

November 2002

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co•op

## Groundwater Forum

by Dianne French

Have you ever wondered where the water spouting from your faucet actually comes from and where it goes once it disappears down the drain? What would you do if you turned on your faucet and nothing came out? Could you get through the day without your morning shower or your morning coffee? Is it okay to hose down the driveway with drinking water? How should we plan for future demands on our water supply? Should communities limit growth based on availability of natural resources? What is a reasonable use of the ancient, pristine, natural water that lies deep within the Grande Ronde aquifer below the Palouse?

If any of these questions intrigue you, please mark your calendars for two interesting evenings in November. On Tuesday, November 19 and Thursday, November 21 from 7:00 to 9:30 p.m. will be The Groundwater Forum for the Palouse Basin. This informative event is worth the attention of all residents of the Palouse (especially those in Moscow and Pullman) as it will discuss how water enters and leaves our groundwater basin and how to protect this precious resource.

Presentations for the first evening will surround the science of our aquifer system. Speakers will include Larry Kirkland, Executive Secretary of the Palouse Basin Aquifer Committee (PBAC). Mr. Kirkland will present facts about our local aquifer system as well as alternatives for future supplemental water supplies. Moscow's three-dimensional aquifer model will be on display and operating.

The second evening will cover what residents and business owners can do to stretch the use of this ancient resource. Speakers will include Tim

Eaton, owner of Prairie Bloom Nursery, who will discuss intelligent landscapes that work in our climate with little water; Dianne French, Chairperson of Moscow's Commission on Health/Environment and co-founder of the Palouse Water Conservation Network, who will discuss indoor water conservation ideas for home and business; and Mark Cook, Moscow Public Works Director, who will discuss water pricing and issues relating to municipal water supplies. After these presentations, there will be a panel discussion with questions from the audience.

Each informative evening will include delicious refreshments provided by the Moscow Food Coop, educational literature for participants, displays and the model aquifer. There will be question and answer sessions. Moscow will also be celebrating our new status as a Groundwater Guardian Community.

As water levels within our main aquifer, the Grande Ronde, continue to decline and population levels continue to increase, our community must decide what it will do to stabilize water levels and ensure a lasting water supply for the region. Economic growth will require us to stretch our natural resources and make the best use of them. As Ben Franklin said in 1733, "When the well is dry, we learn the worth of water."

Please join us for two evenings of informative discussion on this vital resource that we can't live without. The Groundwater Forum is co-sponsored by the Moscow Food Coop, the Palouse-Clearwater Environmental Institute, the Palouse Water Conservation Network, and the City of Moscow.

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**Please help by asking about details and showing your membership card before making purchases.**

# Community News



## Returns at the Co-op

By Kenna S. Eaton

Lately, at the register, the issue of the Co-op's return policy has been coming under scrutiny. At the request of the staff we have posted our policy at each register. Here it is for you to consider as well.

It is the policy of the Co-op to offer 100% satisfaction on every item we sell. We really do want our customers to be happy with the items they buy from the Co-op. All returns will be gladly accepted and exchanged for a similar item or one of equal value. However, we do ask that you be prepared to show a receipt if you wish cash back.

Every so often this issue comes up because someone comes up with

the bright idea of stealing an item from the Co-op and then trying to return it for the money back. In most cases we know our customers are honest. And certainly, if an item is spoiled in some way, we are happy to refund your money even if you don't have your receipt. We do suggest, however, especially in the case of items from our personal care corner, that you keep your receipt at time of purchase. This way our staff knows you actually bought the item and can comfortably return your money.

It's too bad that not everyone understands that stealing from the Co-op is akin to stealing from the staff and, ultimately, all 2500 members.

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## Chamber Music Society of Lincoln Center

Tuesday, November 19, 2002

8:00 PM in the UI Auditorium

Students: \$8, Seniors: \$13, General: \$15  
Tickets on sale at UI Ticket Office, 885-7212

(If concert is not sold out, tickets are available at the door with a \$1 surcharge.)

For more information: [www.ets.uidaho.edu/concerts](http://www.ets.uidaho.edu/concerts)



## A Party For Co-op Volunteers!

By Annie Hubble and Janna Jones

Janna and I would like to invite all Co-op volunteers to a dinner party on Thursday, November 14th! Please come to 'Roberta's Attic' that evening for a delicious dinner provided by the Co-op Deli. Janna and I will open the doors at 6:30 p.m. and the meal will begin promptly at 7:00 p.m. All you are asked to bring is yourself, and your own beverage of choice.

'Roberta's Attic' is at 314 East 2nd St., Moscow. Go to the back of the house and up the stairs to the sec-

ond floor. The meal will be vegetarian, but we will need to know if you prefer vegan. We will also need to know how many are in your party, so that there is enough food! We will be mailing and handing out invitations.

This is a way for us to say thank you for your hard work throughout the year at the Co-op. The holiday season gets so crowded with activities, that we felt we would get ahead of the rush and have our party early! We hope you can all make it. See you there!



## The Ravishing Bowl

By Kenna S. Eaton

Growing up in the sixties we lived in a seaside town on the coast of England where most of the residents were retired. Since there weren't many kids in the neighborhood I didn't go out to play much but stayed inside and read a lot of books. At the same time, while I was well-read I also didn't get a lot of opportunities to use the big words that I was learning. One day when I was hungry I went up to my mum and told her I was "ravishing." Of course she thought that was pretty funny—what mother doesn't think her daughter beautiful? As a consequence my family to this day still says they're "ravishing" instead of "ravenous" when they are hungry.

Hunger implies not having enough to eat and while many Americans are obese, an equally large number are also suffering from hunger. In our community this may not be something that we witness on a daily basis, however it is still an issue of concern for many Latah County residents living below the poverty level.

To help alleviate hunger, University of Idaho ceramic students will be at the Co-op all day Saturday, December 7<sup>th</sup>, selling beautiful hand-thrown, glazed bowls. Each bowl can be bought as-is (clean & empty), or filled with some great, hot, steaming Co-op chili. Each bowl will sell for \$10.00 with soup or \$8.00 without.

The proceeds from this event will go to support two great causes. 25% of the funds raised will go to the Community Action Agency (CAA). Last year the Co-op was able to donate \$4,000 to CAA, and during the year

those funds were used to allow folks in need to shop for groceries at the Co-op. CAA gives funds on an as-needed basis to Latah County residents for a variety of reasons whether it's to help cover the expense of a broken-down car, to pay a power bill, or to help fill the cupboards of families without the ability to do it themselves.

75% of funds raised will go to the Ceramic Guild. The guild helps ceramics students at the U of I by providing extra educational opportunities. They bring in speakers, offer workshops to the students, and help them find galleries in which to show their work—things that would not happen without the financing from the guild.

The Co-op will donate the chili, provide the space for the bowls, and help promote these good causes. The sale will last all day from 9:00 a.m. until they run out of bowls. So, stop by early, choose your own ravishing bowl, fill your own tummy and help alleviate community hunger.



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## Front End Manager

By Annie Hubble

Well, by now it seems as though our new scanner system has been always with us, though the customers who visit from neighboring towns once a month or so are still startled at times.

Member Appreciation Day was as fun and as busy as always, with huge shopping carts passing through the registers constantly all day. We had all three registers working all the time, with two new cashiers working their FIRST DAY! (Little did they know what they were letting themselves in for! But once you have been a M.A.D. cashier, you know you can handle anything!) The day went very smoothly, of course largely due to the great crew, but also I think due to the new system, which proved itself to be efficient and time-saving.

Now there are, in fact, three new cashiers that I would like to welcome.

Alicia, Laura and Bob are great additions to the team. Please make them welcome. I would also like to welcome Pete as a full-time cashier. He has been helping out as a back-up cashier for some time, but has now taken on full-time duties. He and I worked as cashiers together at the old store, and I know many of you will be pleased to see his smiling face at the register again. We are hoping that this increase in cashiers will provide even better service for you, the customer.

The longer I work at the Co-op, the more I realize how it is a social center as well as a store. Friends meet, children play and folks get reacquainted and the shopping gets done too! So stop on by! Get yourself a yummy cup of tea or coffee from the deli, and see your favorite people. See you soon!



## Personal Care Corner: Probiotics: What a Little Friendly Bacteria Can do for You

By Carrie A. Corson

Just what are Probiotics and why are they so important to our health? Literally translated, 'probiotic' means 'for life.' The proper scientific definition of a probiotic is "a live microbial feed supplement which beneficially affects those who take it by improving their intestinal microbial balance."

By taking a high quality probiotic, we are able to maintain a balance of the good and bad bacteria that live in our GI tract (primarily in the colon). Many health care professionals believe that this balance, which is ideally 85% good bacteria to 15% bad bacteria, is the foundation of good health. This balance allows our immune system to function at a higher level, leaving us less vulnerable to colds and flu, allergies and repeated infections. High numbers of good bacteria also allow our digestive system to work much more effectively. Lack of beneficial bacteria can result in any of the following digestive disorders: Gas, bloating, indigestion, diarrhea, constipation, and irritable bowel syndrome. Other disorders such as candida, yeast infections, chronic fatigue, fibromyalgia, skin problems (including acne, eczema and psoriasis) and high cholesterol levels have also been linked to low levels of beneficial bacteria. Basically, when we don't have enough good bacteria, the bad bacteria or pathogens are allowed to take over. These pathogens begin to release chemicals that are toxic to our bodies. It is believed that these toxins are responsible for many of the disorders listed above.

Unfortunately, our modern lifestyle is much more conducive to allowing pathogens to flourish than it is for our bodies to maintain the balance of good and bad bacteria. Here are a few culprits that destroy friendly bacteria:

- \*The use of antibiotics (including second hand antibiotics from meat and dairy products)

- \*Excess sugar and carbohydrates in our diets

- \*Fatty acid deficiency

- \*Use of some prescription drugs (including birth control pills and steroids)

- \*Ingestion of chlorine (found in many municipal water supplies)

- \*Stress and tension

So it's probiotics to the rescue. Beneficial bacteria virtually crowd out parasites, viruses and pathogenic bacteria, thus preventing them from tak-

ing up residence in your system. Microbes simply cannot live in a properly acidic environment. Beneficial bacteria are also important in the manufacture and processing of nutrients, especially B vitamins. They can also help manufacture lactase which aids in the digestion of dairy products.

It is possible to get beneficial bacteria from some food sources including yogurt, kefir, acidophilus milk, Japanese Tempeh and Miso, and some cheeses. But keep in mind that these food sources may not provide you with the appropriate type of bacteria (there are lots of different strains of beneficial bacteria) and they may not provide enough of the beneficial bacteria. Also the viability of any live culture varies greatly depending on the manufacturing process of the food product. Of course Probiotics are available in supplement form.

Here at the Moscow Food Co-op, they are available in liquid, powder, capsules and chewable tablets. Some of them do require while others are shelf stable (viable at room temperature). Many health professionals believe that everyone can benefit from taking Probiotics in some form. Some folks who might see the most dramatic difference to their health are:

- \*Anyone who has a hectic and stressful lifestyle

- \*Anyone who is prone to infections including colds

- \*Anyone who has a history of Digestive Stress—especially IBS

- \*Women who are prone to Thrush
- \*Anyone who is or has been taking antibiotics

- \*Anyone traveling abroad (they can really help protect against infection brought on by eating or drinking contaminated food or water.

