

July 2002

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



## To Scan or not to Scan: An Update

By Kenna S. Eaton

A few months ago I wrote about the possibility of the Co-op purchasing new cash registers with scanners. Since that time much has happened, and is continuing to happen on a daily basis. In mid-May, three representatives from different companies came to Moscow to show us their register systems. We spent 3 hours with each company hearing about the strengths of their systems, seeing how they worked, asking questions and trying to determine which system would fit our Co-op best. Eventually a decision was made, a contract signed and a check handed over.

As with all other capital purchases this system will be owned by the Co-op members—that \$10/ year investment you make goes towards paying for all equipment. With potential savings of \$40,000 per year from improved price accuracy and increased efficiency, the system will pay for itself within 1 1/2 years.

At the time it felt like making the choice as to which system to go with was tough, but now we are in the process of getting ready to “go live” and finding this part even more challenging. We are starting by building a database of every single item in the store. This means lots of checking, double-checking and even triple-checking to ensure that the product really is there, that we have the correct information about the product, and that the price is correct. This work,

being done by department managers, is time consuming and is rapidly taking up much of our summer (in between having a little vacation fun, of course). We also have to prepare the store by installing cables between the registers and all the computer workstations. Since we will be using the Internet to access the credit card companies (imagine a 4-second delay instead of the usual 20-30 we are used to) we will be installing DSL for the whole store and networking the computers. Besides that work we will be modifying and updating the register stands, training all cashiers and managers on using the system, and generally turning how we do almost everything onto its head. I feel a bit like we are going from the '70s to a new century all in one fell technological swoop!

Sometime in early August equipment will arrive and installation dudes and trainers will appear to teach us how to use this new system. By August 15th we hope to be up and running; hopefully we will have a couple of weeks to get used to the new system before the onslaught of new folks appears in town. Our hope is that this process will be a seamless transition for the customers and that you will be impressed by how smoothly it all goes. Keep your fingers crossed for us!

[www.moscowfood.coop](http://www.moscowfood.coop)



## Co-op Business Partners

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

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

**Copy Court** - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow, 882-5680

**Culligan** - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, 882-1351

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

**Eva Jo Halvik, LMT** - First 2 massages @ \$30 each, 306 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 Custom Picture 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.spirit herbs.com 883-9933

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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



## 2% Tuesdays in July

by Kenna S. Eaton, General Manager

Our 2% Tuesday program is rapidly becoming popular with its recipients! In May we were able to award \$562 to the Palouse Prairie Foundation for their work in protecting and improving the Prairie in the Palouse. For July our recipient will be the 9<sup>th</sup> Annual White Pine Classic Bike Tour, organized by the Lions Club.

On Saturday, July 27<sup>th</sup> the bike tour will offer a 119-mile Century Plus ride through the White Pine National Forest, or a less intense 64-mile scenic road loop through the Palouse. If you haven't been on this loop before this is a great opportunity to see the Palouse and the forest from the comfort of your own bicycle! There will be multiple rest stops, high-energy snacks (donated by supporters), sag wagons, and an end-of-tour buffet. Each participant will receive a T-shirt plus an opportunity to receive various prizes. If the family can't make the whole ride, there is also a 20-mile round trip along the convenient and peaceful Moscow-Pullman Chipman Trail.

The Lions club sponsors this bike ride to raise funds for their various projects. Some projects recently completed by the club include: concrete slabs for basketball hoops at Mountain View Park, picnic shelters at most parks in Moscow, playground equipment at the Lions Fairground Park and the College of Education preschool playground, tennis courts at the Junior High, fences, ramps, plantings and a gazebo at the Latah Care Center, plus the stage at the Latah County Fairgrounds. Their continuing projects include purchasing eyeglasses for the needy of Latah County, awarding scholarships to graduating seniors of Latah County High Schools, cleaning

2 miles of Highway 95 north, Egg Hunts, and, of course, White Cane Days. In the upcoming years they plan to continue supporting the projects listed above and help provide money and energy for improvements at the UI arboretum and a walking bridge at the south end of Mountain View Park. As a parent of school age kids I have spent many hours using many of these park walkways, playgrounds and improvements, as I'm sure you have without knowing who was responsible for them! If you are interested in contacting the Lions Club to either enter the bike ride or to learn more about what they do, please call Greg Papineau at 882-2814, or pick up a registration form at the Co-op.

And don't forget to shop on a Tuesday to support your favorite organization or all of them!

## Inside

- ◆ Movie Makers in Moscow
- ◆ Idaho Rep Theatre
- ◆ Tour of Local Farms
- ◆ and more

## Contents

To Scan or not to Scan	Cover
2% Tuesdays in July	1
Welcome	2
The Volunteer Program	2
Personal Care Corner	3
Business Partner Profile	4
The Buy Line	5
From Co-op to Affinity	5
Wednesdays=Fresh, Seasonal, Local Produce!	6
From the Board of Directors	6
Volunteer Profile: Mary Ann Hudson	7
Staff Profile: Kelly Kingsland	8
Customer Profile: Eli Mendenhall & Lois Blackburn	9
Let's Tour Some of our Local Farms	12
July-August Art at the Co-op	13
Visit America's Treasures	13
The Potluck Series	14
Camp Cerea;	14
Village Bicycle Project Update	15
Letter to the Editor	15
Vinegar as Organic Weed Killer	16
Fostering Idaho's Future	17
Movie Makers Market Magic in Moscow	18
Latah Foundation Announces Grants	18
Idaho Rep Theatre Pulling out the Stops	19





## Welcome!

By Laura Long,  
Membership Director

This is the forum that I use monthly to talk about member benefits, co-operative principles, and upcoming Co-op events, but this month I was a bit stumped. It's summer, and that usually means that things slow down a bit around here, so I was wondering what to let you all know about. Then, while I was shopping last night, I realized that one of the most lucrative benefits of membership often goes unmentioned, and yet it's really useful and can save you a lot of money. "What benefit is that?" you ask. Well, special ordering of course.

Do you realize that if you are a member of the Co-op, you can save 10% off the price of any bulk or case special order that you place? What some members may not realize is that

this discount can be combined with the member prices on sale items. This can add up to quite a savings. For example, a case of Hansen's Natural Soda regularly costs \$10.80 a case. In June it was on sale for \$7.56 a case, and when I special-ordered it the cost was \$6.80 a case. When I combined that low price with my 18% discount because I'm a working member, the total price that I paid was only \$5.58 a case! That was an incredible savings for my family.

If you are interested in placing a special order, please let any cashier know, and they will gladly help you. But be prepared to show a current membership card, because this great benefit is for members only.



## The Volunteer Program

By Annie Hubble and Janna Jones  
volunteer coordinators

Well, Janna and I are always hopeful of having a list of available positions to put up on the notice board for you all to peruse, but as fast as positions become available, new applicants appear searching for jobs! So once again all positions are filled and we have to put a few of you on hold while we wait for openings.

We are happy to have quite a number of new volunteers 'in the ranks' however. Thank you newcomers for the good work you are doing. The produce department was, just a few weeks ago, down to one volunteer! Now all seven evenings are covered by wonderful, enthusiastic volunteers!

Every Wednesday afternoon now, between 4 and 5 p.m. Janna is available to meet newly placed volunteers for in-store training. This is required as part of the volunteer experience. It gives the new volunteer a chance to read the guidelines, be shown around the store, and ask any questions that he or she may have. Alternative appointments can be made if necessary. We would like all volunteers, new and old, to go through this training, eventually. It only takes about 20 minutes. So don't be surprised if we approach

you during your shift to see if you can fit this into your schedule. The time involved will be credited to your volunteer hours.

The next volunteer party is at this very moment being planned! This will take place on Thursday, August 29th, at the Hamilton-Lowe Aquatic Center. Yes, we are going to party at the swimming pool! What fun! This will, just like our holiday party last December, be in honour of all volunteers, but be open to all members. So put this date on your calendar. There will be more details in next month's newsletter.

And finally, I want to thank you all for your hard work and commitment to co-op values. The store would just not be the same without you!



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## 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



## Personal Care Corner: Changing the SAD Diet

By Carrie A. Corson

I find it interesting, if a little disheartening, that the acronym for the Standard American Diet is SAD. I would guess that I'm probably not the first person to notice this. What I want to know is did the powers-that-be who labeled our diet in the first place come up with the title or the acronym first? Well, however they did it, it does not speak well for the way we eat. Reflecting on this, I asked myself what it is about our diet that is SAD? My brain was immediately bombarded with commercial clips for fast food restaurants, super-size menus, ice cream, "the power of cheese," and potato chips. All things that nutritionists say should be eaten in moderation at best, but on which millions of dollars in advertising is spent so that we will think about those things when we think about food. There are a variety of reasons why these are not our best food choices; one is that they are all high in saturated fat. Also known as "bad fat" because too much of it can lead to numerous health concerns including heart disease, high cholesterol and cancer. More and more studies indicate that eating good fats (monounsaturated and polyunsaturated) can help raise levels of good cholesterol, may reduce the risk of heart disease, as well as boost our immune systems.

