

December 2002

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

For Chantra

By Bill London

Chantra Melior was 14 when we met her. She had just arrived in Moscow with her mother, Annie Hubble, and her younger brother, Joseph Melior. Annie started working at the Co-op just days after the family arrived in town. She started as the Deli Queen, was a cashier, and is now the front end manager and volunteer co-coordinator. Joseph started dishwashing at the Co-op after he graduated from Moscow High, and now he works a variety of Co-op jobs.

Chantra has worked as a Co-op cashier, but we knew her as our daughter Willow's inseparable best buddy during their high school years. We saw Chantra daily, and watched her blossom into an articulate and graceful young woman. There was no hint then of the horrid disease that would soon hijack her life.

After graduating from Moscow High in 1995, she moved to Hawaii and while there, suffered a mysterious illness that kept her in bed in pain for a month. She endured mild re-occurrences while in England that escalated when she returned to Moscow in 1998. The pains continued to grow, and on May 15, 1999, she went to the emergency room at Gritman and was told for the first time that she likely had endometriosis.

With endometriosis, the cells from the lining of the womb are found outside of it, causing inflammation and pain. The disease was not identified or named until a few decades ago, so many women, like Chantra, were misdiagnosed with infections or depression.

Since mid-1999, Chantra has been generally housebound due to constant and severe pain.

She's tried a variety of drugs, exploratory surgery, and several non-traditional medical treatments. Nothing has provided anything more than minimal temporary relief. Since the family



does not have insurance, they have spent all their savings (and Annie's modest family inheritance) seeking a solution.

As Annie explains: "We've done everything we could afford. Everything now is expensive."

They have located two endometriosis specialists, one in San Jose, California, and one in Atlanta, Georgia. What they need now is to raise enough money to get Chantra to the specialist and to pay for the surgery and treatment she needs (\$12,000 for surgery, plus more for hospital, transportation, and accommodations).

Desperately seeking relief, Chantra is now turning to us, to the Co-op community and to her friends. Together, we can provide the resources to set Chantra free from the chains of this disease. Please look inside this newsletter for a list of ways you can help Chantra.

www.moscowfood.coop

Co-op Business Partners

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

Birth From Within Childbirth Classes - 10% discount on classes, Judy Sobeloff, 883-4733

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 @ \$35 each, 882-0191 for Appointment

Eva Jo Halvik, LMT - First 2 massages @ \$35 each, 106 E 3rd St., 2-A, Moscow, 301-2246

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 Framing - 10% off retail custom framing, 208 S. Main St., Moscow, 882-1343

Kelly Kingsland, LMT - First two massages @ \$35 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 Clairvoyant Readings, Herbal Nutrition Consultations & Energy Medicine Healings www.spiritherbs.com 883-9933

Maria Maggi, Intuitive Astrology & Gardener, Please call for an appointment, 10% of on readings and consultations, 882-8360

Markettime 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

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

Paper Pals Scrapbook and Stamp Studio - 1st Hr. of Studio time free, 33% off Open Studio time. Gladish Community Center, Rm. 108

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 esotericist - 10% off clairvoyant readings, past life regression & energy healings, 892-8649 or gmrockiii@aol.com for appointment.

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 892-0452.

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

Whitney & Whitney, LLP - Reduced rate for initial legal consultations. 424 S. Van Buren 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

Provender: its not just what's on the table



By Kenna Eaton

For the past twenty years or so, I have been attending the Annual Provender Conference. Provender is an alliance of natural foods producers, manufacturers, distributors, and retailers located in the Northwest whose main product is an annual educational conference held every fall.

Maybe this sounds pretty dry and uninteresting, and yet this conference alone is responsible for so much of what I know today, that we should all be pretty grateful! In my time at the Moscow Food Co-op, I have been lucky enough to meet many challenges and have been supported by the Board and staff in such a way that together we were able to meet those challenges. But as each new opportunity arises, it also seems to involve a steep learning curve on my part.

I got a degree in Horticulture from the University of Delaware, pretty useless when it comes to running a grocery business and a co-operative natural foods store at that. So, frequently I have been in the position of needing to learn a new skill or cope with a new situation when along would come the Provender conference.

For three days a couple of hundred enthusiasts meet to talk, learn, teach, eat, and talk some more. Every time I have learned so much from this experience that I have come away refreshed, renewed, and able to meet another year of challenges at my beloved Co-op.

Last year I decided it was time for me and my Co-op to start giving back to an organization that has given so much to us over the years. I ran for and was elected to its Board of

Directors. Over the past year I attended three Board meetings and started learning a whole lot more! The process of putting on a conference is intense, and Provender has only one employee, Susan Schechter, the Executive Director. Susan works part time to put on and pull off the most amazing event – although, of course, she can't do that alone, and that's where the Board really comes in

After 11 months of planning, we find ourselves busy working long days and nights at the conference, making sure that everything behind the scenes runs smoothly. At the end of the conference, we have our first Board meeting of the new year. This year I was asked to take on the role of president. While it is not something I relished, I also recognized that I was probably best situated to take on this task. And so I continue to learn and grow, now in a new way.

Moscow Food Co-op has been lucky enough to become involved in several organizations with intentions to reach out beyond our normal day-to-day tasks and to move our businesses into yet another stage of growth. Five years ago, we helped start the Northwest Co-operative Grocers Organization (NWCGA). The NWCGA works to strengthen the marketing position of Co-ops in the Northwest, and it has been instrumental in allowing MFC to become a better buying agent for our members and for helping me learn even more about the tough world of natural food Co-ops.

Last year they invited me to become the president of this illustrious group, and I accepted the honor. Just call me Madame President!

Contents

	Cover
For Chantra	Cover
Provender	1
Welcome	2
The Buy Line	2
How You Can Help Chantra	3
Personal Care Corner	3
The Organic Apple of My Eye	4
Local Growers' Meeting	4
Customer Profile: Dave Willard	5
Business Partner: Anne Raymer	6
From The Suggestion Board	7
Board Report	7
Co-op Volunteer Dinner Party	8
Staff Profile	9
Unaffordable Luxuries	10
Greetings from the Art Gallery	10
Moscow Civic Association	11
Volunteer Profile: Chris Stordahl	11
Preserve Your Pointsettias	12
Plant Select Website	12
Coloring Contest	13
Drenched in Barbecue	14
Fraud	14
Restorative Justice	15
Passion Pervades Airwaves	15
News from the West	16
Photo processing at Co-op	16
Creative Housing	17
Calling All Organic Growers	17
Be a Wellness Warrior	18
Organic Research and Practice	19
Book Review	20
Review Videos	20
Newsletter Changes	20
Letters to the Editor	21
Moscow Renaissance Fair	21
Taj Mahal Plays Palouse	22
2% Tuesdays	22
Yummy, Yummy, Yummy	23





Welcome!

By Laura Long

Generally, this article is devoted to membership issues, events, and services, and you'll often find helpful hints for using your membership effectively. But this month I wanted to branch out a bit and just say, "Thank You" to all the supportive and helpful members and volunteers that we have. You all make this a very special place to work and to shop. The last few months have been very hectic for the management team while we've all tried to get used to our new scanner system, and I think we've just about got it under control. One of the key elements for the success of this transition has been you, the members. Without your patience, good humor, and invaluable help, I don't think the transition would have gone as well. Thank you all so much for your continued support for our community-owned and operated grocery store. You're the reason we're here.

Also, this month I want to give my usual plug for shopping locally and using your Business Partner Program as a valuable resource and gift-giving guide. There are many businesses in the program that offer gift certificates and services for those hard-to-shop-for people on your list. And don't forget that a Co-op membership is also a great gift as well.

This month, as you peruse the Business Partner List in this issue, you will notice that we have two new partners. I would like to give a heartfelt welcome to Judy Sobeloff and Karen Lien. Judy offers a 10% discount on her "Birthing From Within" childbirth classes to all Co-op members. Thanks, Judy, for bringing this service to our area!

I would also like to welcome Paper Pals to our program. Karen has just opened her business in Pullman and is very excited to be part of our Business Partner Program. So, if you're feeling creative this year and would like to make your own holiday cards or do some scrap-booking, then check out Paper Pals at the Gladish Community Center in Pullman.

And as a word of advice from me personally, please remember that the best gift you can give this holiday season is the gift of peace and love. These words may seem trite and perhaps even simpleminded, but I believe if we truly and consciously try to make these ideals happen in small ways every day, they will become a reality. After all, Moscow is part of the world, too, so why not try for world peace right here at home.



The Buy Line

By Vicki Reich

This month, I'd like to tell you a story about my favorite subject. Me! Now, I'll admit it sounds like a strange subject to write about, but I know it so well and I find it so interesting. However, I have to warn you that this story may get a little whiny, but read on, it has a happy ending for all of us.

The story begins in August when I began planning for this year's holiday season. I was a little late in the planning because of the new scanners (a minor hindrance). Several holiday favorites like organic eggnog and holiday teas needed to be pre-ordered (which means I had to guess, in the heat of the summer, how much eggnog you'd likely consume when winter finally came.) Preorders are a scary thing to do - order too little, and I have sad customers; order too much, and I'm drinking eggnog at every meal

in January. I comb through all the past holiday season sales (which are conveniently located in my head) and take a wild guess. Of course, while I'm combing through my mental files, I am interrupted, perhaps half a dozen times, by the phone or co-workers or even customers, so I may miss something important, like ordering turkeys. This year I didn't forget (I've actually never forgotten, but I've had nightmares I did) and ordered a pallet of turkeys from Organic Valley in September.

Time went by, and I entered an amazing amount of information into our new database, made lots of decisions about what new products to carry and which to get rid of, put out info on the turkeys, trained four new staff, went on a much needed vacation, and came back to find all those products I had pre-ordered months ago (and, of course,

forgotten that I ordered) had arrived and needed a home in the store and in our database.

As I got all of these items under control (about ten days before Thanksgiving) and the preorders for turkeys started piling up, I got an invoice in the mail from Organic Valley. I figured it was the bill for the turkeys. I opened it to check on our costs, and it said that a pallet of chickens were on their way. Chickens?!?! Yes, chickens! Before I panicked, I called Organic Valley to make sure it wasn't a typo. It wasn't and I panicked. I began laughing in that semi-hysterical way you laugh when you might cry. I really shouldn't have been surprised since never in the five years I've been ordering turkeys have they arrived without a hitch.

I looked at the stack of purple turkey orders and tried to estimate how long it would take to call all those people and ask if they wouldn't mind having chicken (maybe two or three chickens) for Thanksgiving instead of turkey. While I continued to panic,

the fine folks at Organic Valley rushed around trying to find a way to get us our turkeys. When they called to tell me they could have them here the Monday before Thanksgiving, I almost jumped for joy. I was so happy I offered to buy the pallet of chicken from them, for a very good price, mind you (I'm no pushover.) That way, they wouldn't have to ship it back.

So, now I have a pallet of delicious fresh organic chickens that I need to sell, and this is where the happy ending for everyone comes in. We currently sell Shelton's free-range chickens for \$2.75/pound, and they are not even organic. Because of this near catastrophe, we'll be selling these organic birds for \$1.99/pound. This is a "while supplies last" kind of deal since this opportunity better not happen again. The chickens range in size from three to seven pounds and will be where the Shelton's used to be in the freezer. If you'd like to stock up, you can special order them in cases of six. See, I told you the story would end well. I hope your year ends as happily.

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

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

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

For advertising rates and information: contact Josh Christensen at 882-6762 or chri9678@uidaho.edu

For letters to the editor:

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

Webmaster

Bob Hoffmann,
webmaster@moscowfood.coop

General Manager

Kenna Eaton 882-8537 (882-8082 fax)
kenna@moscowfood.coop

Board of Directors

Pat Vaughan (President)
Bonnie Hoffmann (Secretary)
Mark Mumford
Al Pingree
Peg Kingery
George Bridges
Mike Forbes

pckh@moscow.com
bonniehoffmann@hotmail.com
mmumford@moscow.com
lap@moscow.com
king6619@uidaho.edu
gbridges@uidaho.edu
mikeforbes@moscow.com

Printed on Recycled Paper

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.

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

Editor

Bill London

Issue Editor

Julie Monroe

Layout

Jill Maxwell

Advertising Manager

Josh Christensen

Illustrations

Pamela Lee

Distribution

Donald Stanziano, Moscow
Kurt Queller, Pullman
Mary Zuber, Lewiston-Clarkston

Back Cover Design

Sarah Harrison

How You Can Help Chantra

By Bill London

Chantra's friends are planning a variety of fundraisers to gather the money she needs for her operation. Some of the events and options are listed below. Others will be scheduled later.

Please remember the emotional impact on both Annie and Joseph throughout this public fundraising campaign. They both would appreciate it if you did not discuss Chantra's condition, or the fundraising efforts, with them while they are working at the Co-op.

Annie would prefer arranging with her to meet during non-working hours, or emails sent to hubbleannie@yahoo.com.

An account has been established at First Bank, at the corner of Jackson and Third. Deposits can be made to The Chantra Melior Medical Fund, First Bank, 201 South Jackson, Moscow ID 83843. The fund will be used only to pay medical costs. Donation jars will be distributed at the Co-op and around town.

If you know anyone who could provide housing for Annie and Chantra in either San Jose or Atlanta, please contact Annie at hubbleannie@yahoo.com.

Erika Cunningham is organizing a raffle. There are 10 prizes, including massages, yoga classes, and various gift certificates. The grand prize is a getaway pampering for two, including gourmet meal, massages, and exotic accommodations. Tickets are available for \$5 at the Co-op and

BookPeople. You can buy a bunch of tickets, or if you want to take a packet of ten tickets and sell them to your friends, contact Annie at hubbleannie@yahoo.com to make arrangements.



The raffle drawing will be held at the benefit concert featuring Dan Maher on Thursday, December 19, at 7:00 pm. Admission cost will be a donation of \$4, and refreshments will be available. Winners need not be present at the concert to win. The concert will be at Roberta's Attic, 314 East Second Street in Moscow. To find the Attic, follow the balloons and signs up the driveway, around the back of the house and up the stairs.

You can also help plan, and at least plan to attend, the grand midwinter event: a concert, pizza feed, and silent auction in January or February. To volunteer to help with any aspect of this event, to offer items for the silent auction, to offer to play music or to help cook, please contact Annie at hubbleannie@yahoo.com.

Please consider what you can do to help make this big difference in Chantra's life. She has lived with this horrible pain for three years. Together, we can provide the support that will bring Chantra the relief she needs and deserves.

Personal Care Corner: What's New for the Holidays



By Carrie A. Corson

This time of year is my very favorite as the mercantile buyer. I get to look at a lot of gift items, and it's always a challenge to pick things that are somewhat unique and that I think people will like. We've gotten some great products in for this holiday season, and things are selling quickly.

I always think we get some of our best gift items from Fair Trade companies like Ganesh Himal, SERRV International, and the Tibet Collection. Last year's popular line of recycled knit scarves and hats has been expanded to include several styles of purses. We also have a great selection of wool hats, gloves and mittens, velvet and hemp bags, and prayer flags from Ganesh Himal. Lots of stuff from SERRV International, including hand blown glass ornaments, beautiful dishes, and candle holders. There are also some stunning brass bells from the Tibet Collection. These beautiful bells have wonderful tone and are all handmade. Remember, when you purchase an item from a Fair Trade Federation member, you are insuring that artists are getting a fair wage for their work, promoting environmentally sustainable practices, and helping to provide healthy and safe working conditions for artists.

Retro 51 has the greatest pens on the planet. Well, okay, that could be arguable. But they are quite cool, and they come in a groovy aluminum tube. There are several styles and colors to choose from. And would make a great gift for the pen passion person on your list.

The hand-carved and painted boxes from Poland are quite lovely. Perfect for spare change, tarot cards or just about anything you'd want a little box to hold. For the rock hound on your list, check out the candleholders made from crystals,

minerals, and other stones. They are really quite stunning. We're also trying out a few more jewelry items, including new designs of pins from Urban Fetishes and necklaces and bracelet sets, which are proving to be quite popular. In fact, you will find several of the Co-op staff adorned with multiple bracelets.