I have often been asked if it is okay to take a probiotic while taking an antibiotic. According to my research, the answer is yes. It is recommended that you do not take them at the same time, but allow at least two hours apart.

As always with any dietary supplement, quality counts. How probiotics are manufactured is very important. Full disclosure labeling can help answer some questions about exactly what bacteria is in a product and at what count. If you have more specific questions about which strains of bacteria can best help with your symp-

oms, it's a good idea to contact the manufacturer directly.

And as always, consult a health care professional if you are thinking of adding a probiotic to your supplement regime.

### Resources:

Baby Boomers & Senior Times Magazine article series by Ann Louise Gittleman, M.S. (Author of nearly 20 books including, Guess What Came to Dinner and The Fat Flush Plan.)  
< [http://www.annlouise.com/ann\\_articles\\_detail.asp?ArticleID=22](http://www.annlouise.com/ann_articles_detail.asp?ArticleID=22) >

Garden of Life, makers of Homeostatic Soil Organism-based Probiotic "Primal Defense," <[www.gardenoflife.com](http://www.gardenoflife.com)>

Susan Clark, author of What Really Works—The Insiders Guide to Natural Health.  
< <http://www.whatreallyworks.co.uk/start/index.asp> >

The Dairy Council of California, < <http://www.dairycouncilofca.org/index.html> >

**Kaleidoscope**  
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It's a Volunteer Party!  
6:30 pm. Thursday November 14  
314 East 2nd Street, Moscow

Whoopie  
Happy 86

# The Essence of the Moscow Food Co-op

By Julie Monroe

Sometimes a picture really is worth a thousand words, especially when it communicates the mission of the Moscow Food Co-op. The next time you are standing at one of the Co-op's cash registers, look eastward and tilt your head slightly upward. In what was once a blank spot directly above the green signs with the Co-op's mission statement and benefits of membership, you'll see something new: a mural designed by lifetime Co-op member Melissa Rockwood. The 64-inch-wide and 34-inch-tall mural is an "embodiment of the spirit of the Co-op," says Manager Kenna Eaton. "It is the visual representation of the mission and vision of the Food Co-op."

After noticing the blank spot just above the mission statement, Kenna realized it was a "golden opportunity to communicate our mission in a visual way...and in a big way," she says. Upon a background of a sunflower and the Palouse hills are the words: 'organic,' 'community,' 'vision,' and 'good food.' All of which are things that can be found in abundance at the Moscow Food Co-op.



Suggested by members of the Co-op's Board of Directors in a retreat two years ago, these words reflect the "essence of what we are doing at the Co-op," says Kenna.

In addition, a series of mounted photos soon will be installed around the mural. There will be a variety of im-

ages, including some of Linda Pall's photos of vegetables as well as photos of local producers and other people "who represent the community of the Food Co-op," says Kenna. Although she's not yet found quite the representation she's looking for, Kenna says the mural image also will be printed

on T-shirts and grocery bags. She hopes to have these available in time for Christmas.

*Julie Monroe is a lifetime member of the Moscow Food Co-op who now has the good fortune to be working with Melissa Rockwood on two projects.*



## It's Turkey Time!

By Vicki Reich

As the holidays draw near, thoughts of turkey keep popping up in my mind. Ah, the wonderful aroma of turkeys roasting all day in the oven, and the first succulent bite of a plump, juicy, flavorful, organic turkey. I can hardly wait. But where can you get a turkey that will be organic and delicious? At the Co-op, of course. Once again we've ordered a pallet of organic turkeys for the holidays. If you were lucky enough to get one last year, you know how good these are. Many customers told me it was the best turkey they had ever had. I had one last year and I have to agree.

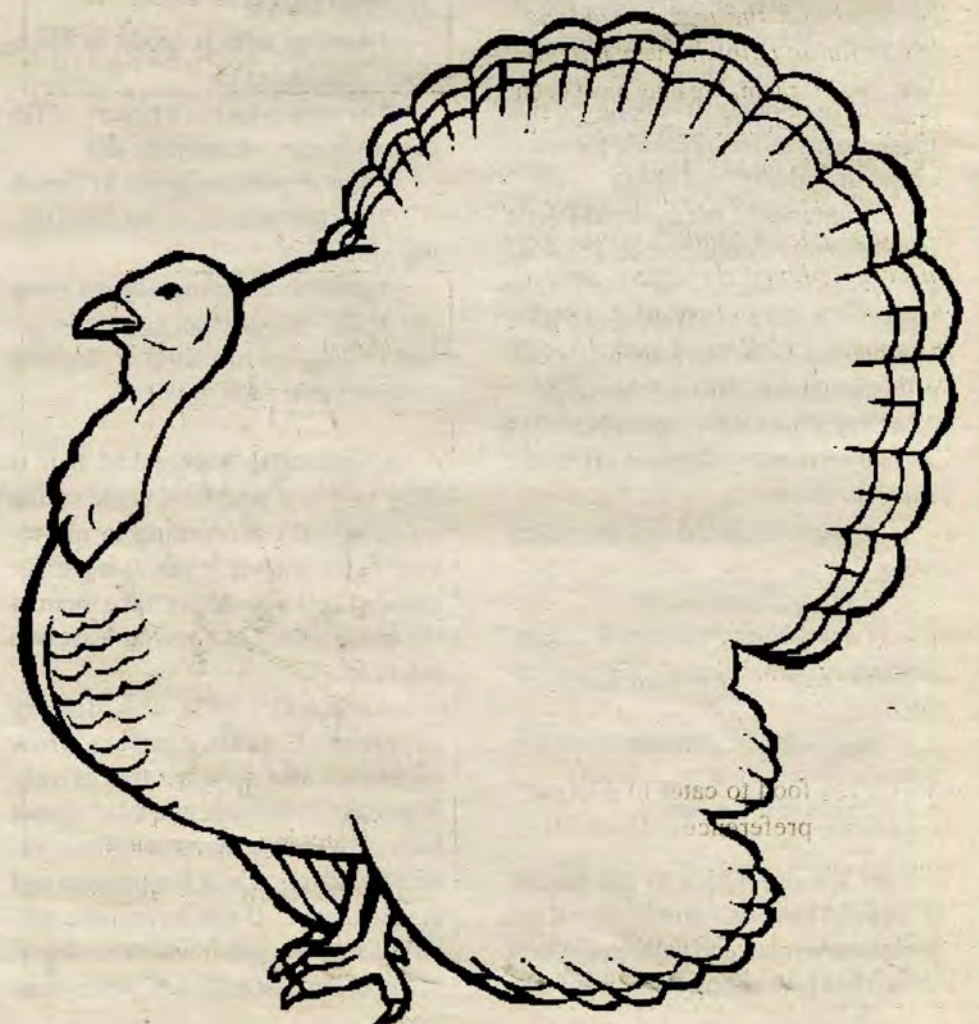
Since we bought a whole pallet of turkeys, we'll have plenty for both Thanksgiving and Christmas. In order to ensure that you get one of these beauties, please fill out a Turkey Special Order Form at the cash register. Please indicate when you would like your turkey (i.e. for Thanksgiving or Christmas).

The turkeys are shipped frozen from Organic Valley. We will keep

them frozen until the Monday before Thanksgiving and the Thursday before Christmas. Be prepared to pick them up immediately. The turkeys range in size from 10 to 18 pounds and will cost \$2.39 per pound. This is a deeply discounted price so we are unable to offer any further discounts on them (this includes staff and volunteer discounts).

This year we also will be carrying Tofurkys in the freezer, so you can just pick one up while you're shopping. Of course you can always special-order them as well.

Once again this year we are having two different turkey give-aways. First, we'll be raffling off a free turkey: just enter your name at a cash register for a chance to win, and, of course, anyone can enter. The second way to win is to spend over \$200 (after any discount) in a single shopping trip. You automatically win a free turkey once you hit that \$200 mark. Good luck, happy shopping, and we hope you have a great organic holiday season!



# From the Kitchen Suggestion Board

By Sam Abrams, assistant kitchen manager

*Could you please order more "Super Healthy" all veggie-Sushi? Sure thing!*

*Monday, June 24<sup>th</sup> I got jalapeno with cheese rolls. Liked them make some more please. Not a problem!*

*I love your recent large supply of whole wheat/fruit muffins. Awesome! I agree they're tasty!*

*Please make more of the "more or less traditional hummus" It was delicious! Will do.*

*Can you put the baked tofu back into your kale slaw? Thanks! Each deli cook has a favorite recipe for Kale Slaw. Look for the tofu variation a couple times each week.*

*To be in solidarity with the Friday Peace Vigils, could you make Polenta Peace Pizza for Fridays? Good idea. We have polenta pizza for lunch specials every once in a while, however we'll try to work it into our Friday pizza night.*

*Pizza Toppings were great, perhaps cut back on the cheese- several people were in agreement, Thanks! Sure, we'll take that into consideration next time we top pizzas. Thanks for the feedback!*

*Love cheese but puleeze!! Half the cheese on the pizza would suffice I couldn't finish even half the slice. No problem. We may have been a little heavy-handed on the cheese. We'll put less on next time.*

*Your chocolate crinkle cookies are awesome! I think I would buy one every day if they were around more) They remind me of a doughnut cookie, Excellent! Thanks! We'll work on making more Crinkle cookies on a regular basis.*

*I love your spelt pear muffins! Thank you! We'll be having spelt breakfast items more often. Especially on Spelt bread days.*

*Please mark items in the deli and baked goods section, "Vegan" and 'No Honey' too! Makes this easier than reading through all the ingredients. We list all the ingredients on our food to cater to allergies and eating preferences. If we start labeling our items as "vegan" then we would also have to label "with honey" "wheat-free" etc. We prefer to simply list ingredients without guessing*

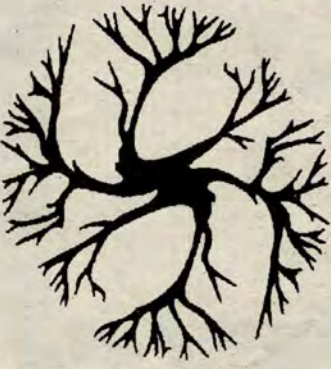
each customer's special diet concerns. If you ever need to know what our food contains please ask a deli server, cook or baker. We would be more than happy to answer any of your questions. *Wheat-free cookies that are vegan and a wheat-free rye bread would be splendid. (Made on the premises).* Since we use wheat flour in our bakery it gets around on everything, because of this we don't label anything wheat-free. We can (and do) make products without wheat flour like spelt bread, muffins and Oatie cookies. We are always trying to come up with other tasty alternatives. Look for the wheat-free rye bread in a baker's choice bread coming soon.

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## More comments and suggestions

By Kenna S. Eaton

*I hate cigarettes but the Co-op needs a butt can by the picnic tables. I just had lunch there and the cans under the umbrellas are filled with butts. Gross! I kept smelling cigarettes while I was eating and couldn't figure out where the smell was coming from.*

Personally I agree with you, cigarettes do smell. However, apparently smokers can't smell them, only non-smokers can. How's that for injustice? I find this is an on-going problem in the Co-op picnic area. There is a butt can that does get used at the far end of the eating area by the bike shack. We have tried putting notices on the

picnic tables but they don't last very long. We are looking for a more permanent, better solution.