Flax oil is one of our best sources of these good fats. It contains the polyunsaturated fats omega-3 and omega-6 which are found in every cell of our body. They are referred to as "essential fatty acids," because they are essential to health and longevity, but cannot be manufactured by our bodies—they must be obtained through diet. But it is believed that about 80% of the population are deficient in omega-3s. These fats are very important in cell structure and if they are not in sufficient supply in our bodies, they can be replaced by saturated fats. This tends to make cells more rigid, making it more difficult for cells to release what they don't need and absorb what they do need for proper function. It seems that healthy fats equal healthy cells equal healthier people.

Flax oil provides the body with a 3:1 ratio of omega-3s to omega-6s. (This is a good ratio because omega-6s are found in more of the foods we eat such as nuts and nut butters, so

typically we are not as deficient in these.) Flax is the most concentrated vegetarian source of omega-3 fatty acids found in nature (twice the density found in salmon, which is another common source of omega-3s). Flax oil contains important nutrients such as phytosterol and phospholipids which form cell membranes, promote nerve insulation and improve immunity.

If you shudder at the thought of taking any oil as a supplement, think differently about flax. This oil can be a tasty addition to many recipes. Flax oil should have a slightly nutty flavor (depending on its lignan content) and should not be overly bitter. It can be used in place of olive oil for bread dipping or salad oil, or mixed in with your favorite sandwich spread or nut butter. It is okay to warm flax oil so it can also be added to soup or to stir-fried or steamed vegetables just before eating. It is not appropriate for frying, but can be used in some baking. Flax meal or ground flax can also be a tasty addition to cereals, salads, yogurt or smoothies. It has a pleasant nutty flavor and is lignan-rich.

Lignans are soluble and insoluble fibers, which are important toxin repositories (these remove toxins from our bloodstream). The lignans in flax are the richest source found in nature at 100 times the density of other sources such as wheat, oats and barley.

It should be noted that eating whole flaxseeds would not give you

much in the way of omega-3 or lignan benefit. The seeds are small and very slippery and tend to pass through the digestive tract pretty much intact. If you prefer to buy whole seeds instead of the commercial flax meals, the seeds should be cracked (most folks use a coffee grinder) prior to consumption.

As you might have guessed, we carry a wide variety of high-quality flax oil products here at the Co-op. Both Spectrum Essentials and Barlean's are well represented with a variety of flax oils, flax oil capsules, and flax meal. All of these products are cold pressed which, in these two brands, means that they are processed without the oil ever reaching high temperatures. This is not the case with all oils that maintain that they are cold pressed. Manufacturers can claim to have cold pressed oil if they add no external heat. But some pressing processes can be such that the oil reaches temperatures in excess of 200 degrees. So wherever you choose to buy flax oil, it is important to find out how the oil is pressed. If you choose to buy flax oil in its liquid form, it must be refrigerated since exposure to heat, light, and oxygen will quickly break it down. The same is true of flax meal.

More information on the benefits of flax and some outstanding recipes can be found at the following web sites: < [www.spectrumnaturals.com](http://www.spectrumnaturals.com) >, < [www.barleans.com](http://www.barleans.com) > and < [www.flaxcouncil.ca](http://www.flaxcouncil.ca) >.

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## Business Partner Profile:

# The Secret Life of a Frequent Soap Buyer

By Anneke Jette

So here I am, Anneke Jette, the Co-op's stealthy and ever-so-cunning reporter, waiting outside 428 W. Third in Moscow, a.k.a. The Copy Court. My objective: To find the man behind the copiers, Mike Aplerin, a 14-year Co-op member.

I spot him – my unknowing prey – at his computer. He stands, then greets me, inquiring to how he could be of service. After dallying over whether I desired copies – color or not, binding – hard cover or soft; I then explain myself and reveal my purpose, that I hope to interview him for the Co-op newsletter... may the questioning commence!

Dear readers, you need to know that in a situation such as this—when someone is asked to discuss anything about their life—there are only two ways that the conversation will go. One of which is a blank stare with absolute stillness, then short answers and stuttering. A scary scenario for even the most seasoned reporter. The other, however, is a verbal monsoon that proves to be of no use to anyone. But Mike... well, Mike is different. With a friendly smile and perfectly articulated answers... he must have practiced. My cover must be flawed.

In his calm, well-spoken way he tells me that he created his business seven years ago after working as a teacher on the Coeur d'Alene Reservation. Today, as a copy-king he can cater to any possible copying need. Also, for us elite Co-op members, Mike offers a 10% discount, which is an excellent discount for anyone – incognito or not. With this fantastic discount you can do a number of things. A modern man, with many gadgets, Mike can accommodate oversize, standard or legal copies. He can bind nearly anything, even those pesky business pamphlets, and let's not forget that you can have those with a hard or soft cover. Mike, the technological wonder boy, can even make prints of digital images.

Outside of work Mike is an ever-faithful Co-op shopper, buying Dr. Brauner's soap by the gallon, which is the only way to buy soap when you live 14 miles out of town and around many well-loved horses. But besides being highly cleansed (with thanks to



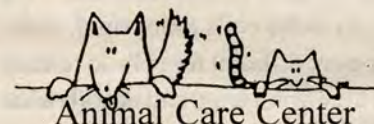
the good Doctor) Mike enjoys the more comforting and home-esque delights that the Co-op has to offer, or, as he puts it again in his well-spoken way, “the food you just can't get anywhere else.”

After traveling the picturesque 14 miles out of town to get to his happy home he finds his lovely wife Debby. The two lovebirds have been married for 23 years. (Congratulations!) Mike and Debby have two horses: a two-year-old quarter horse named Flash, and an Appaloosa. As if the array of horses wasn't impressive enough, the couple has a very talkative Amazon Blue Front Parrot, not to mention eight cats and dogs.

Soon, I had to call my interlude into the life of the man behind the copiers to a close. We gave our farewells, I put on my sunglasses and walked out of the Copy Court, certain I would

not forget my adventure... or the 10% Co-op Business Partner discount.

*Anneke Jette is a nomad of sorts, traveling across the northwest with little rhyme or reason. She hopes one day to settle down in the depths of the forest and live emotionally and environmentally happily ever after, perhaps with a couple cats and a nice husband.*



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## From Co-op to Affinity

By Kelly Kingsland, Kitchen Manager

Many of you know me as the Co-op's kitchen manager. I have done this job since the Co-op moved to this new location. Many others know me as a massage therapist, work that I have done since attending the local massage school five years ago. And now more of you are meeting me as Kelly from Affinity Farm. Those of you who know me as all three know that while I love all three, together they've constituted too much!

So, after a little contemplation, a bit of separation anxiety, and a lot of eager excitement I have chosen to leave the Co-op. For me leaving is only a matter of degrees. Of course I will always be involved with the Co-op one way or another. But I am leaving my job as Kitchen Manager. Actually my plan right now is to become a volunteer cook as soon as I am relieved of my manager duties.

Amy Richard, former deli cook and more recently a Co-op cashier, has been hired as the new kitchen manager. We're pretty excited and grateful to have such a wonderful gal to take my place. I think the transition should be smooth, and her rule gentle and competent. She has the support of the kitchen staff and other Co-op employees as well. Please welcome her.

As for me, you will see me selling produce grown on our organic farm, located just off Polk Street extension, here in Moscow. Affinity Farm, as we have named ourselves, will be at both the Farmers' Market on Saturdays, and the Co-op's Mid-week Growers' Market. Next year we plan on adding CSA (community supported agriculture, a.k.a. subscription share farming) to our production.

As with cooking, growing food has long been a passion of mine. And now as our food chains become more and more polluted and controlled by corporations, organic local farmers return to being a foundation, an imperative piece of sustainability and community structure. The necessity combines with the passion and becomes for me, an exciting and meaningful livelihood. My partner, Russell, and I enter this endeavor with all the enthusiasm of "the Fool" in the tarot deck. Knowing that within the process of growing food there will be life.

As for the Co-op, I leave it in good hands. My hopes are that it continues to gracefully find its way through the obstacles of right livelihood, community consciousness and corporate black holes.

Farewell!



## The Buy Line

By Vicki Reich

*Could you please carry Tekka-a powdered condiment to put on cooked grains (Ohsawa, possibly Eden)? Thank you.*

I'm sorry but I don't have a distributor for that product. If you email Peg Kingery (Board Member and macrobiotic cook) at <[king6619@uidaho.edu](mailto:king6619@uidaho.edu)> she will be happy to give you a recipe for making it yourself.

*Label the bread bag upside down so we don't have to turn it around to read them (Sage Baking Co.)*

Thanks, that's a good idea, we'll pass it on to them. In the meantime we will stock some bread the other way around to facilitate knowing which type of bread you're buying.

*Can we get King Arthur Flour? Right now I have to buy it at either Huckleberries in Spokane or at the Boise Food Co-op- Thanks!*

We have it! You can find the flour in Aisle 3 with the other flours and baking ingredients.

*Our Daily Red Wine...Great item for camping, rafting etc. And for a box wine...quite drinkable. Keep stocking it please, I'll buy it! Okay, as long as it keeps selling, we'll keep on stocking it!*

*Can you stock "Organic Soy Delicious" soy mint and chocolate chip patties? I see that you carry that brand but the patties are amazing!*

Okay, we have a little room, look for them soon.

*Can you please carry the Parmesan Reggiano cheese on a more consistent basis? It used to always be in stock. Now it seems like you only have it every 2-3 weeks, and you are usually out. Thanks.*

We will continue to try to keep this item in stock at all times. Thanks for the heads-up.