We also have an excellent selection of books, including old favorites from the Moosewood Restaurant (a perennial bestseller at the holidays) and new favorites, including "Hope's Edge" by Frances Moore Lappe (author of "Diet for a Small Planet") and Anna Lappe, "Sacred and Herbal Healing Beers" by Stephen Harrod Buhner, and "In Search of the Sacred Medicine Buddha" by David Crow. Our selection of Yoga and Tai Chi videos has also been replenished, and there are lots to choose from.

For those of you who like to play practical Santa, we have some great stocking stuffers. "Cheap Kisses" from Kiss My Face and the "Head to Toe Starter Kit" from Burt's Bees are great for anyone who wants to try (or who you would like to influence to try) all natural health and beauty products. There are also so very nice gift sets from Avalon Organics and Sonoma brand soaps.

Don't forget your four-legged friends when doling out holiday goodies. Cats go crazy for "Kitty Kaviar" and the new organic dog treats from Tail Wagging Bakery are sure to be a hit. My dogs thought they were out-of-this-world. They are made with all organic ingredients and are formulated to be highly digestible with no wheat, soy, or corn products.

I know it's not the old Bazaar, which we all still miss, but I hope you have a great shopping experience and find great gifts to share. Whichever winter holiday or days you celebrate, may they be splendid.

What do you need to know to give birth?

Multi-Sensory, Holistic Childbirth Classes

based on the book and philosophy of
BIRTHING FROM WITHIN

Personal, individualized focus

Winter Classes Forming Now
Judy Sobeloff, LMSW, MFA 883-4733



R & R OFFICE EQUIPMENT

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

1104 South Main

PALOUSE Ocularium VISION CENTER

*Precise, professional eyecare.
Comfortable Atmosphere.*

William French
Optometrist



The Organic Apple of My Eye

Dani Vargas, Produce Manager

Washington State is known as one of the premier apple growing areas in the world. The nutrient rich soil, arid climate, plentiful water, and advanced growing practices provide the right ingredients for producing top quality apples. The dry climate and ideal temperatures reduce the number of disease and pest problems that can impact fruit quality. This superior climate reduces the need for applications to control insects and pests.

In addition to the right growing conditions, Washington's grading standards for all apples are more stringent than standards used in any other growing region in the world. As a result, Washington's organic apples are distinguished as well, providing the best organic apple quality that money can buy. The organic industry has grown from \$5.4 billion in 1998 to \$7.8 billion in 2000. It has been estimated to surge to \$20 billion by the year 2005. With this amazing growth rate, Washington's apple growers have been producing more organic fruit in the last few years.

Studies have shown that fresh produce sales are a significant part of this sales growth. The percentage of people who purchase organic produce jumped from 23% in 1996 to 34 % this year. It has also been shown that out of those surveyed apples are the number one organic fresh fruit they buy. This is important also due to conventional apples being a crop that is grown using a high amount of synthetic pesticides, fertilizers, and herbicides. To keep pace with the rising demand, Washington apple volume has expanded. During the 1998-1999 growing season, only 304,000 boxes of organic apples were shipped from the state. It has been estimated by the industry that during the 2002-2003 growing season this number will jump to 3.5 million boxes.

Washington State focuses on nine key varieties of organic apples. The most organic acreage is planted with Red Delicious followed by Granny Smith, Gala, Golden Delicious, Fuji, Braeburn, Pink Lady, Cameo, and Jonagold. Approximately 1,700 acres of transitional apple orchards will qualify this year as certified organic. This will bring the total organic apple planting in Washington to nearly 10,000 acres in 2002; this is about two thirds of the U.S. organic apple acre-

age and more than any other apple producing region in the world.

Washington's organic apple industry is not only growing at a fast rate, it is also holding true to the state's unmatched history of dedication to cutting edge production practices. More than 25 % of the state's apple packers hold Organic Food Handler Certificates from the Washington State Department of Agriculture's Organic Food Program. Within the Organic Standards, states are allowed to be stricter than the base requirements. Washington's organic standards are probably the strictest within our Northwest states and up there with the rest of the U.S.

Types of Apples:

Red Delicious: The character Johnny Applesseed is based on the life of John Chapman who wore a saucepan hat and propagated apple seedlings all over eastern America. This apple is America's favorite and has deep ruby skin and a classic heart shape. It's mild sweet flavor and distinctive juicy crunch make it a five-star snacking apple. Available year round.

Golden Delicious: The preferred, all-purpose cooking apple. Firm, white flesh and skin so tender it doesn't require peeling. Maintains its shape and rich mellow flavor when baked or cooked. Available year round.

Granny Smith: Granny Smith apples were discovered in Australia in 1868 by Mrs. Thomas Smith. Americans didn't get a taste of the Granny Smith until the 1950s, when they were imported from New Zealand and South Africa. Grannies are bright green with a pink blush. The flavor is tart and tangy, and the bite is crisp. Available year round.

Braeburn: Braeburn apples were developed in New Zealand. Varying from greenish gold with red sections to nearly solid red, the crisp and aromatic Braeburn blends sweetness and tartness for high impact flavor. Great for snacks and salads. Available October-July.

Gala: Like the Braeburn apple, Gala apples come from New Zealand.

Galas are a hybrid created by crossing a British apple, Cox's Orange Pippin, with the Red Delicious apple. One strain of Gala is named Royal Gala after Queen Elizabeth II declared her preference for it. The perfect take-along snack. Heart shaped, distinctive yellow-orange skin with red striping and a crisp, sweet taste that can't be beat. Great in salads, too. Available August-March.

Fuji: Developed in Japan in the 1940s, this variety has American parents, Red Delicious and Ralls Janet. The crisp, juicy Fuji varies from yellow-green with red highlights to very red. Its spicy, sweet flavor makes it excellent for salads or eating out of hand. Available year round.

Jonagold: Jonagolds, a cross between Golden Delicious and Jonathan apples, are large, fine eating apples with rich, juicy, spicy flesh. Jonagolds are golden-skinned, striped and blushed with red. Excellent for eating or cooking. Available September-March.

Pink Lady: This Aussie lady represents the finest Western Australian based apples. Her true pink coloring, crisp crunch and smooth texture distinguish the Pink Lady. The Pink Lady is known for its sweet tart taste and firm crisp flesh. It is yellow in color with a pink blush. The delicious Pink Lady is great for cooking and eating out of hand. Available October-June.

Cameo: Cameo apples are the do-it-all apples to eat out of hand or for baking and cooking. The cameo,

a crisp, juicy, sweet tart new variety is recognizable by its bi-coloring. The Cameo was tested 20 years before its current popular debut. The Cameo is a pleasantly sweet apple with a firm texture. Its color is red stripe over a creamy background. An excellent dessert apple or tasty on-the-go snack. Available November-May.

Winesap: The cider maker's first choice. Violet red in color with an old-fashioned flavor spicy, tart and almost wine-like. Delicious eaten as a snack or in salads. Available October-August.

McIntosh: The McIntosh is the most popular apple in America. Discovered in the 1700s by a Canadian, John McIntosh, the McIntosh has bright red skin tinged with green, crisp, strawberry sweet flesh. Best for eating since the texture disintegrates with heat. Available year round.

Empire: Empire apples are named for New York State where this apple was developed as a cross between the Red Delicious and the McIntosh. A good all-purpose apple, the Empire is like the McIntosh, but with firmer flesh. A good choice for pies and rosy applesauce.

Crispin/Mutsu: Developed in Japan as Mutsu, the Crispin was renamed for European and North American distribution. The Crispin is a large, greenish russet apple with a golden blush. The crisp, deep creamy flesh is honey-flavored when ripe. When cooked, slices retain shape with a sweet, light taste. Crispin apples are available from December to March.

LOCAL GROWERS MEETING

Anyone interested in supplying the Co-op with fresh local **ORGANIC** produce must attend this meeting. The meeting will be held **January 18th, 2003**, at the Moscow Food Co-op.

The time will be **3:00 p.m. - 5:00 p.m.**

The produce supplied to Co-op MUST be either Certified Organic or Licensed Organic. If you have any questions about this process, please call Dani Vargas (208) 882-8537 or email produce@moscowfood.coop.

SEE YOU THERE!!

Customer Profile: Dave Willard

By Eva Jo Hallvik

"I shop at the Co-op for mostly my produce and the fresh stuff," says Dave Willard, this month's customer profile, "dollar wise this comes out to about half of my grocery shopping."

Read on for more interesting facts and tidbits. This first question to Dave about how much shopping he does at the Co-op lead into an interesting account explaining a more in-depth look at our community member of Moscow of about ten years.

Dave says it wasn't until recently that he realized that he doesn't buy much groceries elsewhere. The local Safeway that he lives near is where he does most of the rest of his shopping. Dave says that he buys his "real food at the Co-op and his junk food at Safeway." So, one day while picking up some quick chips, taco seasoning, and sour cream, the cashier informed him that he would receive an extra 10% off all of the produce that he bought at Safeway while pointing at his receipt.

Dave reports that "Safeway's demographic computer, aka Safeway Club, noticed that I never bought any produce there, so now to lure me in, until who knows when, I will be eligible for 10% off all of my produce bought from Safeway. The cashier smiled and said, "What do you think of that?" Dave laughed and said, "Oh, I don't think he really wanted to hear my answer, but I told him anyway that, yea, your demographics say that I don't buy produce here, but will it tell you that the reason I don't is because I don't like the odd poisonous chemicals sprayed on my produce." Dave says that the cashier really didn't respond but kind of smiled and proceeded with the next customer in line.

Dave continued with his produce comparison between Safeway and the Moscow Food Co-op. "Recently I made a special trip down to the Co-op to get good mushrooms for a stir fry and not Safeway's," and he discovered that the Co-op's mushrooms are not organic..."but, it's hard to grow an organic mushroom, it's a fungus you know." Ahem, mmm?? Then he laughs,

"I guess if Safeway's checkers paid close attention they'd notice that all he eats is junk food, but really what does Safeway Club know anyway."

Then a couple of friends of Dave's walked by bragging about the stir-fry they just made. And "we got all of our ingredients at the Co-op, oh, except the chicken is from Safeway, and

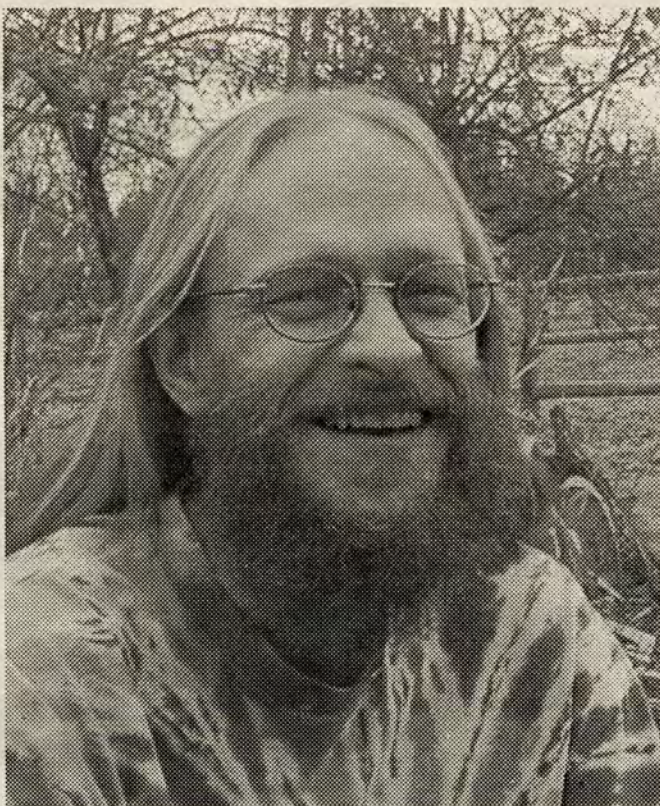
so was the pea pods, the Co-op didn't have pea-pods." They said they used the great organic mixed Lundenberg rice's. The conversation continued on about the meat. Dave and the two other guys all mostly agreed that they don't buy much meat from the Co-op. "Meat at the Co-op is too spendy." "But the bacon, now the bacon is good stuff from the Co-op; it has no nitrates, no preservatives, it tastes so different from regular store-bought bacon, almost like pork or something; it has no chemicals, which I am used to tasting when identifying my bacon." agreed the three men.

When identifying Dave, you will mostly see him in some sort of tie-dye; in, I would guess, his late thirties, with mostly long hair, and willing to talk to you about current events. Dave is especially involved with our local conservation group Friends of the Clearwater of which he puts together their newsletter. But mostly Dave says that he likes to take apart and repair electronics. You could call Dave a sort of freelance electronic repair guy. He says that he is especially good with high-end stereos.

Dave says, "From about the age of seven when I discovered a screwdriver I have been doing electronics. My mom was out of the room or something and I realized what a screwdriver did, and when she returned everything in the room was unscrewed, working on the last outlet as she re-entered the room. Eventually from taking things apart to see how they work and then figuring out how to make them work if they aren't properly, to now where I am constantly tinkering with electronics."

Dave is also a musician; he plays the guitar. You may have seen him at last fall's Harvest of Harmony festival in East City Park. He says that he is trying to put a band together; he is looking for a keyboard player and a lead vocalist. He likes interesting stuff; contact him if you're interested.

Also, Dave is responsible for the fact that now you can look up on the



Co-op's website and discover what item applies to what PLU number on the bulk items. He says, "You know, you open up the cupboard, and you don't know if the bag of flour is whole wheat flour or pancake mix when all you wrote down was the PLU number, now you can find out."

So, for more interested facts and comments and music tidbits, whether it is playing in a band or fixing you music listening hi-fi equipment, you'll want to talk to Dave.

Eva Jo Hallvik, who wrote this month's customer profile, is a supporter of freedom and good health. Thank-you.

PAPER PALS
A SCRAPBOOK AND STAMP STUDIO

Come use our
stamps-inks-trimmers-
templates-heat tools-punches-
alphabet & number punches-
die-cut machines-idea books-
decorative scissors-brass
templates-circle cutters-
corrugators-brayers-more...

Classes-Workshops
Crops-Private Lessons
Cardstock-Page Kits For Sale

Monday-Friday 9-3pm
Friday-Saturday 6-12am
Sunday 12-5pm

Gladish Community Center
Room #108
115 NW State Street
Pullman, WA 99163
509-332-0407
paperpals@hotmail.com

BAKERY SCHEDULE SPRING 2002

EVERYDAY

Muffins,
Scones,
Cinnamon rolls,
Croissants
Fruit Bread, or Pound Cake,
Bakers' Choice Bread

SUNDAY

Daily Wheat
Crusty French Baguette
Whole Spelt
Cornell White
Pesto French
Breakfast Loaf
Bakers' Choice

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
Bakers' Choice

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

Coop Business Partner: Ann Raymer, Chiropractor

By Sarah Walker

This spring, Ann Raymer's office was awarded one of the best "Psychologically Healthy Workplaces" in Idaho. Employers around the state competed in four categories related to the health and well-being of their employees, and Moscow's chiropractor of 20 years was awarded for excellence in all four. "I want my office to be a spiritual, nurturing place for my patients," she says, and obviously she extends this to her team of employees. When I interviewed Dr. Raymer at her office, I could feel the energy and focus of the members of her staff I met. She places a lot of emphasis on teamwork in her office and is committed to making sure each person gets the training they need (which may involve traveling to Denver or Seattle). A new office is in the works for later this winter, and each employee can personally design their own workstation there. She also promotes an incentive program with bonuses for extra work.

Ann is a long-time Coop supporter — ever since her first glimpse 19 years ago when it was in a tiny space on Washington Street (that's two moves ago). That first view of our Co-op turned out to be one of the things that drew her to Moscow. Now, when she teaches her patients about patient home care, she refers her patients to the Co-op for its organic foods. She loves how the Co-op's evolved to more of a full service store with the new deli and the many new choices for healthy products. She's been a Coop business partner for four years.