*A used book "exchange" or something. I have several "health food" books I'd be glad to donate, which gave me the idea. Maybe a little library or something?*

We do have a library in the personal care section that anyone is welcome to use. If the books were in good condition, Carrie would be happy to take them to add to our collection. Since I don't want to compete with the public library's fundraiser you could also donate to their annual book sale.

**HOT LUNCH**  
for Grown-Ups

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# Staff Profile: Nicky Bullick

by Carol Spurling

Deli server Nicky Bullick doesn't even drink coffee so she seems a little surprised to be spending so much of her time behind the counter at the Co-op making espresso drinks.

"I'd never made a coffee drink in my life! Now I'm working on making the drinks look nice, making the foam pretty," she laughs. "But I do dishes from time to time too."

Like a true barista, Nicky will make cappuccinos to order, wet or dry. And she let me in on a little coffee culture secret: if a customer doesn't know which they prefer, it usually means he or she really wants a latte. Unlike a true barista, thankfully, Nicky remains good-natured and smiling while the customer tries to figure out which it will be.

Nicky, 19 years old, hails from Coeur d'Alene, where she grew up in a very tightly knit, health-conscious family. She used to work at Pilgrim's Nutrition, and says she's mostly vegan in her food choices, but does eat some seafood and eggs.

"I have a dairy allergy, so there are lots of cheese things I don't eat, and we never had red meat," Nicky said.

She contrasted her old job at Pilgrim's with her new job at the Moscow Food Co-op, explaining that her

old employer only had about eight to ten employees.

"I think it's cool that there are so many volunteers here," Nicky said.

Espresso is not really the focus of her life, despite her new-developed barista skills. Nicky arrived in Moscow in June of 2001 for college. In the year and a half since, she's changed her major three times, from electrical engineering to mechanical engineering to child development. Now she's thinking about nursing.

"My dad's an engineer, my mom's a social worker, my grandma's a nurse," she said. "That explains it."

But don't let it be said that Nicky can't set a goal and stick to it. She shopped at the Co-op for a year, wanting to get a job but never able to get one to fit into her busy class schedule. Finally, at the beginning of this past summer Nicky was able to get a part-time deli position, and she intends to keep it as long as she can.

"I love it here, and the people who work here. I'm really glad that Amy is my manager and Sam is always telling me what a good job I'm doing. I'm really surprised whenever there's a turnover in the staff," Nicky commented. "I don't see how anyone



could leave!"

Nicky works various shifts but seems to like Friday mornings the best, as the Co-op is really busy with customers who are in a buoyant pre weekend mood. The time flies when it's busy, she noted. She also likes to see the 'Fish Folks,' as they are old acquaintances from her Pilgrim's days.

When she's not at work Nicky is mostly occupied with classes. Otherwise, in good weather she likes to mountain bike, and when she's stuck indoors she likes reading philosophy or doing "art type stuff" such as making jewelry or drawing.

"I love making homemade greeting cards for Thanksgiving and Christmas," Nicky said, "so I'll be busy with that soon."

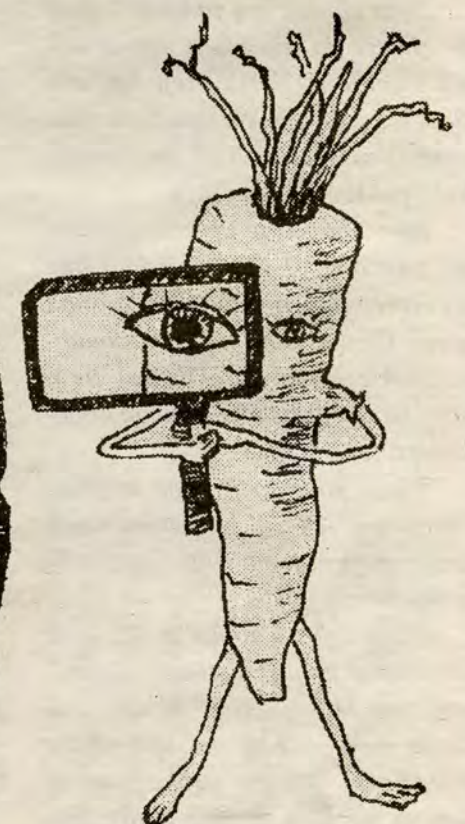
Nicky also spends several hours a week on the phone with her older sister in Eugene, who also works at a co-op. "I'm really close to my family. I guess that's one thing that I would mention about myself."

If Nicky leaves the Co-op it will most likely be for travel, as she is blessed with (or plagued by, depending on one's viewpoint) an urge to hit the road. An added bonus for her in this regard is that her grandparents came from Ireland, so she will be able to obtain Irish citizenship and live there for a while.

"I've been to Canada and Mexico and in-between, but I want to travel around the world," Nicky said.

Working at the Co-op will surely start her off on the right foot.

*Carol Spurling's favorite Irish movie is "Into the West," starring an irresistible combination of two little boys, a magic horse, and Gabriel Byrne.*



# Board of Directors Report

by Mike Forbes

This may not be the normal board report, for it seems most of our activities have been explained well over the past few newsletters.

Traveling around the east coast, having never visited a city east of the Rockies before, gives me new perspective on how and where we get our food. My words may reveal that I'm naive, insulting to some, or I just missed the boat. Feel free to let me know what I missed if you see me in the store. I'll briefly tell you of my travels in the search of good food.

First stop New York City: I'm here with 120,000 other firefighters from around the world for a memorial service, so my search was limited. I looked for organic foods and could only find small milk drink boxes in a deli. It seems that restaurants are many people's choice for food in Manhattan because groceries are scarce and limited. It was very difficult to find fresh produce and when I did there was nothing organic to be found. Bakeries were fantastic but I have to say that I didn't see organic flour used at any of the dozens I visited.

Next stop Boston: I'm traveling alone but staying with family. I'm told the nearest natural food is a long ride on the subway so many people in the downtown area don't go because it's difficult to carry the food back. I learn that many people use the "Peapod" ([www.peapod.com](http://www.peapod.com)) to shop. It's an on-line grocery store that delivers. You place your order and 2 days later a refrigerated truck arrives and delivers your groceries. The prices compare to the Co-op's and you can get quality organic foods but there is no feeling of community (other than with the truck driver). I guess there are com-

promises to be had when you live in a very densely populated area.

Dresden, Maine (1 hour outside Portland): organic food everywhere. We went to Maine's largest of many CSAs that offered everything but the kitchen sink, including maple syrup. There were natural food stores in surrounding towns similar to Huckleberries but no co-op to be found. I learned that there was a buying group years ago but one doesn't exist now.

Burlington, Vermont: I stopped at the Onion River Co-op on my way to a friend's home. It felt like a small version of the Boise Food Co-op, with a very nice atmosphere and good food available. I learned that Burlington's goal is, within the next few years, to produce 10% of their fresh food from within the city limits. That is pretty impressive. Currently they produce around 3%. From reading local literature and seeing advertisements it appears that there is a good market for locally produced and organic food here.

This newsletter article is due today before my journey's end so I'll continue, but without words here. My brief impression is that space is much more of an issue in the east and grocery stores are limited because of that. It's more convenient to eat prepared foods when your space is restricted. In the rural areas it feels as though there is more of a push for local organic foods and the infrastructure to support it.

In the end I feel fortunate to have a store such as our Co-op: a place with a strong sense of community and a place where I can get good food.

# The Mid-week Growers' Market Ends Its First Year

By Eva Jo Hallvik

Beginning in mid June, the Co-op hosted a Mid-week Growers' Market for the first time in what we hope is the start of a long tradition. The Co-op's intention is simple: providing fresh, local organic food to our community. Every Wednesday from 4:30 p.m. until 6:30 p.m. in the Co-op parking lot, we have been fortified the presence of local organic farmers providing their freshly harvested produce. The Co-op hopes to ensure the our local farmers' sustainability and the community's direct connection and relationship to the source of our food, our fuel.

The Mid-week Growers' Market began as an idea late last winter, and after doing some research and holding a few meetings, two volunteers, Kathi Colen Peck and Eva Jo Hallvik, helped see that it happened every Wednesday evening throughout the summer. The Mid-Week Growers' Market committee initiated the market with a set of basic standards.

To be eligible, growers must:

- 1) meet all National Organic Standards.
- 2) sell only fresh, local produce and flowers (that is, no value-added products will be permitted and local is defined as anyone growing within 50 miles of the Co-op).
- 3) have attended the Moscow Food Co-op growers meeting.
- 4) successfully meet all application specifics.

There is also a nominal fee to sell at the Mid-week Growers' Market: \$75.00 for the entire season, or \$5 per market. The fee covers the cost of overhead for the market, including advertising, signage, etc.

As our first season comes to a close, the Mid-week Growers' Mar-

ket committee has decided that attending the growers' meeting is no longer required, rather it is encouraged. Contact Danni, the Co-op's Produce Manager, for more information.

According to Russell Poe and Kelly Kingsland of Affinity Farms, who were in the parking lot faithfully every Wednesday, the Mid-week Growers' Market was a huge success in assisting with the success and sustainability of their first year of market farming.

"Between this market on Wednesdays and the Moscow Farmers' Market on Saturdays we are finishing our first year of Affinity Farm strong and well-prepared for next year. I am sure that with only the farmers' market on Saturdays we would have been struggling more," remarked Russell, while packing up empty boxes late on a Wednesday evening.

Gary Macfarlane jumped in to say, "And I have been able to get fresh produce mid-week—as soon as my lettuce mix from Saturday is running out I replenish with fresh lettuce mix and more. And I get it straight from the people who grew it—at exceptional prices for such healthy food. I am really glad to see this venue added to my community."

Next season we hope to have many more growers participate in the Mid-week Growers' Market. If you are interested in participating or know someone who is, please contact either Co-op volunteer: Eva Jo Hallvik at (208)301-2246, or Kathi Colen Peck at [<kscp@turbonet.com>](mailto:kscp@turbonet.com) or (509)332-8009.

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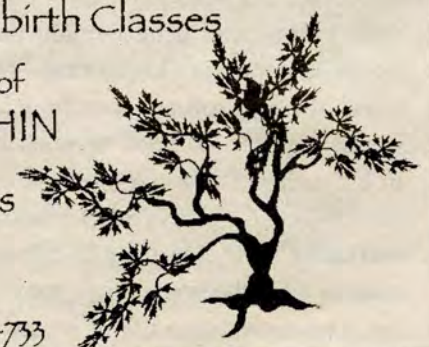
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## Volunteer Profile: Clark Karoses

By Chris Stordahl

Okay, I know this isn't supposed to be about me, but I'm going to take a moment here. I have been so bogged down with school and kids and . . . well, life, lately. I really wasn't into doing the profile this month. I kept putting it off. I just didn't have time. It was hanging over me like a grand piano in an old Laurel and Hardy movie. Swaying ever so slightly, ready to drop at any minute. I knew I had to move soon. I also knew that I really like doing these. So, I finally made myself get a name from Jana and Annie and called to set up the interview.

