

October 2002

FREE!
Please take one.

Community News

The monthly newsletter of the Moscow Food Co•op



Co-op Business Partners

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

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

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

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

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

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

Whitney & Whitney, LLP - Reduced rate for initial legal consultations, 424 S. Van Buren St., Moscow, 882-6872

Wild Women Traders, Sandy Russell - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News



Scanners, Front Ends and Bar Codes...Oh my!

By Kenna S. Eaton

By now you've probably experienced the joy of checking out at the Co-op with our new register system, right? If not, come on down today, and you'll be so pleased. I know we are. OK, there were a few glitches at first and the learning curve was really steep, especially for some of us "old dogs," like me. And, yes, we've had a few moments when we wondered if this really was a labor-saving device after all, especially when the main server dumped all the personal care information, and Carrie had to re-enter it, line-by-line, code-by-code. But as the weeks progress, so do we.

The cash registers are becoming more familiar to both the staff and the customers. We adjusted the height of the registers to accommodate our backs, and we've hired an occupational therapist to ensure that cashiers have changed their body mechanics to compensate in the right way.

We've installed a back-up system for the credit and debit cards. There were a few times where we got obscure error messages from our new processors that wouldn't allow us to take debit cards. (There was one Saturday I thought the cashiers and the customers were both ready to declare mutiny!) But the speed with which we now process the cards more than makes up for the few weird moments.

Culturally, it has been a large change for staff, especially for the receiving crew who no longer have to price each item individually but get to slide product onto the shelves as quickly as it comes in. We have devised a system to print bar codes for products that don't have them, especially with some of our smaller, local producers.

Our new cash registers automatically give sale prices to members, but we must enter that information at the beginning of the transaction, so please be patient when the cashier asks if your membership is current. They are only trying to ensure you get the price you deserve.

Another change has made the bulk system backwards to the way it used to be. We need the PLU code first and the tare weight second. Please try to have the code for the cashier as they have been asked to enter that number whenever possible. Not only does that cause the receipt to say exactly what you bought, but also it helps Vicki know exactly what sells. Well, we've gotten some pretty cool information from our system already. Did you know that Thursday has the busiest lunch rush? Must be those Pesto Cheese Rolls...

So, progress is being made, albeit slower that we originally hoped for. But then that seems to be true for most things in this life, doesn't it?

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MARKETIME DRUG

Post Office Square
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Moscow, Idaho 83843
(208) 882-7541



Front End Manager

by Annie Hubble

When I first started this job three months ago, I went to Kenna one day, and mentioned how I felt that I didn't have enough to do. I remember joking that I would probably look back on that statement with nostalgia. That moment has already arrived!

There is a lot happening in the cashier world! We are planning to increase our cashier shifts in order to give you, the customer, better service and to free up folks such as Danni and Carrie. They are two of the unsung heroes and heroines (heroes and heroines in my world anyway!) who have been asked to fill in at the registers while they had their own departmental work awaiting them.

We are becoming accustomed to our new registers. I do appreciate your patience with us during the first few weeks. I know we have had to concentrate on the procedures in order to learn them, and this has detracted somewhat from our (hopefully) normal high courtesy level. There have been many times when we have been confused and puzzled. But I think, after almost a month, we

are more relaxed and able once more to look out for your comfort level. Thanks for bearing with us. Gold stars to all of you who have your membership cards ready at the beginning of transactions! It does help us. Once we activate the membership button on the register, the scanner automatically picks up all membership prices.

I want to publicly thank the superb team of cashiers who have come through a very challenging time. We had a very short time to learn a lot of information, and I think everyone has done a great job.

And last but not least, congratulations to Eric Gilbert on his marriage. Eric has only been working at the Co-op a few months, but it would be hard to imagine the place without him!

I look forward to seeing you in the store. Working at the registers remains one of the favourite parts of my job. I love to see all the smiling faces. We are blessed to have such a Co-op in this town.

'Til next time.



Veggie Rap: New Assistant Grocery Buyer Comes Up with Great New Marketing Tactic

By Dani Vargas, Produce Manager

Picture it: you are walking toward the Co-op, being drawn closer by the succulent smells of the warm pastries cooking in the bakery. You open the door and smell the grilling tofu, and it draws you near the deli case (so does the popular coffee pot). You are hooked! Now picture this: you are walking to the Co-op on a cold blustery day. You enter the front door, and the sweet smell of organic apple juice greets your nose. You close your eyes and for a moment see

yourself sitting by a warm fire sipping a hot mug of organic cider. You open your eyes only to discover that you may be a few minutes late for work, and are brought back to reality, but you want that feeling. You want the warm cup of cider and the crackling fire. You want it, and you quickly look for the source of the sweet apple aroma. You find a gallon of organic

apple juice awaiting you by the registers, and you scoop it up to take it home. You have been hooked!

This is the new marketing scheme, and with the cold blustery days quickly arriving, it might just work. So how did this smell enter the air? Well, it was by accident. A couple of cases might have jumped off the pallet onto the floor, but it led us to this great idea, and if this idea works, I might have to try it with the produce from the Produce Department. I could spill some of my produce on the floor, smashing it into the linoleum, releasing their pungent odors with the hope of drawing new shoppers near. I may try it someday, but for now, how about if I just tell you about the produce in the department.

Right now in the Produce Department, we have a lot of local produce. George and Sue's famous "Sweet Ba-

bies" carrots have arrived, and they are as good as ever. Mary Jane's Farm is supplying us with fresh organic salad mix and their premium garlic and field-run garlic. Ed Steele is bringing garlic, elephant garlic, Yukon gold potatoes, red potatoes, yellow onions, Walla Walla sweet onions, cucumbers, bagged red and yellow potatoes, bagged yellow onions, and zucchini. Judy Wendt is supplying us with beets, beautiful fresh loose basil, and escarole. Moffett's Organics is bringing green beans, yellow egg cucumbers, tomatillos, peppers, patipan squash, peaches, Roma tomatoes, red cherry tomatoes, and walnuts. Therese Harris is bringing yellow cherry tomatoes. Elizabeth is bringing parsley, cilantro, green and red onion bunches, chard, and basil bunches. Peter and Elizabeth South are bringing shallots. Cindy Hadley is supplying us with cucum-

With plenty of FREE PARKING!

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Deadline for Articles & Ads
20th of each month

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



Personal Care Corner: Natural Factors

By Carrie A. Corson

There are so many natural supplement products on the market, it is always a challenge to find products made by companies that we can get to know and feel good about. We strive to find supplements with research and quality behind them. And it's great to work with companies who have a strong hold in the natural supplement industry and want to support smaller stores, not mass-market chains. One such company is Natural Factors, and we are happy to now include them among our supplement lines. I hope the following information will give our customers some insight into what kind of company Natural Factors is and why you can feel comfortable when purchasing their products.

Company Philosophy:

Just as Natural Factors products are a part of a holistic approach to personal health, so the company has been built on a philosophy of integrity. Natural Factors founder, Jacob Gahler, established the company nearly 50 years ago to fill a void in the natural health industry.

Current President and CEO of Natural Factors, Roland Gahler states, "For us, integrity means being able and willing to stand behind every product we produce. Each one of us at Natural Factors feels responsible for the supplements and herbal remedies we sell. We don't make placebos — we produce products that work to create better health."

Natural Factors puts quality first. Their quality control department and laboratory are involved in every step of product development, pre-production, and post-production testing. This is the crucial part of ensuring that our customers receive only the purest, most effective and reliable health products. All products undergo rigorous testing at all levels of the production process in accordance with United States Pharmacopoeia (USP) guidelines. Their testing procedures are regulated by the Health Protection Branch (HPB) of Health Canada. Factors laboratories also follows Good Laboratory Practices (GLP). Raw materials are tested for impurities, heavy metals, arsenic, chlorides and sulfates.

The folks at Natural Factors believe that a quality herbal product starts with the highest quality fresh organic plant material. The efficacy of herbal products has always been affected by growing conditions, harvesting, processing and storage. At Factors farms in beautiful Kelowna, British Columbia, Canada, quality can be guaranteed because the entire process from seedling to finished product is controlled. Herbs are grown organically, without the use of chemical fertilizers, herbicides fungicides or pesticides. And local cultivation ensures that herbs are picked, processed and extracted at just the right time when active ingredients are at their peak

The Natural Factors Science and Medical Advisory team is composed of some of the most renowned names in the natural supplement industry. A few of these individuals are, Dr. Michael Murray, Director of Product Development & Education. Dr. Murray is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, faculty member and serves on the Board of Trustees of Bastyr University in Seattle, Washington. He has written dozens of books and is the co-author of the popular "Encyclopedia of Natural Medicine."

Dr. Rudy Bauer, considered the world's foremost expert on Echinacea. Dr. Bauer has contributed greatly to Natural Factors ground-breaking research in herbal standardization and in the development of the patent pending ECHINAMIDE extract for immune enhancement.

Dr. Thomas Crook III, PhD, is an expert on ways to enhance memory and mental performance and is the author of the book "The Memory Cure."

Dr. Michael R. Lyon, MD, is a practicing physician and medical researcher with expertise in both allopathic and natural medicine. He is considered to be one of the foremost authorities in the science behind complementary medicine.

We are continuing to expand our Natural Factors line of products. But if there is a product that you have used in the past and don't see on our shelves, please feel free to request it. To learn more about Natural Factors and their full line of vitamin and herbal products, visit their website at www.naturalfactors.com.

Nutrition Q&A: Phytochemicals and Health

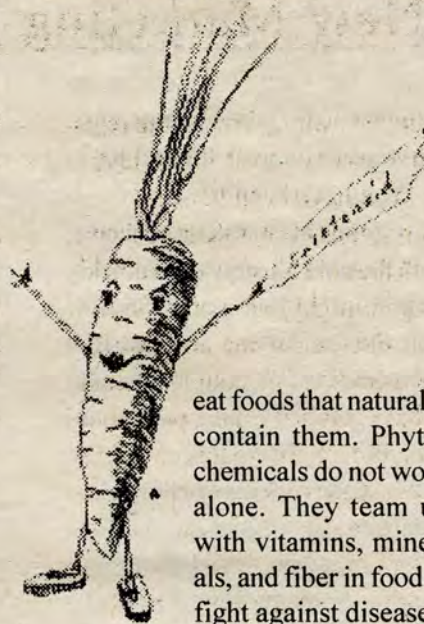
By Chelsy Leslie, RD

Q: I've heard a lot about phytochemicals recently. What are they and why are they important for health?

A: Phytochemicals are substances that plants naturally produce to protect themselves against bacteria, viruses, and fungi. There has been a lot of interest in phytochemicals recently because many of them can help to slow the aging process and reduce the risk for cancer, heart disease, and other chronic health conditions.

More than 900 different phytochemicals have been found in plant foods, with others still to be discovered. Fruits, vegetables, whole grains, soy and nuts are all sources of these disease-fighting substances. Phytochemicals are usually related to plant pigments, so fruits and vegetables with bright colors (yellow, orange, red, blue, purple, green) contain the most. To protect your health and prevent disease, choose five to nine servings of colorful fruits and vegetables everyday.

Many people do not eat enough of fruits and vegetables. Some take supplements to make up where their diet is lacking. Supplements can help to meet vitamin and mineral needs, but they are not a reliable way to get the variety of protective phytochemicals. The only way to get the benefits of phytochemicals is to

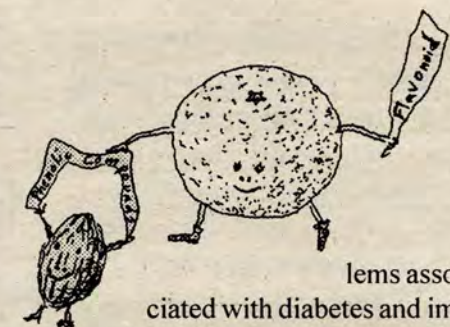


eat foods that naturally contain them. Phytochemicals do not work alone. They team up with vitamins, minerals, and fiber in food to fight against disease.