*Coming from the U.K., we are so excited to see Linda McCartney's products, we were missing them. Could you please get the "Veggie Sausages" and "Veggie Grills" we love them and can't get them anywhere else. Also cartons of "Soy Dream" ice cream would be great!*

I'm sorry but those Linda McCartney's items are not available

from our distributor. We don't have room at this time for the Soy Dream but I will consider it when space is available. Have you tried the Soy Glace? I think it's even better than the Soy Dream, but if you are still interested, we can special order it for you at any time.

*Is the Goat Cheese packed in oil going to return?*

If you mean the Goat Mountain Feta, it's back in stock. Sorry we were out when you were here.

*Can you get "Spirulina Sunrise Bars" and Rice Dream Yogurt?*

We've carried the Spirulina bars in the past and they have not sold well. You may special order them by the case anytime. The Rice Dream Yogurt is not currently available to us, we will consider bringing it in if we find it.

*I'd like to find a source for Annie's "Gingerly Vinaigrette Non-Fat Dressing."*

*Can you get it in? It's here. Look for it with the other dressings in aisle 3.*

*Take out the Microwave or put it where shoppers are not exposed.*

Curious about your suggestion we visited <http://gaalileo.phys.virignia.edu>, a web site that answers deep questions about science. According to the source "As for microwaved food, the only effect of cooking with microwaves is hot food. There is no "radiation damage" or "radioactivity" as there might be with x-ray or gamma radiation".

Also they go on to add: "The cooking chamber of a microwave oven is always metallic. Even the glass door (which they later say you should not look through) has a metal grid across it to keep the microwaves inside. This metal chamber may be coated with plastic or paint but it is there nonetheless. Without it the microwave would leak out and the oven would be hazardous and inefficient. It would cook objects throughout the kitchen." Our microwave is well insulated and, as far as we know, does not emit radiation. Many of our customers find it a useful tool for reheating their lunch or snack and we will continue to leave it where it is beside the bread case.

Thank you.

## Single? Depressed?

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**Co-op Produce Dept.  
Dani Vargas M.D (Manager of Department)**



# Wednesdays = Fresh, Seasonal, Local Produce!

By Eva Jo Hallvik  
Photos by David Hall

(Due to the timing of this article deadline, only one midweek market has yet happened.)

On Wednesday, June 12, three vendors pulled into the Moscow Food Coop's parking lot at half past four in front of the pink petunia-colored signs to display and sell their freshly picked flowers and produce. A consistent trickle of shoppers came by to fill their backpacks and cloth bags with the succulent treasures our local farmers have produced. Affinity Farm, Moffet Farm and Paradise Farm were our first growers out of the starting gate, but many more farmers are planning to come when their produce is ripe and ready. The Midweek Grower's Market is officially underway, so come check it out!

We asked the growers that were present to give a few comments on how they felt about the Grower's Market becoming a reality. Kelly Kingsland of Affinity Farm, who is transitioning from the Co-op Deli Manager to working as a massage thera-

pist and full-time farmer with her partner Russell Poe said, "I like seeing the farmers interacting directly with the customers...so that consumers know where their dollars are going. I appreciate the Co-op's willingness to remove themselves from the transaction."

It seems that a balanced sustainability is the key to organically managing a small local farm these days. Stacia Moffet of Moffet Farm says, they "use no herbicides, pesticides, fungicides, or 'cides at all, we manage with succession and companion planting, crop rotation, and we tolerate bugs. A beetle or moth might bite a hole in a leaf, but we just wash it off and all are happy. We hand-pick many of the critters off our plants, but sometimes they get a nibble, and if produce looks too perfect, that is when you should question what you are putting in your mouth."

Russell Poe adds, "Another factor of the sustainable farm equation lies not only in building the soil and



A customer at the first Growers Market



Produce at inaugural Grwer's Market

keeping the earth, water, and air clean, but in economically supporting the humans that are tilling the ground and picking off the aphids three times a day. We farmers want this to be more than a labor of love: we harvest fresh on the day of the market, protect our produce from the hot sun, wind, etc., set a fair price, and the consumers get the most excellent food in return. This market is a great opportunity in ensuring a sustainable community."

As the volunteer market coordinators, our most pressing task is to get the word out to you, the consumer: your local growers are out there every Wednesday evening (5:00 to 7:00 p.m.) for the summer with their fresh, seasonal produce and flowers—so come indulge! And spread the word!

*Any questions and comments about the market should be directed to the volunteer coordinators: Kathi Colen Peck at <kscp@turbonet.com> or Eva Jo Hallvik at <webeam@hotmail.com>.*



# Volunteer Profile: Mary Ann Hudson

by Chris Stordahl

What's in a name? That which we call a volunteer by any other name would smell as sweet. As sweet and as savory as the aromas we find emanating from the deli at our beloved Moscow Food Co-op? Indeed!

A fair lady who has a hand in bringing us these fragrant pleasures is Mary Ann Hudson. "A volunteer!?" you may be saying to yourself as you sip your iced latte and nibble your freshly and delicately baked croissant. "But, I know Mary Ann as a hard-working employee." Ah, now I can explain the perhaps clumsy reference with which I opened this piece.

Mary Ann began her involvement with the Co-op a little over a year ago as a volunteer. Initially, she had applied for a paid position but when volunteering was suggested, she felt that it would be a 'better fit' for her at that time. Her duties as a volunteer would best be described as all-around deli aide and sandwich lady. As an employee, Mary Ann is responsible for creating the take-and-bake pizzas, spreads, dips, salads and hot pizzas so convenient for Friday dinners.

I met Mary Ann at the Co-op one morning and, as I sipped my short latte, we discussed a bit of her past, what brought her to Moscow, her work (in and out of the Co-op), and what she sees for the future.

Mary Ann's 'stomping ground' (I love that expression. Unfortunately, I moved around too much to ever really have one, so I rarely get to use it) was the area around Lawrence, Kansas. She completed her undergraduate work there and moved on to Iowa State to begin her Master's in English and to teach. It was there that she met the man who would become her husband. Matt was pursuing a Master's Degree and teaching as well. What brought them to Moscow? What brings any young scholar to this Idahoan oasis? One, two, three . . . The University! Here they found the opportunity to work on their Masters' and continue teaching. And kudos to them: they received their degrees in April!

Mary Ann is a poet. Her most recent manuscript is titled 'Wild Yam Dreaming.' She described it as following and re-imagining universals from conception to birth. (Ask her about it



sometime!) Mary Ann feels obvious passion for her chosen profession and does not depend on others to validate its authenticity. We were discussing how the arts are not considered by some to be serious, career-oriented pursuits. So often they are thought of as play and stuff to do once one is done with 'real' work. Mary Ann told me of an experience when, during a doctor visit, the physician asked what she did for a living. When she told him she was a writer, he replied with something to the effect that he always thought he might write a book when he retired from medicine. She replied that she was thinking she might become a doctor when she retired from writing! When the doctor appeared offended, Mary Ann told him that wasn't her intention, but she felt that his attitude belittled her. I was impressed.

As to other volunteer experiences Mary Ann has had, one was particularly intriguing to me. A few years ago, in Ames, Iowa, she led poetry workshops for juveniles struggling with substance abuse.

For the present, Mary Ann is busy dreaming up new, delectable dips, spreads and salads. She generally starts her shift by touring the store for ideas. Food has an artistic appeal for Mary Ann. She said that she appreciates the "material presence of food." Writing can be so internal and mentally draining that "sometimes you just want to chop a lot of vegetables. To see a transformation in a short period of time." Her favorite TV chef is Nigella Lawson. Not being familiar with her myself, Mary Ann described Ms. Lawson's approach to food as both sensual and practical.

I asked Mary Ann what she finds most enjoyable about working at the Co-op. Her answer: "the people." She described her co-workers as supportive and interesting. "I've met a lot of fascinating people here."

What does Mary Ann see in the near future? She believes that she and her husband are where they need to be right now. They will know what moves to make when the timing is right for them. I think that's a nice place to be in life. If you're open to it, the Universe will usually lead you to the place you need to be...or take you out of one that's not really you.

*Chris Stordahl is the mother of two creative and energetic young girls. She is currently a 'non-trad' student at the University of Idaho, and having a great time!*

## Kaleidoscope



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# Staff Profile: Kelly Kingsland

By Julie Monroe

Kelly Kingsland has a work ethic problem. No, it's not that she has a bad one – quite the opposite. The problem, to use her own words, is that she is “often too busy,” so much so that she feels her robust work ethic is interfering with her “ability to develop relationships” and stay connected to the people who make up her community. And, characteristically, Kelly is doing something to solve her problem; the solution, however, is bittersweet for the Moscow Food Co-op. Kelly, who has either volunteered or worked at the Food Co-op since 1989, and who has served as Deli Manager since it relocated from Third Street to its present location, is leaving the Food Co-op. Her last day is not yet certain, but it is likely that it will be Sunday, July 14.

Kelly has filled just about every role there is in the Food Co-op personnel classification system – stocking, cashiering, managing produce, managing the Bazaar, and managing the Deli – so it's not surprising that she has mixed feelings as her association with the Food Co-op as an employee draws to an end. But then Kelly has never shied away from change or from challenge. In fact, Kelly says that's what she's all about: “challenging stereotypes and the status quo,” and her life decisions, starting at an early age, have been based on this point of view.