I met with Clark at the Co-op during his volunteer shift. He was stocking the shelves with my three-year-old daughter's favorite snack: Robert's American Gourmet Pirate's Booty with Caramel (shiver me timbers! thar be good). Unfortunately, I don't think Clark got much stocking done that day. But, I met a very interesting person and got a reminder that there are times when the extra effort needed to deal with a situation that isn't at the top of your list is more than worth it. It's often more trouble to swerve than to meet the situation head-on.

Clark is something of an oddity. Wait, I don't mean that in a bad way. It's just that he is one of the very few homegrown locals I've met here. He was born and raised in Troy, Idaho. He lived in Sandpoint for a time, but returned to complete his Master's. As of Fall, 2001, Clark holds a Master's Degree in Creative Writing and Poetry with a minor in Spanish. That minor came in handy last March when he traveled to Spain for a month.

I asked Clark what it was like growing up in a small town. He said that he liked it. Everybody knew everybody, which was kinda nice. But, now he's 'looking for anonymity.' He is hoping to teach Poetry or English someplace like San Francisco or Portland. I wondered if he thought that would help him with his writing—if a sense of being solitary somehow inspired him. He said not necessarily. In his poetry, Clark tries to 'take on other voices.' He says that he has no particular style. He tries to remain open to what the poem might have to say. The poem has a life of its own.



In taking on other voices, Clark tries to look through the eyes of others. This is one area in which his children have been an amazing inspiration. Maggie is three years old and Quinn is two months old. Clark told me that one thing he loves about being a parent is being able to watch young minds unfold. Also, the acquisition of language is fascinating to him.

Before Clark moved to Sandpoint, he worked in the Co-op Deli for about a year. Now he is working in landscaping with Green Side Up, but he still wanted to devote time to the Co-op. He supports the Co-op because "it's a place where I feel good about spending my money. And the variety of foods . . . and the DELI!"

Oh! I have to get a plug in here. Clark has been involved with coordinating the Poetry Slam at Mikey's. He said the interest and turnout has been good. But, I'm sure there's always, always room for more! So, if you're

interested, talk to him about it.

Near the end of our interview, the conversation turned rather serious. I asked if he had anything he wanted to express to our community of readers. Clark said he feels very strongly about the situation with Iraq; that war is not the answer. He hopes that people will make an effort to exhaust all peaceful means first and recognize that there is dissent. Furthermore, he asks us not to ignore this Administration's policies regarding the environment. Important issues can sometimes get lost in the midst of conflict. Clark recommends the writings of Noam Chomsky as a voice that speaks to these and other world issues.

I really enjoyed this interview and want to thank Clark for taking the time to talk with me.

*Chris Stordahl gives anyone permission to 'poo-hoo' her if you ever hear her whining about not having enough time to do the next profile.*

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# Palouse Groundwater Forum

where does your tapwater come from?



Tuesday, November 19th at 7pm

**focus on the aquifers that supply our tapwater**

Thursday, November 21 at 7pm

**focus on water conservation**

both forums at the 1912 Center in Moscow  
refreshments provided by the Moscow Food Co-op

## Customer Profile:

# The Noontime Crowd

By Vic Getz



"The prayer flags first thing. It feels like a festive atmosphere for it being a lunch rush kind of thing. That's not that common. People seem really happy to see each other. It's special."

Hey, there's Christine Wallin!! She's back in town from Boise, picking up food to take biking up The Mountain. Where else to find food that complements the magic of Moscow Mountain?



If you read the October's customer profile, you will have been introduced to Marcy, Kalen and Molly, the three twenty-somethings who said a favorite thing about the Co-op is the diversity that flows through this space. They said that it represents "harmony, neutrality in a war zone, the way humans are supposed to interact, seeing people not for what they look like but because we share the same place."

Marcy, Kalen and Molly's statement rings true for me, too. This is my last newsletter profile for some time. Whenever I leave Moscow, I have a sense anticipation of adventure about not knowing what will come. Naturally, that's mixed with feelings of sweet melancholy because I'm leav-

ing a place that is my refuge. So, I thought I'd spend some time before I go, sitting at the Deli watching the noontime parade to witness the spirit of this welcoming place.

My post is one of the tables right across from the Deli counter. The first rush is a small crowd of Moscow High School students who acted embarrassed and shy when I asked if I could take their picture. Because I'm culturally sensitive, I looked past the shyness (I've been 15 and I remember!) and coerced them into posing anyway. The guys with the baguettes cracked me up.



Speaking of regulars, Peter Basoa's here. He's been a multidimensional part of this community for years.

Noontime at the Co-op can get crazy. Conversations happening all over the place. Passing greetings. Catching up.

Ada, who is 2 1/2 and has a birthday "next week" (in April) took over the interview to find out my dad's name, the number of sisters I have and their names. (Future sociologist, she is.) She's the daughter of Ulrika Axen.

Now Diane Baumgart and Myron Schreck, sitting across from

Ada and her mom, are getting into the picture. They're regulars here and life members.

Diane talked about coming here frequently because of the food and because, "We see people we know, who share the same values. When we spend time with people who share values it makes us feel less isolated."

Are there no strangers here?? (Are there anywhere?)

Just now, a man walked in and appeared hesitant as he looked around. An outsider?? I'll find out.

Nope. When I asked him about the look I interpreted as "new guy" he said, "That's the look I always have! Everywhere I go, those are my people."

These random snapshots capture the themes that run through all of the conversations I've had with customers at the Co-op. Harmony, health, friendship, community. I'm leaving Moscow again. But I'm coming back. For that, I give thanks.

*Vic Getz will be gone a mere 5 1/2 months in Kerala, India. She'll be thinking of her community as she catches rays and waves on the Arabian Sea during those few moments when she won't be slaving away on her dissertation. She can be reached at [vgetz@mail.wsu.edu](mailto:vgetz@mail.wsu.edu) or [vgetz@yahoo.com](mailto:vgetz@yahoo.com). Happy winter!*



Blake Fountain, 34, finished his lunch and dropped by to ask me what I was doing (I'm pretty obnoxiously obvious sitting here with my laptop and digital camera). The scene reminded him of a recent class assignment he'd had that required observing a space. What does he observe about this place?

# Guidelines for Submissions

By Bill London, Therese Harris, and Julie Monroe, co-editors

The Co-op Community News is meant to serve as a forum for discussion of food, health, and other relevant issues. It is also intended as a medium for informing Co-op members and shoppers about Co-op policies, activities, governance, and monthly specials.

We encourage Co-op members and other interested members of the community to share their ideas and concerns in this newsletter. We also urge representatives of community groups to announce their public events and programs to our readership by submitting that information to the newsletter. And we aim to provide a forum for Co-op members to discuss Co-op practices, products, and priorities.

The Co-op Community News is written and edited entirely by volunteers. In order to get this newsletter out on time and in a readable format, we need your help. Please submit your articles using the following guidelines.

**Submissions.** Deadline for submissions is noon, on the 20th of each month, for publication in the next month's issue. For instance, articles for the June issue are due by noon on May 20th. Artwork/illustrations are due by noon on the 24th of each month. Early submissions are encouraged and very much appreciated.

Articles of general community interest are encouraged, and are used on a space-available basis. Articles supporting particular political candidates or telling readers how to vote on a particular ballot item are not accepted (but that kind of partisan political message can be put into a paid advertisement).

We do not reprint brochures. Articles which merely repeat brochures, political material, or advertisements are not accepted. However, articles which include some previously printed material as support for the author's position are acceptable. The point is that the author must be a Co-op shopper/member and primarily use his/her own words to explain the issue.

Letters to the Editor are accepted—provided they are signed—and will be printed verbatim, on a space-available basis. Those letters can cover any relevant topic, and are especially encouraged if written in re-

sponse to articles printed in the newsletter.

Submissions are preferred by email, but we will accept articles that are handwritten or typed, or on disc. All submissions are to include the author's name and phone number for editorial verification (so we can call you if we have any questions); your phone number will not be published, unless you specifically ask that it be included. Anonymous articles/letters will not be published.

Submissions can be left at the Co-op. Please place submissions in the Newsletter Drop Slot in the employees' meeting room (which is also now Kenna's office), next to the bathroom. The drop slot is the brown plastic container mounted on the wall to your left, just as you enter the room. Send articles via email to all three editors: <london@moscow.com>, <foc@completebbs.com> and <jrmonroe@turbonet.com>, and include the words "Co-op newsletter article" in the subject line. Since the editors alternate monthly editing duties, please send submissions to all three editors to ensure the right person gets it as soon as possible.

**Format.** For each article submitted, please supply your own article headline or title, and byline (author's name). Please also include a short biographical sketch (25 words or less) to follow the article. Feature articles are to be 500 to 700 words long (not counting separate-but-related recipes or sidebar information). Articles may be shortened by an editor to fit available space. You don't necessarily have to hand-count the words of an article; estimate 500 words per single-spaced page.

A paper copy is needed with any article submitted on disc, in case the disc is unreadable. On disc or via email, please save your article in a PC-compatible format, in your choice of word processing program AND in ASCII text ("text-only") format, again to make sure our computers can read it. Please label your disc with your article's file name, the month and year you wish it published, as well as your own name and phone number (especially if you wish to get the disc back). Returned discs are available after the issue has come out (generally at the first of the month), and can be re-

trieved from a box on a shelf to the right of the Newsletter submission slot at the Co-op.

**Layout/design details and other really picky things.** Please use a common, standard font such as Times New Roman. Leave the main body of the article in plain text, without indents or centering. Do not put your title in ALL CAPS. The layout/design folks will make it look like an article—and it's much quicker and easier to do that when starting with the plainest text possible.

Do not use special formatting or symbols such as italics or underlining, fractions or foreign language letters, except when absolutely necessary, as they often do not translate well between software programs. (This is another good reason to include a hard copy with any article on disc.)

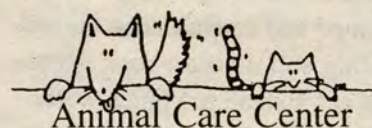
Do not leave an extra blank line between paragraphs—a hard return after a paragraph is usually enough.

Co-op is hyphenated (without that hyphen it's a place where chickens roost.)

Please note again, that the deadline for submissions is *noon on the 20th* of each month. If you have any questions about submissions, article topics, suitability, or discounts for newsletter work, please contact Bill London at <london@moscow.com>.

If your article does not appear in the issue you expect, or as you intended, please contact the editor of that issue (listed inside the front cover of each issue) for details/explanations. Thank you for your interest in, and your support of, the Moscow Food Co-op.

*Bill, Therese, and Julie are all life-time members of the Moscow Food Co-op. Between them they have approximately 50 years of Co-op shopping experience.*



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### 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

## Creating A Rock Garden

By Patricia Diaz

Now that the weather has cooled down, maybe it's time to create that rock garden you've always had in the back of your mind! Rock gardens are like miniature, jeweled landscapes and aren't hard to create. Traditionally rock gardens contain rocks laid out in a tiered setting intermixed with plants less than a foot in height. But the definition seems to be evolving and rock gardens sometimes don't even contain rocks, and taller species have been introduced into the mix so it appears that just about any variation will work. First, let's discuss the elements of a rock garden.