Dr. Raymer is an energetic person who continually seeks new ways to serve the health of her patients. She keeps up with new advances and techniques in her field by working with other chiropractors and healers around the West. She is dedicated to a holistic philosophy of healing. "I want to help my patients put all the pieces together," she says, and she means recognizing and addressing all the components of health, including emotional factors. She's excited about new methods for "detoxing" that use ionization to pull out toxins like drugs and metals from our bodies.

Since Dr. Raymer and I are the same age, mid 50s, I asked her what she recommends for someone like me who's experienced her share of life's

bumps and bruises (I was a backcountry worker, backpacker, and mule-packer), and wants to keep going as best as possible. She explained how a spinal exam is important for revealing potential "silent" problems, such as worn out disks, degenerative joint disease (arthritis! eek!), old fractures, or vertebrae that have gotten out of alignment over the years. Dr. Raymer says it's critical to pay attention to these conditions before they affect our larger systems, especially our immune systems. Chiropractors recognize our bodies' own ability to heal themselves and strive

to help that process along, whether by treating an injury, a disease, an allergy, or fixing up that nagging ache or pain.

Don't you wonder what doctors themselves do for their own health? Besides the all-important diet and exercise, Dr. Raymer really emphasizes attitude: making an effort to "stay centered" is most important for our overall health, and so is being involved in things outside ourselves. "I feel so healthy," she says. She does daily stretching, (yoga and Tae-Bo) as well as lifting with hand weights a couple of times a week. Her favorite community activity has been her involvement with the Pritchard Gallery (this year she's chairman of the Gallery board). Many of the interesting paintings, prints, and photographs on the walls of her exam and treatment rooms are from the Pritchard's Art Auction, which she helps organize. She herself gets a chiropractic adjustment once a week.

After so many years of continuous practice in Moscow, Dr. Raymer seems freshly charged with energy for future learning, improving her practice, and staying involved. She currently offers special programs for newborns under six months so that babies can get the best start. She is an enthusiastic international traveler who's made five trips to Kenya. She chose Moscow for her home base the first time



Dr. Anne Raymer gives her daughter Jessie a hug.

she saw it, 19 years ago, when she visited from her job in Post Falls, Idaho. What drew her here? The familiar college town feeling that reminded her of her Ann Arbor, Michigan, years, the Co-op, the active and involved community members, and the "Palouse Journal." Now, all these years later, her own practice has become a Moscow feature.

Dr. Raymer's office is at 803 South Jefferson, Moscow, and she can be reached at 882-3723 for appointments. Co-op members receive a discount of \$10 off the price of their first visit.

Sarah Walker is enjoying the Moscow scene during her year off between careers (and don't ask what the next one will be; she has no idea!)

Something for everyone... **Hodgins Drug & Hobby**

**New
Extended
Hours
Mon-Fri 9-7**

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

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

**Beanie
Babies!**

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



From The Suggestion Board

By Vicki Reich

The produce department is AWESOME.

Thanks, we like to think so—Dani, Produce Manager.

Could you please get some beef soup bones from BCR? Veggie beef soup would quite hit the spot. Thanks for everything.

Great idea, I'll give them a try. Look for them with the other BCR products—Vicki, Grocery Manager

Knudsen juices: Please order some low sodium Very Veggie. Thanks.

We have carried this product in the past, and it did not sell well. You can always special order a case—Vicki.

Please can you get the grape seed Veganaise in a 32 oz. bottle? We go through way too much. We need bigger for better price. Thanks.

Okay, we'll bring them in to replace the smaller size—Vicki.

Do we ever get organic Naked Carrot Juice?

I have tried to get this in the past, and my supplier was unable to get it at the time. I will keep trying—Vicki.

Can we get Hatch whole green chilies back. The whole ones are so much better!

Sure, I think they accidentally disappeared from the shelf. They're back now—Vicki.

Suggestion for the free box to make it better: 1. Please just compost produce that is no good, please! It gets gross. 2. Have separate containers for food items and paper/cleaning/soap items. 3. Put all free produce in the cooler. 4. For Deli items, please label every container with date and name of item and make sure the lids fit tightly.

As you can tell from the name, the free box makes no money for the Co-op, and therefore, we do not expend any labor costs in its upkeep. We could just as easily throw the food away and choose not to. Users of the free box are welcome to clean and tidy it as much as they want—Vicki

My family really misses the organic pop tarts.

I believe you are referring to Amy's Toaster Pops. We still carry the pizza flavor (it's by the Amy's

Pockets) but the other flavors did not sell—Vicki

Is it possible to get an alternative brand of eggs? You have two different kinds from Chino Valley. An alternative to Chino Valley, that is.

I carry Chino Valley eggs because they are the least expensive eggs of that quality I can get. I will bring back Organic Valley brown eggs as well. Was there some other brand you wanted to see?—Vicki.

Did you know...? You don't need a grease pencil or permanent marker to mark weights and PLUs on a bulk container. If you put a small piece of transparent tape on the container, you can write on it with any pen or pencil. Thought I'd pass that on.

Thanks for the tip, it works on the small white bags as well.

Soyrizo: Had it at the Everett Co-op. Great alternative for your Latino customers.

I will see if I can find it—Vicki.

Please carry the Oregon Grizzly Trail Mix without chocolate like you did previously for those who can't have peanuts or sugar.

I think you are referring to the Organic Trail Mix from Grizzly that we used to carry. This did not sell well, and we had to throw several batches away because they got too old to sell. I can special order it for you or you

can buy your favorite ingredients and make your own trail mix. That's what I always do, then I can have just what I want in my mix—Vicki.

I was wondering if you could stock an energy bar called "RAMA-Energy Bar-Pumpkin Perfection by Divine Food" tx.

I'm sorry, but this product is not available from our suppliers—Vicki.

Would it be possible to get safflower mayonnaise by Hain?

You can special order this in quantities of three jars. At this time, I'm not going to carry it in the store—Vicki

Please order Patak's Garlic Relish - best of all!

Sure, I'll bring it in—Vicki

Do we get any more lemon almonds? They are delicious, and I miss them.

Sorry they were out, they are so good I can't keep them in stock—Vicki.

Lentil Flour: very high in protein! Could you supply it? Thanks.

I'm sorry, but I don't have a source for this—Vicki.

Please consider carrying some of Wheat Montana's products. I will consider it.

Was there a specific product you wanted?—Vicki

Board Report

By Mark Mumford

I had the most remarkable experience the other day. On Thursday, November 14, the Co-op staff organized a dinner recognizing the work of Co-op volunteers. As a member of the board, I was invited. At first I felt a bit embarrassed about going. I have too much fun participating on the board to consider my volunteerism as work (a subtle encouragement to those of you who might be interested in running for the four positions to be elected to the board next spring). The other volunteers that staff the Co-op actually do WORK. But I went anyway (I learned a long time ago, never turn down a free meal, especially a Co-op meal). The dinner was organized by a number of the Co-op staff. More than one hundred volunteers attended.

We met in a grand space, decorated for the occasion, offered by one of the Co-op faithful. Soft music

played. And everywhere the din of conversation at row upon row of volunteers. The food was fabulous - lasagna with salad, bread, and chocolate and carrot cake, all prepared and served by Co-op staff. The food was donated by the Co-op, and, as I understand, even the dishes were procured by the organizers at no cost to the Co-op.

There were special recognitions for individual volunteers. And door prizes were handed out. I was impressed. I was astonished. I was delighted (I got a door prize!) What is most impressive and delightful is the fact that the Co-op staff planned and set up and decorated and cooked and cleaned up and carried and carted and did all this work because - just because. All this work was motivated by appreciation and good spirit - remarkable for any staff of any business. After all the Co-op is a business - nothing more - a cold-hearted capitalist enterprise - it's a grocery

store. But at times like Thursday's dinner, you realize that the Co-op is so much more than a business. It is the center of a vital and spirited community of wonderful people. The spirit that motivated the organizers and all those that made the dinner possible is the remarkable common bond that unifies all of the Co-op staff and members and managers and volunteers in community.

This is the spirit that we have all come to take for granted, as, simply part of the ambiance when we shop at the Co-op. When I come to the Co-op for my daily morning cinnamon roll and coffee, one of the things I enjoy most is meeting people I know, a few words of good morning, the friendly banter with the cashier or the deli counter staff, and the nice feeling of comfortable routine. That spirit is the Co-op's business edge. But the Co-op is more than a business. It is a civic center, a locus for the community, a place to eat and shop and meet friends and neighbors,

a place to sit and linger and talk and discuss, and drink coffee over the morning paper, a place to work, a place to enjoy.

Businesses spend millions of dollars in attempts to develop favorable public relations. To energize its staff and to instill in them corporate pride, retailers like Wal-Mart organize daily pep-rallies for its employees. To consolidate loyalty among their employees and their customers, businesses expend enormous effort and money in public relations campaigns. The Co-op enjoys all of these business advantages, not at the cost of millions, but through the everyday efforts of its wonderful staff and management, its dedicated volunteers, its membership, and the community at the center of which the Co-op thrives. To the staff of the Co-op: thanks for the dinner, and the door prize, and thanks for the spirit and fun and energy and commitment, and dedication and the daily welcome I receive whenever I come to the Co-op. Good lasagna too!

Co-op Volunteer Dinner Party

By Annie Hubble

Photographs by David Hall

The Co-op volunteer party was a wonderfully fun event. Good food and good company...who could ask for more. As one person put it, "It was like going to a favourite restaurant and getting my favourite food and all my favourite people were there too!"

Janna and I first thought of hosting a dinner party for Co-op volunteers a year ago. At last year's

seasonal party, we had a band as the main attraction with snacks almost as an afterthought. We noticed that, while the dancing fools amongst us were in heaven, the majority of folks were trying to pile up their plates from the somewhat limited fare available. We realized that the giving of good food to people might result in the greatest happiness for the greatest number and planned accordingly!

It was a lot of fun planning for the occasion. Janna and I have now learned that once the time and place are decided, the details do tend to come together. A couple of months ago, we picked a date, somewhat arbitrarily, but also with purpose...we wanted to avoid the seasonal rush of festivities and have our party early. We booked "Roberta's Attic." We designed and gave out invitations. We received answers to our invitations. We talked to the deli and planned a yummy feast.

About a week before the feast, as I was totting up acceptances, I realized we had over a hundred people coming! There was momentary panic as we all thought of space, of chairs, of plates and cups and forks and knives. Tim and Roberta had 34 chairs. The deli had about 30 plates...

Then the miracles began to occur. Lee Ann came across a huge box full of paper plates (purple no less!), napkins, cups and more that were on their way to be thrown out. Much as I had been determined not to use paper, this seemed a gift from heaven, and we were just intercepting their dump run! The day before the feast I was still calling various places in a search for chairs, and had as a last resort, asked some folks to bring their own, but at 7:00 p.m. that night, the Unitarian Church returned my call and let us borrow all the chairs and tables we needed.

Thursday at 11:00 a.m. Tim Daulton, LeeAnn, Janna and myself met. We carried many chairs and tables from the church, and then got down to fun. To the sultry background



voice of Louis Armstrong, we strung fairy lights, put up wreaths, had candles on each table ready to be lit, and set each place-setting. The room looked so pretty. We all went home to have a rest and then meet again at 5.30 to do the finishing touches.

At 6.30, the guests began to arrive and their "oohs" and "aahs" made all the work worthwhile! There were so many people in a fairly small space that only we servers were allowed to move. The guests, once seated, had



to stay that way! Four of us, with carts borrowed from the Co-op served up a beautiful salad, delicious lasagna, and finally, carrot cake and chocolate cake. The deli did such an amazing job.

One person at each table had a lucky number and won a small prize, and we also handed out certificates and chocolate to some of the most praiseworthy volunteers, though that was a hard choice as everyone is so incredible.

There were some memorable moments: Joseph of the deli trying single-

handedly to carry the huge carrot cake; Al asking Janna when the flight was going to land (with the carts and narrow aisles we looked and felt a lot like air stewardesses!), the mass production lines: one person carving lasagnas while three others served it up, and ever such rapid slicing of cake to keep up with demand. But overall, my memories are of

outstanding people gathered together having a warm and wonderful evening together. It was a chance for folks to meet and relax together and enjoy each other's company.

And, of course, being a gathering of volunteers, the clean-up was easy! A row of guests carrying chairs back to the Unitarian Church wound its way down the block!

There are so many people to thank for their help. Janna and I couldn't have

done it alone. Special

thanks to the deli for the incredible food; to Tim and Roberta for providing the space; to the Unitarian Church for the chairs and tables; to Lee Ann and Tim and Roberta and Peg and Bonnie for refusing to obey our orders to sit down and who instead insisted on helping us in many and various ways; and to all the volunteers for coming. It wouldn't have been the great party it was if you hadn't come, and it wouldn't be the great Co-op it is without your presence. Thank you all!

**GLENDAMARIE
ROCK, III**

CLAIRVOYANT,
ESOTERICIST,
HEALER, TEACHER
Wondering about your
life path? Asking
questions you think
have no answers?
GMR3 may assist you
with balance & peace.
208-892-8649

Inquire about
upcoming classes.

Kaleidoscope
PICTURE
FRAMING
AND
ART
GALLERY

DARRYL KASTL
"THE MAD FRAMER"
882-1343
MOSCOW IDAHO

Staff Profile: Joseph Erhard-Hudson

By Carol Spurling

Joseph Erhard-Hudson: "Love the Co-op's cinnamon rolls? Thank Joseph!"

When my family arrived in the Palouse about a year ago, I knew that I would be getting to know Joseph Erhard-Hudson.

First, I went contra dancing and enjoyed the deadpan style of Joseph's dance calling and his desire (which I share) to keep the dancers moving in nice neat lines. When midway through the evening the dancers bid "goodnight" to his little boy Karl, now five, I knew our families had something else in common: a young son.

We ran into Joseph on our first trip to the Co-op, and on our way out, picked up the newsletter and read an article about stay-at-home fathers, which featured Joseph, along with a few other full-time papas.

With my husband and I sharing caregiving equally and each working part-time, we had faced similar financial and emotional challenges as the dads in the article.

Then, in interviewing Joseph for this article, I discovered he had lived and gone to school in Seattle and Missoula, as had my husband Walter and I. Furthermore, Joseph, like Walter, had changed majors and jobs many times, worked as a gardener, and eventually obtained a degree.

These coincidences really aren't that notable, given that like-minded folks tend to find each other wherever they end up. The Co-op is a natural meeting place. The kicker, though, is that my son and I LOVE cinnamon rolls, and Joseph himself created the Co-op's deliciously gooey but not too sticky version.

Talk about destiny.

Joseph's father was in the Forest Service and their family moved a lot, living in Idaho, central Utah, and Montana. After Joseph graduated from high school and could choose his own path, he continued moving around, going to "too many colleges" to name.

Joseph attributes his many changes of school and jobs to "restlessness." The word "flakiness" did come out of his mouth, but I ignored it, suggesting that he simply knows when to move on from an imperfect situation.

"I've learned to listen to my heart," he agreed.



Joseph's heart has led him to be a part-time baker at the Moscow Food Co-op. "I've always loved cooking and feeding my friends. Now I'm here doing that as a job."

Joseph started baking for the Co-op as a volunteer just under three years ago. Currently he works three days a week and will move up to four days a week beginning in December.

"It's a tough call, figuring out how many days to work," Joseph said. "Karl is in preschool in the mornings when I'm at work, so we have to take into account the cost of his care."

"We" refers to Joseph and his wife KarlaRose. They met in high school in Montana when Joseph (Hudson) was in Troy and KarlaRose (Erhard) was in Libby. The young couple moved to Seattle where they were married (and hyphenated).

"But we realized that we weren't big city kids," Joseph said. "We'd always said our ideal place was a small college town in the Inland Northwest. In particular, I'd been working as a gardener at the Arboretum, and I liked it so much I wanted a degree in horticulture, so I came to WSU. So here we are."