Kelly grew up in Bonner's Ferry, Idaho. Her parents, Vicky and Fred Kingsland, moved there when she was six years old. Kelly's parents, she says, taught her to “question everything,” and she certainly took their advice to heart when she decided to drop out of high school. She felt that the school system was inadequate to the job of educating her, so she left and began working with a private organization in Sandpoint, Idaho, that produced wilderness survival programs for youth who were, as Kelly describes them, “beyond at-risk.” Kelly says she loved doing this sort of work, not only because she herself loves the wilderness, but also because she loved seeing the kids, who were survivors of abusive family relationships, “connect the metaphor,” as she puts it. She says that by overcoming obstacles in wilderness situations, the



kids realized they then had the strength and the endurance to confront their parents. Knowing that she helped alleviate their pain and suffering was very rewarding for Kelly, and she was motivated to pursue a career as a social worker. When she was 26 years old, Kelly moved to Moscow to attend the University of Idaho. Close to completing her degree, however, Kelly decided she didn't want to become a social worker; she says she realized she would not “fit into the normal system,” as she puts it. While she knew that she did not want a traditional career as a caregiver, she knew that did want to help people. And in acknowledgement that she is a “really physical person,” Kelly took on the challenge of becoming a massage therapist. Kelly sees her role as a therapist as someone who enables people to become anchored through

the removal of their physical pain. She says there is “a lot of sadness and suffering in the world and if I can help them get out of pain, they can react better to the world, their families, their work.”

Work has been a significant part of Kelly's life, and it is a reflection of her work ethic that she has generally worked more than one type of work at any given time. While working with youth in survival programs, she apprenticed her father's craft and worked as a machinist for several years. She was a “heads person,” rebuilding cylinder heads on Volkswagens. While working at the Food Co-op, she not only has maintained her massage therapy practice but is a mom, too! Her daughter, Katy, who will soon turn 12, was a charter student of the Moscow Charter School. And there is little doubt that Kelly will continue to multi-task as she

follows the “passion” that is drawing her away from the Food Co-op.

Kelly is leaving the Co-op to devote her time and energy to the cultivation of an organic market garden. (Possibly, her mother in Bonner's Ferry, who is also an organic gardener, inspired Kelly.) In 2001, Kelly and her partner, Russell Poe, bought five acres of land in Moscow, off Polk Extension, and now have one-half acre under cultivation. Kelly says their crop selection is diverse, with “no specialization,” and they will grow “everything you can grow in Moscow.” In season, there will be lettuce, spinach, beets, radishes, and tomatoes, just to name a few. They are now selling their produce at the Saturday Farmers' Market and at the Growers' Market at the Co-op on Wednesday evenings.

Despite the occasional twinge, Kelly says she is “ready for a change,” and adds, “I wonder what's going to come out of me because of all my experiences.” With the expectation that she will have more free time, Kelly is pondering the possibilities – maybe she'll return to production pottery or maybe she'll set up a barter currency system for Latah County. Whatever her future holds, there's little doubt Kelly will continue to challenge herself and others while, at the same time, helping them cope with the change she is bringing about.

*During the course of her interview of Kelly, two interesting coincidences were revealed to Julie Monroe. The first was that Kelly was from Bonner's Ferry; Julie had just spent several days there conducting oral history interviews for the Bonner's Ferry Ranger District. And, the second was that Kelly had been a “heads person” and the head in Julie's 1989 Isuzu Trooper turns out to be cracked.*



# Customer Profiles: Eliason Mendenhall and Lois Blackburn

by Vic Getz

I'd like you to meet Eliason Woodrow Matossian Mendenhall, age 5½ and Lois Blackburn, who will celebrate (raucously, it appears) her 70th birthday in October.

At age 5½, you don't spend a lot of time in deep philosophical introspection about the meaning of life. But, when I met Eliason on a rainy afternoon, he had lots to say. It began when he politely asked his mom, Venessa Matossian if he could ask me, "How ya doin'?" and agreed to be interviewed. Putting it mildly, Eliason was enthusiastic about appearing in these pages. I said I'd ask him five questions. He suggested ten.

1) What do you like about the Co-op?

"I like the stuff here to eat." (He was having strawberry lemonade and a piece of chocolate chip cake with hazelnuts.)

2) "How was it?"

"Good." (Except for the hazelnuts apparently, which went to his mom.)

3) His favorite thing? He ran straight to the cooler holding the Juice Squeeze juices.

"That!"

4) What don't you like? After a moment's hesitation he guided me to the coffee thermos in the Deli.

"Not this!"

5) What question would he like me to ask?

He said, "Ask me, who do you like at the Co-op?" When he saw Danielle, his face lit up, he pointed and said, "HER!!!"

You made me smile, Eliason. Thanks.

\*\*\*\*\*

Lois Blackburn celebrates life. If there's an organizing principle for her, it's embodied in the Yiddish toast, "Líchaim." The meaning, she said, is not just "To life" but "To life and whatever it brings!"

Among what life has brought to Lois are four kids she's raised mostly on her own after her husband died when they were very young. It also brought a love of music and teaching. When she was 31 she thought, "There has to be more to life than raising children." What does a person do when she feels that way? If you're Lois Blackburn, you take up playing the cello because you love

its sound, earn your Ph.D. in Music at age 55, teach at several universities, and, at 60, be lucky enough to come to Moscow to teach at the University of Idaho.

Since retiring, Lois continues her love affair with music. She plays weekly with a group of women in a string quartet they call The Cecilia Quartet.

"Cecilia is the patron saint of music. A woman!!!" Currently she's learning to play the vertical viola. (Her instrument turns out to have been made in the very home where she now resides, by Arthur Christopher Ross, who also lived there. Read about it at the Latah County Historical Society: <[www.latah.id.us](http://www.latah.id.us)>.) She also gives private cello lessons to adults and children. She considers working with adults especially rewarding because she can relate to them from her own experience. (Have you ever wanted to learn to play the cello?)

Lois said, "People think they can't learn when they're adults. But they can!" New students are always welcome.

Lois also has a strong love and concern for the environment. That's a primary reason why the Co-op is so important to her—because of its commitment to the environment. Lois has been a co-op member since the first time she joined one in Albuquerque, New Mexico, in 1977. (Though ours is the best she's experienced.) A week after moving to Moscow she joined and felt as if she'd "come home." When she walks into the Co-op there's a feeling of connection to people who



share the same values.

"It's not your usual commercial enterprise," she said. "I feel so comfortable sometimes I walk out without paying for my lunch! I feel so at home I forget about the bill," she said with a laugh.

One aspect of the Co-op that she especially appreciates is how it can rally around someone who may be dealing with illness or other trouble. "It's community, it's caring." Though her kids would love for her to move closer to them in the southwest, she's not having it! She's staying close to home.

I'm glad you're staying, Lois. "Líchaim." See you on your 70th.



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# Let's Tour Some of Our Local Farms!

By Dani Vargas, Produce Manager

Supporting local growers should be one of our top goals here at the Moscow Food Co-op. There are many ways we can support our local growers. I feel it is an important and fun experience to actually visit the farms. It is great that we have the opportunity to visit the farms where our local produce is grown. So here it is, let's get on the bus and tour some local farms!

The first Local Farm Tour will begin August 4, 2002, at 9 a.m., at the

Moscow Food Co-op. We will load into vans provided by PCEI and head off to our first local farm. We plan on visiting four local farms on this trip and ending our day with a lunch that will be catered by the Co-op. Our planned destinations will be:

1. Mary Jane Butters' Paradise Farms. Located on Paradise Ridge, south of Moscow, Paradise Farms supplies the Co-op with the beautiful, certified organic salad mix, mixed greens, beet greens, garlic scapes, and garlic.

2. Russell Poe & Kelly Kingsland of Affinity Farm: Affinity Farm is licensed organic and you may have seen them at the Farmers' Market on Saturdays and at the Growers' Market on Wednesdays. Affinity Farm is located on the north edge of Moscow.

3. Pat Vaughan: Pat's farm is in its third and final year of becoming certified organic. Located in Viola, Idaho, his farm will supply the Co-op with third-year transitional organic raspberries, pears, apples, potatoes,

and carrots.

4. To be announced.

We will leave at 9 a.m. and return sometime around 2 p.m. There is limited space, so be sure to register early to save your seat in the vans. The registration fee is \$10 for Co-op members and \$12 for non-members. This fee includes transportation and a sack lunch (sandwich, chips, cookie and soda). Look for the registration form in this issue of the Community News. If you don't wish to cut up your newsletter (and I don't blame you) there will also be registration forms at the cash registers in the store. Don't miss this exciting event! Register early and get ready to have a fun day touring some local farms!

## Registration Form for the Local Farm Tours

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Are you a member of the Co-op?

Yes \_\_\_\_\_ No \_\_\_\_\_

Sack Lunch:

Non-vegetarian \_\_\_\_\_

Vegetarian \_\_\_\_\_

Do you have any food allergies? \_\_\_\_\_

Payment enclosed:


Member: \$10.00 Non-Member: \$12.00

Check \_\_\_\_\_

Cash \_\_\_\_\_

Please cut out and send this form back to the Moscow food co-op or bring it back to a cashier. Thanks!!