**SITE.** Many rock garden plants, in their natural setting, grow in exposed locations so usually a site with full sun is most suitable, but rock gardens are also quite successful in a location where they get filtered afternoon shade from high-branching trees. And rock gardens don't have to be expansive, you can create several different ones in small locations.

**ROCKS.** As mentioned before, traditionally rock gardens have rocks, hence the name. But why not use other items, such as driftwood, stumps, antique tools or parts, etc.? Or better yet, why not mix some or all in your rock garden. Some of the best rock gardens, however, mimic natural rock outcroppings and rocks make up nearly half of the visible landscape. Rocks should be of different sizes and traditionally of one type of rock such as river rock, broken granite, etc. A really wonderful rocky feature that you can create is the dry streambed, which is a 'stream' created out of crushed rock or gravel but doesn't have water.

**PREPARATION.** Since most rock gardens are in either tiered settings or mounded areas, first create your mounds of soil up to about 2 1/2 feet. Then dig the rocks into place before planting. Each rock should be buried about two-thirds, leaving just the top 1/3 showing, this 'ties' the rock to the scene. You can also create crevices between adjacent rocks which makes your rock garden look even more natural. When you are setting the rocks into place, arrange their exposed surfaces so that they form patterns; e.g., faces

of flat-sided rocks should lie in parallel planes and major crevices should be parallel so that they resemble natural faults.

**SOIL.** It is important to amend any heavy clay soil in your rock garden so that water doesn't accumulate next to the rocks and create wet roots. Most rock gardeners like a fast-draining soil mix. You can create one by adding topsoil layered with

a rock garden mix consisting of equal parts topsoil, crushed rock, sand, and compost. If you are planting alpines or penstemons, make the mix even lighter by using one part sand, one part half-inch bits of rock, and compost. By using a fast-draining soil, you can water the plants during the hot summer months without worrying about soil conditions that are too wet. Drainage can also be further enhanced by mounding your plants (or giving them a 'raised bed').

**WATER FEATURES.** Many rock gardeners like the way water seems to be a natural complement to a rock garden and they create water features such as streams, waterfalls, ponds, or dish rocks (boulders with bowl-like depressions that collect rainwater). It is important, however, to make sure that the water is well-contained and doesn't soak the surrounding soil as most rock garden plants can't stand too much water.

**PLANTS.** Evergreen plants can be the main component of your rock garden. Dwarf mugho pines make wonderful rock garden plants, as do other dwarf conifers such as hemlocks, junipers, pines and spruces.

There are thousands of perennials and small shrubs from which to choose for your rock garden and you can plant annuals as well. A well-planted rock garden discourages weeds as so much of the surface is covered by rock.

**RESOURCES.** There is a website you can consult for more information. It's the North American Rock Garden Society website, [www.narps.org](http://www.narps.org). You can also join the society for \$25 an-



nually and receive their Rock Garden Quarterly, access to the society's seed exchange, and the Pennsylvania Horticultural Society's lending library (their address is Box 67, Millwood, NY 10546). Well-stocked retail nurseries carry a nice selection of plantings for rock gardens but if you can't find exactly what you want, try the following resources:

Mt. Tahoma Nursery in Graham, WA, [www.backyardgardener.com/mttahoma](http://www.backyardgardener.com/mttahoma). This nursery has classic alpine plants and new varieties, mainly imported from England. A catalog is \$2.

Porterhowse Farms in Sandy, OR, [www.porterhowse.com](http://www.porterhowse.com). They have an extensive collection of dwarf

conifers and good companion plants such as sedum, saxifrages, and sempervivums.

Siskiyou Rare Plant Nursery in Medford, OR, [www.wave.net/upg.srpn](http://www.wave.net/upg.srpn). You can choose from a selection of about 1000 rock garden plants. A catalog is \$3.

Squaw Mountain Gardens in Estacada, OR, [www.squawmountaingardens.com](http://www.squawmountaingardens.com). Comprehensive collection of sedums and sempervivums.

Sunscapes Rare Plant Nursery in Pueblo, CO, [www.sunscapes.net](http://www.sunscapes.net). They specialize in heat- and drought-tolerant rock plants.

High Country Gardens in Santa Fe, NM, [www.highcountrygardens.com](http://www.highcountrygardens.com). This is probably the country's best source of xeric garden plants and their catalog is full of very useful information. Great rock garden source!

*Pat Diaz lives near Dworshak Reservoir and she is enjoying the beautiful autumn weather. She is busy cleaning up the garden, getting ready for the long winter months. And those tomatoes were delicious, even if they did have turkey peck marks.*

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## 2% Tuesdays: Shop at the Co-op to Protect Wild Clearwater Country!

By Ashley Martens

In keeping with their grand community spirit, during the month of November the Moscow Food Co-op will generously donate 2% of their Tuesday profits to Friends of the Clearwater. Friends of the Clearwater (FOC), a recognized non-profit organization since 1987, defends the Idaho Clearwater Bioregion's wildlands and biodiversity through a Forest Watch program, litigation, grassroots public involvement, outreach, and education. Deep love for this amazing place motivates Friends of the Clearwater to work to defend, restore, and protect

When you shop at the Co-op on Tuesdays in November, you will be supporting a diversity of projects that FOC coordinates in the name of Wild Clearwater Country: ORV Monitoring, the Ancient Cedars Protection Project, timber sale appeals, educational field trips and presentations, and much more. So, keep a grocery list and save up those cravings for Tuesday shopping at the Co-op to support Friends of the Clearwater!

Friends of the Clearwater hosts a weekly email list to keep you updated on environmental news and



this landscape and all who call these forests home—from the tiny, inconspicuous moonworts that only grow beneath the shade of ancient cedars, to the grand, powerful grizzly bear who might still roam in remote reaches of wild river basins.

events in our region. If you'd like to join the list, please email us at <foc@wildrockies.org>.

FOC also invites you to join us for food, music, and a silent auction at our Annual Celebration/Meeting on Thursday, November 7th at 7:30 p.m.

## It's the End of Lawn Watering Season 2002

By Dianne French

In his thoughtful editorial piece from the August 20, 2002, Moscow-Pullman Daily News, ("Water scare should send a message in Moscow..."), Murf Raquet urges all of us in the community to "give serious thought to the aquifers as well as our individual consumption of a very precious resource."

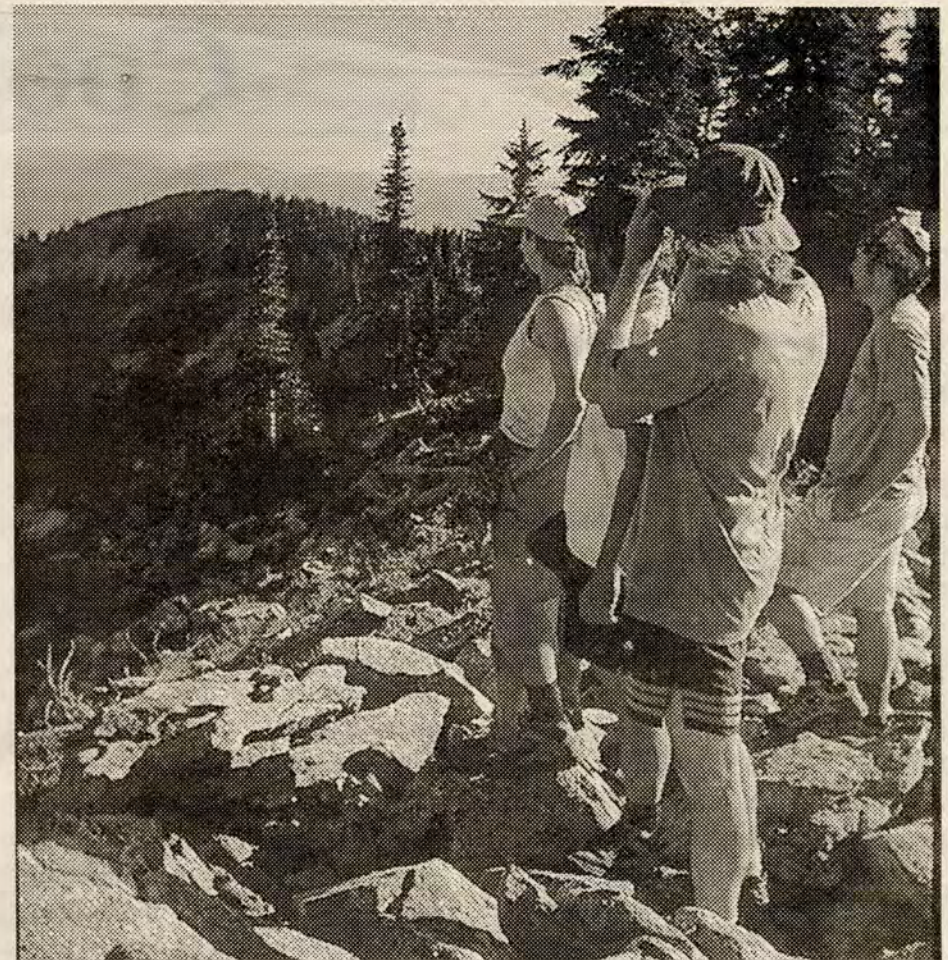
Many Moscow residents were helpful and conscientious during the breakdown of Well #9 in August. However, some have slipped back into old habits. On a daily basis, lawn watering still occurs though we have had several nights with temperatures below freezing.

Water is still running off of the Federal Building lawn and across the

parking lot. Watering at the Skate Park on a recent cold morning caused ice to form over the brand-new sidewalk along Mountain View Road. The basketball courts at East City Park were even watered (perhaps more courts are needed, but this strategy won't cause them to sprout).

It appears that many wish to extend summer right up to the first snowfall. However, pouring all of this water onto the lawn or into the storm sewer will not change the fact that we live in North Idaho.

The bright, clear days, changing colors, and crisp nights are a signal for plants and critters to make winter



in the 1912 Building (at 3rd and Adams Streets) in Moscow. Then, Saturday, November 9th, we will head out to the Clearwater country to learn about forest carnivores and to soak in some hot springs. If you are interested in coming, please give us a call (208-882-9755) or drop us an email. Everyone is welcome—and bring a friend!

*Ashley Martens is the new FOC Education-Outreach Coordinator. Her passion for ancient cedar forests inspired her to start FOC's Ancient Cedars Protection Project.*

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14<sup>th</sup> McNarley's Rant  
15<sup>th</sup> The Clinton's Band  
16<sup>th</sup> Honey Tongue  
20<sup>th</sup> Frame of Mind  
21<sup>st</sup> Siamese  
Dec. 1<sup>st</sup> Clumsy Lovers

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preparations. As surrounding wheat fields change color and are harvested, we should know that our lawns would naturally change to golden brown at the same time. This is the natural cycle of the seasons.

Due to the wonders of modern fertilization and irrigation, the growing season for lawn-owners has been greatly extended both seasonally and geographically. This extension comes at a price. Communities across the nation are facing water shortages. Locally, our water comes from underground aquifers that have been declining for decades. While we don't currently have a "shortage," our "prob-

lem" in August should have been a reminder that water is not limitless. The community responded well to that short-term problem. Now, let's work together on the long-term problem.

The first step is to declare Lawn Watering Season 2002 finished and let our yards begin their seasonal transition.