Here are the main groups of phytochemicals, their health benefits and foods where they can be found:

Carotenoids

Carotenoids protect against heart disease, stroke, blindness, and some types of cancer. They may also help slow the aging process, reduce prob-



lems associated with diabetes and improve lung function. They can be found in red, green, yellow, and orange fruits and vegetables such as cantaloupe, broccoli, tomatoes, sweet potatoes, watermelon, spinach, kiwifruit, and carrots.

Flavonoids

Flavonoids act as antioxidants. Antioxidants neutralize or inactivate free radicals, molecules that attack the cells in our body. Damage from free radicals can contribute to cancer, heart disease, aging, and other health problems. Flavonoids are in a wide variety of foods including oranges, berries, grapefruit, red wine, onions, broccoli, apples and green tea.

Phenolic Compounds

Phenolic compounds may reduce the risk for heart disease and certain types of cancer. These phytochemicals are present in prunes, berries, red grapes, kiwifruit, currants, apples and tomatoes.

Sulphoraphane

This class of phytochemicals can reduce the risk of colon cancer and can be found in cruciferous vegetables such as broccoli, cauliflower, kale, Brussels sprouts, cabbage, bok choy, collard greens and turnips.

Limonene

Limonene can help to protect the lungs and decrease the risk of some cancers. Limonene can be found in the rinds and white membranes of citrus fruits.

Indoles

Indoles may help to protect against certain types of cancer, including breast cancer. They can be found in cruciferous vegetables.

Allium Compounds

These phytochemicals can help to lower blood pressure and cholesterol and may decrease the risk for some cancers. Allium compounds are present in garlic, onions, chives, leeks, and scallions.

Have a food or nutrition question? Please send to crleslie123@hotmail.com.

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

Staff Profile: Sam Abrams

By Carol Spurling

As a thirty-something Midwesterner raised in a rather old-fashioned way, I find myself saying things such as "These kids today!" and "What is the world coming to?" more often than I'd like. It is one thing to become a mother, but another altogether to become MY mother.

But a person like Sam Abrams warms my curmudgeonly heart. He's well-spoken, interested in others, and principled, all at the relatively tender age of nineteen. Reading these words will probably embarrass him, because he is also modest, wondering at the beginning of our interview what could be interesting about his life.

Well, let's see. Sam started working at the Co-op just over six months ago as a part-time dishwasher, after meeting then-deli manager Kelly and discovering that the hours for the job fit right into his schedule. His career has made a meteoric rise since then, as he was promoted by current deli manager Amy to baker, and recently to deli manager's assistant, a full-time job.

His job duties include ordering, stocking, and generally making sure that the deli runs smoothly, which lately has been complicated by lots of turnover in the department. "One of my responsibilities is helping Amy get the deli up to its potential," Sam said.

Sam's rapid advancement despite his young age is probably due to his admitted "workaholic" approach to making a living, and to his self-imposed high standards and stick-to-itiveness. "I like to work, and I try to take pride in my work, even when I was washing dishes," Sam said. "And I'm a person who can't take something seriously unless it frustrates me. I enjoy challenges."

Sam likes the Co-op environment both as an employee and as a customer. "The Co-op is unlike any other place I've worked, it helped me see that I was capable of succeeding. Everybody helped me out. I picked it up really quick. Compare that to the mentality at corporate places where I've worked, where workers are unhappy, can't talk to their boss about problems, and don't have any input, which is really irritating.

Here, I don't worry about work.

We communicate well. That's not to say we don't have problems, but we can work them out."

His experience working summers at his grandparent's resort in Rhode Island helped him see early on that "providing atmosphere is fulfilling." (This is not to say he enjoys hordes of tourists.) He does find satisfaction in seeing Co-op customers enjoy food from the deli. And he loves to get suggestions and feedback from customers, proving this immediately by suddenly asking yours truly questions about why she shops at the Co-op.

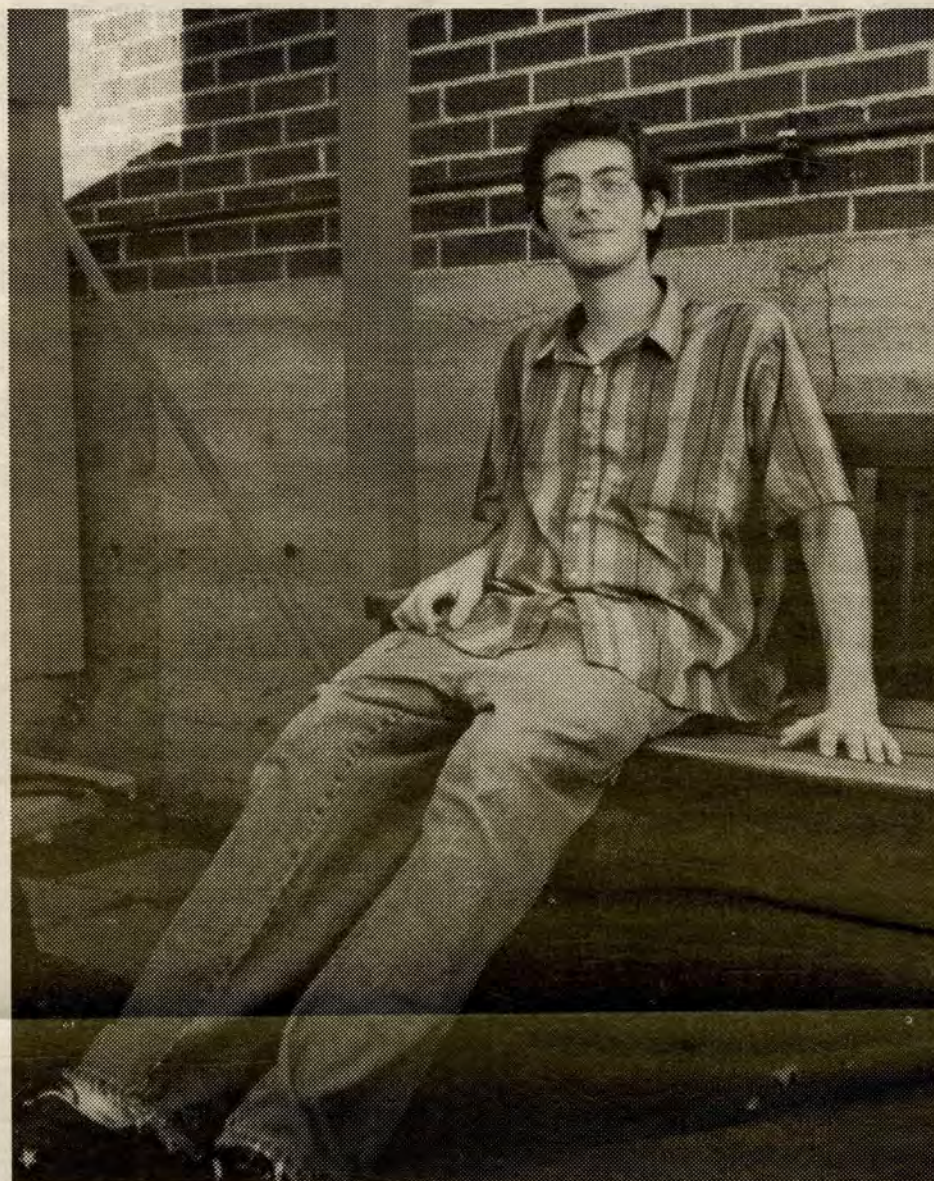
As you would expect for a talented deli employee, Sam enjoys "flavorful foods" with "good texture." When it comes to food for thought, he likes to sink his teeth into good poetry, and non-fiction works about revolutionaries such as Che Guevara, Huey Newton and the Black Panthers, and other books about social issues. For pure escape and tension relief he likes writers like Kurt Vonnegut and Chuck Palahniuk, author of *Fight Club* and more recently, *Choke*. "I really get into the characters," Sam said.

Sam's interest in social issues seems to stem from his many visits to Brazil. Sam was born when his parents were living in Brazil, and therefore, he holds dual Brazilian and United States citizenship.

"We moved back to the States when I was little and so I grew up in Rhode Island and here in Moscow, where I went to junior high and high school. My mother still lives here. I had been going back to Brazil every year to visit my dad, an international banker, but the last two years I've not accepted the invitation, because it's too hard to see how most of the people there live compared with the lifestyle my dad has."

Sam's sense of social justice also kept him from enjoying life to the fullest on the East coast, while attending art school in New York for a year after high school. "Their need for social stratification, or something, I guess 'affluenza' in the East, made me tired of the lifestyle, so I came back here to see what I had overlooked about Moscow."

Sam decided not to try to make a living as an artist, but to keep art as



something he can do for fun. "I like drawing and painting. But I decided not to make a career of it. It wasn't practical. I can't do art thinking about how to please other people. My creativity was stripped dry in school, trying to please my professors," Sam said.

Living in Moscow seems just right for him now. "I enjoy very simple things, things I can pour my heart into," Sam said. Playing chess, hiking, doing barbecues, being with his mom, or with his girlfriend and her toddler, top his list of enjoyable ways to spend time.

Sam can see himself working at the Co-op for a very long time.

Hopefully, for the benefit of the Co-op and all its members and customers, his vision will become reality.

Carol, her husband Walt, and their son Reed moved to the Palouse a year ago from Sitka, Alaska. She dreams about having dual United States and French citizenship.

The Turnover of Advertising

My name is Josh Christensen, and I am excited to announce that I am the new advertising manager for the *Community News*. Some of you may remember me from a couple of years ago when I worked at the Moscow Food Co-op. I was Vicki Reich's assistant for 18 months.

I want to keep this short so you can get on with reading the rest of our newsletter. I am happy to be back in the Co-op atmosphere and look forward to working with employees, volunteers, customers, and, of course, advertisers.

If you are interested in advertising through this publication or have any questions, please contact me at chri9678@uidaho.edu or reach me at 882-6762.



The Suggestion Board

By Kenna with help from Vicki & Carrie

Please carry green tea powder. It is important for making green tea ice cream.

We do carry green tea powder. It's from Tao of Tea and we've gotten wonderful customer feedback on this item.

Iranian foods such as doogh, gourmet sabsi, gourmet bahdemjohn, rice peeplo, shish kebab (all available in LA, Seattle, etc.)

Sorry, these items are not at all available to us here in Moscow

What happened to John Dough Pizza Crust?

Unfortunately, and sadly, this company discontinued making this item for retail sale.

Fruit pop tarts, please.

This is another item no longer available to us.

Please bring back fat free "Nayoniase".

I'm sorry; we threw away more of this item than we sold. If you are interested, you may special order this item in quantities of three.

Can you stock the organic sesame bar by a company called Oskri organics — great tasting without the sugar?

We'll bring in this item. Please look for it in the candy section.

Could you get in Soya Kaas vegan cheese? It is the best vegan cheese.

OK, we'll discontinue some slower selling soy cheeses and replace them with Soya Kaas vegan cheese.

Please consider carrying Silk Soy yogurt. The Wholesoy yogurt containers are often sticky, and we've had problems with Nancy's soy yogurt growing mold! The Silk Soy yogurt us creamy and good! Thanks!

We do carry the large size of Silk soy yogurt — both plain and vanilla. We replaced the 6 oz. size with the Wholesoy brand because we thought it was a better-tasting product. Please feel free to special order a case of your favorite flavor of the smaller Silk soy yogurt anytime.

Numi Monkey King Tea — bring it back please! Its back!

The pool party was a great idea — Thanks!

We thought so, too. Look for Annie's article and David's pictures elsewhere in this issue of the newsletter.

You need an express checkout and a separate window for new membership applicants on the weekend.