Besides baking, Joseph likes performing in various ways, calling contra dances, singing in the church choir, and singing in a chamber group called

the "Gladrigals." He also formerly played guitar in a contra band.

"The Gladrigals haven't had too many performances yet, but we'll be doing more," Joseph noted. "We sing a variety of music from renaissance to jazz to modern pieces."

The whole family was involved in the Moscow Community Theater's production of "The Wizard of Oz." Joseph played the scarecrow, Karl was a munchkin, and KarlaRose was an assistant costumer.

With such a full schedule I know it's hard to start work at 5:00 a.m., as Joseph does. My family thanks him every time we choose something warm to eat from the Co-op's bakery case. Mmmm.

JOHN'S ALLEY

Moscow's Home of Live Music

-PRESENTS-

Dec. 4th McLoskey Brothers
5th Tanglewood
6th Cold Mountain
Rhythm Band
7th Open Country Joy
12th Cow Tippers
14th Mother's Milk
Five Foot Thick
Fly Reel
19th Public Groovement

Shows are subject to change

Please call 208-883-7662

114 E. 6th St.

STRESS REDUCTION COURSE

•Be less stressed by the ups & downs of daily life.

•Learn skills to help with chronic pain, fibromyalgia, headaches, heart disease, high blood pressure, stomach upsets, anxiety & worry.

6 week course
begins in September
Pullman Location:

Sponsored by
Pullman Memorial Hospital
Tuesdays 6:30 - 8:00 pm

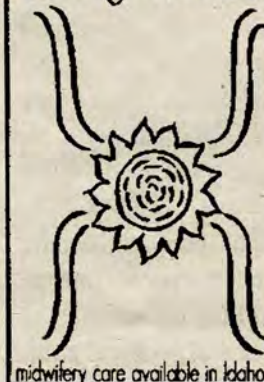
Moscow Location:
To be announced.

For further information, call
Susan Simonds, Ph.D.
Clinical Psychologist
(509)595-7787
www.susansimondsonline.com

Nancy Draznin, CCE, CLA

(208) 224-6965

Home Birth
Water Birth
Hospital Labor Support
Post Partum Doula Care



Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only



Unaffordable Luxuries?

By Kelly Kingsland

This month, to add perspective to our Christmas cheer and abundance, I decided to look not at food but at hunger. Aside from reading articles and researching statistics, however, I know very little about hunger itself. Sure, I've spent my share of days fasting, and sometimes before a big feast, I hold back on eating throughout the earlier part of the day so that I'll be really "hungry." But true hunger has never been a part of my existence. I have never missed a meal without purposely deciding to do so, and this always with the assurance that there was a kitchen full of food and stores nearby, and money in my pocket (in case I don't like what's in my kitchen).

Bottom line is that while I have a fear of being hungry I don't really have a tangible sense of what hungry is. Hunger is in the news quite frequently, however. People die from hunger all the time. In fact, by the time you are done reading this sentence, one child will have died from hunger. Currently in Africa, fourteen million people are facing starvation, and worldwide 700 million people do not have enough to eat. According to Food First, a think tank on hunger, 12 million children die of hunger every year.

While we often are told that famines are caused by nature: droughts, floods, overgrazing, or by human-made crises that displace people from their land, hunger is all too often used as a persuasive political tool. In her article, "Ethnic Cleansing By Starvation," Rania Awwad states that Palestine is a current example of this. In a study released by the U.S. Agency for International Development (US-AID) one in five Palestinian children under the age of five suffers from chronic or acute malnutrition. This is a result of Israeli imposed sanctions. One Israeli official, General Amos Gilad, responded to this study by saying, "Hunger is when people have swollen bellies and fall over dead. There is no hunger yet." While General Gilad's statement is particularly harsh, it is a poignant example of how hunger is used to control people.

Sadly, most agencies agree that hunger is avoidable. Food First claims that enough food is produced worldwide to provide every human with 3,500 calories per day — enough to make most people fat! Food is always

available for those who can afford it, and starvation hits only the poorest. Worldwide, land deprivation, low wages, and debt push people into hunger. And while we see extreme examples of hunger in South Asia, Africa, Haiti, Iraq, and Palestine, many Americans are hungry as well. In fact, in America more than 36 million people experience hunger — one third of these are children. And surprisingly, Idaho rates as the sixth hungriest state. Six percent of Idaho children live in "extreme poverty" with an income of \$13,000 or less for a family of four. Amazingly, one in eight Idaho children (49,570) go to bed hungry every night! This according to the Idaho Food Bank.

The causes of hunger in America may not be as overt as the Israelis toward Palestinians, but nonetheless, can be traced to policies that widen the gap between rich and poor. Industrialization and land redistribution, welfare reform, and low wages all play a role. In Idaho, 46% of all jobs pay less than a living wage, which was stated in 1996, to be \$9.22 per hour for a single adult and \$14.42 for an adult with two children.

In addition, requests for emergency food assistance were up 23% nationwide in 2001. This trend seems to be continuing. A recent article in the "Spokesman Review" claims that Spokane area food banks are setting records each day, with the number of clients jumping by 14% — the biggest increase in 10 years. According to Second Harvest, a national food bank supplier, for many Americans, food is an "unaffordable luxury."

Locally, there are three food banks. I have listed their phone numbers below in case you want to share some of your abundance. Generally, food bank donations do not meet the demand, and many people are turned away empty-handed. In addition to donating food, volunteering is another way you can help. Sadly, most food banks are under-stocked and understaffed. This will become increasingly important as the GOP pushes for reduced welfare and increased "faith-based" aid.


But while food banks distribute food to those in need, they act only as a band-aid. Food First claims that we "deny the existence of political solu-

tions to economic injustice." They go on to say that "hunger is the measuring stick to judge the extent to which societies meet the needs of their people. With 36 million suffering from hunger, the U.S. is failing in its commitment to upholding the universal human rights of Americans." It is hard for me to imagine food as an unaffordable luxury. I agree with Food First when they call food a basic human right. It is even harder to imagine creating purposeful policies that leave whole populations starving or even hungry. Yet, until we create living wage requirements, redistribute land so that the poorest have access to their own food production, and value even the poorest citizen, hunger will be the status quo.

Local Food Banks:

Sojourners Alliance: 835-4357,
Moscow Food Bank: 883-1488,
Church of the Nazarene: 882 4332

Kelly Kingsland has never been able to accept the status quo.



Brused Books
buy • sell • trade
hardbacks • paperbacks
East 235 Main St.
Pullman WA 99163
509-334-7898
Monday - Friday 11-6
Saturday 10-6



SPECIAL DELIVERY
"... Because there's no place like home"
-Experienced, professionally trained as licensed midwife
-Pre and post natal care
-Family-centered home and water birth
-Medicaid and most insurances accepted
Over 350 babies welcomed
Charlotte Salines 883-4470

Holiday Greetings from the Co-op Art Gallery

By Ryan Law

Rebekah Wilkens-Pepition will exhibit her multi-media photography at the Co-op until January 2, 2003.

We will introduce a new artist, Henry Stinson, on January 3, 2003. His exhibit will run until February 13. Stinson is new to the area and has numerous gallery representations. I'm certain you will appreciate his figurative work.

Henry Stinson was born in Anchorage, Alaska but spent much of his childhood in the southern states and the Pacific Northwest. He currently resides in Moscow. Henry graduated from Washington State University in 1983 with a Bachelor of Fine Arts. He began teaching figure drawing in 1989. His uniquely supportive teaching style, coupled with his vast understanding of the human figure, made him one of the top figure drawing instructors in the Northwest. His drawings are most noted for the inspired sensitivity of their line quality and his uncanny ability to quickly capture the personality of his subjects. Henry's paintings have been exhibited in solo and group exhibitions in galleries throughout the United States, as well as the U.S. Embassy in Geneva, Switzerland.

His work is also included in numerous private collections, and his awards include several best of show. Henry is currently represented by the Contemporary Southwest Gallery in Santa Fe, New Mexico; the Wild-Meyer Gallery in Scottsdale, Arizona; and the Roby King Gallery in Seattle, Washington.

An opening reception will be held on Friday, January 3, 2003, from 5:30 to 7:00 pm. The Moscow Food Co-op Art Gallery is located at 211 East Third Street, Moscow, Idaho and is open daily 8:00 am.- 8:00 pm.



LoneHawk Farm
Gourmet Meats
Gourmet Elk Sausages and Jerky
-Available at Moscow Food Co-Op -
No Preservatives, No antibiotics,
No hormones.
Steaks and burger available by
special order
call 882-1181
or email
lonehawk@moscow.com.

The Moscow Civic Association

By Bill London

I remember thinking, as we discussed this Moscow Civic Association concept, "This could really work. This could really change the way Moscow is headed." This discussion was back in July, as the city nudity ordinance was fast-tracked into law. Eight of us met around the kitchen table and discovered that we all viewed the ordinance as a dumb idea pushed onto a pliant City Council, and saw the Council's quick support as a symptom of a real political problem here in Moscow. We agreed that the politically progressive citizens of Moscow needed to get organized and rescue their town from a Council that looked like a committee of the Chamber of Commerce and from a politically-active minority with a religious-right agenda.

That was the origin of the Moscow Civic Association. We hoped to create a citizen's advocacy group to advance progressive values and support progressive candidates.

Since then, there have been two big organizational meetings, with about forty people at each meeting. At those meetings, a board of directors was selected. The board has met numerous times to fine-tune the mission statement and figure out how the group should be organized.

The board finalized the following mission statement:

The mission of the Moscow Civic Association is to protect and enhance inclusive and cooperative community values by broadening public discourse, organizing and inspiring civic participation, and striving toward progressive and sustainable community development. Our vision is of a just and equitable society, a community in which information on important issues is readily available to the citizenry, a place of strong, non-partisan grassroots democracy.

Specifically, we strive to support and/or promote a thriving community space with:

- *An open, responsive, and accountable local government;
- *A vigorous public education system;
- *Local, community-based businesses;
- *Artistic and cultural events;
- *Ethnic, racial, gender, lifestyle, and religious diversity;
- *Civil rights;
- *An integrated community for people of all ages;

*Close relations and coordination with neighboring communities and institutions;

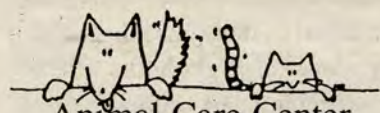
*Thoughtful and sustainable development in such areas as environment, transportation, housing, and agriculture.

The Board of Directors includes: Lois Blackburn, Jeanne Amie Clothiaux, Crysta Falcon, Mike Forbes, Ashley Grosse, Ron Hatley, Tim Kinkeade, Amy Mazur, Eileen McGovern, Kelly Moore, Joan Opyr, Julia Parker, Deborah Reynolds, Steve Streets, and Jennifer Swanberg.

Then on December 3, the MCA held its first public meeting. Unfortunately, that date falls after this newsletter goes to press. So expect an update in the next issue.

In the meantime, for more information, contact any board member or send messages to the MCA at PO Box 8788 in Moscow, at info@moscowcivicasso.org or to visit the website, www.moscowcivicasso.org.

A second public meeting has been scheduled for Monday, January 13, 2003, in the 1912 Building.



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

Large & Small Animals

Nancy Maxeiner, D.V.M.



**Golden Blue Lotus Tara
Buddhist Meditation Center**
Join us for meditation
Sundays 9:00am
525 S. Main Moscow (509) 332-1147

Volunteer Profile: Chris Stordahl

By Risch Lhordast

Although she has been amazingly busy (pooh, pooh.) I have been able to meet with Chris on several occasions. I must admit this was one of the most difficult interviews I have yet had to tackle. Her only free time lately has been rather late at night. It seemed like just as we were settling in to talk, she would invariably fall asleep. I have tried to be patient, but I am working on a deadline here. Therefore, using what little information I was able to ascertain and my innate powers of intuition...I'm just gonna make some stuff up!

Chris Stordahl was born to a wealthy British family at the turn of the century. Some of her favourite activities growing up were tidying the nursery, outings with nanny, jumping through chalk pavement pictures and, of course, tea parties. All right, I'll come down off the ceiling now.

Actually, Chris was born to an average, middle-class American family in 1962. Growing up, she spent most of her time reading in her room. From the age of nine to eighteen, she lived with her father, mother and older sister in a quaint mountain community called Twin Peaks in southern California. Chris says that, although it was a lovely place to grow up, she yearned for the city lights.

Discovering (in high school) a talent and passion for theatre, Chris worked with several small theatres around Los Angeles and in Sacramento. She finally settled in Hollywood at the age of 23.

She says she was quickly disillusioned with the business (and by 'business' I mean the 'industry'). In the midst of plotting her next move, her mother and grandmother offered to send her to New York. Jumping at the chance, perhaps a bit too quickly, Chris packed her bags and was off. The details of her time in the Big Apple are rather sketchy, but after a year, she returned to Los Angeles with all



thoughts of pursuing a career in the theatre removed from her mind.

Chris studied photography for three years and made lots of pretty pictures but was unable to settle into a job for any length of time. Once again, she hit the open road. After a summer in France and Ireland, a year in Dayton, Ohio, a few more years in Detroit, Michigan, she found herself and her then three-year-old daughter, Amelia, in Moscow, Idaho, in 1997. Since then Chris has had another daughter, Claire.

Chris truly feels she has found a home in Moscow, and the Co-op has become a valuable part of her life. She told me that at first it just seemed like 'the cool place' to shop but, as she spent more time there, she found products, people and values that really fit her outlook. As a volunteer, the thing she finds most rewarding is the opportunity to hear other people's stories (and now that this is out of her system perhaps she'll get her *&\$! together for January's profile).

Risch Lhordast . . . is a fictional character who was inspired at an early age by an umbrella-toting fictional character and will be drifting away shortly to aid other writers in need.

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

Gardening

PRESERVE YOUR POINSETTIAS FOR NEXT YEAR

By Patricia Diaz

Last January we featured an article on how to save those holiday poinsettias so that you'll have beautiful blooms for the next holiday season. Unfortunately, some readers had already disposed of their plants and asked that we feature the article again, but earlier. So here it is. (Of course I wrote the article last December and then our computer died so I'm rewriting the article and it won't be exactly the same wording.)

Poinsettias are native to Mexico and came to this country in 1828 with U.S. Ambassador Joel Roberts Poinsett, for whom the plants are named. Most are grown in greenhouses for the holiday season. While we usually see red poinsettias, they actually come in a variety of colors – white, pale yellow, salmon, and other beautiful shades.

To preserve your poinsettia, keep it in a sunny window, protected from the cold. Don't let any of its parts touch cold windowpanes and be sure to shield it from cold drafts. If you're purchasing the plant on a really cold day, cover it with a shopping bag to help shield it from the cold. You should do the same thing if you're delivering poinsettias as gifts, and it's really cold outside.

They like moderately dry conditions, so when the top layer of soil is dry, water them. Don't let the roots be in soggy soil, so provide drainage holes and pour off any excess water after watering them.

The red (white, salmon, etc.) "flower" parts are actually leaves, or bracts. The true flowers are the little



yellowish-green clusters in the center of the plant. The color of the bracts will fade but you can bring the color back for a repeat showing the next season. To do that, you will need to start preparing the plant in spring. Cut back the stems to four to six inches to help promote new growth. Continue keeping the plants in a sunny window, protected as mentioned above. In early summer, transfer the plant to a larger container. When nighttime temperatures are consistently above 55 degrees, and there is no threat of frost, take your poinsettia outside. Place it in a sunny location that gets some afternoon shade. Every three to four weeks, pinch back the top one-inch of the new shoots but stop doing that in early August.

When the cooler temperatures of autumn arrive, bring the poinsettia back inside and place it in its sunny window location. To encourage the plant to flower for the holidays, you need to adjust its daily clock to mimic shorter winter daylight hours. Place the poinsettia in a dark room or closet for 14 hours each night starting October 1st. It has to be absolute darkness too, so you might want to cover the plant with a large bag or box if you don't have enough darkness. During the day, return the plant to its sunny window and keep the soil a bit drier than usual. After about ten weeks, the bracts should be back to their original beautiful color.