*Dianne French is currently serving as the Chairperson of Moscow's Commission on Health and the Environment. She is co-founder of the Palouse Water Conservation Network, makes her living as an optician at the Palouse Ocularium, and views water as the most important of our natural resources.*

## The Casserole You Have Never Made

By Jen Hirt

The thing about vegetarian chef and cookbook author Mollie Katzen (of Moosewood fame) is that in order to create some of the meals in any of her many books, she must have had a really odd thought process. It's a characteristic I'm glad she embraced – her recipes have taught me everything I know about cooking. I've been a Moosewood devotee since my first cool summer job – cooking at an outdoor college campus in Michigan.

Recently, I was faced with constructing a meal with a random assortment of stale tortillas, a few eggs, some buttermilk on the edge of rebellion, and a dusty can of chile peppers bequeathed to me months before by a friend who was moving. Naturally, I resorted to Katzen's *Still Life with Menu* cookbook, a thematically organized arrangement of excellent entrees. And no joke, no exaggeration, I found a casserole specifically designed to alleviate the guilt associated with stale tortillas. It's tasty and a little bit strange, and it reflects Katzen's delightfully creative cooking mind. It's also pretty flexible – toss in additional treats like thinly sliced tofu, some cooked beans, or that last zucchini from the garden. I recently did a version with leeks and sharp cheddar, and it was savory.

### Chilaquile Casserole

Serves 4-6

12 corn tortillas (usually small)

OR

6 flour tortillas (usually quite large)

1 medium chile pepper, chopped and seeded,

OR 8 ounces canned chiles

2-3 cups grated cheese – your choice of type

4 eggs

2 cups buttermilk

Preheat the oven to 375 degrees F.

Butter or oil a 2-quart casserole dish. Tear half your tortillas into bite-sized pieces and spread them evenly in the dish. (You can mix corn and

flour tortillas, but shame-shame if you have stale corn and flour tortillas at the same time!) Spread half the chiles and half the cheese on top. At this point, add any extra ingredients – thinly sliced tofu is nice, and so are shredded leeks or beans. Tear the remaining tortillas and layer them on top. Then top the casserole with the rest of the chiles and cheese.

In a separate bowl, whisk the buttermilk and the four eggs. (You can omit two egg yolks if you, like me, fear this aggressive yellow cholesterol.) Add salt and pepper to taste – just a dash of each works well. This makes custard – pour it evenly over the casserole. I was doubtful at first that 'custard' would be appropriate for a casserole, but I think it's safe to say that Mollie Katzen knows what she's doing.

Bake for 35 minutes, uncovered. The custard softens and fluffs the tortillas, which is why it's fine to use stale tortillas – no one will know. The cheese melts around the chiles and any other goodies you have added. The top turns crusty and golden. As is the tendency of casseroles, it smells incredible as it cooks – the perfect lunch or light dinner for the oncoming winter.

*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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## Good News for Chocolate Lovers

By Chelsy Leslie, RD

Most Americans love chocolate. In 1998, we consumed 3.3 billion pounds of chocolate—or more than 12 pounds per person! Many women consider themselves to be addicted to chocolate and report that no other food will satisfy their cravings. Although many reasons for chocolate cravings have been suggested, it is most likely related to the combination of its wonderful aroma, flavor and consistency. The sweet taste triggers the release of serotonin and endorphins, which make us feel good.

Chocolate has been used for medicinal purposes throughout history. Some uses included treating anemia, poor appetite, mental fatigue, poor breast milk production, tuberculosis, gout, fever, and kidney stones; stimulating the nervous systems of weak patients; and improving digestion and elimination. Other parts of the cacao tree were also used to treat some ailments.

Chocolate is generally not currently used to improve health, although some women use it to help soothe a broken heart. However, recent research on chocolate has suggested potential health benefits. Chocolate is plant-based food that has been found to contain flavonoids, a type of phytochemical that is also present in red wine, green tea, peanuts, cranberries, strawberries, apples, and many other fruits and vegetables. Flavonoids act as antioxidants by protecting cells from damage by free radicals.

Chocolate high in flavonoids may improve cardiovascular health. Some research has indicated chocolate may work similar to aspirin to help keep platelets in blood from sticking together or clotting. This improves blood flow and can reduce the risk of heart attacks and strokes. In addition, flavonoids in chocolate may decrease oxidation of LDL ('bad') cholesterol. When LDLs are oxidized, they increase plaque build-up in blood vessels. Chocolate may also increase nitric oxide activity, which is important for healthy blood pressure.

Processing cacao beans can destroy some of the flavonoids, so flavonoid levels in the final product vary.

Dark and semi-sweet chocolates are higher in flavonoids compared with milk chocolate. Cocoa powder and chocolate syrups are low in flavonoids due to processing methods. Mars Incorporated has recently developed a processing method called CocoaPro that helps to retain flavonoids in chocolate. For more information, visit [www.cocoapro.com](http://www.cocoapro.com).

Chocolate contains quite a bit of saturated fat, which is known to raise cholesterol levels and contribute to heart disease. However, it is also high in stearic acid, a saturated fat that does not have the same cholesterol-raising effects. Unfortunately, stearic acid may lower HDL (good) cholesterol.

As we all know, chocolate is high in calories, making it likely that including more of it in our diets will only expand our waistlines rather than improve our health. Until more conclusive evidence is available supporting the benefits of chocolate, we're probably better off choosing a variety of colorful fruits and vegetables that offer the same important disease-fighting compounds.

For chocoholics needing to satisfy a chocolate craving, here a few lower calorie ideas:

1. Eat chocolate with meals – you'll be less likely to overindulge.
2. Buy chocolate in small quantities (one or two Kisses, a Tootsie Roll or two Dove Promises can satisfy a craving without going overboard).
3. Enjoy nonfat chocolate milk.
4. Melt chocolate chips in a double boiler, then dip apricots, mini pretzels, strawberries, or mini rice cakes in it.
5. Use chocolate-flavored syrup on vanilla yogurt, fresh fruit or graham crackers.
6. Make chocolate pudding with skim or 1% milk.
7. Have a fudgesicle instead of chocolate ice cream.

Have a food or nutrition question? Please send to [crleslie123@hotmail.com](mailto:crleslie123@hotmail.com).

*Chelsy Leslie is a registered dietitian interested in public health and disease prevention.*



## Sally's Book List

By Sally Perrine

After 20-plus years in the healthcare profession, I made a job change and now work at the Moscow Public Library. There I get to hang out with books and with readers of all ages. Wow! I'm also (mostly) an empty-nester: my kids recently and decisively fired me from my child-rearing job, and suddenly, I have time to get involved and get active.

I am really scared for the future of this country, and below are books I recommend for anyone who shares my concerns about this nation's behavior—politically and economically. Nearly all are available through any branch of the Latah County Library District, and you are welcome to borrow my copy of any book I own. My telephone number is 875-0525 (h), 882-3925 (w), and my email address is <sperrine@potlatch.com>.

*Soul of a Nation* by Paul Loeb. A basic primer for activism. This is a lovely book!

*Why?* by Nikolai Popov. Show this book to your children. It's a picture book written by a man who was a child during World War II. The frogs and mice will break your heart.

*Jews for Buchanan* by John Nichols. The author is a *Nation* columnist, writing about events in Florida. The library doesn't have a copy of this book, but please borrow mine.

*The Best Democracy Money Can Buy* by Greg Palast. Written by an American journalist who can't get published in the U.S. but writes for the *Guardian* in the UK. One of the first writers to expose corruption in Florida. Highly recommended! This guy is pissed!

*An Unexpected Light* by Jason Elliot. Young British journalist describes his travels in Afghanistan after the Soviet wars, but before 9/11. Sweet, personal, quirky encounters with the people of a devastated country.

*West of Kabul, East of New York* by Tamim Ansary. Remember the e-mail that was widely circulated after 9/11? It was a plea to our leaders to NOT respond with violence to a country that was already bombed to rubble. Well, this is the follow-up book by the Afghan-American writer, and it is excellent.

*Wealth and Democracy* by Kevin Phillips. Hey, even Republicans are concerned!

*Democracy at Risk* by Jeff Gates. No, not Bill...even if you read no more than the preface, take a look at this. He has numbers, figures, real reasons to be alarmed at the corporate take-over of our government.

*Nickel and Dimed* by Barbara Ehrenreich. Could YOU live on minimum wage? Or do you? It's hard, isn't it? This is now a play as well as an amazing book.

*Fast Food Nation* by Eric Schlosser. A good read; a good exposé of the meat industry. Don't read this if you LOVE hamburgers!

*Granny D* by Doris Haddock. Wow! What an amazing old woman. She's the one who walked across the U.S. protesting campaign finance and celebrated her 90<sup>th</sup> birthday en route. I'm in love with this woman!

*Stupid White Men* by Michael Moore. Hey, it's a good rant!

*If the Gods Had Meant for us to Vote they Would Have Given us Candidates* by Jim Hightower. Another wonderful book by America's most entertaining populist. And he's a Texan, too.

*Shrub* by Molly Ivins. We should have all read this book before the election. Wait a minute. We didn't elect him...Huh. Well, anyway, her columns are wonderful as well. She looks at money, whose got it, how it's dispersed, who it buys, etc.

*The Informant* by Kurt Eichenwald. A nifty little expose of ADM, "supermarket to the world," which is now, incidentally, sponsoring the PBS News Hour.

*One Market Under God* by Thomas Frank. Money and God. What can I say?

*A Just Response*. Essays from the *Nation* magazine following 9/11. If you missed them, pick up this book.

*Small Wonder* by Barbara Kingsolver. Her post 9/11 essay is the best I read following that horrible time. She also covers other topics, most notably the environment.

*Perpetual War for Perpetual Peace* by Gore Vidal. A little book. The decline and fall of the American Empire is full of historical relevance.

*Blowback* by Chalmers Johnson. Talks about the U.S. as empire rather than country and the unintended consequences of our "defense" activities worldwide. Chilling!

Anything by Noam Chomsky, including his book, *9-11*. I have; you may borrow.

*Out of the Ashes* by Alexander Cockburn. I'm currently reading this. It's about Saddam Hussein. He's not a nice guy—but neither are we!

*Baghdad Without a Map* by Tony Horwitz. Written about 10-15 years ago: young journalist traveling in Iraq. This book is a kick because the writer is so amazingly daring.

This is by no means an exhaustive list – just the books I have found fascinating. I discovered nonfiction a few years ago, after a lifetime of reading novels. Maybe I'm reading for the same reasons – to be entertained, to be thrilled, to be stimulated – but with the added bonus that I'm now stirred to action as well. There's some nasty stuff going on in the world, and when it's my country, my tax dollars at work, my "elected" officials, my representatives, I get especially concerned.

---

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## Book Review:

# Liar's Poker

By Bill London

In his mid-20's, Michael Lewis stumbled into the dream job of the 1980's. He became a bond trader making a huge salary at the biggest bond-trading company, Salomon Brothers, during the biggest explosion of bond-driven wealth in history. Though he was very successful and retired in 1988 and took his bundle of money to a new life in Europe, he maintained his journalist's perspective and his incredible memory for just the right details. The result was his book, *Liar's Poker*, published by Norton and Company in 1989.