Thanks for the suggestion; we had noticed it was getting kinda crazy around here on the weekends. Unfortunately, it is not busy enough all the time for us to have an express checkout. We will continue to be committed to having three cashiers whenever necessary and to process customers in a timely fashion. We have considered having a separate table for new members; however, the logistics involved caused it not to be a good idea right now. Perhaps during another remodeling, we'll find space for a place to do that.

How about selling cloth grocery bags with "Moscow Food Co-op" on them. Everyone would have them at the Farmers Markets. Great PR.

Thanks for the suggestion. Actually, a bag is in the works; we were busy redesigning the logo. Look for them over the holiday season.

How about an "Orientation Flyer" that tells the "secrets of the Co-op," like:

- 1. How to work the bread machine (and that it exists)*
- 2. How to mark prices on produce (more pens!)*
- 3. Case discounts for members Ask the old timers — there are many such secrets.*

Thanks for the idea. Are you offering to write the flyer? We do have a brochure that lists the benefits of being a member and includes case discounts as one of the many benefits, but perhaps we could use another brochure to explain our "secrets." I do want to point out, though, that you don't have to mark the prices on produce. Your cashier has codes that we have asked them to use. However, we do ask shoppers to write down the code on bulk items, and we do provide

a lot of pens. Unfortunately, customers frequently take our pens home. (We've tried tying them down, and they still take them away.)

Please wash the shopping carts, especially where the children sit — yuck!

This is an on-going issue for us, so we created a volunteer position specifically to address dirty carts. However, currently we don't have a volunteer in that position. The job is not difficult, but it does require that the volunteer have a large truck in which to take the carts to the car wash — anyone interested? Contact Annie or Janna.

Would you please tell me the name of the plant up against the south side of the building that has red berries? It's pretty, and I'd like to start some in my yard. Thanks.

I believe the plant you describe is "Cotoneaster" and it is easy to grow here. If I may put in a plug, you can find it at various local nurseries, including Prairie Bloom Nursery in Pullman.

Please order more 30c nux vomica. You have been out for over a week. It is the only thing that helps my wife and family's stomach.

Sorry, we were out. It's back in stock now.

Could you please carry cream cleaner by 7th Generation? It is the best for porcelain and tile that I've used in 48 years of keeping my own home.

That is quite some recommendation; unfortunately, this product is no longer available.

Can you try to carry this lip-gloss by Better Botanicals: Ayurvedic Lip Therapy; it comes in 5-6 flavors and is absolutely the best! I've been thru so many. The Ginger is the best. I have to drive to Huckleberry's to get it and I do — that's how good it is.

Sorry, the line is not currently carried by any of our distributors and is not available to us.

Please put a sign up for the small bottle of concentrated essential oils (Aura Cacia). Someone was opening them to smell them. Don't open.

We do provide small tester bottles for all of the essential oils and encourage customers to use them when selecting oils.

BAKERY SCHEDULE SPRING 2002

EVERYDAY

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

SUNDAY

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

MONDAY

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

TUESDAY

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

WEDNESDAY

Daily Wheat
Crusty French Baguettes
Cornell White
Seeded Sour
Bakers' Choice

THURSDAY

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

FRIDAY

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

SATURDAY

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

Volunteer Profile: Peg Kingery

By Chris Stordahl

Once upon a time in a faraway land (New Jersey, to be precise) a young girl dreamed of going west. A fan of John Wayne films, she was inspired by images of vast expanses where brave men and sturdy women battled the land to create better lives. Where, away from the hustle and bustle of the city, a person could put down roots and find simplicity and meaning. This was a place where wrong was wrong and right was right, and you always knew who was on which side.

Well, that was kinda fun! I hope you will forgive the poetic license, Peg. I just couldn't resist.

Peg Kingery was born in Bernardsville, New Jersey. Although Bernardsville has a population of only about 8,000, it is near several other towns with similar populations. And, being a mere 30 miles from New York, New York (the city so nice, they named it twice!), Peg never had the feeling of living in a small town. In fact, she told me that she often went to the city for the theater, museums, and various

other cultural pursuits.

Now, the bit up top about her desire to go west is true. (It's just the bit that sounds like it's from a trailer for a spaghetti western that's fancy.) So, after receiving her Associate degree in Veterinary Science from New York State, and subsequently, her BA in Animal Science from the University of New Hampshire in Durham, Peg made her move. With our own dear University of Idaho as her final destination, Peg spent the summer touring the United States, all the way to Alaska.

Peg told me she hadn't planned to stay in Moscow, but while working on her Masters in Animal Science, two loves made the decision for her. Those would be cows and the man who became her husband. (These are not listed in order of importance.) And they have created a wonderful life for themselves. (She and her husband that is, not the cows.)

They have embraced the philosophy of simple living. At their farm in Deary, where they live during the summer, they are creating a wildlife habitat. They have a trailer on the property that is powered by solar panels. They choose natural clothing and personal care products. Peg also teaches macrobiotic cooking.

Peg told me that one of the things she loves about this area is that you have everything you need in town, yet you drive about a half an hour, and you can feel as though you're truly away from it all. The best of both worlds.

As a volunteer at the Co-op, Peg assists with freight deliveries. This consists of unloading pallets, checking in products, loading the freezer and stocking the shelves. One great advantage to this position is that she gets to see all the new products coming in and knows where they are.

I come in for a couple of things only to find that after having picked those up, I've spent a half an hour and two or three tours around the store "ooohing" and "aaahing" with delight over all the new stuff! Don't get me wrong; I enjoy the hell out of it! (Although it has made me late for an appointment or two.)

Peg also serves on the Board of Directors. She is currently in the second year of a three-year term and says that she just loves it. Her involvement with the Co-op she describes as an "opportunity to pursue her passion" for the principles of healthy living, concern about the environment and education. She says that it "fits with her belief system."

Peg is an introvert and fills her time alone and with her husband with reading, writing, gardening and hiking. She calls herself a "gym rat" and says that she plans to "stay healthy to enjoy life as long as I can." She writes short stories and is taking classes in creative writing.

I think her feelings for the Co-op are well summed up in one sentence, "When I need people, I come here."

Chris Stordahl . . . is tired and anxiously awaiting the arrival of naptime.



The Volunteer Program

By Annie Hubble and Janna Jones,
Volunteer Coordinators

The volunteer program has been on automatic pilot the last couple of weeks while Janna and I concentrated on learning the new scanners at the registers. I have also been on a talent search for new cashiers. There has been very little time in anyone's world, but everything seems to be progressing smoothly. I still encourage any would-be volunteers to fill out applications. We still have a backlog in our files, and that is where we look when a new position opens up.

We will be hosting a party for volunteers in November. The tentative

date is Thursday, November 14. We will confirm this in the next newsletter. We will be inviting you all to a sit-down dinner in Roberta's Attic. We want to give you all a treat in return for your hard work and support. The deli will come up with some delicious edibles, and we look forward to the sight of so many worthy folks all in one place!

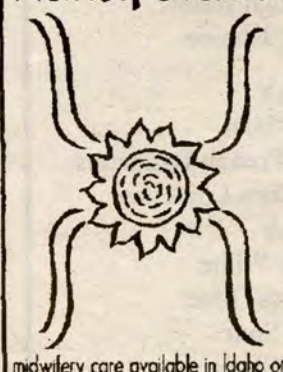
Thank you all once again for your hard work, and for being such a wonderful part of the Co-op.

Annie and Janna

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Board of Directors Report

by Susan Simonds

Life is full of surprises. Last spring I ran for the Co-op Board and lost to Al Pingree, who was running for reelection. Because the Co-op is the kind of place that it is, the Board asked me to serve as a volunteer Board member. During the last six months, I have learned so much about the running of the Co-op, and in particular, about the incredible expertise of Kenna Eaton, the general manager. The Co-op is incredibly fortunate to have somebody who is as devoted and skilled as Kenna at the helm.

On Saturday, September 7, I participated in the surprisingly fun experience of spending all day with the Board and Kenna in a retreat facilitated by Cindy Carlson. This was our opportunity to do the "vision thing" and to do some long-term planning. We met at Pat Vaughn's lovely house on Moscow Mountain, and although many of us wanted to play in the sunshine, Cindy managed to make the day engaging and productive.

For many of us, our wildest dream would be to take over the entire building and create a cafe with live music, a wellness center, and a much larger shopping area. In the meantime, we all agreed that we love the Co-op the way it is, but it could be an even better place.

Our immediate vision is to make the Co-op more inviting inside, more visible in the community, and more of a place that creates community. Working with the limited space we currently have, one thing we would like to do is enhance the people aspect of being at the Co-op. Some examples of how we see this being actualized is to improve the bulletin boards, find a

way to make cooking and wellness classes available (perhaps in another location) and schedule more social events.

Since everyone working at the Co-op is already overworked, we made the decision to explore hiring a marketing director. Mark Mumford and myself will be working on a job description and the finance committee will be investigating the practicality of adding this position. If you know of anybody who has experience in marketing and understands what the Co-op represents, tell her or him to watch for notices posting the position of Marketing Director.

While we get all this figured out, I rose to the challenge of managing the bulletin boards. (According to Kenna, everyone who has volunteered in the past has never followed through). Since I love a challenge, I immediately got to work and cleaned and organized the boards. Now the outside bulletin board is divided into sections (real estate, services, goods for sale, events) and I will clear it at the end of each month.

The inside board will be restricted to Co-op news and Co-op Business Partners (that is what it has been for, but no one seemed to notice). Hopefully, I will not be doing this for long and the job will be taken over by the Marketing Director.

If you are wondering what the Co-op Board does, think of us sitting in the sun on a Saturday fantasizing about our ideal Co-op and then trying to come down to earth to make it realistic and practical (although in reality, we meet monthly in a windowless conference room).



2% Tuesdays:

The story behind the scenes

By Kenna S. Eaton

For many years the Co-op has been wondering how we could address the issue of contributing to our community. We already do this in a myriad of ways: by working with the community in our store as volunteers; by making our newsletter the "Community News;" by opening up our eating area to allow members of our community to gather and eat together; with art openings that allow local artists a fresh, new opportunity to share their work with the community.

Yet the seventh principle of Co-operation, "Concern for Community," was still begging for attention. As we finalized our 28th year of operations, we accomplished a milestone: the Co-op eradicated all accumulated past losses. This put us in the enviable position of being able to actually give back to our community in a much more tangible way: by giving money.

As the Board researched the concept, we felt that we wanted to develop an on-going program that allowed us to award grants to our community to make it a better place to live. Eventually, the Board decided to go with a program that donates 2% of sales every Tuesday in a month to a certain group. Our next step was to identify how the process would work and who would be responsible for choosing the recipients. We decided to create a committee of three board members, myself, and three members at large and/or staff. Bonnie Hoffmann, George Bridges and Peg Kingery volunteered as Board members. Brenda Guettler, Nicole Weiss, and Carrie Corson – all staff – have volunteered, as well as Greg Goldberg, a member at large. We will be meeting in early November to award the grants for January, February and March.

Grants will be awarded to groups that are compatible with the Co-op, its mission and its values. In general, preference will be given to local, grassroots organizations that are non-sectarian. The activities of the groups should serve to enhance the quality of life in our community, in accordance with the Co-op's goals. The Co-op will consider groups that focus primarily on: humanitarian aid, environmental protection, and democratic process. Successful

applicants will be required to write an article for the newsletter accompanying the month that is theirs. They will also be asked to help create the flyer that we post in the store. If they would like, the group will be allowed to set up a table at the Co-op on the Tuesdays in their month to reach a broader audience.

Groups that apply for the 2% Tuesday grant are required to fill out an application form to be reviewed by the committee on a quarterly basis. The deadline for the applications is as follows: January 31 for April, May and June; April 31 for July, August and September; July 31 for October, November and December; and October 31 for January, February and March.

Successful applicants will be notified. All applications that are in compliance with the Co-op's goals will stay in the pool for one year from date of submission. A checklist for rating applicants based upon our guidelines will be prepared and given to committee members so they may rate applicants against our guidelines prior to meeting. Groups that are interested in applying may email me directly at kenna@moscowfood.coop and I will send them an application or they can find an application on our web site www.moscowfood.coop. We already have a good-sized pile of applicants for the New Year, so don't all rush to send your applications in!