Pat Diaz lives on six acres in the woods east of Moscow. She is enjoying the gardening respite but is dreaming of next year's garden.

PLANT SELECT WEBSITE

By Patricia Diaz

Colorado State University's Cooperative Extension has a website www.ext.colostate.edu/psel that you can go to, to see what next year's Plant Select choices are. These plants are selected each year by a program designed to seek out and distribute the very best plants for the intermountain gardening region.

You can click on each plant's name and find out more about the plants. The plants selected for the 2003 gardening season are:

Corsican Violet
CrystalRivers Veronica
LaVeta Lace Geranium
Mountain Lover
Snow Angel Coral Bells
Tanager Gazania
Wax Flower

The plants that had been selected for the 2002 gardening season were:

Mesa Verde Ice Plant
Table Mountain Ice Plant
Alpine Willowherb
Apache Plume
Siberian Spirea
Smith Buckthorn
Sonoran Sunset Hyssop

You can research plant choices all the way back to 1997, plus you can find out more about the program by clicking on the appropriate part of the website. I hope this helps you with plant selections for next year.

Camas Winery



Local wines by the bottle & glass

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

110 S. Main



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

Moscow
527 S. Main
882 0780

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



Dr. Ann Raymer
Chiropractic Physician

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

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



Coloring Contest

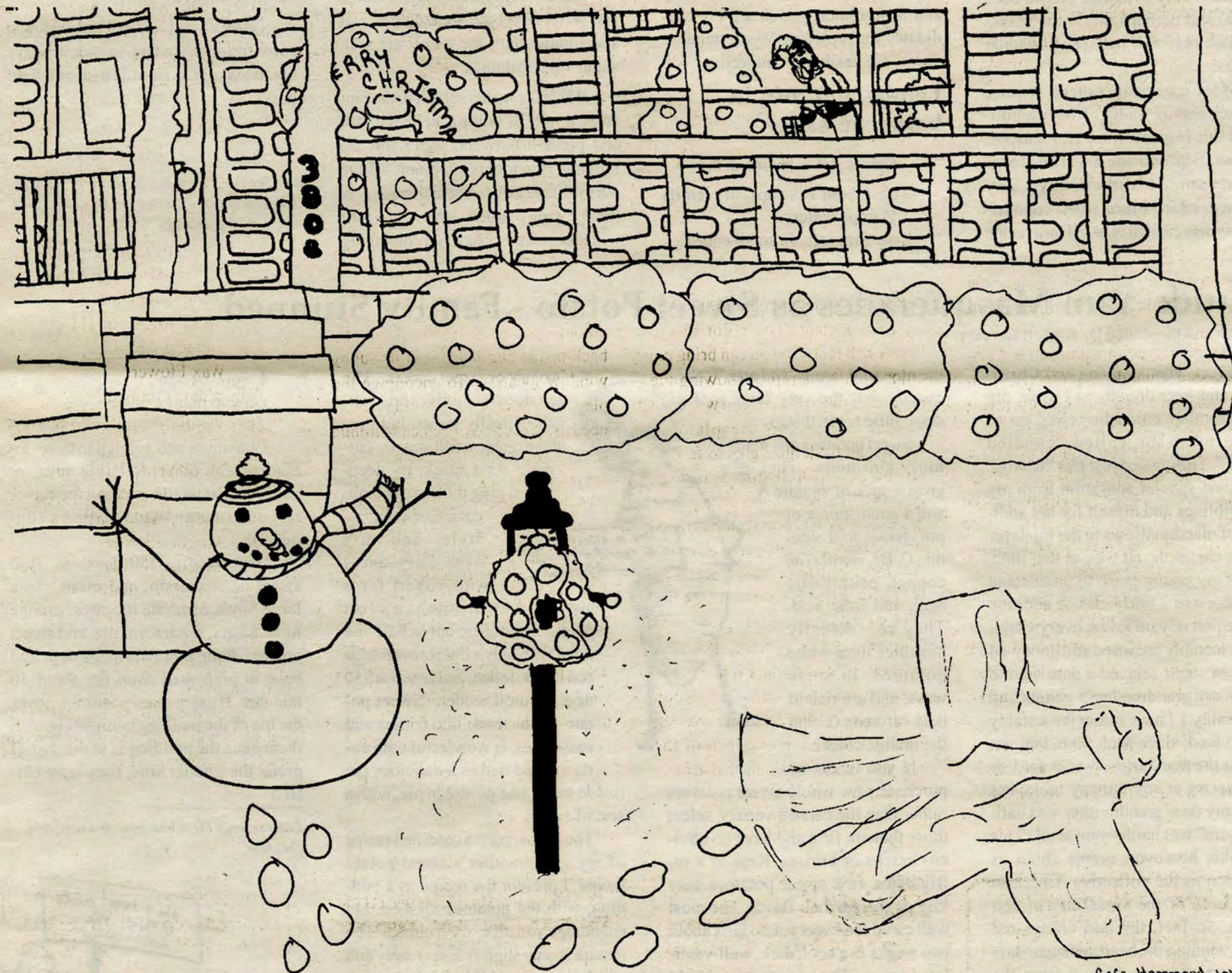
Illustration by CeCe Hammond

Everyone who colors this holiday scene, and brings their entry to the Co-op for display, will be rewarded with a special cookie created by the Deli wizards just for this contest.

Yes, you will be given a great Co-op cookie for creatively coloring this drawing.

Coloring contest is open to anyone, no age limitations.

To claim your cookie, just bring the finished entry to any cashier at the Co-op. Contest closes December 28, 2002.



CeCe Hammond 10127101



Drenched In Barbecue

By Jen Hirt

I realize the winter holiday season is perhaps the least appropriate time for a barbecue dish, but I'm all in favor of toppling the arbitrary season-restriction paradigms on certain recipes. My eagerness may be misguided – I confess I've been a patron of produce sections that ignore the seasons, and thus I've gone season-blind. Luckily, this recipe includes items that are always in season (even if the flavor summons July evenings on the back porch) and perhaps this is the barbecue dish that will transcend summer picnics.

Most barbecue sauces require Worcestershire sauce. I have eliminated this ingredient for two reasons, one practical and one not. The practical reason: I didn't have any Worcestershire sauce when concocting this dish (which is based on a recipe

I noticed on the lentil bag). The other reason: due to a mental block, I cannot ever pronounce *Worcestershire* correctly. The wind-tunnel effect of attempting to enunciate those syllables gets all jumbled between my brain and my mouth. I propose it be spelled *Worshtershire*. I also often mispronounced *cognac*, but I guess my alternate spelling (*coneyak*) is not so elegant. I've also been told I am saying *roof* and *root* all wrong. But *soy* and *lemon juice*, which are my candidates for replacing Worcestershire sauce, are easily pronounced.

Lentils and tofu in barbecue sauce

Serves 2-4 as a side dish

8 oz. (about 1 1/2 cups) dry lentils

3 1/2 cups water

8 oz. firm tofu, in small cubes

8 oz. tomato or spaghetti sauce

1/4 cup molasses

1/4 cup ketchup

2 tbsp. minced onion

1/2 tsp. vinegar

1/2 tsp. soy sauce

1/2 tsp. lemon juice

1/2 tsp. dry mustard

Optional toppings:

Grated Cheddar, French-fried onions, dried minced onions, or crumbled potato/corn chips

Preheat the oven to 350.

In a medium pan, bring the lentils and water to a boil. Reduce the heat and simmer until the lentils are soft, about 15-20 minutes.

While the lentils submit to the fantastic power of boiling, cube the tofu and press it between paper towels. Pressing firm tofu is important – drive out the bland tofu water and make way for the tangy sauce, which the tofu will absorb as it cooks. Set something

heavy on the tofu – a book or a pot will work fine. You can almost witness the paper towels soak up the excess water, and it's intriguing but I hope it's not the most exciting part of your day.

When the lentils are soft, drain them and transfer them to a large mixing bowl. Add the tofu. Mix all the remaining ingredients in a separate bowl. This is the barbecue sauce. It should look velvety, and have a distinctive barbecue scent. Add the barbecue sauce to the lentils and tofu. Mix well. Spoon into an oiled casserole dish. Cover and bake for about 25 minutes.

Uncover, add optional toppings, and cook for another five minutes. Serve hot. It makes a good side dish or a light lunch.

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

Fraud: Yam Masquerades as Sweet Potato - Family Stunned

Written and Illustrated By Katherine Yeary

Every Thanksgiving and Christmas, and occasionally at Easter, my grandmother could be relied on to make what she called "candied yams." They tasted just like "candy." She won special adoration from my two siblings and myself for her addition of marshmallows to the top layer of the casserole. (It was, at that time, out of my young grasp to understand that this was a fairly classic addition on the part of yam lovers everywhere, the delectably browned and gooey-ed layer of sugar seemed a sure sign to me of my grandmother's genius and originality.) I have rather lamentably discovered, since such time, that not only is the marshmallow trick far less than secret at any holiday table, but what my dear grandmother was calling "yam" was hardly yam at all. This mistake, however, seems about as common as the collective American awareness of the versatility of Jet-Puffs. In fact, the odd orange-red mush winning the hearts of sugar-lovers everywhere is derived from the sweet potato.

Native to Central America, sweet potatoes have been cultivated in the United States since the 16th century. Yams, in reality, are not even in the same family as sweet potatoes. Sweet potatoes are actually part of

the marigold family, and aren't tubers exactly, but the very large root of some little green things.

Sweet potatoes are, thankfully, fairly nutritious. They're a great source of vitamin A and a good source of potassium and vitamin C, B6, riboflavin, copper, pantothenic acid, and folic acid. They're actually healthier than white potatoes, in some ways, and are rich in beta carotene (citing the orange color).

If you're out to purchase raw, whole sweet potatoes rather than the canned variety, select those that are firm and have no obvious cracks or bruises. Kept in a refrigerator, raw sweet potatoes may lose or change their flavor. The most well cared for sweet potato lasts about two weeks in a cool, dark, well-ventilated space. The temperature should be below sixty degrees Fahrenheit. Cooked, they can be frozen, but are best kept in the fridge for up to one week and discarded afterwards.

Sweet potatoes are extremely versatile, which nurtures playfulness in the kitchen. They can be eaten in

savory or sweet dishes. The potatoes themselves are characteristically sweet, but they make great additions to curries. As a snack, try deep-frying the sweet potato cut into spears, fry-style, and mix some curry spices with yogurt for a tasty dip. Alternatively, a sweet potato is fantastic cut in half and filled with only a little brown sugar and butter, foiled, and baked at 350 degrees until tender. Sweet potato can be made into fritters and casseroles, is wonderful with coconut, and makes a delicious pie (made much like pumpkin pie, with a sort of twist).

The following is a modified recipe of my grandmother's sweet-potato recipe. I present the recipe as a pudding, with the potatoes mashed, but encourage you all to try it cubed. The texture is only slightly less creamy and a little more digestible for those of us who suffer from textural turn-offs.

Sweet Potato Pudding

Two large sweet potatoes

1/2 cup butter (generally, one stick)

1 cup dark brown sugar

1/3 cup white sugar

4 eggs, beaten

2/3 cup orange juice

2 tsp. vanilla

Cinnamon and nutmeg to taste, including any other available spice or addition that would improve the flavor to your liking. Marshmallows (optional).

Heat oven to 350 degrees. Boil sweet potato, drain, and mash. In a large bowl, combine the eggs, orange juice, butter, sugars, vanilla, and sweet potato. Pour in a two-quart dish and bake in preheated oven for about 40 minutes. If using marshmallows, cover the top of the pudding completely with them once the pudding is in the dish (I prefer the smaller kind; they layer better.)

Katherine would like to wish everyone a very Merry Christmas.



What is Restorative Justice?

By Tony C. Brown

Restorative justice represents a change in the paradigm through which we view crime and conflict. The focus of our current system of criminal justice is retribution, punishment and revenge. Healing the harm of crime becomes the central principle in the restorative paradigm of justice. This vision of restoration allows justice to offer a balanced focus on the healing needs of victims, offenders, and the community. Victims and offenders accept active roles in the justice process, rather than depending on the state to administer justice in an adversarial contest defined by rigid rules of law.

Restorative justice represents a transformation in our current justice paradigm, but it was once the accepted method of justice in Western culture and still is used in native and indigenous cultures around the world. The Maori people of New Zealand have used a process called family group conferencing for generations. This process and other similar circles are the models that are used in developing victim and offender encounter programs across the world. It is widely accepted that the first such program to occur in dominant Western culture in North America took place in Kitchener, Ontario, in 1974. Today, there are hundreds of restorative justice programs spreading across the world.

Research is beginning to be published indicating that restorative justice offers measurable results in recidivism, cost effectiveness compared to traditional retributive criminal processes, and has much higher victim and offender satisfaction ratings than our criminal justice system. Restorative justice can be used as a diversion from the traditional process, as an alternative for those who do not want to involve the police, or at any time after adjudication. This new paradigm has proven successful in addressing crimes and conflicts ranging from schoolyard bullying all the way to murder. In theory, this process can be used to resolve international disputes and disputes between friends.

Restorative justice works to heal the harm of crime at four levels: physical, psychological, emotional, and spiritual. This paradigm is driven by a core set of values, which include: restitution, reparation, accountability, mercy, forgiveness, reconciliation, atonement, peace, justice, stability, love, empathy, and reintegration into the community for victims and offenders.

Community ownership of restorative justice is central to making this more than another insignificant effort at reforming the billion-dollar prison complex.

It is not enough to voice support for restorative justice and then continue responding to crime and conflict in the traditional manner. Many of the advocates of this movement talk about what is called a 9-1-1 syndrome (or asking the state to solve all our problems). Progress toward justice as healing in Idaho can be seen in the Department of Juvenile Corrections, which has adopted a vision of restorative justice. Many legislative and agencies across Idaho have expressed interest or support for this paradigm. The Council on Reconciliation and Restorative and Transformative Justice (CORRTJ) offers regular education and awareness programs, which are open to the community. In October, CORRTJ offered a family group conference facilitator training for community members in Moscow and Spokane. CORRTJ now accepts case referrals directly from the community and is in the early stages of developing a working partnership with

Latah County Youth Services. There is a need for more people of all ages to become actively involved in this work. Tentative plans call for additional facilitator training in the first quarter of 2003.

You can contact CORRTJ for more information on educational programs, the referral process, training information, or other matters of interest to you by phone at (208) 882-5416 or email at corrjtj@fcrjquaker.org. Visit us on the web at www.fcrjquaker.org.



Passion pervades airwaves

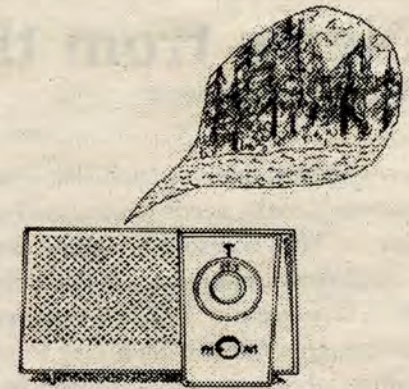
By Leslie Einhaus

"...Only the enthusiasm of people can make it work: an enlightened and involved public stands as the hope between the remaining parcels of wilderness and oblivion." – Michael Frome, Battle for the Wilderness, 1974

Every Tuesday morning at 8:00 a.m. on KUOI-89.3 FM, the bluegrass tunes dissolve, and a different, although just as lively, rhythm takes over – a banter often feverish and unapologetic and at times irreverent. Behind the mics, Noel Palmer and Matt Finer discuss the week's environmental news – close to home, all the way to Capitol Hill, and around the world. The 30-minute call-in show has covered a wide-array of topics since September, including: oil drilling in Alaska, the destructive impact of ATV use on public land, President Bush's Healthy Forest Initiative, the possible development of Paradise Ridge, the fragile state of the Palouse Prairie ecosystem, and how the ranching industry drives management toward buffalo and wolf killings. The eco-banter is part of a larger radio show running from 6:00-8:30 a.m. Tuesdays, which is hosted by Noel. When he's not on the airwaves, he manages the soil research lab on the University of Idaho campus, plays guitar in a local bluegrass band, The Shady Riders, and is a dedicated member of Friends of the Clearwater, a local environmental organization dedicated to preserving the heart of Idaho's backcountry.