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# Visit America's Treasures

by Larry McLaud

Summer is an excellent time to explore areas most people can only dream about. The Clearwater, Nez Perce, and Idaho Panhandle National Forests are an easy drive from the Palouse. The natural wonders are many. Thoughts of far-off, exotic places may have certain allure, but there are many great places close to home.

Just visiting a natural place can renew your spirit. It can light up your life and give you a chance to reflect on your life. An ancient cedar grove is cool on a hot summer day. Ancient cedar groves offer a humbling experience considering the trees can be over a thousand years old. Moscow Mountain has a wonderful grove. The Hobo Cedar Grove on the Idaho Panhandle is a joy to walk through for all ages. The

Morris Cedar Grove outside Elk River is another alternative to find peace, have a picnic, or just count your blessings.

Rivers and lakes offer clean water and many water sports. Opportunities for whitewater floating on the Lochsa, Selway, Salmon, and St. Joe rivers, as well as the North Fork of the Clearwater River offer fun, excitement and challenges for all. Being in and around water is refreshing. Water gives life to many species, including humans.

Wilderness areas provide an opportunity for solitude and seeing nature in a pristine state. The dynamics of natural systems play out the natural functions and processes of plant and animal diversity. Becom-

ing part of the wild-lands landscape is a way to get in touch with all our senses. Our complex ecosystems have so much to teach us all. Discovery of nature can enlighten our being and spur our understanding of our larger world that supports us all.

As citizens of the U.S. we have ownership in over 20 million acres of Forest Service land in Idaho and 192 million acres of land in the U.S. With this ownership we have rights and responsibilities. This summer offers a great opportunity for connecting with places that can amaze, enlighten and help us better understand ourselves and our environment.

We are blessed to be living in the Northern Rockies. We have access to lots of public lands. These lands are

valuable for their clean air, clean water, wildlife and recreational opportunities they offer. We often take for granted our surroundings. This summer take the time of the great outdoors in our own backyard—you will be richer for the experience.

*Larry McLaud is a member of the Friends of the Clearwater, a non-profit grassroots conservation group based in Moscow, Idaho, and can be reached at 882-9755 or by email at <foc@wildrockies.org>. Friends of the Clearwater defends the Idaho Clearwater bioregion's wild lands and biodiversity. The wild Clearwater country provides crucial habitat for countless rare plant and animal species.*

## July-August Art Exhibit at the Co-op

By Rose Graham

The Moscow Food Co-op Art Gallery presents the artwork of Ryan Law, from July 19th to August 15, 2002. An opening reception will be held on Friday, July 19, 5:30 – 7 p.m. in the Co-op's deli area.

Ms. Law has lived in Moscow for 13 years with her husband and three kids. She has also lived in New York and Alaska, as well as numerous other states. She and her family have been members of the Co-op for at least five years.

Law works in a wide variety of media, including drawing, painting and sculpture. She has enjoyed many facets of art from early childhood, ranging from drawing animals to sculpting animals in clay. Law graduated from Syracuse University in 1981 with a degree in Education, and has a Master's in Physiology of Exercise from the U of I. She is currently working on getting

into the U of I's master's program in art.

She describes her current endeavors: "I have progressed through still-life objects and animals to focus on the drawing of the human face. I am focusing on the nature of man (good and bad) expressed through the human face. The universal relationship between how we express our feelings through the medium of the face and how we view others or share the experience through a particular expression given."

Law will exhibit a small sample of the wide variety of art she has created. There will be about 2 watercolors and 3 oil paintings.

Artists interested in having a show at the Moscow Food Co-op, please contact Rose Graham at <rterrydgraham@hotmail.com> or at 892-8432, evenings.

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# Cooking

## Camp Cereal

By Jennifer Hirt

This is my first summer in Idaho—my first summer not slogging through the humidity and tornadoes of the Midwest. I've been camping twice in the last month, and let me commend the Inland Northwest for having excellent camping opportunities. At Elk River, we hiked to the falls, and then set up our tents near that little lake they call a reservoir. The older couple in the RV at the neighboring site "felt sorry" for us ('Grad students in the woods! Clearly, they won't survive the night!') and gave us all their firewood, for which we were incredibly appreciative. On the next trip, at Dworshak Reservoir, we were without the watchful eyes of RV neighbors, but we survived, in style, despite a minor fireball with the camp stove and morning rain.

One of the best things about camping is the camp food – you eat *stuff that would be simplistic and bland* were you to eat it at home, but in reality camp meals are always tasty, filling, and impressive. There's something more interesting about eating and sharing food with friends when there isn't a refrigerator in the next room, when there isn't a store two blocks away, when you are, in fact, *in the woods for real*, and everyone is eating out of the communal cooking pot and enjoying every moment.

That said, here's a simple, tasty recipe for a hot morning meal, when you've unfolded yourself out of your tent and are trying to decide whether you slept well or not.

### Camp Cereal

1 cup quick cooking oats  
1 cup cracked wheat  
1/4 cup brown sugar  
1 cup dried fruit  
Water

Before the camping trip, double-bag all the ingredients except the water. Oatmeal is the basis for this hot cereal, but the cup of cracked wheat can be altered – replace it with more oatmeal, or some other fast-cooking grain. For the dried fruit, I usually prefer dried apples (diced), some dried cranberries, and golden raisins. Next

time, I'll give dried banana chips a trial run. You can also add a dash of cinnamon, or a few teaspoons of dried milk or dried egg whites.

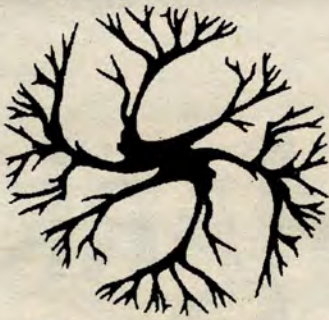
The night before cooking the cereal, add enough water (right into the bagged mix) to just barely wet and cover the cereal. Let it sit overnight. I usually set the bag in a camp pot, just in case it leaks. The dried fruit plumps up, and the cracked wheat will cook faster when allowed to presoak.

In the morning, fire up the camp stove or the campfire. Pour the wet mix, which will be very clumpy, into a pot. Add enough water to unclump the cereal and to keep it from sticking to the pot as it heats up. Low heat is best – there's nothing worse than the scalded taste of burned oatmeal. Stir constantly and add another quarter cup of water, as needed.

The cereal is ready as soon as it is hot. It's very filling, so this recipe can feed three people.

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

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## The Potluck Series

By Annie Hubble

The Co-op potluck series is certainly a success. Each month so far we have had about 24 people getting together to talk, play and eat. It is certainly a pleasure to have the time to get to know one another a little more, away from the busy (albeit wonderful) atmosphere of the store. Sarah, Janna and I have quite easily divided the work involved: I write an article for the newsletter, Janna takes care of publicity, and Sarah arrives early on the potluck day with drinks and supplies from the store.

Sadly this last potluck, slated to be in the park, ended up being inside due to the inclement weather...it is so important in this climate to have a rain plan! Thank you, Tim and Roberta, for welcoming us all into your attic once more!

In July we are once again hoping to potluck outside. The date is set for July 14th. We will meet at the Pavilion in East City Park at 6 p.m. and, as always, start eating promptly at 6:30 p.m. Picnic/finger food would be most suitable. The Co-op will provide beverages.

Please bring your outside games and toys. The Co-op has a volleyball

so we can plan on an informal game. Also welcome would be Frisbees, hackey sacks, badminton, and any other fun items. One member has suggested a 'round robin' of singing. If you want to join in this activity, bring your voice and/or a musical instrument and a song! A blanket or might be a nice addition if you want to relax on the grass. So, tell your friends and come and have fun!

I do want to take a minute here to thank Tim and Roberta once more. Not only have they opened up their delightful attic space to us on three occasions already, (and if it rains on July 14th we will assemble there once more), but they have also washed dishes and cleaned up after us. They are wonderful examples of people who live with their community in mind. Thank you!!

So see you all on the 14th of July. As Bill London would say, "Be there or be square!"

(And a quick reminder: just in case the weather should turn bad...the alternative place will be Roberta's Attic: 314 E. 2nd, Moscow. Go to the back of the house and up the stairs.)

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# Village Bicycle Project Update

By Dave Peckham

The Co-op will be sponsoring two bicycle repair workshops in Ghana, thanks to a \$638 donation to Village Bicycle Project from the Co-op's 2% Tuesdays for charity in April.

The Village Bicycle Project is a great way to help fight global poverty. Our repair workshops give people repair skills and access to discounted bikes. The new mobility that these farmers, teachers, health and other workers enjoy improves their livelihoods.

And we're making a difference for the environment. These Ghanaians on bikes are not using fossil-fuel-dependent transportation. They are diverted from the automobile culture to a style of transport that is healthier for the person and the planet.

VBP has sent more than 1100 bikes to Ghana, most of them surely destined for the landfill here, so we are diverting from the waste-stream. Repair of hundreds of broken bikes also provides employment for Ghanaians, where 25 % of the people don't

have enough work.

The Moscow Food Co-op's two repair workshops will be held early next year. Forty people will attend the workshops, and receive bikes at less than half the usual price. A set of tools will be awarded to each village, and the local bicycle repairer will gain training, special tools, and spare parts.