Sweet Special Orders from the Co-op Kitchen

By Amy Richard, Kitchen Manager

Starting in October, the awesome dessert trio (Nicole, Elizabeth and Melissa) will be offering their now famous desserts for special order. Just fill out a special order form with your friendly deli server one week in advance, and you can make your next special occasion extra special with a handmade Co-op dessert. Birthdays, parties, holidays, potlucks, family gatherings: all can be made sweeter (and easier) for you. We will offer vegan as well as fully decadent desserts. Special order items available will be

listed on the form; we will offer only tried and perfected recipes so that we can be confident of excellent results. The list of items will include German Chocolate Cake, Cheesecakes, Key Lime Pie, Fruit Parfait, Tiramisu, Cookies, Dream Pies, White Cake with Orange Buttercream Frosting, Fruit Pies and more. Look for special holiday choices available in the upcoming months. Best of all, in October members will receive 10% off dessert special orders!

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Customer Profiles: Marcy Miller, Molly Howerton, Kalen Boland

By Vic Getz

The other day I was at the check-out at the Co-op when a young woman came up to me, offered her hand, and introduced herself, "Hi, I'm Marcy Miller. I'm in your Sociology 101 class." That day's lecture had been about concepts isolating features that are important to researchers. In class I suggested that students could isolate themselves as concepts by somehow standing out from the crowd (150 students are enrolled in this class)! Marcy took this to heart and paid the price. She's become one of my latest victims of the Co-op newsletter customer profile.

And there's no extra credit.

When we sat down at the Co-op for lunch with Marcy's friend Molly Howerton, it was fun to sit at the picnic table on a beautiful sunny day with Marcy, a Co-op member for two years and Molly, a "frequent shopper." Molly's been coming to the Co-op since she was a baby. Wait, here comes Kalen Boland. Another victim. Both Molly and Kalen are "locals." Born and raised in Moscow. (Kalen's also in my class. He said he wanted to become a concept, too.)

Marcy mentioned that she'd recently turned a conservative member of the community on to the bakery's cookies. He loved it. (It was vegan!!) "He was totally surprised that he liked it. Now he's a tree-hugger." For these three, the Co-op is the heartland of liberal/progressive thinking. And that matters to them.

What does this characterization mean to them. "I think conservatives are scared of the world," Marcy claimed. "It's knowing only what you know and not caring about other things. Believing what you're told so you're just going to believe it." Molly said she talks about her political beliefs a lot. "The more people hear different points of view, the more their minds will open up. It's important to get your opinions out there."

"Totally," said Marcy. Kalen said that there are so many stereotypes. He likes to sit down and talk with others. "It opens my mind, too." To these people, dialogue is an important part of their lives. I loved sitting here lis-

tening to them engage in it. "We're a really curious generation," said Marcy. Molly said she's seen lots of her friends getting politicized. (Wow! I thought I'd be hearing about their favorite candy. *THIS* is so cool! I'm faced daily with hundreds of students in the large lecture halls I blather in. I don't get to witness the passion and concern close up.)

When I tuned back into the conversation, they'd moved on to popular culture (an abiding interest of sociologists) and I heard, "I love my Cheetos." "I love the Daily Show." Kalen watches the Food Network. "It gives such good ideas for cooking." These people are blowing my mind. AWESOME. (Hey, do they still say that?)

So what's the deal, I wondered? Are you, you know, like, you know...typical? "No," Kalen laughed! Molly says, "yes," but clarified she meant college kids. What is the difference? "Lots of Moscow High School kids smoke and drink. They party, do the same stuff every weekend." Why are you different? "A driving factor is not wanting to be a stereotype," according to Marcy. The conversation carried on about their views of the stupidity of frat parties and the usual idea of fun. (Drinking and puking.) Marcy says that not being a stereotype means standing out and maybe even being a role model. "What shaped who you are?" I asked. "I knew a lot of people who have screwed up their lives because of drinking and drugs. Now all they have is working and drinking. That's not happiness to me. I want to get somewhere in my life."



Bringing it back to the Co-op, Marcy said, "This is a place where it doesn't matter who you are. You see people in business suits, professional people, people in sarongs and flip-flops. People still smile at you." Molly said that people who care about organic food are probably thinking more globally, so you get more like-minded people. For Kalen, it's also the diversity, "and it feels a lot more open because people can get along, all these different people, backgrounds and jobs, styles."

To them this 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 said, "It's a little piece of Moscow you take with you wherever you go." Co-op. Cooperation. Get it?

Thanks, you three! You are definitely welcome concepts to me.

Vic Getz is an adjunct instructor at the U of I while completing her PhD in Sociology at WSU. She'll be heading back to India in November to continue research on women and power. Thanks to Lisa McIntyre for the concept of concepts.

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Staff Profile: Brian Ogle

by Julie Monroe

It's definitely Brian with an "i" not a "y." With a "y" is the "wrong way," says 21-year-old Brian Ogle who knows precisely what he likes. He likes his nickname – the one he's had since 7th grade – "Ogle." (In some quarters, he also responds to "Skippy.") And when Brian likes something, he likes it very intensely and nearly to the exclusion of everything else. Almost as if he had the proverbial "one track mind."

And speaking of tracks, mixing them is what Brian likes best right now. Brian is a DJ – not on the radio but at clubs and raves in Moscow and the surrounding area. For those of you like myself who are unfamiliar with the techno-music dance scene, a club DJ uses two turntables and a piece of recording equipment called a "mixer" to play two tracks on vinyl records simultaneously. The DJ's job

is to match the beats of the two tracks to produce music that compels its listeners to dance.

Brian played his first set as a DJ at the now defunct Rumors club in Moscow about a year ago, with equipment he bought from a friend. Ever since, he's been "hooked," he says. As "DJ Ogle," Brian's goal is to "build energy" throughout the duration of the set, which generally lasts from one to two hours. Brian explains that there are different genres within techno-music: trance, house, drum and bass, and noting that there are "immense differences in production values," Brian says that he definitely dislikes "hard, bouncy" tracks. He does, however, admire the work of two producers, Circulation, a production group of two people in Britain, and the Dub Tribe Sound System in San Francisco.

As much as he likes DJ-ing, Brian doesn't see himself turning professional. "It doesn't seem like an actual career," he explains. Brian will most likely earn his living as a mathematics teacher after he finishes his degree in secondary education from the University of Idaho. He wants to teach algebra because he likes numbers; for him, they're toys. Brian says algebraic equations "are the fun-est little things." Educators seem to run in Brian's family; his mother, Susan Ryan Irbin, works as an elementary school counselor in Lewiston.

In addition to working on his bachelor's degree, Brian also works 16 hours per week as a stocker at the Food Co-Op, 20-35 hours per week as a clerk at Howard Hughes Video, and for his father, Nick Ogle. Brian has worked at the Food Co-Op for several years and has "done everything but cook," and although he hasn't "officially worked in the Deli," he does know how things are done behind the counter. Brian also helps his father with the backpacking food division of Paradise Farms Organics, the company his father and stepmother, Mary Butters, own and operate. Brian assists with packaging and shipping.

It makes perfect sense that someone who is really "into movies" should work at a video store, and a few years ago, Brian said he was "tempted to go to film school." However, Brian found himself more attracted to still photography than motion pictures, and par-



ticularly when he was a student at North Idaho College in Coeur d'Alene, he threw himself into the art of photography. He prefers black and white film and is intrigued by night photography. In fact, while at NIC, he completed a series of night shots of downtown Coeur d'Alene, using street lights as his only sources of illumination.

Unlike DJ-ing, there is the possibility, says Brian, that he could become a professional photographer, but if that were to happen, it would be sometime in the future. Sometime after he's graduated from college and has worked in Europe (maybe Holland or Greece, says Brian) for a year or two. Interestingly, Brian's brother, Sam Ogle, now works abroad, teaching English in Japan.

Whichever track Brian follows in the future, be it a vocation or avocation, it appears that he will follow it avidly but not without an ample degree of playfulness. When Brian says that, as a DJ, he expects himself to "play

well," he may have summed up his philosophy of life in two words that, when mixed, form a just-right match.

Julie Monroe knows nothing about techno-music but did live in Seattle when the grunge music scene was happening. She really appreciated the fashion sense of grunge musicians, having worn more than her fair share of flannel shirts as a teenaged hippie growing up in the sticks of northern Idaho. She wonders if Seafarers will ever come back into fashion.



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Swimming Pool Party

By Annie Hubble

Photos by David Hall

Towards the end of August, the Co-op booked the Hamilton Lowe Aquatics Center for a membership party, and those of you who didn't make it certainly missed out! It was a wonderful sight to see so many Co-op members having fun and relaxing.

I had never been there before. I had driven by on my way to other destinations many times, and the huge crowds had always put me off, but now I know why the place attracts so many loyal customers. The

obviously old hands — and I was lucky enough to have Sam and Sophie as guides at first, and they showed me some of the delights of the pool. We spent a lot of time at that special spot where the water flows in quite a strong current around an island. We floated around and around, quite often with Sophie on my back and Sam in pursuit. As they went off to other fun pursuits, I found it was actually a great place for an adult to relax and be carried around by the current. There were two or three of us,



in Moscow was somewhat redundant. I found the most gleeful rides for me were on the wider slide, where one could go down in comfort on an especially-designed inner tube. My first ride was a little frightening as I found myself traveling twists and turns in complete darkness, but there was indeed the promised light at the end of the tunnel and the ride was stupendous. A number of us spent much of the next hour climbing up the steps and sliding down the slides. Great exercise and so much fun!!

There were about four dozen

people from the Co-op sharing that huge playground, so we never had to stand in line for anything. Towards the end of the evening, when I was tiring a little, I found it very relaxing to slowly curve around the slide in a double tube. Earlier, I had gone down with other people in the doubles and the speed was exhilarating. (You certainly feel closer to your fellow Co-ops when speeding down a water slide, screaming and gasping!) But everything slowed down when sitting alone on the larger tubes, and there was a rather graceful timelessness to it, at least until that final "swoosh" onto the water.

evening of the party was somewhat cool, and I must admit my first plan was simply to drop off the refreshments, welcome folks, and then head home to my

cozy house, and return at closing time to make sure everything was in order. I arrived 15 minutes early to set up the drinks, and having nothing much to do once I had put the sodas and waters on the tables, I idly dipped my fingers in the water. It was WARM! I hadn't realized it was a heated pool! Well, that made all the difference, and after welcoming

the first Co-ops and reassuring them that, "yes, this is the right place and the right time," I got in the water myself.

Quite a number of children were part of the group — many of them

perched on inner tubes, just going with the flow.

By now several people had asked me if I was going to go down the slides. I absolutely adore water slides. I first became enamored of the activity in Glenwood Springs Hot Springs Resort. There is one slide there, but, at least back in those days, the customer had to buy a set of four tickets at a time. I was extremely nervous of the whole idea and was only trying it in response to a direct challenge, and the first time I went down the slide, I was absolutely petrified. But I still had three tickets left, and I didn't want to waste them! The second time I wasn't so scared and almost enjoyed myself, and the last two rides were sheer bliss! The question of whether I was going to try the water slides here



While we were enjoying the slide, I noticed many other activities going on. Some people were choosing to swim laps. There was an impromptu game of water basketball happening. Children were playing in the shallows near the giant frog. And some adults were standing around the potluck area fully clothed, very much enjoying themselves, though many of us "water rats" couldn't quite understand it!

I think this pool party was a wonderful idea. It was good to get folks outside and away from the store, and into a playful setting. I certainly had fun. Kenna originally came up with the idea, and I want to thank her for providing the Co-op membership with such a wonderful evening. I personally hope it was the first of an annual event, and if indeed it happens again next year, y'all should come!

