly ground black pepper long strips of lemon zest from one lemon

Gently separate the skin from a 3 - 4 lb. whole chicken, forming a pocket, but leaving skin attached. Smooch the paste mixture in between the chicken flesh and the skin. Spread any leftover paste on the outside of the bird with a soft spatula. Thinly slice the lemon that you'd used for zest.

Place the lemon slices over and inside the bird. Roast in a preheated 350-degree oven for about 1 1/2 hours, or until the internal temperature is 165 degrees.

Though Pamela Lee often concocts her own pastes and rubs, she still regards Penzeys Northwoods Rub to be one of the very best. For your own Penzeys catalog, call (800)741-7787.

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Sweet Potato Wears Banana Pants

By Jen Hirt

Think bananas, think versatile. Banana bread or cake or muffins, bananas on cereal or oatmeal, in milkshakes, as chips, in chutneys, everywhere. I offer this confession: When I was a kid, my favorite candy was a plastic banana filled with banana-flavored sugar. You twisted off the cap and poured a nice pile of sucrose onto your tongue. In retrospect, I can't believe I craved that stuff.

Luckily, I no longer crave such abominations. I appreciate the unexpected complexities of real food, and I have been thinking that if my aspirations to be a writer don't work out, I'll be a chef, because being a chef is like creating stories with food. Although that's rather removed from creating stories with words, I'd still be content.

Consider, for example, the psychological state of a sweet potato. She's often mistaken for a yam, often relegated to the traditional Thanksgiving meal. She doesn't get included in the many other potato games. No one wants to whip her up with some milk and seasonings, or ladle gravy onto her. She appears lumpy and formidable, not oval like a Yukon, not darling like a Red. She's brighter orange like sherbet.

The banana has a much easier go of it, but a banana would air his grievances, given a chance. He's tired of being sliced on cold cereal. He's through with bread and smoothies. He never wanted to tango with strawberries or kiwis. He's pleaded with produce managers to be gentle - no one knows bruises better than the banana. And while the banana is enjoyed alone, raw, the banana thinks his time has come to be included in a hot dish.

So consider that these two starches have met and mingled and

agreed to see each other from time to time in a little concoction that is sweet and savory. It's a dish that is also through-the-roof healthy. Sweet potatoes and bananas are full of vitamins A and C. Sweet potatoes are also related to the morning glory flower. Be aware of how cool that is. And honey is the original sweetener. Vegans listen: the bees want you to make this dish.

Fluffy Mashed Sweet Potatoes

(adapted from The Vegetarian Times)

- 2 cups cooked and mashed sweet potatoes
- 3 bananas, mashed
- 1 1/2 cups soymilk or milk
- 1/2 cup prune, apple, or orange juice
- 3 tablespoons honey
- 1 teaspoon allspice

Topping:

- 2 teaspoons candied ginger
- OR
- 1 tablespoon brown sugar
- 1/4 teaspoon ginger

Preheat the oven to 375. Oil a casserole dish. To cook the potatoes, peel them, cube them, and boil until soft. Drain and mash. For the bananas, choose overripe candidates that have seen better days of yellow. They will be rich in flavor, easily mashed. Plain soymilk is suitable, but vanilla is daring. Try it. In a large bowl, combine all the ingredients except the ginger and brown sugar. Beat until fluffy. Spoon the mixture into the casserole and bake until golden brown, about 50-60 minutes. Sprinkle with candied ginger, or a mixture of brown sugar and ginger. Serves six.

Jen Hirt is an MFA student in creative writing at the University of Idaho. She's working on a collection of essays about greenhouses.

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Saturday, April 20th at the
Moscow Food Co-op



Potting Shed Creations: From Seed to Sprout

By Leah Christian and Eugene MacIntyre

Eugene and I went home to Atlanta for the holidays this year. The world became a little smaller when we received a Medicinal Herb Garden seed kit from my sister for Christmas. After opening the wonderful gift, we learned that the seed kit came from Pullman. My sister had no idea that the gift she ordered from Atlanta was actually from Pullman! This gift was our introduction to Potting Shed Creations.

We met Liz Cosko and Ann Killen at their shop, a barn off the Pullman-Moscow Highway. Many of you know this location because they lease the outside to Prairie Bloom Nursery. Liz came to Moscow in 1991 to pursue a Master's in Wildlife Resources. While here, she pursued her love of gardening with the Master Garden Program. Liz enjoyed the community here and decided to start her own mail-order gardening catalog after completing her Master's degree.