Matt is a doctorate student in biological sciences at Washington State University and also is a member of FOC. He spends most weekends traveling the backcountry – on foot, of course – tracking the changes in landscape in Oregon, Washington, and Idaho. "Critical environmental news happens every day, and it doesn't always get covered in the mainstream media," Matt says.

On the airwaves, there's always the occasional jab at the nation's current administration with major finger-pointing at George "Dubya," Gale Norton, and Dick Cheney as well as state and local officials with their signature anti-environmental stances. The commentators provide specific examples to listeners – often week-



to-week updates – on the actions of the current administration. "There is so much at stake," Noel says. "People need to know what's going on."

Matt is quick to add, "This is one of the most anti-environmental administrations in a long while. There is a major attack on endangered species, national forests, clean air, clean water, wild places like Arctic National Wildlife Refuge and Utah's Redrock Country, and our global climate. I thought a show like this would help get the word out."

The words – like the acoustic jams only moments before – are infused with passion. Sometimes, for an added touch, Finer cues his own musical interlude like Robert Hoyt's "Red River":

*How did the Red River come by
its name?
Did it run red with salmon when
all the salmon runs came?
But now all that has come to
an end.
Will the Red River run red
again?*

Catch Matt Finer and Noel Palmer every Tuesday morning from 8:00-8:30 a.m. on 89.3 FM through December 16. To participate in the eco-dialogue, call in! Contact KUOI-FM at 885-6392. Stay tuned – Noel and Matt plan to return spring semester – in full force. To learn more about Friends of the Clearwater and its mission, phone 882-9755 or e-mail foc@wildrockies.org.

Leslie Einhaus is a writer at the University of Idaho. She has been a member of Friends of the Clearwater for about two years.

Political Commentary

Opinions expressed here are the writers' own and do not necessarily reflect the views of the Moscow Food Co-op, its staff, or board of directors. "The Community News" welcomes your comments; please send them to Editor Bill London at london@moscow.com.

News from the West

By Auntie Establishment

I've been thinking lately that what the world really needs is a retroactive form of birth control, something that would allow us to go back in time fifty or sixty years and stop Rush Limbaugh's father from giving Rush Limbaugh's mother that Hershey bar and new pair of nylons. Imagine if someone could go back and just slip a condom into Mr. L's pocket, or whisper a word about abstinence into Mrs. L's ear—an ounce of prevention could mean three hundred pounds worth of cure.

Perhaps it's a sign of my advancing cynicism, but I'm no longer surprised by the number of people who listen to Mr. Limbaugh and find him informative and entertaining. I lost my innocence years ago when I caught my dear grandmother watching *World Wide Wrestling*. She was sitting in her rocking chair yelling, "Give him the chair!" As a nation, we forgot the difference between polemic and invective around the time Jerry Springer took the talk show crown from Phil Donahue. Nevertheless, I am not yet so jaded as to be completely unshockable. As reported verbatim in the online magazine *Salon.com*, one of Mr. Limbaugh's recent rants gave me the sort of all-over puckering experience I usually associate with drinking Drano or watching *Touched by an Angel*. It made me want a hot bath and a cold compress.

Mr. Limbaugh accused Senate Majority Leader Tom Daschle of

"hoping to politically benefit with the next terrorist attack." This is the sort of statement that drives one to clean one's ears with one's car keys and ask wasn't it the deliberate strategy of Mr. Bush and the Republicans to benefit politically from the *last* terrorist attack? Karl Rove, George W's political advisor and personal Rasputin, made the War on Terrorism the centerpiece of the mid-term elections. No need for conjecture here—a computer disk detailing Mr. Rove's campaign plans that found its way from the White House to the media last February made this strategy explicit. Mr. Rove's blueprint called for playing up fears of further terrorist attacks, rattling the sabers on Iraq, and damning the Democrats as weak-kneed, lily-livered, and unpatriotic. And it worked. That's why Trent Lott is measuring the drapes in Tom Daschle's old office.

By having a clear agenda, however blatant and odious, Rove and company managed to dominate the political discourse. It's a truism to say that appearances can be deceiving, but it's another thing to recognize that appearances can be all important. In one of the more depressing outcomes of November 5, Saxby Chambliss, a man who escaped military service in Vietnam by pleading a "trick knee," defeated Georgia Senator Max Cleland, a triple amputee who lost three limbs

on the battlefield. Declaring that Cleland lacked "the courage" to pass a homeland security bill, Chambliss won the endorsement of Georgia's Veterans of Foreign Wars—proof that in some places irony is not only dead, it's been drawn and quartered and had its head stuck on a pike.

The Republican train that ran into that school bus full of Democrats rode the very rail Mr. Limbaugh accuses Tom Daschle of riding. What we need to know now is why that bus was stalled on the tracks and no one was wearing seat belts. We need to know why Mr. Limbaugh feels free to ask Senator Daschle, "What more do you want to do to destroy this country than you've already tried? . . . What do you want your nickname to be? Hanoi Tom? Tokyo Tom?"

While it's a shame that this is now what passes for substantive debate, the Democrats no longer have the luxury of taking the high road. They need to start coming up with some snappy answers. "Hanoi Tom" should be met with "All You Can Eat Limbaugh," and "Tokyo Tom" with "Old Country Buffet Rush."

Think of it as aversion therapy. If we trade cheap shots for low blows, maybe we can all get it out of our system. At least until someone invents that birth control time machine.

Auntie Establishment is the pen name of Joan Opyr, who would be happy to address your questions and comments at auntiestablishment@hotmail.com.

Criticisms will be addressed by her other alter ego, Say Uncle.

**Single? Depressed?
Come meet the apple of your eye.**

- **10 varieties.**
- **Organic**

They want to meet you.

Co-op Produce Dept.

Dani Vargas M.D (Manager of Department)

Photo processing available at Co-op

Moscow Food Co-op is pleased to announce a new service for our customers: photo processing. You have probably noticed the new big black box at the front of the store next to the bread machine, and perhaps wondered as to its purpose, perhaps a table for bagging bread? Nope. It's Archer Photo processing.

You drop off your film at the Co-op by 9:00 a.m., Archer comes

and picks it up, and returns the processed film by 3:00 in the afternoon. Archer processes the film in their store, thus they are able to control both the quality and the turn-around time. Some processes may take a little extra time, but most film will be processed that day. Our customers can pick up their prints at only one register, so please look for the sign indicating which register.

Got a Sweet Tooth?
Have a Cookie!



The deli offers a variety of vegan wheat free, and fully decadent fresh baked cookies for only \$.89

Political Commentary

Creative Housing and More

About 10 years ago, I had a vision of the future. I was helping sell off property at an estate sale in Colton.

The home was an early century farmhouse, and the barn was filled with the harnesses of a dozen workhorses. I fell in love with the land, the barn – the sense of history and life from days gone by. As I looked through the barn doors toward the large white home with its broad, sweeping porch, I was filled with an idea of such a place where single moms and their kids could live, share the labors and costs as well as share childcare. It was kind of a modern-day extended family based not on blood but on common interests as well as economic and social needs.

The vision was surprising: at the time I was neither single nor a mom.

But I did know that running a household and raising children required pooling resources. I also knew that historically becoming a single mother was the fastest way to poverty, finding meager support from programs like welfare and food stamps.

Today, 85% of all custodial parents are women, with 31% of custodial mothers divorced and another 31%, never married. Today, single motherhood is even more challenging because many of the safety nets have changed; welfare is less an option as budgets shrink and requirements

tighten. The cost of living continues to rise – all make transitioning from a double income household to a single one even more difficult and frustrating. Today, 41% of single parent households live at or below the poverty level, while, sadly, single mothers experience the highest rate of unemployment. Only 24% of single parent households headed by women are receiving full child support payments; 32% are receiving no child support at all (\$39 million owed in back child support to 29 million kids!). Single moms receive the lowest rate of pay regardless of their education; the average income for a single working mom is just \$24,000 a year, with 32% of her weekly income going to childcare. 45% of all single moms have multiple jobs.

These statistics are bleak, but humans are creatures of improvisation, and I found a ray of light while traveling through Colorado this summer when I happened upon a publication called "The Colorado Parent." Inside, I found my vision from 1992 revisited with a modern twist: a website designed by a single mother to provide support and meet the housing needs of other moms. Created almost two years ago by a single mom who wanted to network with other single

moms, Carmel Sullivan launched Co-abode.com. The service is designed to connect single moms with each other; there is not only a matching service for housing but also a wealth of information and resources about health and parenting tips, as well as a chat room.

There is no cost to enter and search the database for potential roommates or seek out support through the chat room, but if someone is serious about finding a living mate and needs to contact others, there is a small fee of \$29.95 for a six-month membership.

Profiles of those in need of living arrangements are in-depth and intimate, and certain personal information is only given out when both parties have agreed to an exchange. Within the membership, women may contact potential housemates through an anonymous and secure Co-abode.com email system

Ms. Sullivan has created a system to connect single moms in need of support. But she also sees this site as something more: a solution for isolated or impoverished mothers as well as another option for women in bad or abusive relationships. One reason

women may stay in such situations is that they see no other scenario. We live in times where the more options families have, the better. To be able to find a solution, which relieves moms of some of the financial and emotional burdens while providing a richer, healthier environment for their children's physical, emotional and spiritual development is a valuable tool.

I am the first from the state of Idaho to sign up on Co-abode.com's nationwide website; I received a very cheery welcome by the three moms running the site and vowed to get the word out to moms throughout the state.

This website fills a very real need and provides an excellent resource of options and choices for single moms.

Take a look on behalf of yourself or perhaps a friend and pass it on; together we can help each other create a village of support to meet the challenges of single motherhood with less costly compromise.

Lisa A. Cochran is a single mother and long-time Moscow resident.

Calling all Local Organic Growers!

We want you to participate in the Co-op's 2003 Mid-Week Organic Growers' Market! Come learn about and discuss the mission and operation of this brand new growers' market. We want your input! And your participation! The growers' market meeting will be held directly after the Produce Manager's growers meeting.

When? Saturday, January 18, 2003, from 3:00-5:00 p.m. (The market meeting will likely be from 4:00-5:00 p.m.)

Where? The Co-op, of course.

We hope to see you there!

For more information, contact Kathi Colen Peck at 509/332-8009 or kscp@turbonet.com or Eva Jo Hallvik at 208/301-2246.

*If you are moving away,
take Moscow with you....*

subscribe to the Moscow Food Co-op's
newsletter, the Community News

For only \$10 per year you can receive 12
monthly issues mailed anywhere in the US.

Send a check made out to the Moscow
Food Co-op for \$10 to:

Bill London, editor
Moscow Food Co-op
221 East Third
Moscow ID 83843

Be a Wellness Warrior: Battle the Winter Blues

By Susan Simonds

As a clinical psychologist who has traveled widely, spent most of my adulthood in Philadelphia, and has now lived in the Inland Northwest for eight years, I can testify that the winter blues are a monumental problem for folks all over the U.S., Canada, and Europe. The technical term for this difficulty is Seasonal Affective Disorder, also known as SAD. Seasonal depressions can strike at any time of year, but winter blues are the most abundant.

Women are more likely to have SAD than men; although, no one knows why. Typical symptoms of winter depression include: low energy, sleeping a lot, loss of interest in the things that usually engage you, sadness, eating more (especially sweets and carbohydrates), and increased worry and anxiety. People who are prone to winter depression often notice symptoms beginning as early as August when the days begin to get shorter.

Based on years of observing what helps, I have put together a list of strategies for battling the winter blues. I'm throwing out a lot of ideas so you can figure out what works best for you.

Light Therapy (also called Phototherapy)

There are some expensive (\$200 or more) lights on the market especially designed for winter blues, but it isn't necessary to buy a special light. Studies have found that full spectrum lights and ordinary fluorescent lights can be effective. Morning treatment is best and should last for 30 minutes to two hours. Start using lights at the first sign of symptoms. Make sure that your home and workplace have good, bright lighting. Phototherapy alone, however, is not always sufficient. If symptoms have been quite severe for more than a few days, light therapy is like throwing a handful of sand on a forest fire.

Natural Light

Natural light is important, so try to take a walk outside every day, even for a few minutes.

Although one peculiar study found that a few minutes of sunlight on the back of the knee improved mood, I recommend you expose your face, and do not forget to wear sunblock and a hat. Some studies indicate that women need sunlight in

their eyes. It is okay to remove your sunglasses in the morning but do not stare at the sun.

Exercise

You know the benefits of exercise, and if you are not doing it by now, you need to figure out what's in your way from doing the easiest, most effective form of self-care and health care on the planet. Getting outside to exercise combines the physiological and spiritual benefits of exercise with light therapy. If the icy winter streets keep you from walking, and you are not a skier, try snowshoeing.

There's no learning curve. You just strap those puppies on and go. Snowshoeing is a safe winter exercise (very low risk of slipping), offers a chance to get off trail, and can be done in your neighbor's field (ask nicely first).

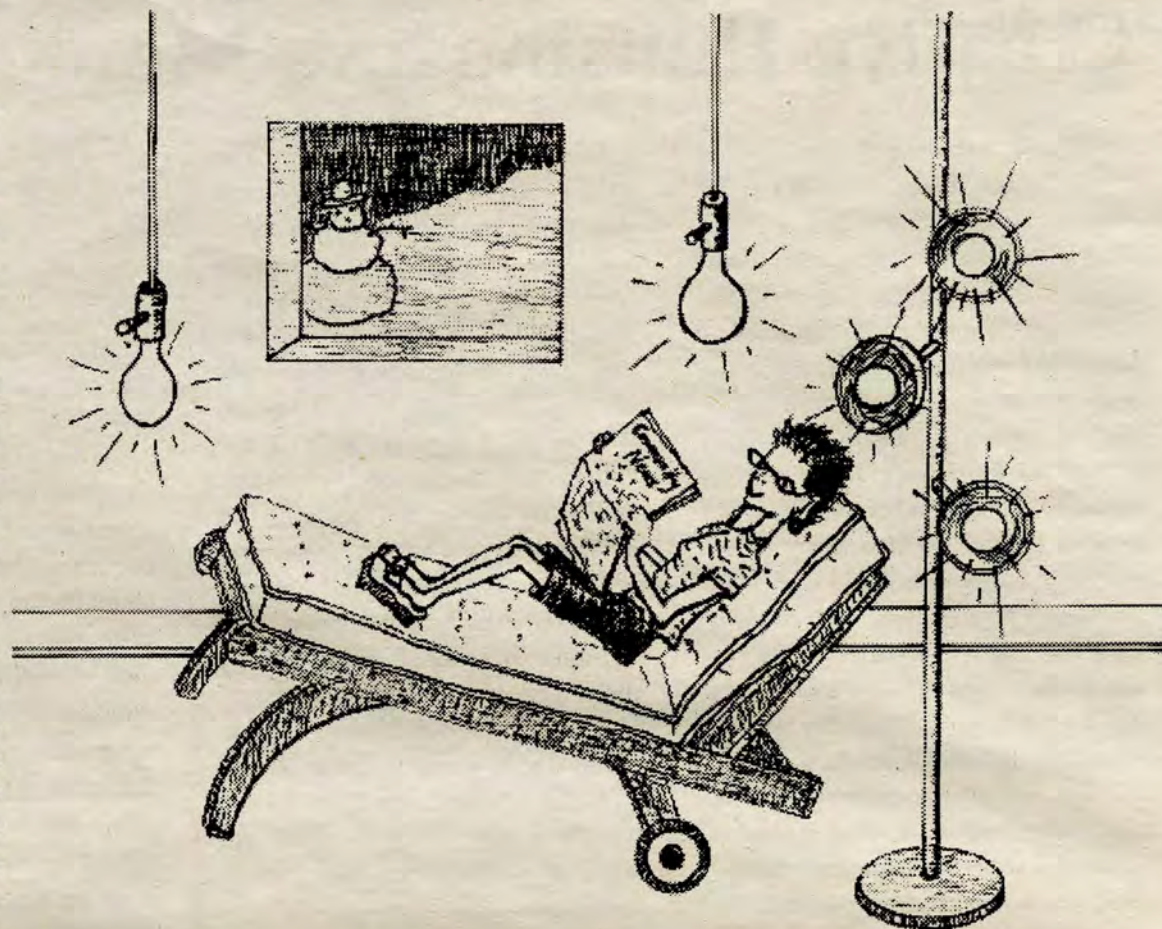
Counseling and Psychotherapy

Yes, I am biased, but they work, and the research backs me up. It is not the greatest idea to diagnose yourself. I have seen hundreds of people who believed they were depressed due to the season, but with gentle questioning, discovered the source of their misery was the stressful stuff in their lives that they were taking for granted. Stress is one factor that causes depression. There are many good therapists, and most offer low fee options, if money is an issue. Be a critical consumer: ask for credentials and experience, and find a therapist who "gets" you.