The Tomato Man

By Georgia Young

For anyone who has ever attempted to grow tomatoes, which require a finicky schedule of sun, warmth, and water, you know that getting tomatoes to turn red is no small feat. As one of the major suppliers of the Co-op's local, organically grown tomatoes, delivering 280 lbs. of tomatoes each week during the summer, Dale Weissenfels is somewhat of a "tomatoist."

I was late meeting Dale Weissenfels twice. Surprised that he was even putting up with my utter lack of organization, I ended up having a memorable hour wandering around the tomato patch in his backyard, smelling the unmistakable green, ripe odor of hundreds of tomato plants, and petting his old dog, Sparky. Dale is a friendly guy, and he readily talked about his journey into the world of organic tomatoes. Having lived most of my life in Seattle and Portland, where the organic food community is fairly vibrant but also alarmingly composed of upper middle-class professional folks with very little connection to the soil, it was refreshing to talk to someone who came to organic farming via a totally different route.

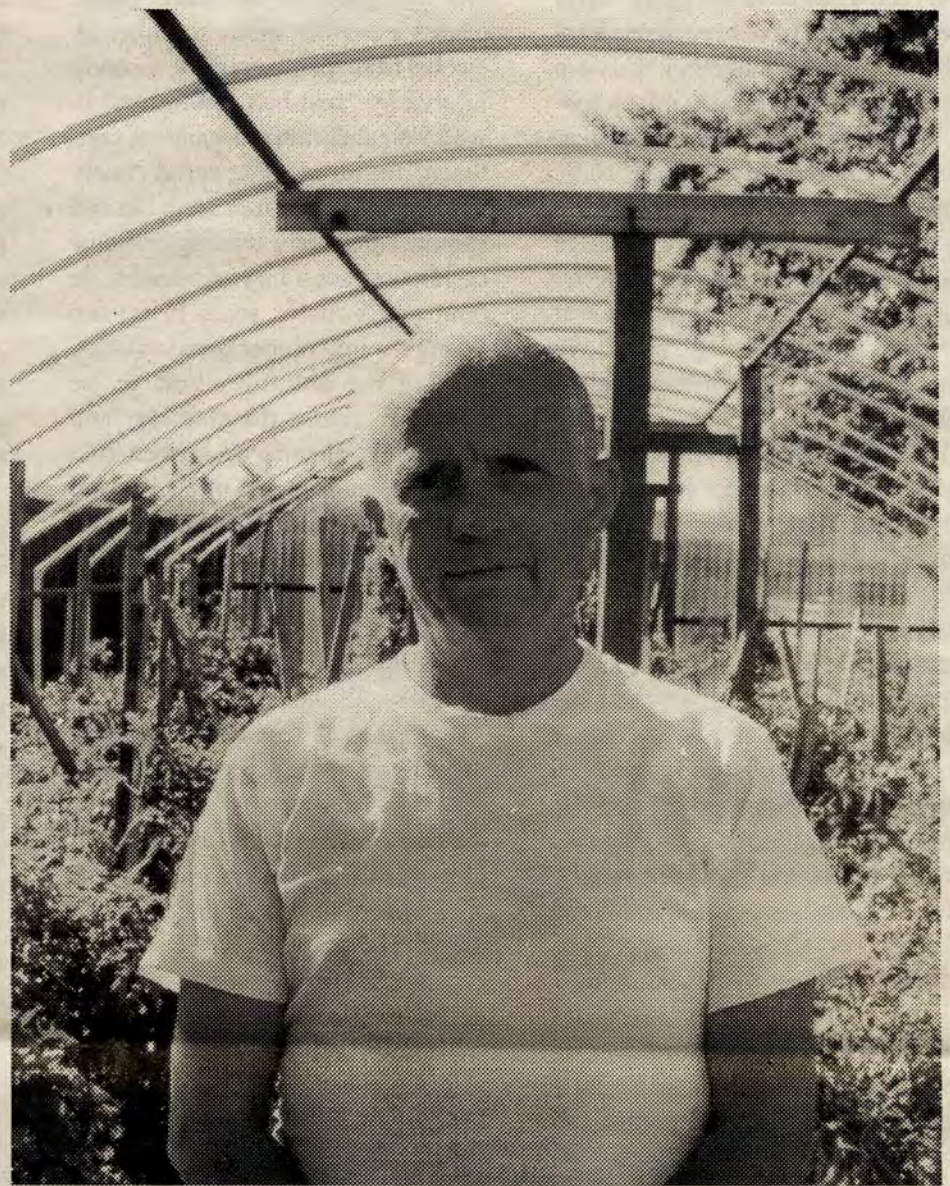
Dale grew up not too far from Clarkston, on a cattle and alfalfa ranch. He has lived in the Clarkston area all his life. For 30 years, he worked in a mill where he produced plywood, a job he says was fairly thankless. As a hobby, he started growing tomatoes in his backyard and selling them on street corners. The Co-op started buying his tomatoes in 1994, and he found doing business with them to be very pleasant, as they always provided him with a contractual, long-term market and didn't turn to large growers mid-season. When the Co-op started making the big push toward organic produce, they convinced Dale to start growing tomatoes organically. He fundamentally agrees with organic agriculture, as he doesn't like to consume pesticides and believes in small, local farms with high-quality produce. Last spring he took an early retirement and now works on his tomatoes full-time. As he put it "you never make much money doing anything so you might as well do something you like!"

Growing organic has been a process of trial and error for Dale, as there aren't many organic farmers in the Clarkston area. Every January he

plants around 300 seedlings in his house. In February he moves them out into the greenhouse, which is temperature controlled and allows for unusually early ripening even as temperatures remain sporadic. He gets tomatoes as early as Memorial Day, and the harvest typically continues through early September. He uses no pesticides, instead experimenting with natural sprays and fertilizers. The insects, surprisingly, pretty much stay away from healthy tomato plants, though weeds can be a problem and he pulls them out as he wanders the rows.

This year Dale's harvest has been cut almost in half by a mysterious "tomato blight," which has affected many conventional growers in the area as well. He is hoping to keep his soil clean next year and not spread the blight. I hope it works out because I can't wait to eat his tomatoes next May. As he points out, customers are usually a bit cowed by the price of organic tomatoes, but once they taste them they come back and fill bags. His tomatoes look like tomatoes should: firm, deep red, and fresh smelling. Dale definitely gives local, organic farming a good name.

Georgia Young is completing her Masters degree in fine art at WSU and drives to Moscow often.



2% Tuesdays to the Trail

By Pam Palmer

The Latah Trail Foundation is thrilled to participate in October's 2% Tuesdays at the Moscow Food Co-op. The purpose of the Latah Trail project is to provide a safe transportation alternative for bicyclists and pedestrians along the former railroad right-of-way between Moscow and Troy. Eventually, the Latah Trail will link with Moscow's Paradise Path and the Bill Chipman-Palouse Trail, creating non-motorized links and conservation/recreation corridors between the communities of Troy, Moscow and Pullman.

Work on the Latah Trail is already underway, a full year ahead of schedule. Thanks to funds made available through the Idaho State Parks and Recreation Department, with match-

ing funds provided by the Latah Trail Foundation and the City of Troy, the first mile of trail beginning at the Troy City Park is currently under construction. This forested area outside of Troy provides a dramatic contrast to the rolling hills so familiar to the Palouse.

Next summer, construction of the Latah Trail near Moscow begins, with project funds from the Idaho Transportation Department, and matching funds from Latah County and the Latah Trail Foundation. The remainder of the route is planned for completion by 2005.

For those who enjoyed the Latah Luau, the Latah Trail Foundation's fundraising dinner and auction on September 14, thank you for your generosity. We raised over \$24,000 for the

trail that evening!

The Latah Trail project is community building in action, thanks to numerous volunteers and contributors. Continue your support of the Latah Trail by shopping at the Moscow Food Co-op every Tuesday during the month of October and help us raise the needed funds to build the Latah Trail! Be sure to drop your name and phone number in the Latah Trail jar when you check out on Tuesdays at the Co-op for the chance to win two Latah Trail long sleeve t-shirts or two handmade Latah Trail walking sticks!

Pam Palmer is Executive Director of the Latah Trail Foundation.

BOOST 'EM!

By Lisa Cochran

Child Restraint Devices (CRDs) have come a long way in the past few years. Yet, a day does not go by where some child could have been saved from death or disability if only they had been buckled into an appropriate infant, toddler or booster seat. The major reasons why children are at risk are: some caregivers are lax in enforcing the use of safety devices; some have installed the car seat or booster seat improperly; some buckle their child into the seat incorrectly or have placed the child in a device that does not fit their weight and height.

Four out of five children who are buckled into a safety seat are at risk of injury or death due to improper installation. The National Highway Traffic Safety Administration estimates that consumers get the car seat thing wrong more than 85% of the time. Parents make mistakes by adjusting the belts too loosely over the shoulders. Other times, the crosspiece is too low to keep a child restrained properly. Shoulder straps should come through the seat, back just above the shoulder, and be tightened so that you cannot pinch the fabric together. Crosspieces should be positioned no lower than the armpits.

Some other common problems occur when children are placed into recalled, damaged, or outdated seats; children are put forward-facing too soon; the car seat is placed in the vicinity of an air bag or is in the front rather than the rear seat; locking clips are not used or are in the wrong place. Finally, one of the biggest and most common problems deals with appropriate device type and size. As a child gets older, it is not uncommon to find them in the wrong seat for their age, size, and weight.

This brings us into an often-overlooked aspect of child restraint devices: the booster seat. Some parents believe that if booster seats are not mandatory, they are unnecessary, that at age four or 40 pounds, kids are supposed to "graduate" to adult seat belts even though they don't fit properly. The State of Washington recently passed legislation requiring children to be at least six years old or 60 pounds before they can "graduate" to adult seat belts. Unfortunately, Idaho doesn't value its children enough to legislate laws to protect them. Even if an officer were to pull over a vehicle with unrestrained children, it is only a small fine (\$86).

Laws or no laws, car crashes are the top killer and cause of acquired disability in children. Children who are not in a booster seat can be injured in even

low impact collisions. Early graduation into a restraining system created and designed for an adult frame causes a smaller frame to either be ejected from their belts or be severely injured by "seat-belt syndrome," in which an abdominal organs are contused, ruptured or severed. Early graduation of kids into adult lap and shoulder belts is a leading cause of child-occupant injury and deaths. In contrast, booster seats bring the youngster into proper position by allowing the shoulder belt to lie smoothly across the shoulder and chest while allowing the lap belt to fit low and snug across the hips and upper thighs. And don't think an add-on device is the answer; tests show that repositioning devices are ineffective. In fact, the NHTSA is recommending that warning labels be posted on all such products.

What is the answer to keeping our kids safe? Always use a car seat for infants and babies. Never carry them in your arms. Do not use a seat older than five years or one that has an unknown history or that has been in an accident. When you buy a new car seat, be sure to send in the registration card so that the manufacturer will notify you if there is a recall.

Choose a seat that allows for rear-facing up to 30 or 35 pounds; don't rush to turn your babies around as studies show that rear-facing is safer until their neck muscles, bones and ligaments develop. For older babies and toddlers, a forward-facing seat that can hold up to at least 40 pounds is essential. For children from a minimum of 80 pounds but preferably to 100 pounds, use a booster seat. Use adult seat belts only when they fit them properly.

Art Lindquist of the Moscow Police Department is passionate about increasing public awareness about CRDs. Call him at 882-COPS (2677) to have him personally inspect your child's restraint device. Officer Lindquist is part of the Boost America Program, a grassroots safety coalition to educate parents on the importance of car and booster seat use. He is looking for people who want to become certified to inspect CRDs so that our children are safeguarded from needless death and injury.

Lisa Cochran is a longtime resident of Moscow and parent of a 4 year old.

Art Profile

By Rose Graham and Linda Pall

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 October 18 - November 21, 2002. An opening reception will be from 5:30 p.m. - 7:00 p.m. on Friday, October 18.