Liz met Ann when she was looking for a designer and illustrator for the catalog. Liz and Ann became best friends immediately. Ann had worked in graphic design and illustration and had moved to Moscow from Milwaukee with her husband so he could pursue graduate work. A coworker said that Liz and Ann "make a third person when they design." When they are both happy, they know they have found something right.

The idea for Potting Shed Creations came when they received a call from a woman looking for something to store her seeds in for the winter. Liz said, "That call provided the idea for our first product – the seed-saving kit." They put the seed-saving kit in the catalog, and it was very popular. They received an order for 500 and the business began. The seed-saving kit is still one of their most successful products.

Potting Shed Creations began in July of 1998. Ann suggested putting seeds into the kits as well. This spawned the idea for their first seed kit – the Herbal Tea Garden Kit. From there, they began adding seed kits, including the Bird, Bee, and Butterfly Garden; the French Market Garden;

and others.

A new seed kit is being introduced – the Fragrant Flower Garden.

The business has flourished, and there are now eleven employees.

They now offer a wide-range of products. They offer the Salsa and Pesto gardens, which come with recipes that Liz and Ann have tested. The wild cutting and other scatter gardens also help complete the line. All of their products include everything you need and have been well thought out by Liz, Ann, and their employees. Everything is hand-made by their employees on-site. Their products are good to people and the environment. They promote organic gardening, and none of their seeds are bio-engineered.

They are excited to introduce new products to their line. The pocket gardens are complete little gardens including the Teeny-tiny Tomato Garden and Sunflower Garden, which are perfect for the yard or window boxes. They are adding a new Tulip Tree-to-be that will complement their other tree kit, the Ginkgo Tree-to-be. The American Garden will include open-pollinated seeds, which you can collect and save for next year in the seed saving kit.

Potting Shed Creations is a wholesaler, so their products are sold by others, including of course, the Co-op. The Co-op currently carries about 25 different products, especially around the holiday and spring times. Their products have also been featured in *Organic Gardening*, *Better Homes and Gardens*, and many other magazines.

Liz and Ann have cherished the local support of the community here. Liz said, "If we lived in a big city, this probably would have never happened." The smaller community here has helped to provide a good home for the business and foster its growth. The seed with which Liz and Ann began their business sprouted because they were encouraged by the community to follow their dreams.

Eugene and Leah cannot wait for Spring to begin their Medicinal Herb and French Market Gardens.

Dandelion Greens for Spring Cleaning

By Lori Harger Witt

As I sit down to write this column on the first day of spring, I am taking it on faith that the last of yesterday's snow will eventually melt from my yard and reveal the greenery of the new season. When it does, it will be time to harvest fresh new greens and roots for a spring tonic.

The tradition of taking spring tonics is an age-old one worthy of reviving. Back when our winter diets consisted of whatever provisions were possible to preserve in the fall, the first greens and tender roots of spring were a welcome addition to the table. And as the products of renewed life within the earth, they were recognized for their ability to get our own bodily juices flowing.

Most spring tonic plants are slightly bitter and have been traditionally used to stimulate the liver and gall bladder to clean out the wastes accumulated during a sedentary winter of high fat consumption.

Burdock, nettles, lambs quarters, and yellow dock are among the many spring plants used this way. But one that nearly everyone can find in their own back yard is dandelion.

Those who prize a lawn of unblemished green annually attack this hardy weed with any number of herbicides.

Ironically, after exposing themselves to the chemicals meant to kill the dandelion, these folks could probably benefit most from the herb's detoxifying properties.

The first green leaves of this humble weed are pleasantly bitter and contain more iron than spinach. They are also a balanced source of most other trace minerals and vitamin A.

They are diuretic and, like most bitters, gently laxative.

The greens taste great steamed or sauteed, but nothing beats the vibrance of a fresh dandelion salad. Toss them with some extra-virgin olive oil, lemon juice, and garlic. This is a combination of herbs that has long been believed to stimulate healthy gall



bladder and kidney function.