Antidepressant Medication and Herbal Remedies

In our culture, we turn too quick to turn to pills, whether pharmaceutical or herbal. I believe in doing whatever helps, but medication or herbs should be last on the list. Pills are a temporary solution, and as soon as they are discontinued, depression may return.

I am amazed how some people trust herbal remedies when we have



less information about their long-term effects than we do about antidepressants. After all, hemlock can kill you, so what makes an herb better than a medication that has been tested for years with double blind studies and has passed tough government guidelines? The most popular herb for depression, St. John's Wort, has been found to be only effective for mild depression, and there are no studies on its long-term effects.

Acupuncture and Massage

Some preliminary studies show that acupuncture may help relieve depression. However, because acupuncture, massage, or any kind of body therapy may trigger flashbacks of sexual and physical abuse, they should be used with traditional treatments. Make sure the practitioner is licensed, well-trained, and experienced; ask if the practitioner has training in managing body memories. Discuss your treatment before you get it and begin with something low intensity.

Hydrotherapy

The Swedes, who live in almost total darkness much of the winter, know how to use water therapy to stave off the blues: a hot sauna followed by a leap into the snow. The idea is to flush toxic stress chemicals

out of the body, to get the chi flowing freely, and to be invigorated. If you do not have access to a sauna, use a bath or shower. Take off jewelry that will impede the flow of energy throughout the body, and start with hot water, but not for more than five minutes or you'll get spaced out and tired. Linger for a bit in lukewarm water, scrub yourself with a loofah or a washcloth. Finish with bracing cold. Dry with a towel vigorously, and then energetically swab yourself with lotion. Give the breast and underarm area extra attention.

Just Plain Fun

One of the oldest remedies known to humankind is having a good time. Watch comedy videos. Read optimistic books. Eat great food. Have loving sex with someone who loves you, including yourself. Fill your life with joy. Be open to new experiences. As the 90-year-old mother of one of my friends told me, "You never know when you're going to have a good time."

Susan Simonds lives and works in Moscow. This article is an excerpt from her forthcoming book, Battle the Blues: A Woman's Guide to Fighting Depression and Living Well. You can visit Susan's website at www.wellnessandwomen.com. Copyright © 2002 by Susan Simonds, Ph.D.

A Bridge Between Organic Research and Practice

By Kathi Colen Peck

In early November, I attended two affiliated conferences in Yakima, Washington. The first was the Northwest Symposium on Organic and Biologically Intensive Farming: Advances in Research and Education; the second was the 2002 Annual Tilth Producers Conference. (Tilth Producers is a chapter of the Washington Tilth Association, the organic and sustainable farm organization of Washington State.)

Despite the cumbersome titles, the conferences were both inspiring and applicable to the layperson and academic alike. The Symposium was a day-long gathering of presentations on organic research projects, with presenters from Oregon Tilth, Washington State University, Iowa State University, Oregon State University, Louis Bolk Institute of the Netherlands, and more. While many of the presentations were academically based, the research projects themselves were designed to help the organic grower overcome obstacles unique to growing food sustainably. More than 40 research posters were also displayed, highlighting an impressive array of research projects on compost, cover cropping, pest control, education, marketing—all of which were dedicated in some way to organic practice. It was an incredible forum for researchers and practitioners to connect, share ideas, and ensure that the research undertaken is relevant to the practice. Attendance by folks from the universities was most definitely matched by an equal number of growers and the like.

As the Symposium adjourned, and ignited enthusiasm, the Tilth Conference began. The spark of enthusiasm was certainly maximized by the keynote speaker, John Ikerd. For those of you who are familiar with Ikerd's work, you know that to hear him is to be riveted, inspired, compelled. For those of you who are unfamiliar, I will try and do him justice.

John Ikerd is an Ag Economist from Missouri, and while this may sound dry to some, there is nothing dry about Ikerd's message (or personality): he is outspoken and committed to challenging conventional wisdom about our need for new economic thinking so we can paint a positive vision for a sustainable human society. In his talk,

"The Family Farm on the Cutting Edge," Ikerd addressed issues on sustainable agriculture, sustainable rural communities, the industrialization of agriculture, the future of small farms, and food security—all in an effort to mobilize community and to strengthen "family," in its many manifestations. Ikerd asserts that "...once we realize that economics is nothing more than a belief system, that it is not based on fundamental truths, we can begin to change the conceptual foundation for the future of agriculture and for society as a whole."

These are weighty assertions, but Ikerd's address easily translates to the choices we, supporters of the Co-op, for example, make in terms of our buying decisions, but goes well beyond our pocketbook power and into our lifestyle choices and how we interact as a community and with our community.

So I reflect. We may shop at the Co-op for any number of reasons: some simply for the convenience, others for the social venue. But there are also many of us who shop at the Co-op consciously to support the local economy, local growers, local business, family farms, environmental stewardship (by way of supporting organic growers), and to express and exert an alternative to the corporate, industrial food system. Founded in any of these reasons, we challenge conventional wisdom that "bigger is better" or that an alternative has no voice.

Bigger is not always better; in fact, it's often downright bad for us. It seduces us into obesity, numbs our creativity, and creates a whole slew of societal ills. As the result of pushing a message that large portions of inexpensive food, especially processed and fast foods (usually high in fat), are better for us because they're convenient and filling, we as a society tend to eat poorly. Intuition tells me, and research has proven, that the most nutritious diets are those high in fresh fruits and vegetables. Also, let's not forget the value of sitting down to a meal with family and friends, where ideas can be shared and debated, filling both our minds and our bellies.

OK, back to the conference...beyond Ikerd's rousing message, there were loads of work-

shops to inspire the mind. Two days' worth. There were more workshops than time to attend, so choosing was a challenge: Developing an Organic Commodity Commission, Benefits of Compost Tea, Holistic Farm Management, Marketing Tips to Boost Farmers' Markets, and so on. The workshops were informal, informative, and a great opportunity to connect with people in the field.

I came away with vigor—vigor for the advocacy of sustainable agri-

culture, for the graduate work I am undertaking, for my volunteerism with the Co-op's mid-week growers market, and simply settling into the Moscow-Pullman community.

Kathi Colen Peck is a grad student and teaches Organic Gardening & Farming at WSU. She and her husband recently welcomed their son, Ethan, into the world.

Independently Owned ~ Community Focused

R Professional Mall Pharmacy
Sid's Professional Pharmacy

Medicine Compounding • Diabetes Specialists
Drive Through Window

- Diabetes Education and Products •Breast Pump Supplies
- Prescription Compounding •Prescription Consultation
- Wheelchair Rentals •Drive Through Window
- Free Local Delivery •Mail Order Service

Professional Mall Pharmacy & Gifts
1205 SE Pro Mall Blvd, Pullman WA 99163
Phone: (509) 332-4608
www.professionalmallpharm.com

**Moscow Food Co-op Members receive 10% discount
on any Compounded Medication**

Members Save!

- 10% off on bulk special orders
- Up to 18% discounts for working members
- Monthly sales promotions for members only

Any cashier can help you join, just ask!

Membership is \$10 for one adult and \$7 for each additional adult in the household. No extra charge for children. Memberships are good for 12 months.

Join the Moscow Food Co-op and Save!

Open 8-8 Daily



Book Review

By Bill London

I have always thought of fast food places as a joke: low-quality industrial food, created and served without individuality or soul, homogenizing the world to a new low level. And then I read "Fast Food Nation" by Eric Schlosser.

Schlosser ties up all the loose ends, packaging in this one book information about the cause and effect relationship between the ever-increasing number of fast food places and an array of destructive trends in our society. He shows us the links between the overwhelming power of fast foods and rising levels of obesity in youth, strangulation of family farmers and ranchers, bacterial contamination of meat, and poverty wages for workers, just to name a few.

Schlosser is a great writer. He knows to share these important messages through poignant and heart-wrenching stories of individuals (ranchers, slaughterhouse workers, school kids, and others) whose lives have changed because of the power of fast food in this culture.

He also knows to add lots of illustrative facts. Little tidbits of knowledge that shine a small light on the immense power of the fast food industry, like these examples: The taste and aroma of American fast food is manufactured at a group of New Jersey chemical plants. With a decline in parks and public recreation opportunities, most families with children now go to fast food playlands (90 percent of all American children aged three to

nine go to a McDonalds at least once per month). Because of the way meat is mixed at the new huge slaughterhouses, a single fast food burger can contain meat from hundreds of different cattle, resulting in many more incidents of, and opportunities for, E. coli contamination. The rate of obesity in American children is now twice as high as it was just 25 years ago, and 280,000 Americans die annually as a direct result of being overweight.

While his book is depressing in its relentless exposure of the slimy underside of the American burger, Schlosser ends on a note of hope. The year 2000 was the first year that the fast food industry did not gain any new customers in the US. Sales have stagnated. Customers are looking for better-tasting food, more enjoyable meals, and more acceptable practices. And that is what he hopes will happen as more people read his book—they will just say NO to fast food.

(Editor's note: "Fast Food Nation" is available at the Co-op, as well as at libraries and bookstores, and is the January selection of the Moscow Book Club. The members of the Club will meet on Thursday, January 30, 2003, in the Moscow Public Library.)

Bill London will give his copy of "Fast Food Nation" to the first person to contact him by email (london@moscow.com) and promise to both read the book and then pass it on to a friend.



Do You Want to Review Videos?

By Bill London

You can read book reviews in this newsletter now. Maybe we should add reviews of video movies.

Do you watch lots of videos? Do you know what you like and why? Would you like to share your insights and opinions with the readers of the Co-op news?

We are looking for someone to write about the great videos they have seen. But what form that would take—of that I am not so certain. Perhaps someone would like to try a monthly column. Or perhaps (like our book reviews) our readers would send in short articles about videos they have rented and loved.


If you have any interest in sharing information about videos, please email london@moscow.com

Bill London is on a quest to constantly improve and expand this community newsletter.

HOT LUNCH
for Grown-Ups

The Moscow Food Co-op Deli offers healthy hot lunch specials every weekday

Dana Hoaglund
Arborist



Pruning - Climbing
Consultations - Evaluations

Member of ISA Certified Licensed Insured
(509) 332-6745

Newsletter Changes

By Bill London

Beth Case has retired after many years as our faithful Back Page Bulletin Board editor/designer. We thank her for her efforts—and now welcome her replacement.

Sarah Harrison is now coordinating the Back Page.

If you have any announcements of upcoming events that you would like all the newsletter readers to know about, please send that information to Sarah.

All you need to do is send a quick email (or add Sarah to any email announcements list you now use), and she will do the rest. In the email announcement include a short description of the event, the time and location, and a contact phone number for those who have more questions.

Send those announcements to Sarah at co-opnews@sourjayne.com. At the same time, your announcement will be posted at the Co-op website if you also send it to webmaster@moscowfood.coop.

Welcome Sarah, and thanks for volunteering.

And yes, there is another opening for a volunteer writer. If you want to write about the Co-op's business partners (those business owners who are on the Co-op Business Partners list on page 2 of this newsletter), and provide a photo as well, this is your chance. Please contact Bill London at london@moscow.com.

We are also bidding a temporary farewell to Vic Getz who is spending her winter in balmy India. Until she returns in April, Eva Jo Hallvik will continue her profiles of Co-op customers.

TYEDYE'S EVERYTHING!

Most colorful little shop downtown!
Located behind Mikey's Gyros and Moscow Pawn
527 S. Main
Monday-Sat 11:00-5:30
*Don't forget, co-op members get 10% off!
(208) 883-4779
tyedye@moscow.com
www.tyedye-everything.com



To the Editor:

I am concerned about the microwave in the Co-op. I suggested that it be removed so that people knowing the health ramifications would not be exposed to it against their wishes. Secondly, on two occasions, I requested from the Co-op board and staff to be advised of the policy to test and manage any leakage from the microwave oven. The staff reply was simply that "a microwave heats food." None of the board members replied.

I thought I would submit information about the impact of microwaves on food and health. Perhaps if more members were educated, they too might want the microwave removed.

Microwave ovens use electromagnetic energy that vibrates 2.4 billion times per second. This energy acts on molecules in food, particularly water molecules, causing them vibrate rapidly. The rapid movement generates friction and thus heat. Vibration is so violent that molecules are often torn apart or distorted, causing changes in the chemical makeup of food. The appliance leaks microwaves into the environment around it.

Studies of thousands exposed to microwaves (Europe) showed health effects so severe that the microwave oven leakage limit was set at 0.000001 watts/cm². This limit is 1000 times less than the US leakage limit. In some countries, microwave ovens were totally banned after based on certain discoveries:

- * Break down of the human life energy field or chi.
- * Degeneration of cellular voltage parallels in blood and lymph systems.
- * Degeneration/destabilization of internal cellular membrane potentials.
- * Degeneration and breakdown of electrical nerve impulses within the brain's cerebrum.
- * Degeneration and breakdown of nerve electrical circuits and loss of energy field symmetry in the nerve centers of the autonomic nervous system.
- * Long term cumulative loss of human and animal vital energy within a 1600-foot radius of the equipment.
- * Long lasting residual effect of magnetic deposits located throughout the nervous and lymphatic systems.
- * Destabilization and interruption in production of hormones and maintenance of normal hormonal balance.

* Markedly high disturbance in alpha, theta and delta brain wave leading to memory and concentration loss, suppressed emotional threshold, slowing of intellectual processes and interrupted sleep.

* Long term and irreversible depolarization of tissue neuroelectric circuits.

The following summary of microwave food science is courtesy of The Atlantis Raising Educational Center, Portland, OR.: Carcinogenic compounds were formed in virtually all foods tested under normal cooking conditions.

For example:

- * Prepared meats: Formation the carcinogens d-nitrosodienthanolamine.
- * Milk and cereal grains: Portion of amino acids converted to carcinogens.
- * Thawing frozen fruit: portion of glucoside and galactoside fractions converted to carcinogens
- * Short exposure of raw, cooked or frozen vegetables: Portion of plant alkaloids converted into carcinogens.

The nutritional value was altered in almost all foods. For example:

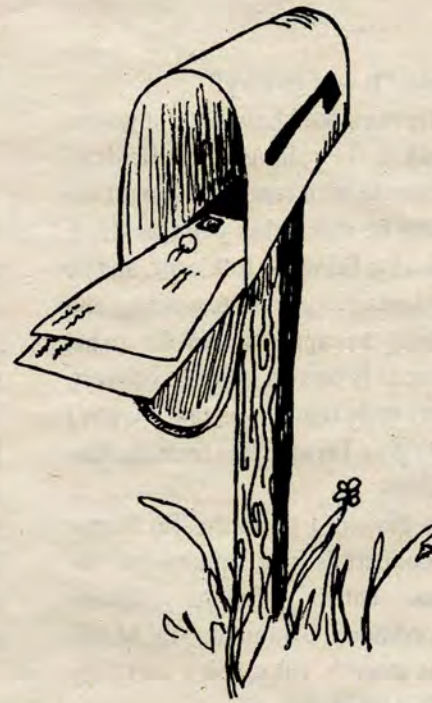
- * Structural degradation: A 60 to 90% decrease in nutritive value.
- * Vitamin and minerals: Decreased bioavailability of vitamins B, C, E, essential minerals and lipotropic factors.