What better subject for a political junkie than Washington D.C.'s Party Animals Public Art Exhibit! And what better subject to have at the Moscow Food Co-op Gallery on the occasion of the 2002 general election than the symbols of the two major political parties, donkeys and elephants!

Linda Pall, long-time local political activist, 14-year Moscow city council veteran, and candidate for U.S. Congress in 2000, was in Washington, D.C. this past summer for business and took a few hours out of her schedule to chronicle some of the donkeys and elephants that graced Washington street corners and other public spaces with her 35mm single lens reflex camera. Predictably, her Democratic political commitment made the donkeys more attractive subjects for her, but her bi-partisan eyes were drawn to a number of pachyderms as well.

"This was the absolute best diversion I had this summer!" Imagine: all over Washington, 100 elephants and 100 donkeys, painted and sculpted and generally 'tarted up' with political, historical or artistic themes and a new view of the animal as well as its surroundings.

"Some of the animals were just plain humorous, like 'Chad,' the donkey covered with colored leftovers from the 2000 Florida presidential election results or 'Blue Sky,' the elephant accompanying the donkey, 'Baby Blue,' outside the *Washington Post*, both ostensibly reading the front page of the newspaper. But some were really inspiring like the *Profiles in Courage* donkey that showed the faces of nurses and teachers and cops and firefighters or the donkey that had the Democratic presidents and Eleanor Roosevelt on it."

Pall's eye caught the spirit of the exhibit as well as the city around it, from hot dog stands to traffic to a sleeping homeless person. Twelve samples of the much larger exhibit will be at the Co-op art gallery.

You can learn more about this creative public art exhibit by visiting their website, www.partyanimalsdc.org.



Welcome!

By Laura Long,
Membership Director

Back in April of this year we had a request from one of our members concerning credit card receipts and security. Can you adjust the credit card machine to print only the last four digits [of the credit card number on the receipt] as most machines do rather than printing the whole number on the receipt [as the Co-op's machines do]?

Well, I just wanted to let you all know that with the advent of the new POS system, we are now able to offer this security measure to everyone. You will no longer see your full credit card number on debit or credit card receipts. So, feel free to leave your receipt here for recycling if you don't need it for your records. We will recycle them by the bag full!

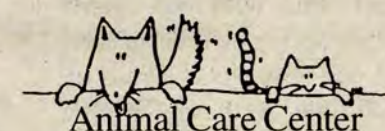
I also wanted to let you all know that our membership database is contained within our new system as well. So, if you've forgotten your membership card, but would like to take advantage of member sale prices, don't worry. Just tell us your last name at the beginning of the sale, and we can look up your membership status right on our new computers. (If you've just joined, give me a week or so to get your information into the system because I'm not faster than light at this time, although I do try!)

Thanks to all for your continued support of the Co-op, and your amazing forgiveness for our learning curve with the new system. We appreciate it!

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Large & Small Animals

Nancy Maxeiner, D.V.M.

USDA Organic and 'Beyond'

By Kelly Kingsland

In October, the new United States Department of Agriculture (USDA) organic standards are scheduled to come into effect. The standards dictate all aspects of organic production, from farming to production and processing to labeling and retailing. According to the Organic Consumers Association, "this culminates a controversial, decade-long process in which the federal government, specifically the USDA and its appointees to the National Organic Standards Board (NOSB), now have legal control over what can and can't be labeled 'organic'."

When the process first began, many people had concerns that turning over control of organic certification would degrade the standards. These concerns became reality in 1997 when the USDA proposed federal regulations on organic food that essentially turned the nation's multi-billion dollar organic food industry over to corporate agribusiness. The proposed regulations would include under the umbrella of organic labeling, things like irradiation, genetically-engineered ingredients, and fertilizing with sewage sludge, as well as what the Organic Consumers Association (OCA) calls a "variety of other industrial style-organic practices." This led to unprecedented public outcry (over 275,000 comments) and a major revision of the standards. It is these revised standards that are scheduled to come into effect in October 2002.

While certainly a victory was won, the OCA warns, however, that the new standards "may be at risk again as George Bush, Jr. caters to multinational food giants, biotechnology corporations and the nuclear irradiation lobby." The OCA warns that Bush's secretary of Agriculture, Anne Veneman, has final say over appointees of the NOSB Board. In their article "Is USDA Organic Grade 'B' Organic?" the OCA reminds us that Veneman was an "executive for Calgene, a biotechnology company acquired by Monsanto. Later she was the head of the California Department of Agriculture and promoted pro agribusiness, pro industrial forestry policies." So, we know what side of the fence she stands.

It is true that while the new organic standards protect us from some blatant violations of our food, there are efforts underway to further undermine the term "organic" in order to gain a larger share of that market. A good example of this is the current debate over livestock feed. According to the

National Campaign for Sustainable Agriculture, Anne Veneman is considering granting exemptions to large poultry farmers to allow them to claim exemption from the current standard requiring that their "organic" poultry be fed organic food. The NCSA is calling for comments on this issue, and a visit to their website (listed below) will give you more information. In their plea, they encourage you (yes, you!) to ask Veneman and Undersecretary Bill Hawkes to:

1) Stand fast with 100% organic feed rules for poultry and other organic livestock.

2) Uphold current livestock rules. Dilution threatens the thriving organic feed industry.

3) Do not bow to pressure that would undermine organic in the marketplace.

4) Keep the implementation date of October 21, 2002, for national organic standards on schedule.

The stakes are high. Large corporations are increasingly clever in their campaign to create and to maintain your dependence on their products. *Biodemocracy News* states that "no one today is making any money in agriculture except for the transnational corporate giants who control farm commodity prices, agricultural input prices, seeds, patents and retail food sales." GE products are a good (but not only example) of these strategies at work.

While monitoring policy implementation and formation and comment are seen as important, OCA reminds us that the real responsibility lays in "understanding the limitations of the 'USDA Organic' label itself and figuring out how we as organic consumers can find and purchase 'real organic' products, which not only meet the minimum health and production standards of the federal government, but also serve to promote environmental sustainability, social justice and fair trade... and humane treatment of animals." While the OCA sees that for the unforeseeable future, "USDA

Organic" is the standard (grade "B" organic) they do not see these standards as the full embodiment of the organic ideal. Specifically, they advise keeping three additional sets of principles in mind:

1) Buy local, unprocessed and in-season foods whenever possible. The OCA claims that the average food item in American supermarkets has traveled 1,400 miles and that 25% of all greenhouse gases in the U.S are a by-product of industrial agriculture.

2) Buy organic shade-grown coffee and other products that bear the "Fair Trade" or "Union Made" label. The OCA reminds us that products produced on corporate farms or plantations where farm workers are exploited can still bear the "USDA Organic" label.

3) Give your business to local businesses. The OCA believes that natural food stores, farmers markets, community-supported agriculture programs, and cooperatives are key institutions if we are to build and maintain a sustainable and socially responsible economy.

I believe that action on both fronts is imperative. Keep your money out of the bottomless pockets of corporations and put it into the hands of your neighbors and friends at places like the Co-op. This is an excellent way to promote the "organic ideal." The federal government was forced to bow to public pressure over this issue, and in time, that pressure will undoubtedly be needed again. The fact that our government continually expounds to the safety and health of foods containing GE organisms, sewage sludge, and the like puts them in a compromised position. Can the same organization that promotes these foods, the USDA, also be responsible for protecting us from them? I think not.

Kelly Kingsland lives and eats organic food. She believes that food and politics are disappointingly tangled together and hopes to shed some light on that subject.

Organic Consumers Association: www.purefood.org
National Campaign for Sustainable Agriculture:
www.sustainableagriculture.net
Anne M. Veneman, Secretary of Agriculture, 202-720-3631
Bill Hawkes Undersecretary of Agriculture, 202-720-4256
U.S. Department of Agriculture
14th and Independence Avenue SW
Washington, DC 20250
Capital Switchboard: 202-224-3121 (to reach your representative and senators)

Business Partner Profiler Wanted!

By Julie Monroe

If you're a writer with a healthy curiosity about the area's diverse economy, the Moscow Food Co-op needs you. The *Community News* is looking for someone to write a monthly profile of the Co-op's Business Partners. The businesses participating in the Co-op Business Partners program offer an amazing range of goods and services at a discount to members of the Co-op. If you are interested in providing a monthly profile and a photograph, please email Bill London at london@moscow.com. In exchange, you will receive a volunteer discount for your purchases at the Food Co-op.

Julie Monroe has volunteered for Moscow Food Co-op as a writer for the Community News for over a year and heartily urges other writers, especially beginning writers, to give serious thought to volunteering for the newsletter. A monthly writing assignment is not only a logical way for writers to give something back, but because it also teaches discipline, it benefits U2.

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Cooking

Bulk Foods Cooking Made Easier

By Peg Kingery

Meals made with whole grains, beans, and pasta just got easier! (Well, sort of.) You'll still have to spend time cooking them, but with the Co-op's new Bulk Foods Cooking Instructions, you won't have to go searching for basic recipes. Copies of the Instructions can be downloaded from the Co-op's web site (www.moscowfood.coop) or picked up by the bulk bins across from the Produce Department.

The National Academy of Science recently recommended exercise and a diet consisting of a high percentage of complex carbohydrates in the form of whole grains, pasta, and beans to achieve optimum health. Here are a few recipes showcasing some of the Co-op's bulk foods. Happy healthy eating!

FourGrain Medley

- ½ cup millet
- ½ cup quinoa
- ½ cup couscous
- 1 cup corn
- 3 cups water
- 2 Tbs toasted sunflower seeds
- pinch of sea salt

Place couscous in a medium sized bowl. Bring water and salt to a boil.

Add corn and simmer for 3 minutes. Pour off 1 cup water through a strainer and add to the bowl containing the couscous. Cover with a plate and set aside.

Return remaining water and corn to a boil. Stir in millet and quinoa. Cover and simmer for 15-20 minutes or until water has been absorbed.

Gently mix grains and seeds together and serve.

Red Bean Sauce

- 1 3" strip of kombu, soaked and diced
- 1 cup kidney and/or pinto beans, soaked 8 hrs
- 2 cups water
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 bay leaf
- 2 tsp unrefined oil
- 1 Tbs garlic, minced
- 1 tsp dried oregano
- 1 tsp dried sage

- 1 tsp dried ginger
- 1/8 tsp black pepper
- ½ tsp cumin
- ¼ tsp sea salt

Place kombu on the bottom of a medium saucepan. Layer onion, carrot, celery, bay leaf, and beans. Add water and bring to a boil. Cover and simmer about 1 hour, until beans are soft.

Heat oil over medium high heat. Sauté garlic and spices for 2 minutes.


Mix contents of the skillet with the beans. Heat through and serve over brown rice.

Spicy Noodles and Veggies

- 3 qts water
- 8 oz carrots, sliced
- 4 cups broccoli, cut in bite-sized pieces
- 2 cups fusilli or fettuccini pasta
- 3 scallions, thickly sliced
- 1 Tbs grated ginger
- 2 Tbs peanut butter
- 1 Tbs shoyu
- 2 Tbs rice vinegar
- 1 tsp sesame oil
- 1 tsp dry mustard
- black pepper, to taste
- cayenne pepper, to taste

Boil water for pasta. Cook pasta and carrots for 5 min, then add the broccoli and cook 5 minutes more. Mix ginger, peanut butter, shoyu, vinegar, oil, mustard, and peppers in a suribachi. Drain pasta and veggies, reserving ½ cup liquid. Add to the sauce. Return pasta and veggies to the pot, then stir in scallions and sauce.

Peg Kingery loves cooking with grains and beans! Her kitchen pantry is well stocked with colorful jars containing many of the Co-op's bulk foods."