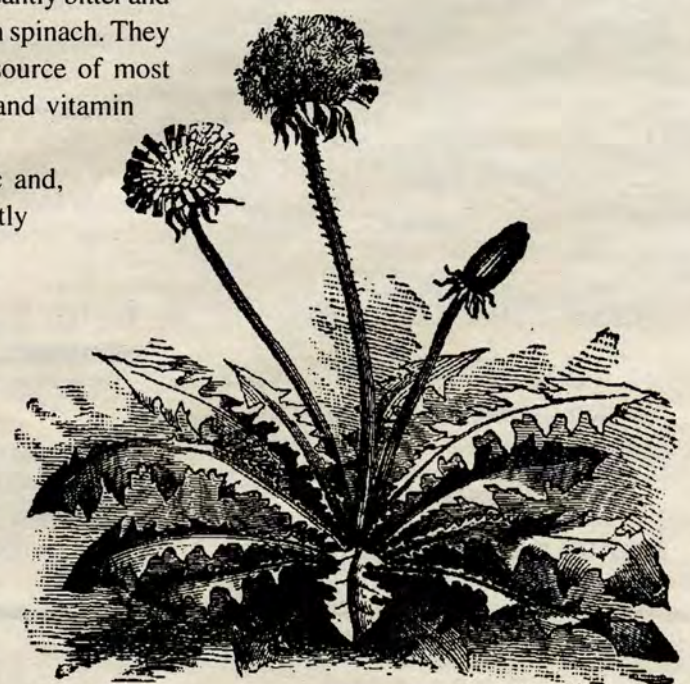
Dandelion root has similar properties as the leaf. I like to dig a few tender spring roots and gently steam them and eat them along with the greens.

Many folks throw the whole plant into a spring tonic stew along with some of the plants I mentioned above. The dried root also has a history of being roasted and brewed as a coffee substitute. I have heard some say that this is an insult both to coffee and to dandelion, but I rather enjoy both.

Roast the dried, cut root in the oven until dark brown and boil it up on the stove. You can even spice it up with a little cinnamon, or give it a fruity tang with rose hips.

So hold the Round-Up and get to know your backyard herbal allies. Happy spring cleaning.

Lori Harger Witt is an herbalist living in Genesee.



Taraxacum.

Gardening

Sweet Peas for Spring

By Patricia Diaz

What better symbol for spring than spicy-sweet fragrant sweet peas! Unfortunately, many modern versions of sweet peas aren't nearly as fragrant as older varieties. This article will outline briefly the history of sweet peas and how to obtain seeds for old-fashioned, wonderfully fragrant sweet peas.

Sweet peas were first discovered in 1377 in Sicily, but the first cultivated sweet pea was developed by Sicilian monk Francis Cupani in 1696. The original sweet pea was a blue bicolor but Cupani developed a maroon violet version. He sent the seeds to England in 1699, and in 1737 the Brits developed the Painted Lady, a rose and white tinted pink version. The exciting thing is that you can grow these same sweet peas today!

The Spencer versions of sweet peas were developed in England in 1900 by the Spencer family's gardener, Silas Cole, and these were large-flowered sweet peas with wavy petals. In the process of developing these flowers, however, the fragrance of the sweet peas became diluted. Today's breeders are getting the scent back into the Spencer hybrids but if you want to grow the old-fashioned kinds of sweet peas, read on.

The old-fashioned kinds of sweet peas have shorter stems and fewer, smaller flowers. To me, though, the fragrance more than makes up for these "drawbacks". The following kinds of sweet peas are the most fragrant:

Cupani (or Cupani's original), 1696, purple upper petals, deep blue lower petals

Painted Lady, 1737, rose upper petals, white "wings" tinged with pink

Butterfly, 1878, mauve and white with touches of lavender

Black Knight, 1898, very dark maroon flowers

Lady Grisel Hamilton, 1899, light mauve upper petals, lavender under

Dorothy Eckford, 1903, large pure white flowers

If you prefer growing the larger-flowered Spencer hybrids, the best varieties of these are as follows:

Annabelle, frilly lavender flowers

Angela Ann, rose pink on white

Frolic, cream with a pink edge

Jilly, large cream-colored blooms

King Size Navy, one of the darkest blue kinds

Nora Holman, pink on cream (the most popular show sweet pea in England)

Percy Thrower, pale lavender

Mollie Rilstone, rose pink edge on cream

White Supreme, considered the best white sweet pea

To gain a headstart on growing your sweet peas, plant now in two-inch pots and then transplant seedlings into the ground, or you can plant directly into the soil if the snow is gone and chances of frost have ended. You can also soak seeds overnight before planting to speed germination.

As always, check with your local nurseries to see if they carry the old-fashioned, fragrant varieties. If you're having trouble finding them, you can contact the following sources:

Select Seeds -
www.selectseeds.com or 860-684-9310

Renee's Garden -
www.reneesgarden.com or 888-880-7228

Fragrant Garden Nursery -
www.fragrantgarden.com

Thompson & Morgan -
www.thompson-morgan.com or 800-274-7333.

Garden Chores for April

By Patricia Diaz

At last we can start working actively in our gardens! Spring is quickly approaching! To get a head-start on the actual growing process, four to six weeks before the average last frost date, start your seeds indoors for petunias, marigolds, and vegetables such as eggplant, melons, squash, tomatoes, and peppers.