So thank you, Moscow Food Co-op, for your generous help for the people of Ghana.

*So thank you,  
Moscow Food Co-op,  
for your generous help for the people of Ghana.*

Currently we have more than 100 bikes stored around the Palouse for the next shipment in September. A big worry is whether we'll have enough trucks to get them to Seattle for the weekend of the loading.

Bring your bikes and parts for donation to the garage with the red metal roof, in the alley behind Latah Credit Union, between Washington and Jefferson, Lewis and Spotswood Streets.

For more info call 892-2681, or email <ghanabikes@yahoo.com>.

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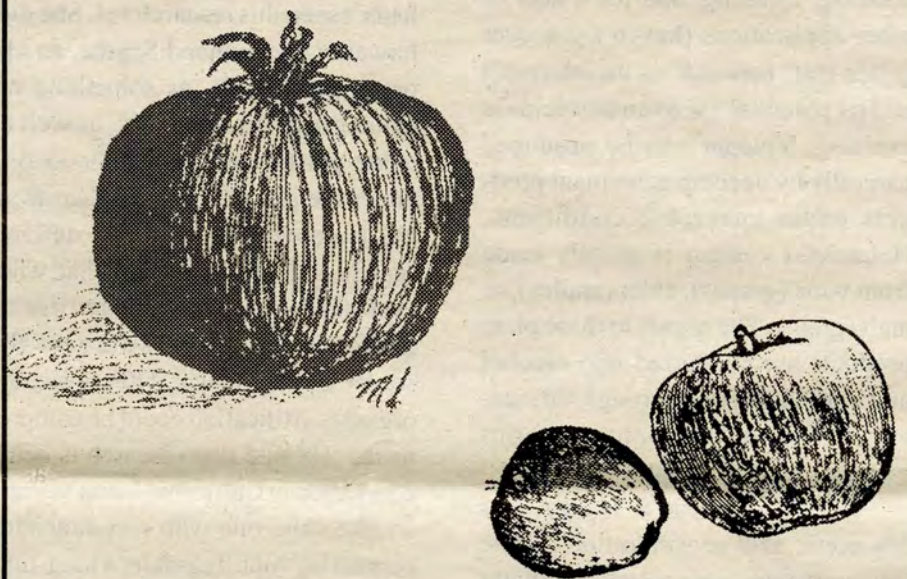
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## Mid-week Growers Market

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## Vinegar as an Organic Weed Killer

By Patricia Diaz

A recent Lewiston Tribune article has sparked a lot of local interest in the promise of vinegar as an herbicide. Yes, even regular household vinegar works! Since the number of organic products available for killing unwanted weeds is extremely limited, the vinegar solution is a most welcome addition.

Vinegar has long been used in cooking, cleaning, and for a host of other applications (haven't you ever gotten that "forward" on the internet?) and its potential use as an herbicide is exciting. Vinegar can be produced naturally by decomposing plant products under anaerobic conditions. Household vinegar is usually made from wine (grapes), cider (apples), or malt (grain). The sugars in these plant products are converted into alcohol and carbon dioxide through fermentation. This oxidative process forms *vinegar*.

Regular household vinegar is a 5% acetic acid concentration. While this works on some weeds, a greater concentration is needed for other or more mature weeds. By distilling, a 15% concentration can be obtained, and a 30% concentration can be obtained by freeze evaporation. These concentrated acetic acids, if they are derived from plant sources and not from chemicals, are acceptable for agricultural use by the organic community.

Acetic acid readily degrades in water (so I wouldn't spray right before an expected rainstorm) and doesn't bioaccumulate. Vinegar will decrease the pH of the soil somewhat, but within 48 hours the pH balance is back to its original state. It is also a biodegradable product.

Currently, research is being conducted at Beltsville, Maryland, at the USDA site to determine the efficacy of vinegar for controlling weeds. I conversed via email with John R. Teasdale in Beltsville, who very kindly sent me the URL of a website where we can all keep abreast of the latest developments in this field (<http://www.barc.usda.gov/anri/sasl/vinegar.html>).

I also talked with local Cooperative Extension specialists at both the U of I and WSU to determine if there was any research being conducted locally into this exciting development. Carol Miles, from WSU Vancouver, said that WSU is unable to recommend something as an herbicide unless it has herbicide information on the label—which vinegar does not—plus she hadn't seen this research yet. She did, however, recommend Scythe, an all-organic herbicide, as something organic gardeners could use, as well as using plastic with mulch (irrigating under the plastic). Tim Prather, from UI, is conversant with this new research and recommended that whoever starts using vinegar in an organic garden needs to be aware of the source of the vinegar. Otherwise, the organic certification could be compromised. He said that research is being conducted in California using vinegar and he's the one who recommended contacting John Teasdale, a long-time researcher in sustainable issues. He also said that you could use a surfactant, such as Ivory soap, to increase coverage ability of vinegar.

The research conducted so far using vinegar shows that vinegar can kill several weed species at different growth stages. Using 10, 15 or 20% acetic acid concentrations, field researchers had an 80-100% kill rate of selected weeds, including giant foxtail up to 3" tall, common lambsquarter up to 5 inches, smooth pigweed up to 6 inches, and velvetleaf up to 9 inches. Using household vinegar (5%) produced variable results but seemed to be the most effective on Canada thistle where a 100% kill rate of the top growth was achieved. Re-growth from the roots, however, continued. Tim Prather, from UI, stated that you could achieve better results by spraying very small plants, 2-6 leaves. Continue spraying at two-week intervals. He's found that the maximum stage for the best kill-rate is the 4-leaf stage.

The organic vinegar that these researchers used was from Burns-Philip Food Inc. and Heinz USA (con-

centrations ranging from 5-30%), as well as from Knouse Foods (14% concentration).

Of course I couldn't write this without trying it myself, so out I went with my spray bottle and white distilled vinegar (probably not organic but I was clear out in a field spraying and marking the weeds). I sprayed the weeds in late morning (for no particular reason, that's just when I did it) and checked late that afternoon. And I had some really pleasant surprises! I sprayed two sizes of Canada thistle (11" and 4") and the vinegar killed all the top growth; I sprayed Dalmatian toadflax and bracken fern, both noxious weeds out our way, and the vinegar didn't faze them in the least. I also sprayed both broadleaf plantain and English plantain, sizes 2" and 5" and the vinegar killed them dead. Our little schnauzer was allergic to English plantain and when I think of all the hours I spent digging those up when I could have been leisurely spraying vinegar, oh my. . . I don't have any yellow star thistle close by to test, but wouldn't it be wonderful if vinegar killed that too?

Another bit of research conducted was done on cornfields: spot spraying with 20% concentration killed 80-100% of weeds without harming the corn. This is an area where the scientists say they are actively con-

tinuing to do more research.

I talked with Kirk Arrasmith of Central Stores at WSU and they do have a couple of sizes (2.5 liter and 500 ml) of the higher concentrations of acetic acid. These aren't organic, however, but made for industrial use. But if you're interested in killing weeds around the driveway, sidewalk, etc. and just don't like chemicals, these will work fine. Just go to Central Stores on Grimes Way, pay for your product, get your receipt, and then proceed to Chemical Stores. They'll give you directions at Central Stores. Val, at WSU's Food Science and Human Nutrition, was very helpful in giving me contact numbers for the above-mentioned food companies: Knouse, at 717-677-8181 or [www.knouse.com](http://www.knouse.com); and Burn-Philip Foods at 800-443-1067. I would suspect that as this research progresses the availability of the higher concentrations of organic acetic acid will increase. I emailed Heinz USA about obtaining the higher concentrations of acetic acid but at press time I hadn't heard from anyone.

*Pat Diaz lives on 6 acres in the woods near Dworshak Reservoir with her husband, Tom, and newly adopted schnauzer, Gunther. With all the rain and then the sun, the potatoes, tomatoes, and squashes are going nuts!*

### Organic Weed Killers

Exactly what is available to organic gardeners for killing weeds? **Scythe**, a fatty acid-based, non-selective contact herbicide that disrupts the cellular structure of the plant;

**Neem Oil** for killing aphids; and

**Burn Out Weed and Grass Killer**: also an acid-based weed killer made of vinegar and lemon juice.

You can investigate these products, vinegar as a weed treatment, and organic farming rules further on the web at:

[www.extremelygreen.com](http://www.extremelygreen.com).

<http://www.ars.usda.gov/is/pr/2002/020515.htm>

<http://www.epa.gov/pesticides/food/organics.htm>

<http://www.ams.usda.gov/nop/>

<http://www.farmorganic.net/farms/resources.html>



# Insights

## Fostering Idaho's Future

by Lisa A. Cochran

Remember a year or two ago when all those billboards showed up at the edges of town about becoming a foster parent (they got replaced with political advertisements and car ads)? When I saw them, I was reminded of the 9 months I spent in foster care while a senior in high school. In fact, I credit that experience with having saved my life, and for the 30 years since then, I have kept in close touch with my 'other Mom,' Sandi. Sandi's wasn't even a licensed home. In fact, she was my gym teacher who had children off at college and an open room. But she had much more than that. She had an open heart, and what she showed me was a promise of a brighter tomorrow at a time when I saw little hope.