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Frittata for Two

by Jen Hirt

Once, while staying with friends, they made me an awesome brunch dish – the frittata. Not only was it tasty, but it looked stunning in its cast iron skillet, which inspired me to purchase my own skillet and embark on frittata adventures. Frittatas are very versatile. You can use two cups of random vegetables from your garden or you can use two cups of leftovers – pasta, rice, meat, anything. Here's one such frittata adventure, slightly adapted from the book *Kitchen Secrets*.

Vegetable Frittata

Serves 2

- 1 tbsp. olive oil
- ½ small red onion, finely chopped
- 1 clove garlic, finely chopped
- about 2 cups of your favorite vegetable, thinly sliced
- 2 tbsp of your favorite fresh herb, chopped
- ¼ tsp. salt
- a dash of black pepper
- 3-4 eggs, depending on size, lightly beaten
- 1/3 cup grated Parmesan cheese
- ½ tbsp. butter

You will need a 10-inch cast iron skillet with an oven-safe handle, or some other ovenproof skillet. Cast iron works best.

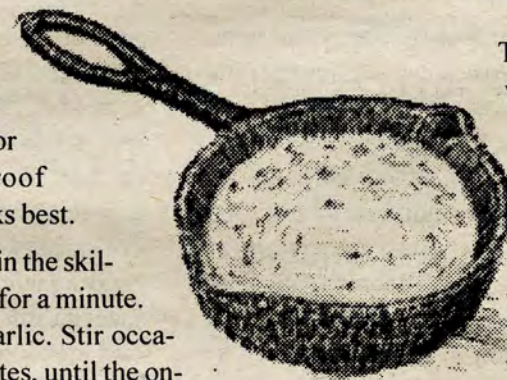
Heat the olive oil in the skillet over medium heat for a minute. Add the onion and garlic. Stir occasionally for five minutes, until the onion and garlic are soft.

Add the vegetable. Broccoli, green beans, spinach, tomatoes, or peppers all work well. Make sure the vegetables are mostly dry – too much water will cause a problem later when the eggs need to set. Cook until tender-crisp (or tender-dry for the spinach), which takes about 3 minutes. Add the herb, salt and pepper. Stir.

In a large bowl, whisk the eggs and the Parmesan. You can eliminate a few egg yolks if you want, and you can probably use whatever cheese is available, but Parmesan is yummy. Add

the vegetable mixture from the skillet. Stir it all up until the vegetables are well coated. Preheat the boiler. Medium-low heat is best. Wipe the skillet clean and return it to the stovetop over moderate heat. I use a little nonstick spray (or olive oil) so that it will be easy to remove the frittata for serving. Melt the butter in the skillet until it's bubbly. Pour in the egg/vegetable mixture and immediately reduce the heat to low. This is an important step. Failing to reduce the heat, as I have often done inexplicably, causes the frittata to burn fairly quickly. The rest of the frittata will be deceptively fine, but the bottom will be crispy black-brown, and no one wants that, but everyone you are serving will pretend they don't mind and that they like to eat burnt eggs. (They are lying.)

Once the mix is in the skillet, do not stir it. Just let it cook for about 12 minutes. You're ready to move on when the edges are set but the middle is still somewhat runny. Move the frittata under the broiler, about 6 inches from the heat. Broil for about 2 minutes. The broiler is a great thing – the descending heat cooks the top of the frittata to a gorgeous golden hue, with a slightly crusty crust. It should smell awesome at this point.



They are two ways to serve a frittata. Both require a thin spatula. For the informal way, just slice some wedges

and serve them right out of the skillet. If you're feeling fancy, loosen the entire frittata with the spatula, then carefully slide it onto an elegant serving dish. It can also be cut into bite-sized pieces for an hors d'oeuvre situation.

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

Curry: Mysterious, Elusive, Delicious

By Katherine Yeary

Illustrations by Katherine Yeary

WHAT IS CURRY? You can buy it in a can, and you can find it on the ingredients list for that special couscous, and it always, always tastes better at your favorite Indian/Eastern Cuisine dining facility (something that after today, I hope, is no longer a reality). To be honest, curry has a complicated and somewhat elusive definition. Often mistaken by new enthusiasts to be its own special Indian spice, it is actually a blend of many things. Curry has boomed in popularity in Britain over the last century and has just recently crept its way into the American heart and appetite, which explains the somewhat mysterious veil separating budding chefs from adventurous dining.

Curry is not just a blend of spices. While its contents may contain an extensive list of spices — most commonly chili, cumin, coriander and turmeric — it may be any number of combinations of Eastern and Indian spices in a sauce of pureed onions, garlic, and ginger. Other common ingredients are yogurt, cream, and ground nuts, but again, curry is free in

the ways of the kitchen world. It may contain some surprising things.

Coconut oil is a very popular ingredient in many fine curries, and I find that such dishes are especially good when combined with fruits, dates or currants, pineapple, and mango, for example.

Curries have such large variations, despite their more specific similarities, because of their history. Curry is popular throughout the Indian sub-continent and is eaten both as a staple food and as fine cuisine. Different regions of India have different likes and dislikes and different local ingredients can greatly alter a curry's flavor and appearance. Depending on natural and trade influences (for instance, a Goan curry is just a little Portuguese) a curry will be red or yellow, hot or mild, like a stew or simply vegetables in a creamy sauce. Its popularity in England is a fine example of how curry adapts for tastes.

Chicken Tikka Masala is by far the most popular curry in England, but Indian cuisine in the UK is generally controlled by Bangladeshi immigrants, not Indians.

Cooking with curry is adventurous! Corny, but because of its vague definition and its flexibility, curry can be made to fit your exact tastes (as long as you're craving something somewhat exotic, that is). Curry can be difficult or simple depending on how you decide to experiment. Add some lamb, or fried tofu, or try mixing local apples, raisins, and nuts into the sauce to give it a Western (and certainly delicious) twist. When making curry, it's easy to branch out from the recipe book without turning it into dog food, so have fun.

Here's a tip: one great secret to making curry is to use dried fenugreek leaves. They are often what a curry still needs to be perfect. They aren't always easy to come by, but they hit the spot!

Super Veggie Curry

- 2 medium sweet potatoes, chop into 1/2" cubes
- 4 medium white potatoes (red skin are a good choice), chop into 1/2" cubes
- 3 carrots, peel and chop into 1/2" inch slices
- 3 Tbs. olive oil
- 1 jumbo yellow onion
- 1 red bell pepper (could substitute green), chop into 1" pieces
- 1/2 lb. mushrooms, quartered
- 1 medium zucchini squash, slice in half vertically then chop into 1/2" slices

- 1 medium yellow squash, slice in half vertically and chop into 1/2" slices
- 2 large tomatoes, medium diced
- 1 large can Progresso crushed tomatoes
- 2 cans Progresso chick peas
- 1/2 c. golden seedless raisins
- 1/2 c. dark seedless raisins
- 4 Tbs. or more of mild curry paste, more if you like it hot
- 2 tsp. salt
- 1 tsp. dry fenugreek leaves (optional)

Parboil sweet potato, white potato, and carrots until tender crisp. Drain.

Set aside. Heat olive oil in a large stock pot. Stir fry onion until pale golden color. Add red peppers and mushrooms and stir fry until thoroughly heated. Add squash and diced tomatoes, continue to stir fry until heated.

Add crushed tomatoes, chick peas, raisins, and curry paste. If you feel up to it, exchange some of the raisins for apples. I suggest slightly tart ones (but still more sweet than tart). Bring to a simmer and add potato/ carrot mixture. Add salt and continue simmering for 20-30 minutes. Add a little water if necessary. If you are using fenugreek leaves, add them about the last ten minutes of cooking. This curry is even better on the second day!

Katherine Yeary is available for suggestions and new ideas by email paleophelia@jtookmyprozac.com. She'd love your help!

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Gardening

'TIS THE SEASON TO PLANT BULBS

By Patricia Diaz

October is usually the perfect month for us to plant spring and summer blooming bulbs. The cooler fall temperatures have arrived and the bulbs need to be planted about six weeks before the ground freezes, so October is about right. If Mother Nature blesses us with a really warm "Indian" summer, just place your bulbs in the crisper section of the refrigerator to keep them cool until the weather cools and you can plant. Just don't let the bulbs get near apples or other fruits in the 'fridge as the gas emitted by fruits can be harmful to bulbs.

The most common bulbs to plant in fall are daffodils (narcissus), tulips, crocus and iris. The hyacinth varieties are very popular also. In this month's article, we'll cover how to plant the bulbs, how to keep furry critters from digging them up, and how to take care of the bulbs and flowers once they appear.

Spring/summer flowering bulbs can be planted by themselves, in beds, or in containers, and there are several kinds of bulbs that will naturalize over time, or multiply in your garden. If you miss the window of opportunity mentioned above, go ahead and plant your bulbs anyway. They might not have the root development that earlier-planted bulbs might have, but it would be much better than waiting until the next fall to plant. I remember one year planting bulbs on Thanksgiving Day in a snowstorm simply because I hadn't had the time before then to do it! The bulbs did fine the next spring.

Most bulbs come with planting instructions, but if you lose them or buy in bulk and don't have instructions, the simplest way to remember how deep to plant them is – plant them about three times as deep as the bulb's diameter. Also, buy plump, top-quality bulbs from nurseries, and the sooner they are available to buy, the better. Generally, the bigger the bulb's circumference, the more flowers you will get from that bulb.

If you have the heavy clay soil

that most of us have, amend the soil so that it will drain quickly. That way you won't rot the bulbs. If you are planting in garden beds, add organic matter before planting. If you are planting in pots, use light, fibrous potting soil. Mulching your bulbs isn't necessary, but it certainly can be beneficial. About three inches of mulch is sufficient. The best time to mulch your bulbs is right after the ground lightly freezes. The mulch keeps the ground temperatures cool and stable, stable being the most important part of that equation. Also, water your bulbs immediately after planting.

If you have lots of furry critters digging up your newly-planted bulbs, there are a couple of things you can do to foil them. First of all, plant daffodils and others of the narcissi family – squirrels don't like their taste. But if your favorites are tulips and crocus, you can place wire mesh on top of the bed after you plant the bulbs. Squirrels can't dig through the wire, but flowers can still grow through it.

A really neat planting trick for bulbs is to plant them in clusters instead of lines. If you plant them in a triangular pattern (with the point of the triangle facing the front of the garden) then it looks as if you planted more flowers than you actually did.

How do you take care of these spring/summer flowering bulbs? All of them thrive in full sun and/or dappled shade in hot summer climates. Apply a complete fertilizer between leaf emergence and bloom. In containers, use half-strength liquid fertilizer and apply it at leaf emergence, at bloom, and then once the blooming is finished. After the leaves start to die, stop watering to let the bulbs go dormant for the summer. You can pull off the faded blooms but keep the leaves on the plants. This helps rebuild the bulbs. Remember to clip off faded tulip flowers so they don't go to seed. If you've planted your bulbs in containers with annuals, you can keep watering throughout the summer. Just cut down

or tuck fading bulb foliage under the annuals.

What happens if we get a spring snowstorm after your bulbs bloom? These plants are hardier than you might think and usually they can weather these late storms. A short freeze shouldn't do much harm either,

although it may damage developing buds and "burn" the blossoms if they are already opened.

Pat Diaz lives on six acres in the woods and is busy shooting turkeys away from the ripe tomatoes and deer away from the potatoes. Why won't they eat zucchini???

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*PAID FOR BY THE COMMITTEE TO RE-ELECT GARY YOUNG

Political Commentary

News from the West

By Auntie Establishment

Well, I'm waiting. Now that Noelle Bush has been caught with crack cocaine, will her father Jeb be thrown out of public housing? Noelle is getting treatment (having been busted originally for writing herself a prescription for Xanax) and her father has asked the media to respect the Bush family's privacy. And I'd be happy to comply—if only poor people weren't being evicted from their homes because they too have relatives who've been caught using. No, I don't think it matters that Noelle was caught using in rehab and not toking up in the Governor's mansion—under the current auspices of the War on Drugs, an addict's family can be evicted even if he or she is caught using in a parking lot twenty miles away. It's called zero tolerance, and it's one of the many reasons why the United States has now surpassed Russia and China as the country with the most citizens per capita in prison. We're number one! Hurray!