If you live out more near the mountain areas, start your cool-season flower and vegetable seeds indoors now. (That's me. . .) When the last frost date is only 2-4 weeks away, it's all right to set out your transplants of broccoli, cabbage, cauliflower, and Brussels sprouts. You can also start your summer bulbs (dahlias, cannas, callas, begonias, and caladiums) indoors in a sunny window area but don't plant them outside until all danger of frost is gone.

If you are going to try growing sweet corn, plant the seeds two weeks before the last frost. And you might want to try the dwarf variety 'Yukon Chief' which matures in only 55 days. If you can't find those seeds locally, call 406-961-4837 or get online at www.gardencityseeds.com.

You'll want to start gradually removing the winter mulch and debris from around your flower beds and then top-dress with two to three inches of compost.

If you're growing roses, watch for new foliage. After it appears, cut off any dead and blackened stems and canes. You can seal the pruning cuts with clear nail polish, white glue, or cane sealer to prevent borer damage. Then as the weather warms, remove the winter mulch and let the bare soil gather the sun's warmth. When hot weather arrives, you can mulch again to protect the roots and conserve water.

If you've wrapped your trees for the winter, take the wraps off now so destructive insects won't damage your trees. Happy Gardening to you all!

Pat Diaz is busy with her spring gardening chores on their six acres near Dworshak Reservoir. She's a bit behind most of you, though, since they get more snow. Gus, the schnauzer, is enjoying the spring sun.

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First Steps Gives Newborns a Step Up

By Lisa Cochran

We are truly a resource-rich community, and very blessed to be living in the Palouse. I have lived in dozens of communities, and none has shown more support in all stages of life than ours.

When I gave birth to Madysen in 1998 in Boulder, Colorado, I thought I had it all: excellent prenatal care, exceptional labor, delivery and birth at Boulder Community Hospital (they really appreciated the services of my Doula). I even had a visit to my home by a nurse just days later to perform a quick physical on us both.

But I will never forget the panic I felt when at last I was all alone with my newborn and the thought occurred to me that this child was depending entirely on me! Who was I to depend on? A flood of anxiety passed through me!

After all I had never been a mother with a new baby and I was so far from home and friends back in Moscow. Though I had read numerous books and magazines, I felt nervous and unsure. It wasn't until I returned back to Moscow that I began to find the incredible network of support for families that I wish I had discovered while in Boulder.

I am referring to the incredible First Steps Program through Gritman's Young Children and Family Programs. What a difference First Steps makes in the life of a parent with a new addition to the family.

If a child is born at Gritman's Family Birth Center, parents receive an initial First Steps visit, usually from a volunteer. A valuable packet of information is shared and parents can elect to be supported by First Steps after discharge. The First Steps volunteer then checks in with the family by phone periodically just to see how things are going and if there are any rough spots in the transitioning that takes place the first several months of an infant's life.

Having a caring voice on the other end of the line can really help, whether to act as a good resource for information and services or just to lend a patient and supportive ear.

First Steps acts as an interface between families and the resources throughout our community. Since each family is unique, it is important that their First Steps volunteer be tuned into their

particular needs and circumstances. This is especially important given the array of lifestyles and diversity of circumstances throughout Latah County.

There are no qualifications for a family to receive First Steps support other than the requirement their child be born at Gritman's Family Birth Center.

Families who had their children elsewhere or are new to the area will also find many programs available to them through The Young Children and Family Programs office which sponsors the First Steps Program.

Volunteerism is the backbone of the First Steps Program so new volunteer training is offered every few months. The First Steps Program is always looking for people who would like to help parents making this important life-altering experience. Volunteers enjoy the flexible scheduling and commonly work about 4-10 hours per month, depending on what works best for them.

A new prenatal service has come to First Steps in recent months, as well as the expansion of existing programs. New also is the addition of parenting education and consultation available from Young Children and Family Programs. The result is a variety of programs that meet the needs of families and young children throughout Latah County by enhancing and enriching the family experience, which in turn can give them a strong, healthy start.

If you are interesting in finding out more information about how to be a volunteer for First Steps or are in need of resource information, contact The Young Children and Family Programs at Gritman Hospital at 883-6454. They can be reached by e-mail at yfcf@gritman.org



Open Letter to "The Hyena"

By Bill London

This month we received an anonymous letter for publication. Actually, it was signed, "The Hyena."

The letter was an opinion or editorial focusing on dog/wildlife interaction. But I'm afraid you won't know the writer's point of view, since the message was unsigned.

It is our policy to not publish unsigned diatribes. We do, however, invite anyone to submit their opinions if they are willing to stand behind them.