That was in 1972. Licensed homes for children in need of a safe and supportive environment were in short supply, particularly for teens like myself. Looking at the situation today, the need for foster homes is more dire than ever. According to the National Resource Center for Youth Services, by the end of 1999, 580,000 children were in foster care throughout the United States; a full 20% of those kids were aged 16 and up. As expected, these numbers continue to rise.

Last year I attended the 2nd Annual Governor's Roundtable Conference for Families and Children. At one point I sat at the table with Karl Kurtz, Director of the Idaho Department of Health and Welfare. He told me that Idaho needs on the average of 1200 beds on any given day for children aged birth to age 18. The problem is, that there are not enough beds available, particularly for minority children, older children, sibling groups and special needs children. The number of safe, nurturing, and caring homes available in Idaho has not kept up with the need.

'Locally,' we have 79 licensed foster homes. That may sound like a lot, but in fact that is a regional figure that encompasses 5 counties, including Latah. There are 44 counties in Idaho, so you do the math. What is obvious is that statewide, as well as locally, we are in critical need of homes for our kids.

Why do kids go to foster homes? There are as many reasons that children are sent into foster care as there are different types of foster homes. But they enter the foster care system because there has been neglect, abuse, abandonment or other family difficulties. There may also be a family crisis such as parental hospitalization, arrest, or other problem that results in an inability to care for their children. Sometimes the care is short-term while relatives are being located. Other times, the situation calls for a longer placement or even adoption.

All homes go through an evaluation process to determine eligibility and suitability to provide foster care and foster families also need to possess the skills to meet the needs of children who come into their care. This is mandated by the Federal Adoptions and Safe Families Legislation and the Idaho Code Child-Care Licensing Act. The state provides ongoing opportunities for training and education for foster parents (which they are in the process of making into a standardized curriculum that may even be accepted for credit at some academic institutions). Health care expenses for foster children are covered through Medicaid, while childcare expenses are covered through the Idaho Child Care Pro-

gram. Reimbursement expenses to offset the cost of room, board, clothing and such will depend on the age and number of children in the foster home. However, foster parents are not 'paid' for taking in children.

What are the intangible rewards to becoming a licensed foster home? How about making a difference in a child's life and in your community, and helping to foster Idaho's future? Even if those billboards are not still around asking you to consider making a difference in the life of a child, I hope you will.

For more information on becoming a foster or adoptive parent, contact the IDHW in Boise (1-800-926-2588) or Lewiston (1-877-799-4360). Locally, you can contact Denise Blevins at 883-2242 or email her at <dblevins@latah.id.us>.

*Lisa Cochran lives in Moscow with her daughter Madysen and theirs has become a licensed foster care home.*

Some websites to browse are:

<[www.parentsoup.com](http://www.parentsoup.com)> is a site with all kinds of information on it.

<[www.fosterparents.com](http://www.fosterparents.com)> has all sorts of articles, links to other sites, book reviews, online training, etc. A great site.

<[www.cwla.org](http://www.cwla.org)> is the site for the Child Welfare League of America.

<[www.fostercarenetwork.com](http://www.fostercarenetwork.com)> is the site for the Foster Care Network.

<[www.fostercare.net](http://www.fostercare.net)> is the site for the American Foster Care Net.

<[www.fosterclub.com](http://www.fosterclub.com)> is a weekly newsletter you sign up for. Has info for the kids as well as the adults and has links to other sites.

<<http://go.to/emilville>> is a site by a social worker that has info on foster care, adoption and abuse issues.

<[www.wa.gov/dshs/fosterparents/training](http://www.wa.gov/dshs/fosterparents/training)> is the site for foster parent training in the State of Washington. There is other information on this site as well.

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# Latah Foundation Announces Grants To Community Groups

By Kenton Bird

Nine non-profit organizations in Latah County will receive grants from the Latah County Community Foundation to support projects and programs. The foundation, established two years ago to improve the community's quality of life, has announced its fourth round of grants that total nearly \$12,300. The grants range from \$450 to \$2,000.

Sojourner's Alliance of Moscow will use a \$2,000 grant to pay for converting its accounting system to one better suited to a larger non-profit organization. A grant of \$2,000 will enable Julie's Jazz & Dance Pizzazz and Northwest Nations Upward Bound to provide a summer dance program for low-income and at-risk youth.

The Moscow Tree Committee will receive \$2,000 to increase the number of homeowners to whom it can offer money to purchase trees for planting in the public right of way between sidewalks and city streets. Friends of the Clearwater will use a \$2,000 grant to locate, map, and prepare a plan to protect old cedar groves in Latah County.

Other grants will go to: Ann Beckner Foundation, Moscow Junior

High Parent Support Team, Palouse-Clearwater Environmental Institute, Palouse Suzuki Strings, and Rendezvous in Moscow.

Since its inception in June of 2000, the Foundation has awarded more than \$80,000 in grants to assist Latah County groups working in one or more of seven target areas: education, social services, environment, health, youth, civic improvement and the arts.

The foundation acts as a clearinghouse to match donors to worthwhile causes and groups.

By pooling resources from contributors, the foundation can magnify the benefit of individual gifts. In addition, the foundation screens applications and assures that the money is spent for its intended purpose.

The next deadline will be October 15 for grants to be announced in December, 2002.

More information about giving opportunities and eligibility for grants is available from any of the foundation's directors, or by writing to: LCCF, c/o Hayden & Ross, 315 S. Almon, Moscow, ID 83843; by calling (208) 892-9209; or by visiting the foundation's website: <[www.latahfoundation.org](http://www.latahfoundation.org)>.

Kenton Bird is vice president of the board of directors of the Latah County Community Foundation.

# Movie Makers Market Moscow Magic

By Bill London

Yup, it's true. Robb Williamson and a crew of 30 are staying in Moscow and Pullman until the end of July, shooting a full-length feature film entitled "Into the Sun," starring Mare Winningham, Arliss Howard, Taryn Manning, Vincent Kartheiser, and Michelle Forbes. Williamson is the writer and co-producer of the film.

And the Co-op has become an integral part of the production. The crew shops at the Co-op, and has purchased a membership. The producer has posted a flyer on the Co-op bulletin board looking for extras for the film. And one of the local products sold at the Co-op was "discovered" by the crew.

MaryJanesFarm instant organic meals were such a hit with the crew that Williamson says that he expects to showcase the food in the movie. Representatives of MaryJanesFarm have signed a Motion Picture Products and Materials Clearance Agreement allowing the producer to show the foods on-screen.

The movie will be set in the Palouse. The town of Endicott,

Washington, will be the primary location, though some shots will be made in Spokane and in the rural areas all over the Palouse.

Robb Williamson was quick to reply when asked why the film company selected the Palouse for this movie: "We were attracted by the rolling green hills. They look so 'other-worldly' and beautiful."

*Bill London is an editor of this newsletter and is so pathetically out-of-it that he has never heard of any of the five stars of this movie*

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# Idaho Repertory Theatre Pulling Out All Stops for Fun This Summer

By Gerri Saylor

Idaho Repertory Theatre will celebrate its 49th season with a high-energy mix of four crowd pleasers:

- **The Marvelous Wonderettes** by Roger Bean—a retro musical revue showcasing the hot girl groups of the 40s and 50s (June 22, 23, 29, July 7, 17, 20\*, 26, 28).

- **Prelude to a Kiss** by Craig Lucas—a hip contemporary adult fairy tale about life and love (June 28, 29, July 9, 14\*, 16, 21\*, 24, 27).

- **Wild Oats: A Romance of the Wild West** by James McLure—a slam bang, rip snortin' and affectionate send-up of the Old West. (July 5, 6, 13\*, 14, 18, 23, 27\*).

- **The Two Gentlemen of Verona** by William Shakespeare—a quaint, wacky romantic comedy staged outdoors under-the-stars (July 12, 13, 19, 20, 21, 25, 28\*).

Curtain times are 7:30 p.m. except for matinees (\*) which are at 2 p.m.

Regional musicians perform a 'Green Show' one hour before performances of *The Two Gentlemen of Verona*.