In another study changes found in blood chemistry were indicative of early pathenogenic processes similar to the start of cancer. This researcher was blocked by the courts from publishing his findings until 1998. The changes:

- * Decreases in all hemoglobin values.
- * Increases in hematocrit, leukocytes and cholesterol values.
- * Decreases in the ratio of good to bad cholesterol.
- * Decrease in white blood cells following ingestion of microwaved food.
- * Evidence that microwave energies are passed to the cells via the blood.

I sincerely hope this information will be helpful in making the Co-op and shoppers' homes and businesses healthier places to be.

Gayle Eversole, CRNP, PhD, AHG, DHom Creating Health Institute for the natural healing arts www.leaf lady.org



Letter to the Editor:

When friends from other parts of the world ask me where I live and what its like, I often feel overwhelmed to convey to them the life I have in Moscow. Many things come to mind, like the time I sat under the summer stars a couple blocks from my house and listened to Arlo Guthrie and son during Rendezvous or the many times I've seen and heard the owls perched on the

Kibbie Dome during my early morning walks. But, lately what seems to encompass the idea of Moscow, in my mind, is the warmth and convenience I experience when I walk into the Moscow Food Co-op. It seems to me more and more that it's becoming a symbol of what Moscow is to me. I can walk a few blocks from my home to the entire downtown area where, on the way, I mail my letter, then pop into the Co-op, walk among the wonderful smells of the deli, and see the smiling faces of its occupants. I hope I never take this special place for granted.

Mara Lei Monroe
Moscow, Idaho

Thirtieth Annual Moscow Renaissance Fair

By Chris Pannkuk

The planning has begun for the Moscow Renaissance Fair. Moscow's celebration of spring will be held under the big trees at East City Park on May 3 and 4, 2003.

We have an enthusiastic Board of Directors: Dave Vollmer as the treasurer, David Willard as vice-president in charge of the stage, Charlie Wheeler as vice-president in charge of the booths, Robbie Storla as secretary, and yours truly as dictator...I mean president.

Since the first fair was held in 1973, we are celebrating this year's fair as the 30th annual. All you math majors out there probably have figured out that if the first fair was in 1973, and the second in 1974, etc, that the 30th fair was actually last year—and this year's fair is number 31.

This is not a serious problem for our group, however. Since we did not get it together last year, we are determined to celebrate the anniversary this year. Exactly how we will celebrate? We do not know yet, but we're sure to think of something. Please tell us what you would like to see at the fair.

In addition, we always need volunteer help, especially in maintaining the web page, decorating the two big trees by the stage as king and queen, and working with Miriam Kent in the children's area.

We invite anyone interested in helping with the fair to come to our next meeting, which will be at 801 East Third Street in Moscow, at 7:00 p.m. on Thursday, December 12.

Chris Pannkuk is the president of the 2003 Moscow Renaissance Fair Board of Directors. By remarkable coincidence, he lives across the street from East City Park.



Taj Mahal Plays the Palouse

By Leigh Winowiecki

No, this article is not about organic vegetables, or even scanners, but it is about something even more rare and legendary...Taj Mahal. Taj Mahal played at the quaint Bryan Hall on Washington State University's campus Saturday, November 16, uniting the Moscow-Pullman communities with a great musical show! Pullman's own Dan Maher ("Inland Folk" host on NPR, Saturday mornings at 11:00 a.m.) started off the evening with an enthusiastic introduction for the talented, the indefinable...Taj Mahal.

Opening with, "Not gonna whistle Dixie anymore," the Taj Mahal Trio (Taj on guitar, Bill Rich on bass, and Kester Smith on drums) continued to play old favorites from Taj's first albums, pleasing everyone from "Young beauties to old gray hairs." (Quote from Bob Greene, lifetime Co-op member). Taj is most noted for his versatility, with a range of musical influences, including West African, Caribbean, Hawaiian, Cajun, and Latin sounds. Andrew Knudsen, Co-op member says, "I loved how Taj weaved all of these different styles together. Not many people can pull that off!" Alysia, a Co-op volunteer who washes recycled containers, re-

sponds, "It was groovy!"

Taj remarked how good it was to be back in the rolling wheat fields of the Palouse, as it reminded him of the farming he did in his younger days. Originally, Taj was a folklorist, and he still retains this gift of storytelling and the ability to capture a crowd with his presence. It was an intimate concert, and my only regret was that I wasn't able to give Taj an Oatie from the Co-op bakery.

In closing I think the Taj Mahal Trio concert is best summarized by Alicia Tate's, Co-op cashier extraordinaire, comment, "Taj Mahal was as smooth, silky, spicy, and tasty as a Cow Girl chocolate."

I would like to thank everyone who showed their support for the Taj Mahal concert, including Moscow Co-op members. As not too many big names, especially legends, come to play on the Palouse, it is important for us to show support for the musicians who do venture here, so they are sure to come back!

Leigh Winowiecki has been watering, loving, and caring for the indoor plants for 2.5 years and is leaving Moscow this winter, hoping to return in the fall. She would like to thank Jana and Annie for the eloquent volunteer party they organized!

Two Percent Tuesdays in December

By Dianne French

What would you do if you turned on your faucet and nothing came out? Ever again? Sounds kind of far-fetched, but that's exactly what will happen to Palouse residents of the future if present levels of groundwater pumping continue. We don't currently (and may never) have enough information about our aquifers to predict accurately when they will go dry. It probably won't happen in our lifetimes; so, does that mean we don't need to start working now toward sustainable water use on the Palouse?

The founding members of the Palouse Water Conservation Network (PWCN) answered that last question with a resounding "NO!" and organized to "promote community awareness, education and action to preserve our underground water resources." So far, PWCN has established a website (www.pwcn.org) that will eventually provide information about all aspects of our groundwater and its conservation; has joined the international Groundwater Guardian Program, which assists communities in groundwater awareness and protection; has begun working toward non-profit sta-

tus; and co-sponsored November's Groundwater Forum.

The PWCN will receive two percent of Tuesday's sales at the Co-op during the month of December. This wonderful donation from the Co-op membership will help us in all we are planning.

In coming months, we plan to form a network of experts on groundwater, xeriscaping, irrigation, soils, turfgrasses, and conservation methods to supply information for the website and consulting for PWCN; begin contacting businesses and homeowners about reducing their water use; and organize PWCN committees in Pullman and the two universities. But we need active members to achieve these goals, so if you oppose intergenerational theft of groundwater, it's time to get your feet wet.

PWCN currently meets the first and third Mondays of each month, 7:00 p.m. in room 2B of the Latah County Courthouse (enter door on north side). Even if you can't attend meetings, we'll find a way you can help out. Contact: Bill/Dianne French — pwcn@moscow.com or call 882-0203.

Feed Your Self

Come eat
Brunch

in the
Deli

Saturdays
8-11am

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

**New Session Runs
January 13 -
March 14**

Happy Holidays!

Daytime and evening classes
Classes fill quickly so register early

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

Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices
 - Pets - Conservation - Business Partners - Producer Profiles - Schedules - Board
 Members - Local Events - Links - Recipes - Nutrition - Food Reviews - Wine Reviews
 - Macrobiotics - Herbs & Spices - Pets - Conservation - Business Partners - Producer
 Profiles - Schedules - Board - Recipes - Nutrition - Food Reviews - Wine Reviews -
 Macrobiotics - Herbs & Spices - Pets - Conservation - Business Partners - Producer
 Profiles - Schedules - Board Members - Local Events - Links - Recipes - Nutrition -
 Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets - Conservation
 - Business Partners - Producer Profiles - Schedules - Board - Recipes - Nutrition -
 Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets - Conservation
 - Business Partners - Producer Profiles - Schedules - Board Members - Local Events
 - Links - Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs &
 Spices - Pets - Conservation - Business Partners - Producer Profiles - Schedules -
 Board Members - Local Events - Links - Recipes - Nutrition - Food Reviews - Wine
 Reviews - Macrobiotics - Herbs & Spices - Pets - Conservation - Business Partners
 - Producer Profiles - Schedules - Board Members - Local Events - Links - Recipes -
 Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets -
 Conservation - Business Partners - Producer Profiles - Schedules - Board - Recipes
 - Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets -
 Conservation - Business Partners - Producer Profiles - Schedules - Board Members
 - Local Events - Links - Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobi-
 otics - Herbs & Spices - Pets - Conservation - Business Partners - Producer Profiles
 - Schedules - Board - Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobiot-
 ics - Herbs & Spices - Pets - Conservation - Business Partners - Producer Profiles -
 Schedules - Board Members - Local Events - Links - Recipes - Nutrition - Food

All available online at
moscowfood.coop



Yummy, yummy, yummy. I've got love in my tummy

By Julie Monroe

Photographs By David Hall

The Archies certainly knew what they were singing about when they equated sweet foods with love, and there's been a whole lot of love coming from the bakery of the Moscow Food Co-op recently. Noticing that the quantity and selection of items in the dessert case was sometimes inconsistent, and in acknowledgement of the special place desserts play in people's lives, Kitchen Manager Amy Richard and dessert bakers Nicole Weiss, Elizabeth Miles, and Melissa Thompson have been gradually ex-

panding the dessert department of the bakery.

Those of you who had a special occasion to celebrate may have already taken advantage of the new service the bakers have been offering since October of this year. The now famous desserts of Nicole, Elizabeth, and Melissa are available by special order. Susan G. Purdy in her book, "A Piece of Cake" explains that important foods, such as bread and cake, were offered as sacrifices to the gods, and our current tradition of using des-



serts to celebrate and to commemorate significant events – births, weddings, seasonal holidays – stems from these early practices.

In recognition of the winter holidays, special holiday choices have been added to the already impressive special order menu. To celebrate Thanksgiving, pumpkin, pecan, and apple pie were added, as was apple spice bundt cake. This month, Nicole, Elizabeth, and Melissa plan to offer a commodious collection of celebratory foods that will put Martha Stewart to shame, including eggnog and cranberry cheesecakes, Yule logs, gingerbread, honey cakes, traditional Christmas cookies, and if they can find a suitable recipe, fruitcakes.

The variety of items in both the dessert case and the "grab 'n go" case (located on the south wall of the Co-op between the deli and the produce department) is undergoing expansion, too. Look for baby bundt cakes; vegan parfaits (fruit layered with tofu pudding); dairy parfaits; brownies; magic bars; mini pies, tarts, and cheesecakes, and old-fashioned tapioca pudding.

Amy, Nicole, Elizabeth, and Melissa place much importance on the in-

gredients they use in the desserts they make for the Co-op. Nearly all of the ingredients they use are organic, and if an ingredient is not organic, it is nonetheless a whole food. Their staple flour is whole-wheat pastry flour, but the bakers also use unbleached cake flour and unbleached white flour. To sweeten the pastries, they use unrefined cane sugar, maple syrup, molasses, or honey. The butter is unsalted, and the eggs are fresh, as are seasonal ingredients, such as fruit. (They've even been known to boil down their own pumpkin.)

The treats the dessert bakers make are more than good tasting, they are also good for you – they are "fresh, personally-made whole foods," says Elizabeth. She adds, "the Food Co-op is filling a unique slot" by offering whole food desserts, and for every person who counts desserts as one of their favorite foods, there is every reason to celebrate.

Julie Monroe's sister, Mara Lei Monroe, is an innovative amateur baker who uses seasonal ingredients using vintage recipes to produce fine desserts that prove that, while people can live on bread alone, it isn't much fun.



Moscow food coop
221 east third street
moscow id 83843

Bulletin Board Changes Hands with the Season

Season's Greetings! Allow me to introduce myself. My name is Sarah, and I'm going to be your new Bulletin Board Mistress. Some of you may know me from MaryJanesFarm — I'm one of the designers there.

A little bit about me: I graduated from the University of Idaho this last May with a degree in Graphic Design and Web Design. Now I'm getting to know Moscow as a resident, rather than a student, and I'm growing rather fond of this little community.

In my spare time, I do a lot of dancing. I'm an avid Lindy Hopper, and am actively involved with the Swing Devils, a non-profit organization that promotes swing dancing in the area.

Please note the new e-mail address for sending in your non-profit announcements: co-opnews@sourjayne.com. As usual, make sure to submit announcements by the 25th of each month!

Enjoy the Holidays, and Happy New Year!

—Sarah Harrison

1st Annual Holiday Parade and Lighting ceremony

Saturday, December 7

The City of Moscow is hosting its first Annual Holiday Parade and Lighting ceremony in Downtown Moscow on December 7th. The festivities begin at 4:00pm with music from the Moscow Arts Council MOCK Choir at Gritman Medical Center. There will also be various events located throughout downtown and a holiday lighting contest for local businesses. The highlight of the evening will be the Holiday Parade at 7:00pm. 885-2832.

Kyle Brondson · 'taking jazz back to the streets'

Sat., December 7, 9:00pm (after the Holiday Parade) at the Spectrum II Dance Studio, 525 N. Main St.

Listen and dance to the smooth jazz sounds of the Kyle Brondson Trio from Los Angeles. \$5.00.

Sponsored by the Swing Devils of the Palouse, Inc., a non-profit organization. www.swingdevils.org, or (208) 301-3781 for more information.

Join the Vision/2020 Listserv

Vision/2020 is an electronic mail talk list focusing on Moscow planning and community issues. <http://vision2020.moscow.com>

Wild Ones

Sun., December 8, 2pm in room 2B of the [redacted] house.

An invitation to [redacted] and [redacted] join us in [redacted] Wild Ones. [redacted] at 883- [redacted] For more information call [redacted] 3937 [redacted]

Moscow Friends

Thursday, December 13, 8:00pm

Volunteers are needed. Help us [redacted] fair. 882-9 [redacted]

Local Growers Meeting

January 18th, 2002 at the Moscow Food Co-op, 3:00pm–5:00pm.

Anyone interested in supplying the Co-op with fresh local ORGANIC Produce must attend this meeting. The produce supplied to Co-op MUST be either Certified Organic or Licensed Organic. If you have any questions about this process please call Dani Vargas (208) 882-8537 or e-mail to produce@moscowfood.coop

Submit non-profit announcements to co-opnews@sourjayne.com by the 25th of each month.

Please help Co-op

Deposits can be made at Melior Medical Foundation, 221 South Jackson, Moscow, ID 83843.

Buy raffle tickets

at the Co-op or [redacted] 10 prizes, including [redacted] classes, and various certificates. The [redacted] getaway pamper [redacted] gourmet meal, massage [redacted] accommodations.

The raffle drawing will be held at the benefit concert featuring Dan Maher on Thursday, December 19, at 7:00pm. Admission cost will be a donation of \$4, and refreshments will be available. Winners need not be present at the concert to win. The concert will be at Roberta's Attic, 314 E 2nd St. in Moscow.

For information, e-mail hubbleannie@yahoo.com

Contra Dance

Sat., December 21, 7:30–11:00pm 1912 Center, 400 E 3rd, Moscow.

Celebrate the winter solstice with an evening of contra dancing. Mitchell Frey, of Moscow, will teach and call to favorite tunes by the Hired Hands, from across the Palouse. Instruction starts at 7:30, and dancing at 8:00. Cost is \$4 for newcomers who arrive at 7:30, \$5 for members, \$7 for non-members. Contra dance sponsored by Palouse Folklore Society. (509-332-8037, www.palousefolklore.org)

Subscribe to the Moscow Food Co-op Community News

\$10 for 12 monthly issues mailed to you.

Take Moscow with you when you move.

Send check for \$10 made to Moscow Food Co-op and mail to Bill London, editor · Moscow Food Co-op · 221 E. 3rd St. · Moscow, ID 83843

For additional events & information visit www.moscowfoodcoop.com

Special Collections Library
University of Idaho
Moscow ID 83844-2351