Bill London edits this newsletter, and is looking forward to a visit from his daughter who is stopping by on her way to, or from, Germany and Florida, or is it Arizona and California?

moscow food co-op
221 east third street
moscow idaho 83843

Hospice of the Palouse

- Hospice of the Palouse is looking for "a few good people" to become patient care volunteers. No obligation, free training on April 24 & 27, May 1. Call Stephen Simko at 883-6423 for application or more info.
- On Wednesday April 24 at 10:30am, Hospice of the Palouse and Gritman Medical Center will host a national teleconference, "Living With Grief: Loss in Later Life." Moderated by Cokie Roberts of ABC News, the broadcast will explore the challenges and the opportunities that older persons face as they cope with loss and make critical end-of-life decisions. Intended for both healthcare professionals and others who work with seniors, continuing education credits are available. For more information, call Stephen Simko at 883-6423.

22nd Annual Palouse Patchers Quilt Show

Saturday, April 13, 10-6
Sunday, April 14, 12-5
Latah County Fairgrounds

Over 200 quilts and vendors, \$3 admission
882-1957 or quiltshow@palousepatchers.org
for more information-
<http://www.palousepatchers.org>

Fifth Annual Women's Center 5K

Saturday, April 20

The Spring Forward Run/Walk/Stroll begins at 8:00 a.m. Saturday, April 20. There will be prizes for the top man and woman in each age category. This is an annual fund raising event for the UI Women's Center. For more information, call the Women's Center at 208-885-6616

Idaho Mobile Space Station

Will visit Moscow, Pullman and Lewiston Schools, April 29 - May 2

If you are moving from Moscow,

Subscribe to the Moscow Food Co-op Community News only \$10 per year (12 issues) make check to Moscow Food Co-op mail check to Bill London at Co-op, 221 East Third, Moscow ID 83843

"Window on the Universe" Teacher Workshop

Saturday, April 20, 2002
Moscow Junior High School
8:00-2:00 p.m.

Lots of ideas for teaching "hands-on" science activities. The workshop is free, but registration is necessary. Respond to <ddawes@moscow.com>.

A Vigil for Peace

Peace-seekers, come stand with us. A Vigil for Peace is held each Friday in Friendship Square, Downtown Moscow, anytime between 4:30 & 6 p.m. Mostly silent, some time for shared words at quarter till each hour. For more information call 882-7067.

Tierra Permaculture Design Course

Tierra Retreat and Conference Center

near Leavenworth WA
509-548-6880

April 28 to May 12

An integrated systems approach to designing sustainable homes, farms, and communities

First Annual Volunteer Recognition Event

The Latah Community Volunteer Center (LCVC) is honoring our community leaders and adults who are making a difference through volunteerism. An annual LCVC Recognition Ceremony will be presented. For your efforts, please contact the LCVC.

All nominees will receive a certificate and a plaque that will be presented at the Recognition Ceremony. Tickets are \$5.00 and are available at the Community Volunteer Center.

LCVC Recognition Ceremony is on Tuesday, May 14, 2002 at the Kenworthy Performing Arts Center.

Contact Information:
Latah Community Volunteer Center
E-mail: latahvc@hotmail.com
Phone: 208-882-1584 FAX: 208-882-1870

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

Palouse Prairie Symposium

April 11 and 12
Latah County Courthouse Auditorium

Everyone is welcome to attend the history, soils, flora and fauna for conservation and education on the Palouse Prairie. Topics will range from the composition of the prairie to the native Palouse Prairie plants and the continuous Conservation. The symposium is free. For more information check out www.palouseprairie.org.

Fundamentalism and Violence -

A Video Dialogue presented by the Campus Christian Center

Friday, April 26 at 6 p.m.
Campus Christian Center, 882-2536

The Campus Christian Center will be sponsoring: "Fundamentalism and Violence" a videotape dialogue featuring Jewish, Christian and Muslim leaders following the September 11 attacks on the World Trade Center.

Chet Helmes interview

KUOI-FM radio 89.3

Peter Basoa and Darryl Kastl

May 1, 7:30pm

Recollections of the 60's

Moscow Renaissance Fair

May 4 and 5, East City Park

free admission, free entertainment
all-generation fun, kids activities
Wanna volunteer? call Dean at 882-0211

Moscow Food Co-op Art Gallery

Opening reception, Friday, April 19, 5:30pm
photographs of Dorothy Gullicksen

Artists wishing to submit artwork please contact Rose Graham at 208-892-8432 or rtterrydgraham@hotmail.com

Special Collections Library
University of Idaho
Moscow ID 83844-2351

For additional events & info
<http://www.moscowfoodcoop.org>