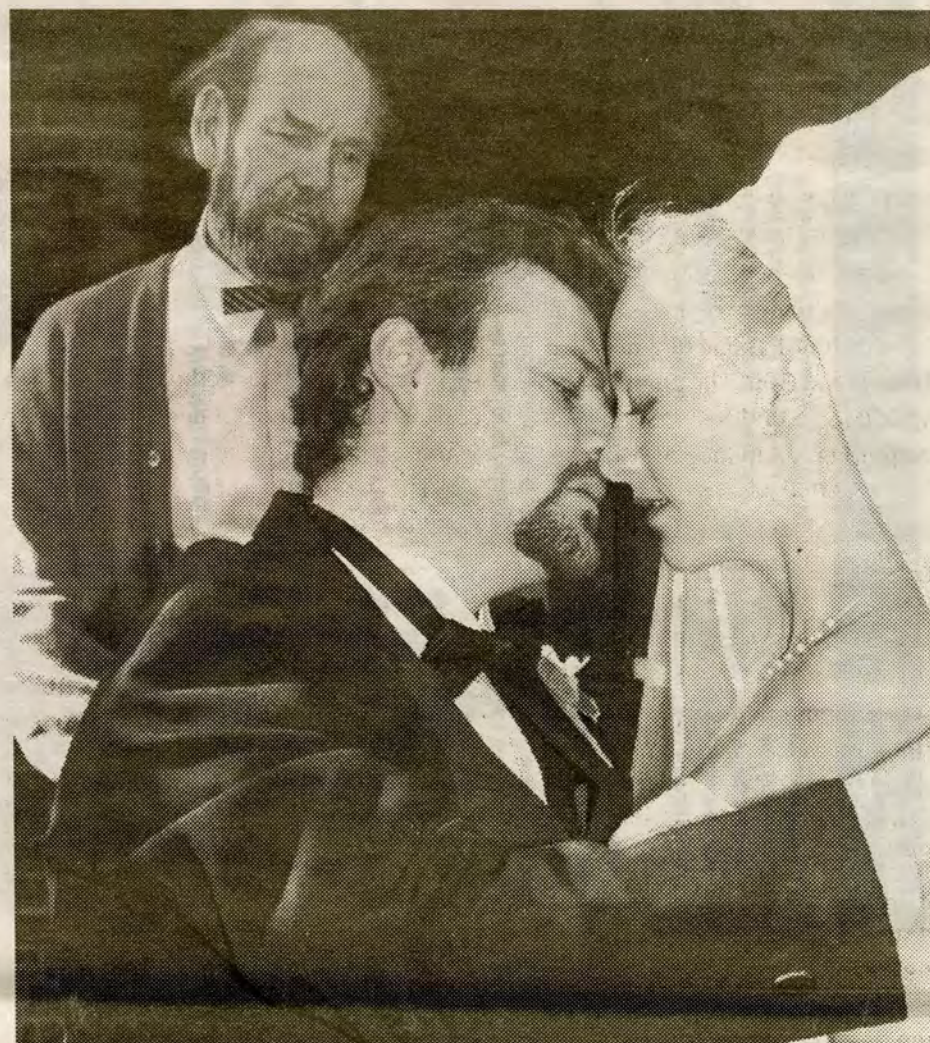
This season's performers are: Wilson-Cannavaro (Friday, July 12—

Contemporary Jazz); Ends of the Earth (Saturday, July 13—Harp and Recorder Trio); Spare Time (Thursday, July 19—New Acoustic Folk); Carlio Consort (Saturday, July 20—Early Music); Dan Maher (Sunday, July 21—American and Irish Folk); Steptoe (Thursday, July 15—Bluegrass and American Country Folk); Idaho-Washington Concert Chorale (Sunday, July 28—Music on Lighter Side—for indoor matinee).

Season ticket are \$52 adults, \$44 seniors and \$28 youth/student. Single tickets are \$15 adults, \$13 seniors and \$9 students/youth. Volunteers who usher get to see shows for FREE. Call 885-6465 if you are interested in ushering.

The UI Ticket Office can take orders by phone at 885-7212 weekdays 8 to 4 p.m. Visa, MasterCard and Discover accepted. The office is located in the North Campus Center, 645 West Pullman Road in Moscow.

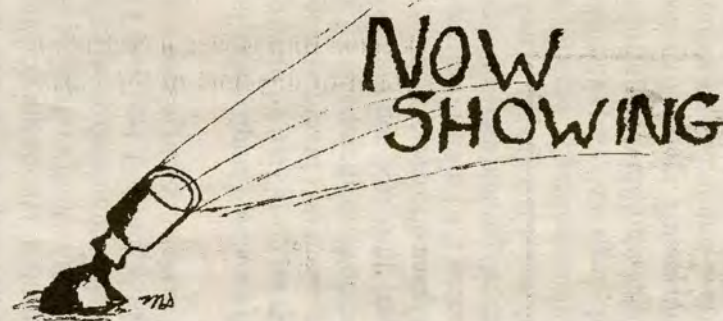
For more information, visit the IRT web site <[www.uitheatre.com](http://www.uitheatre.com)>. Sign up to win free tickets and take advantage of special web discounts throughout the season.



William Caisley (Old Man) in background with Robert Caisley (Peter) and Kelly Quinnett (Rita)



LeeAnna Leinberger, Virginia Sutfin, Erica Curnutte, Alicia Bickley as The Marvelous Wonderettes



## IRT After Hours - NEW

Opening nights: June 22 & 28, July 5 & 12

Attend opening nights, then join the cast at the UI Golf Course Clubhouse for post-show frivolity. Free munchies and punch, no-host bar and live music. Present ticket stub at door. (Ages 21+). Musicians: 6/22 Jon Anderson Trio (Jazz); 6/28 Tom Armstrong (Fingerpick-style Guitar); 7/5 Carla Chandler, Sam Lyman and Jeff Davis (Bluegrass); 7/12 Joan Alexander and Cathy Brinkerhoff (lyrical pop folk).

*Curtain Call Talkbacks* - NEW

Matinees: July 13, 14, 20, 28

This new matinee series, following selected matinees, offers a 30-minute Q & A with the cast and an opportunity to watch the IRT backstage crew "change over" the stage for the evening show. Free with ticket stub.



**Contra Dance****July 20**

Contra dance sponsored by Palouse Folklore Society. Saturday, July 20, 7:30-11:00 p.m.; preceded by a potluck at 6:30 p.m. Old Blaine Schoolhouse, corner of Eid and Blaine Roads (about 5 miles southeast of Moscow) \$4 for newcomers who arrive at 7:30 for instructions, \$5 for members, \$7 for non-members.

Enjoy a dance in the country on Saturday, July 20. The Palouse Folklore Society invites everyone to a contra dance and potluck at the Old Blaine Schoolhouse, corner of Eid and Blaine Roads, about 5 mile southeast of Moscow. Dinner starts at 6:30, dancing instruction 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.

**RENDEZVOUS IN THE PARK FESTIVAL 2002****Thursday, July 25**

African Roots  
Anzanga Marimba Ensemble

**Friday, July 26**

Curtis Salgado Del Rey The Pole Cats

**Saturday, July 27**

Watch for a special announcement on tonight's headline act

Hugh Moffatt Josh Ritter

Tickets and buttons on sale at BookPeople and Moscow Farmers' Market.

Info: 208-882-1178 [www.moscowmusic.com](http://www.moscowmusic.com)

**Rendezvous for Kids****July 25 and 26**

ArtStop registration 9 AM - Noon

**Celebrate the Diversity in Moscow!****Palouse Pride Festival Saturday July 20**

**NOON:** meet at Friendship Square and walk to East City Park

**1PM TO 5PM:** free fun, live music, food, speakers, celebration in the park

**9PM:** drag show at The Beach for entertainment on the wild side  
892-9100

**Free bike ride and star-gazing event****July 13, 9pm**

meet at Mountain View Park  
telescopes provided

**Mid-week Growers Market****Wednesdays 5pm to 7pm**

Local organic fresh produce - grower to you!

**July Co-op Potluck****July 14th**

We will meet at the Pavilion in East City Park at 6pm, and as always start eating promptly at 6:30pm. Picnic / finger food would be most suitable. The co-op will provide beverages. Please bring your outside games and toys. The co-op has a volleyball so we can plan on an informal game. One member has suggested a 'round robin' of singing. If you want to join in this activity, bring your voice and /or musical instrument and a song!

**The Idaho Native Society is sponsoring a hike**

**Craig Mountain, Garden Creek Rd**  
**Sat., June 8, 2002**

Led by Janice Hill, call 892-1444

**Summer Education Series at Phillips Farm****June through August**

PCEI in partnership with the Palouse and Recreation will host a 2002 Summer Education Series at Phillips Farm. The daytime series will run Tues., Wed., Thurs., June through August and will serve students that attend the Moscow School District Adventure Club program.

<http://www.pcei.org/education/pfsummer2002.html>

The Tuesday evening series will serve Latah County students (and their parents) grades 3-6 that do not attend the Adventure Club. 882-1444

**Help build the 1000' Building****Moscow****Preparation****July 12 (10:00 AM)****(RSVP)****July 13 (5:00 PM)****(RSVP)**

This is a task force for building a frame pre-assembled building. It will be boring for some, but no tasks that children can do.

**Raising the Shelter****July 14 10AM-dusk**

This is the party we have all been working toward. It is for people who want to celebrate teamwork, enjoy community, and generally be part of a fun work party. We need lots of people able to lift 40 pounds. We will go from a pile of wood to a building in one day. There will be a variety of sharp hand tools supplied.

This is an event for spectators and photographers, the best viewing will be 10-3. There will be lots for kids to see, and they can help make pegs for this or future projects. I am looking for musicians to play, but just about any form of park activity is also welcome away from the work site. We also need many arm chair supervisors, child minders, food preparers, etc.

**Picnic potluck lunch 12:30****Contact: Nils Peterson****<nils\_peterson@wsu.edu>****June/July Artists****Moscow Food Co-op Gallery**

A wide variety of watercolor artwork produced by Karen Davis and Kathy Gorghell, students of Linda Wallace, will be on display at the Moscow Food Co-op Art Gallery June 21 through July 18, 2002. An opening reception will be Friday June 21, 5:30pm-7pm at Moscow and Gorghell have been studying with Wallace for 5 years.

The Moscow Food Co-op is located at 211 E. Third St. Moscow, ID 83843. Artwork please contact 208-892-8432 or [nils\\_peterson@wsu.edu](mailto:nils_peterson@wsu.edu)

Moscow Food Coop  
221 E. Third ST  
Moscow, ID 83843

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

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