His memoir is an excellent place to start for anyone who wonders about that greedy, me-first decade. Through his eyes and ears, we can experience the cynical, profane, demeaned, wretched and remarkable world of the bond trader. The traders were, generally, young (in their twenties), white, and male, all cranked up on testosterone and willing to step on anyone to make their first million.

I laughed out loud at the crazed world they created and the strange language they used to describe it. My favorite example is his story about the traders' word for a novice hired to join their ranks. They called Lewis and any other new trader a "geek." So, Lewis, anxious to figure out a way to rise above this geek-status, asked fellow traders for a definition of the word. He was told that a geek was any person who sucks farts from swans.

(editor's note: This book is not available at the Moscow Food Co-op, but can be found at local bookstores and at the library.)

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Bill London edits this newsletter and reports that his daughter's beloved fiancée, Patrick Venzke, is now playing for the Philadelphia Eagles (yes, ironically enough, playing professional football).



# Political Commentary

"These views do not necessarily reflect the views of the Co-op, its staff or board."

## News from the West

By Auntie Establishment

I grew up in a place where the leaves turned color in the fall, and consequently where sadness at the end of summer was offset by a brilliant blaze of reds, oranges, and yellows. The hardest thing about leaving the deciduous forests of the East for the pines and firs of the Pacific Northwest is the longing I feel every year for a gradual transition between the seasons. In Idaho, summer doesn't fade sweetly into fall—it's assassinated. You wake up one morning in the middle of August to find that your squash and tomatoes have been executed. Then it's rain and mud and cloudy gray skies until the official onset of winter, which is marked not by the falling of leaves but by the nine-hour wait to have your snow tires put on at the tire store. In fact, Idaho only has two seasons: *Snow Tires On* and *Snow Tires Off*.

It's hard to feel perky during *Snow Tires On*. I don't ski, ice skate, or celebrate Christmas. My birthday is at the end of November, but that particular holiday lost its magic around the time bartenders stopped asking to

see my ID. Between the final game of the World Series and the first week of spring training, I find it's a bitter struggle to keep my coffee consumption below three pots a day.

Thank heaven, then, for an election year. Hope for change (however slim), the thrill of debate, and yards filled with colorful campaign signs make for a kind of artificial Indian summer. I love politics. I watch shows like *Crossfire* and *The Capital Gang*. I listen to National Public Radio. I read all the Op-Eds in at least five different newspapers. But, bar none, the most fun anyone can have in the weeks leading up to an Idaho election is reading the Letters to the Editor section of *The Lewiston Morning Tribune*. Some are good, some are bad, and some read like evidence of lead poisoning. I like to count the number of times the phrase "godless commie liberals" appears, and if there aren't at least two, I feel cheated. I look for the letters that make reference to an imminent takeover by the United Nations; the letters complaining about Indian sovereignty; the letters still complaining about Bill Clinton;

the letters for guns and for God and for ensuring that "Idaho is what America was." It is indeed. Where else is the possibility of seceding from the Union still on the political menu?

For some odd reason, I don't find this depressing. I find it exhilarating. (I also don't think that anyone in Idaho would know what a godless commie liberal was if I put on a George McGovern mask and bit them in the butt.) For Democrats in particular an Idaho election gets the blood up. We have something real to fight about here, and it makes the nostrils flare and works the old adrenal glands. This is democracy in action; it's non-violent conflict, and while I think it's sad that felons can't

vote but lunatics can, I believe that elections are what make us great. Sure, there's too much money in politics. The rich fare better in our system than the poor, and our elections are not always free and fair. Florida seems intent on turning itself into a banana republic. But voting is one thing about which I have never felt cynical, and as much as I like to win, I still want people who disagree with me to get out there and cast their ballots.

I just don't want them to cast as many ballots as my friends and I do.

Auntie Establishment is the pen-name of Moscow fiction writer Joan Opyr. Questions, comments, and column ideas you don't mind having stolen should be sent to <[auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com)>.

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# Political Commentary

"These views do not necessarily reflect the views of the Co-op, its staff or board."

## Petroleum Junkies Unite

By Kelly Kingsland

This month I can hardly think of any thing but war. I know we are not personally threatened here in Moscow, and I should just go on with life as usual, but I can't. And so as I sit down to write what will likely be a monthly article on the politics of food, war and its motivations weigh heavily on my mind.

War can be seen in many different ways I suppose, but underneath the veneer, people die and suffer, are mutilated, pillaged, crushed, burned, raped, tortured, poisoned, and torn limb from limb. And I guess if the propagandists were to have their way I could think that this war with Iraq, or any other country, was justified. Human rights violations, we are told, are a very good reason to violate human rights. But if we listen to the whisperings, under the patriotic rhetoric we hear 'Oil War,' we hear greed, and we hear corruption. While our non-democratically elected "president" expounds the value and importance of democracy, untold millions around the world suspect his motives.

Under the patina, I think we all know on some level, that the oil industry and ultimately our oil consumption are responsible for many injustices around the world. From wars, to less dramatic but significant human rights violations, to environmental degradation and global warming.

And while the blood is shed across the ocean I wonder about my role in it. I have called my senators logging my dissent, signed onto movements like "Not in Our Name," and even show up periodically at the weekly peace vigil at Friendship Square. I do these things and yet I know that the ultimate cause is our way of life. So, I wonder do people suffer and die so that I can maintain my standard of living, so that I can buy cheap stuff, eat cheap food, drive a big car, and consume, along with my other fellow Americans more than my share of the world's resources?

While it is hard for us to make the connection, our choices do impact the world. According to Arundha Roy, writer and activist from India, "The American way of life is not sustainable, because it doesn't acknowledge

that there is a world beyond America."

Julia Butterfly Hill claims that Americans are "addicted to oil" and that our consumption is impulsive, illogical, and threatens the health and peace of our planet. I like the analogy that we are addicted to oil usage. Addicts rely on their fix, and see it as a necessity in the same way we are seemingly inextricably dependant on oil consumption. And like an addict the fix has been fed to us, without having the opportunity to make a clear choice, through advertisements, through oil and agricultural subsidies promoting petroleum energy rather than sustainability, and through corporate manipulation of our elected officials. Like addicts we tend to look away from the harm our behavior is causing; we find excuses and justifications for the ruthless ways in which we pursue our "candy." And like addicts we are stuck—unable to see through withdrawal to another way.

The agricultural industry is a good example of this. Over the last 100 years our food supply has been co-opted by the oil industry. Petroleum fuels the tractors that till, plant and harvest our foods. It also is the basis for the fertilizers, insecticides, pesticides and herbicides we have come to depend on. Petroleum then fuels the long distance transport of our foods from place to place. Remember the statistic from my article last month that the average food item has traveled 1400 miles before it reaches its consumer? One hundred years ago this wasn't the case. We ate what our gardens and local agriculture and environment could provide us. Our food chain now is completely dependent on petroleum, and the transition away from that dependency is daunting.

And yet like any other addict we must face the music. We must look at both the consequences of our actions, and the steps that lead us away from our damaging behavior. We must learn to see the connections between our decisions to drive rather than walk, to import cheap food rather

than support local producers, and the foreign/energy policies that both facilitate our comfort and destroy people, cultures and environments around the world.

Don't get me wrong; I am not pointing any fingers. I am as guilty as the next guy in my choices at the grocery store, my choices to drive somewhere I could easily ride my bike to. But the fact is, Julia's analogy fits. And through the process of writing this article, through my war guilt, I have found an opportunity to challenge myself. I am impulsive about driving my car, and I rarely connect the foods and other products I import into this com-

munity to the tragedy that my actions and choices contribute to in other lands. Looking at my choices as a form of addiction has helped me begin to see my way towards "recovery."

In the conclusion of "Fast Food Nation" Eric Schlosser states "sometimes the most irresistible force is the most mundane." He is reminding us that it all comes down to everyday choices, that the power is ultimately in the consumers' hands.

*Kelly Kingsland agrees with Arundha Roy when she says that the world will be in crisis until we realize that the life of a baby in Iraq is worth the same as that of a Wall Street stock-broker.*

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# Will You Stand For Children?

By Lisa Cochran

At the UI's Margaret Ritchie School of Family and Consumer Sciences Distinguished Speaker lecture last month, Family Studies Professor Stephanie Coontz had it right: Ozzie and Harriet surely don't live here anymore. In fact, they never did, and the nostalgia that many of us may feel at times about the 'good old days' when families seemed more together and children were more loved was nothing more than a media spin.

Professor Coontz then confirmed my beliefs that although a lot of lip service is spewed from the talking heads of politicians about the value of families and children, America does not put its money where its mouth is. Looking at such issues as maternity and paternity leave, child care, education, health coverage and such, America's ranking among other 'developed' nations falls somewhere between sad and pathetic. In a nation as rich and resourceful as ours, is it too much to ask that all our children be given a fair chance at life? Isn't it the duty of any government to ensure future strength through cultivation of its citizens?

America is failing children of all ages, particularly the youngest. Worse yet, the voting records of the Idaho legislature when it comes to supporting families and children is the worst in the country. Idaho consistently runs in a heated race for last place with states like Arkansas and Mississippi when it comes to issues such as quality child care, literacy and immunizations. It's a downright embarrassment!

Continued apathy is not going to make needed changes happen, but a broad-based coalition of citizen support can. Let me introduce you to a grassroots movement that can bring a collective voice to the political arena. It's called Stand For Children, and it is America's only nationwide grassroots voice for children. Members take on issues from neighborhood levels up to the highest platforms in the country with the mission to give a strong voice to issues most urgently affecting children: to get a fair chance in life and the opportunity to grow up healthy, educated and safe. Stand For Children is a collective voice for change. There

are chapters all over the country that are taking on issues such as quality child care, early childhood education, health care, quality schools and after-school programs.

Stand For Children has already made a tremendous impact on the lives of kids. Thus far, Stand For Children has helped more than 175,000 children and secured more than \$45 million for children's programs and services that would not have happened without the efforts of this effective grassroots advocacy program. Last July, Stand For Children was able to deliver more than 20,000 petition signatures supporting increased investments in early education to the offices of senators and representatives on Capitol Hill. It is hoped that by 2003 there will be over 50,000 members that help 500,000 children.

Boise has an active chapter which has succeeded in instituting a program that provides incentives for child care providers to get increased training and education. Pocatello is in the process of establishing a chapter.

Our area has a reputation for developing and supporting grassroots movements for our environment, wildlife, farming practices and other things which impact our lives, all with a clear vision of the future in mind. Thus, it seems only natural that we would want to cultivate such a fundamental movement to improve the lives of our most priceless resource.

Children have no voice; it is our responsibility to speak for them so that they get the attention and support they deserve to get a fair chance in this life. If we don't speak for them, we risk losing something more precious than oil or land. It is time to invest in our future. Take a stand on the behalf of our youngest citizens and join with others in our community who are working to form a local chapter. Call Heidi Reiersen at Community Action Partnership at (208)882-3535 or Marci Schreiber at Young Children and Families Program at (208)883-6454. Go to the website at <[www.stand.org](http://www.stand.org)> and see the successes in communities throughout the country. It is amazing what we can do together.

*Lisa A. Cochran is a long-time Moscow resident*



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

**Produce Puzzle**  
 By Dani Vargas

Elswhere in this newsletter, you'll find a word search puzzle. Here's a list of words hidden in that plot, just in case some remain hidden in the puzzle for you. Enjoy!

ASPARAGUS  
 GRAVY  
 DANJOU PEARS  
 SPAGHETTI SQUASH  
 PUMPKINS  
 RED KURI SQUASH  
 PUMPKIN PIE  
 GOLD KIWI  
 CRANBERRIES  
 CORN  
 ACORN SQUASH  
 SWEET POTATO  
 POTATOES  
 YAMS  
 LEAVES  
 FROST  
 SNOW  
 BUTTERNUT SQUASH  
 NAVEL ORANGES  
 APPLES  
 APPLE CIDER  
 TURKEY  
 HOT CHOCOLATE

# Support Your Local Charity: Donations Made Easy

By Bob Hoffmann

It's not even the holiday season yet, and I'm finding it to be the season for giving. I must confess, ever since getting a pretty swell job at Washington State University, I've felt a little guilty that I have not increased my charitable donations. There are so many groups worthy of financial support, such as nonprofit environmental, education, arts, and social service groups. How can I gripe about all the problems in the world if I'm not willing to put my money where my mouth is?

Now I've found the perfect, easy way to give money to worthy causes, through a program that your employer may have, too. At WSU, the name of the program is the Combined Fund Drive, which allows employees of the State of Washington to make charitable contributions through convenient payroll deductions.

At first I was hesitant to join the Combined Fund Drive. What if they gave my money to causes that I didn't believe in? I certainly could find some of those organizations in the lengthy CFD list of supported charities. Also, I was more willing to support some worthy causes that were not mentioned in the booklet. Being a new homeowner, it was easy for me to find reasons not to part with some of my hard earned cash. But I was still nagged by guilt, so I started to search for reasons why I should give, and not reasons why I shouldn't.

To cut to the chase, here's what I found out. I was able to designate specific charities from the CFD list of participating groups, so my money would

go to the groups that I actually wanted to support. Better yet, I was not limited to the list that they provided. I could use the fund drive to donate to any organization with 501(c)(3) status, that is, just about any tax-deductible nonprofit group. Additionally, for every dollar I sent a group, it would receive an additional \$0.04. This isn't a huge difference, but no group would turn down the money: an extra four dollars for every hundred bucks, and I save the cost of a stamp!

Many private employers have even more generous matching fund arrangements. I once worked for a company that contributed fifty cents on the dollar. And if you're employed with another governmental entity, they likely have a fund drive similar to that at WSU. The University of Idaho, for instance, participates in Idaho's Employee Charitable Giving Campaign, which is very similar to the Washington State campaign. For more information on the UI program, see the Web page at <[www2.its.uidaho.edu/stategiving](http://www2.its.uidaho.edu/stategiving)>. The URL for WSU's Combined Fund Drive is <[www.wsu.edu/wsucfd/](http://www.wsu.edu/wsucfd/)>.

So which groups did I donate to? That's my little secret, but I'll give you a clue. I've listed below some local groups that are not part of the official CFD list. Two of these organizations will be receiving a monthly donation from me. The Combined Fund Drive requires addresses and phone numbers for groups not on the official list, so I'm including contact information for your convenience (hint, hint). You can find some other local groups, such as

Palouse-Clearwater Environmental Institute and Alternatives to Violence on the Palouse, on the actual CFD list. So if your employer participates in a charitable donation campaign, think of a group or two that you would like to support, and sign up! To find the complete list of 501(c)(3) groups, visit the IRS website at <[www.irs.gov/charities/page/0,,id=15053,00.html](http://www.irs.gov/charities/page/0,,id=15053,00.html)>.

## Local groups eligible for charitable donations:

### Friends of the Clearwater

P.O. Box 9241  
Moscow, ID 83843  
phone: 208-882-9755

### Friends of the Moscow Library

110 South Jefferson Street  
Moscow ID 83843  
208-882-3925

### Palouse Land Trust

PO Box 8506  
Moscow, Idaho 83843  
208-882-5248

### Radio Free Moscow, Inc.

P.O. Box 8203  
Moscow, ID 83843  
208 892-9299

# Art at the Co-op

By Ryan Law

Hello, I'm Ryan Law and I will be taking over Rosy's position as Moscow Food Co-op art coordinator. I recently presented my own art work at the Co-op and found it to be a wonderful experience. Rosy started this fine event in which local artists are supported and encouraged. Like her, I'm open to any suggestions or ideas you may have. Please contact me at <[ryanlaw75@hotmail.com](mailto:ryanlaw75@hotmail.com)>.

The photographs of Rebekah Wilkins-Pepiton will be on display at the Co-op's Art Gallery from November 22, 2002 through January 2, 2003. An opening reception will be from 5:30 p.m.-7:00 p.m. on Friday, November 22.

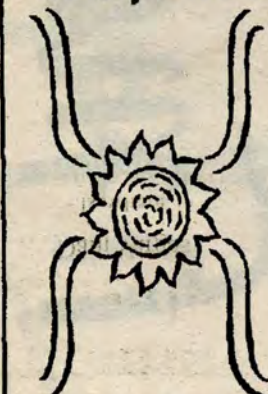
Rebekah Wilkins-Pepiton is a first-year graduate student at the University of Idaho pursuing her Master's of Education in Art Education. She and her husband have lived in Moscow for a little over a year. In the future, Rebekah hopes to head community-based art programs that will enhance current arts curriculums and inspire people to express themselves in meaningful ways.

Rebekah has a Bachelor's degree in Mass Communications thus giving her a background in photography. She began working with black-and-white photography, leading her to appreciate the form and texture of ordinary things. With the need to explore color, Rebekah began to work on mixed-media pieces that combine saturated colors with black-and-white images. She strives to create a lively rhythm in all her work. More of her work can be seen on her website: <[synaesthesia.goose24.org](http://synaesthesia.goose24.org)>.

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**Friends of the Clearwater****food, music, and a silent auction**

Annual Celebration/Meeting on **Thursday, November 7th at 7:30pm** in the 1912 Building (on 3rd and Adams) in Moscow. The following Saturday, November 9th, we will head out to the Clearwater country to learn about forest carnivores and soak in hot springs. 882-9755 Everyone is welcome...and bring a friend!

**Moscow Community Book Club**

The November selection of the Moscow Community Book Club is "Reservation Blues" by Sherman Alexie. The Book Club will meet on Thursday, November 21 at 7:00 p.m. in the Carol Ryrle Brink Room of the Moscow Public Library. The Book Club is open to the public.

**November Water Forum**

The City of Moscow is teaming up with three community groups to sponsor a two-part water forum at the 1912 Center. On Tuesday, November 19th (7pm), presenters will explain the aquifers that serve the Palouse region. On Thursday, November 21st (7pm), a panel will explore water conservation measures with the audience. The forum is co-sponsored by the Moscow Food Co-op, the Palouse-Clearwater Environmental Institute, the Palouse Water Conservation Network, and the City. 882-1444

**Contra Dance**

**Sat., October 19, 7:30-11:00 p.m.**  
**1912 Center, 400 East 3rd, Moscow.**

Caller Gina Massoni, of Walla-Walla.

Music by PotatoHead, with musicians from Moscow/Pullman. \$4 for newcomers who arrive at 7:30 for instructions, \$5 for members, \$7 for non-members. *Contra dance sponsored by Palouse Folklore Society.* [www.palousefolklore.org](http://www.palousefolklore.org)

**The Moscow Civic Association** is sponsoring a public meeting to present its mission statement and strategic plan for future activities supporting progressive values in Moscow.

**MCA GENERAL MEETING**  
DATE: November 4th, 2002  
TIME: 7:00

LOCATION: 1912 Center, 3rd Street across from the High School

**The Co-op's Art Gallery**

The photographs of donkeys and elephants from Washington D.C. by **Linda Pall** will be on display at the Co-op's Art Gallery from Oct. 18th- Nov.21.

The photographs of **Rebekah Wilkins-Pepiton** will be on display from Nov.22-Jan2,2003. An opening reception will be from 5:30pm-7:00 on Friday, Nov.22.

**Folksinger Joe Jencks Performs in Moscow**

Concert by singer/songwriter Joe Jencks, of Seattle. Sponsored by the Palouse Folklore Society.

**Sunday, October 13, 7:00 p.m.**  
**Unitarian Church, 420 East 2nd St., Moscow**  
**\$7.00 admission.**

The Palouse Folklore Society is sponsoring an acoustic concert by singer/songwriter Joe Jencks, of Seattle. Jencks is renown for his bright, clear voice, social conscience and memorable lyrics. His work spans a range from traditional to contemporary folk, and has been compared to that of Bill Staines, John McCutcheon, and Tracy Chapman. [www.palousefolklore.org](http://www.palousefolklore.org)

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PEACE and JUSTICE  
candle to symbolize  
sometimes we  
Those who gather  
They represent

justice for all peo  
with us every Friday, **TRINITY SQUARE**, downtown Moscow, between 5 & 6:30 p.m. People come and go as their schedule permits. T-shirts available: "NO TO WAR IN IRAQ" and/or "YES TO PEACE INSTEAD." Questions? 882-7067.

**Silent Prayer Vigil for Peace**

Friday Noon, 12:15 - 12:45 Under the clock by the library in downtown Pullman Interfaith, ecumenical - each vigil opens with prayer from local clergy or lay leader, followed by 20 minutes of silent intentional prayer, with closing from leader. Continuing through November, rain or shine (come dressed for the weather!)

Contact: Nancy Collins-Warner, 334-4688, [nancyw@pullman.com](mailto:nancyw@pullman.com)

**Listserves:**

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

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

**Friends of the Annual Meeting and**

**Thursday, November 7, 7:30pm at the 1912 Building (on 3rd and Adams) in Moscow.**

**Step toe's Folk Ring Out**

Concert by traditional acoustic band Steptoe Sponsored by the Palouse Folklore Society

**Sunday, October 18, 7:30 p.m.**  
**Unitarian Church, 420 East 2nd St., Moscow. Admission is \$7**

Gathered around a single old-time microphone, this bluegrass and "roots acoustic" trio has authenticity and polish, with carefully crafted arrangements, hot pickin' and a wonderful vocal blend. Steptoe shows an obvious knowledge and love of tradition and evolution in acoustic music. Donations of nonperishable food also will be accepted for the Sojourner's Alliance food bank. [www.palousefolklore.org](http://www.palousefolklore.org)

**WomensWorks**

8th annual Women's Holiday Art Fair

**UI SUB Ballroom**  
**November 8 and 9**  
Info: 885-6616

**Major Events**

days in the fall darkness of November. Bring a light that is Peace. Sometimes we are quiet, sometimes we are loud. Music, poems, readings, musical contributions. We are of all faiths as well as of no particular religious faith. We are of all ages, but join with people worldwide committed to the resolution of conflict. Make a visible public statement with us every Friday, **TRINITY SQUARE**, downtown Moscow, between 5 & 6:30 p.m. People come and go as their schedule permits. T-shirts available: "NO TO WAR IN IRAQ" and/or "YES TO PEACE INSTEAD." Questions? 882-7067.

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