Boy, do I feel jingoistic. Must be this build-up to another war in Iraq. (Drugs aren't enough for us—we need an enemy with a mustache.) Although I have misgivings about George W. Bush's policy of regime change—three thousand Iraqis a month die right now as a result of sanctions; we have no support from the international community; and Saddam Hussein isn't actually the guy who attacked the World Trade Center—I don't want to say so too loudly for fear that I'll be accused of having no penis. (Horrors! Perhaps that's why I find camping so inconvenient.)

Pacifism has often been (unfairly) equated with effeminacy, but now apparently expressing a preference for diplomacy in Iraq is being taken by some as evidence of castration. In his September 13th column in the *Lewiston Morning Tribune*, Michael Costello referred to European skeptics of the necessity for another war as EU-nuchs. (Very clever, eh? Not on a par with "Arise, Sir Loin of Beef," but then we

can't all be Bugs Bunny.) The overt message here is that real men say damn the civilians, bombs away! But what is the covert message? SCUDS are for studs? No peace for the penis? I don't know about you, but I'm not willing to equate torpedoes with tally-whackers just so Michael Costello can strut around like a porn star. If he's feeling inadequate, I think it would be cheaper and easier to buy him a pair of leather chaps and a big, red Corvette.

With all due respect to the rocket-in-my-pocket crowd, I don't think W's yen for war with Iraq has much of anything to do with penises. If we're looking for phallic metaphors, we might be better served by sticking closer to home. Florida is once again suffering from electile dysfunction. The President's summer economic forum proved to be impotent. The stock market needs a dose of Viagra. War might pump up sagging

poll numbers, but this is the stuff of elections, not erections.

Auntie Establishment is the pen name of Joan Opyr, who would be happy to address your questions and comments at auntiestablishment@hotmail.com. Criticisms will be addressed by her other alter ego, Say Uncle.



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Book Review: The Oxford Book of Essays

By Annie Hubble

In response to Bill London's request for articles about books that have impressed us in one way or

another, I should like to mention a book in general, and a part of that book in particular. The book itself is *The Oxford Book of Essays*, chosen and edited by John Gross and published by the Oxford University Press in 1991. It contains a series of essays, written over the course of the last 400 years. The first essay in the book was written in 1625 by Francis Bacon. Titled "Of Truth," he argues, "it will be acknowledged even by those that practise it not, that clear and round dealing is the honour of man's nature." The last essay in the book was written in 1980 by Clive James. Titled "A Blizzard of Tiny Kisses," the wonderful first line reads, "To be a really lousy writer takes energy!"

With this rather massive tome in hand, you can read words by Dickens, by Hilaire Belloc, by Thoreau, Oscar Wilde, George Orwell and many others. Words of wit to chuckle at, thoughtful essays that provoke discussion, and laments that can bring one close to tears. The essay is a wonderful art form. By its nature, it has to be concise, with carefully-worded arguments and observations. On borrowing this from the library, I made a point of opening it each evening and reading one essay. None are more than a few pages long, and I would never know into what world I would be brought.

On September 9, I opened the book to an essay written in 1777 by James Boswell, entitled "On War." This seemed very appropriate, as the nation as a whole and myself certainly as an individual, were looking back to

the tragedy of September 11 last year. In the essay, he ponders upon "the horrid irrationality of war," and is "struck with wonder at the shortsightedness...of human beings...soberly preparing the instruments of destruction of their own species." I found it sad but encouraging to read such abhorrence of warfare written so long ago. He writes, "I have often thought if war should cease over all the face of the earth, for a thousand years, its reality would not be believed at such a distance of time, notwithstanding the faith of authentic records in every nation...How long war will continue to be practised, we have no means of conjecturing."

To say that I 'enjoyed' reading this essay might not be a true statement, for it was at times a very difficult and emotional thing to do, but I was very much moved by it. It is good to know that there have been brave people throughout the ages speaking out for peace, while horrifying to know war is still very much part of the human condition. I find his words as appropriate today as ever. We are lucky to have the words of our best philosophers so readily available.

So, if you want many varied experiences in one book, get this one out of the library. But you will have to wait a while as I have just renewed it!

And let us pray for peace.

Annie Hubble was born in Oxford, England. She earned a degree in English Literature and Language at Leeds University. Many years, another country, and many adventures later, she has made Moscow, Idaho her home. When not working at the Co-op, she can be found hiking her favourite trails, dancing, gardening and wishing she had time to write more.

What If Everybody Read the Same Book

By Julie Monroe

Although Richard Russo, who won this year's Pulitzer Prize for his novel *Empire Falls*, wonders if reading, like sex, improves in groups, you now have a chance to find out for yourself! This month, Bookpeople of Moscow and the Latah County Library District are participating in "What If Everybody Read the Same Book," sponsored by the Lewis-Clark Center for Arts & History, Confluence Press, the Asotin County Library and the Lewiston City Library. This annual series is designed to promote literacy, communication, reading, and writing through a variety of events based on a single book.

This year's book is *Fire on the Mountain* by John MacLean. *Fire on the Mountain* examines the 1994 fire in Colorado's South Canyon - a fire that took the lives of fourteen firefighters. A documentary based on MacLean's book will premiere on the History Channel on October 28.

Nearly a dozen programs are scheduled in Moscow and the Lewis-Clark Valley in conjunction with the series. In Moscow, two events are scheduled. John MacLean will sign copies of *Fire on the Mountain* at BookPeople on October 20 from 3:00 - 5:00 p.m. BookPeople will donate 20% of the proceeds from the sale of *Fire on the Mountain* to the Moscow Volunteer Fire and Ambulance Department. In addition, *Fire on the Mountain* is the October selection of the Moscow Community Book Club. The book club, which is open to everyone, will meet on Thursday, October 24, 7:00 p.m. at the Moscow Public Library.

For more information about the series and events in the L-C Valley, contact Program Director Lisa D. Jenkins at 208-792-2336.

Julie Monroe works for the Latah County Library District as a fixer and a finisher.

New Awareness to New Economies

by Ken Nuhn

We are often faced with the sad picture of those who control natural resources in the world opposing those who live from or care about those resources for the long-term. At the suggestion of a professional working for Potlatch Corporation, I recently read the book, *New Economy of Nature* by Gretchen C. Daily of Stanford University and Katherine Ellison of Knight Ridder Newspapers. It was a timely read for me, as I was going to Washington D.C. to attend a symposium concerning right-of-way and corridor policy. We were gathering to discuss the impact of current and future policy on economics and property "value." The text gave valuable insights and many ideas to share with colleagues there.

Until recently, land use analysts and planners have given little consideration to many important intangible factors relating to property. The book is persuasive in illustrating the consequences of retaining the status quo in resource use. The authors describe ways economists and resource owners have developed policies and tech-

niques toward conservation and sustainable use of the earth in the new global economy. They give several examples of new ideas for the marketplace, illustrating the imperative and the ability to embrace a more mature attitude toward resource management.

I am encouraged that this text can change minds and hearts about the ingenuity of the traditional marketplace to deal with this most important issue. It should be required reading for anyone in a present or future position of influence over any part, however small, of our precious planet.

Ken Nuhn, Columbia Natural Resource Analysis, LLC, is a Certified General Real Estate Appraiser in the states of Idaho and Washington, as well as a Life Member of the Moscow Food Co-Op.

Editor's Note: This book is not available at the Food Co-op but may be at local bookstores and libraries.



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Your "Friends" Protect Idaho's Big Wild

by Leslie Einhaus

The idea of wilderness needs no defense. It only needs more defenders.

Edward Abbey

Pot Mountain. Meadow Creek. Kelly Creek. Mallard-Larkins. Weitas Creek.

These are a few of the unforgettable places that are part of "Idaho's Big Wild" of central Idaho, also known as the Salmon-Clearwater or Greater Salmon Selway Ecosystem. This country contains the largest and most remote undeveloped (that's key - *undeveloped*) wildlands left in the lower 48 states and is mostly public land. Many of your "friends" are working to protect places like Kelly Creek and Cayuse Creek from the great arm of Progress. You should join them. Here's why:

The Friends of the Clearwater is a non-profit grassroots organization based in Moscow. The organization is dedicated to protecting the national forests and public lands of the Clearwater Basin from the forces of industrial destruction.

The Forest Service continually plans new timber sales, often with destructive consequences, and builds roads through wild country. Mining and livestock grazing degrade the once clean streams. Motorized vehicle use rips up soil and ruins the solitude of

the forest. "Grassroots organizations are often the most effective means of effecting social change, and likewise of preventing unwise things from happening in terms of public policy," says Chris Norden, a Moscow resident and FOC member for seven years.

Norden has been involved in protecting the Clearwater because, he says, "it's one of the last best places. Most of the other big wild places are gone - included in the history books." Like many of his fellow "friends," he is grateful that such a pristine, untouched space is so close. "It's expensive to go all the way to the North Slope in Alaska or the Yukon backcountry every time I want to be somewhere that's not a shopping mall, car dealership or farm land."

Josh Burnim of Missoula, Montana, is another Friend of the Clearwater. He says factors such as off road vehicles and legislative riders gutting environmental laws (that roll back citizen rights) in the name of preventing fire are some of the most significant threats to the areas like the Clearwater. "The Clearwater is one of the most magnificent places, a place of old growth cedars and mountain hemlocks, as well as some of the best habitat for endangered carnivores."

In the fall and spring, the Friends of the Clearwater meet on a bi-monthly schedule for potlucks. While



munching on delicious entrees, members discuss issues key to the survival of the Clearwater country. Members also plan various weekend outings - camping, hiking, snowshoeing, etc. So, keep a lookout on the Co-op calendar for FOC events. Become a "friend" of the forest. In the book, "Wild to the Last," Chuck Pezeshki commands his readers to: "Do the walking - verify

it for yourself. But do it quickly, because it is going fast. Real fast." Contact FOC at foc@wildrockies.org or phone the Moscow office at 882-9755.

Leslie Einhaus is a writer at the University of Idaho. She lives in Moscow with her "kid," a chocolate Labrador named Bridger. She enjoys traveling to Idaho's backcountry. She has been a member of FOC for two years.

Clearwater Musings

Sunset at Buckingham Lake
Bear grass at sunset
is worth the steep, 12-hour climb.
The dog doesn't bark atop this
mountain
near lake and
lattice of trees, sun, clouds and cool
night air.
It is July here in the Clearwater.
We are people who think that if life
holds
simply this moment,
this place,
we hold enough
Here
on the edge
of Buckingham Lake.

—le

Resources:

... "Wild to the Last: Environmental Conflict in the Clearwater Country," Charles Pezeshki, Washington State University Press
... Web site:
www.wildrockies.org/idahohike
... Wildlands Colloquium Project at the University of Idaho
(e-mail: gollberg@uidaho.edu)



Bulletin Board

moscow food coop
 221 east third street
 moscow id 83843

PARADISE PATH PLANTING DAY

Saturday, October 12th

Meet at Tidyman's Parking lot near path
 Planting starts at 8:00 am.
 Please bring gloves and shovels.
 800 saplings plants will be planted along the
 newly paved Paradise Path from Blaine St. to
 Mt. View Road. Refreshments served

Events at the UI Women's Center

Oct 9: Sample Organic Office Cuisine with Mary Jane Butters
 Oct 30: Travels to Tibet with Jeannie Harvey and Phil Druker
 885-6616

Imagine Your Library

Please join the Latah County Library District in creating a vision for your public library.

Community meeting dates:

Bovill Library	Wed	Oct 16th
Genesee Library	Thurs	Oct 17th
Deary Library	Mon	Oct 21st
Juliaetta Library	Wed	Oct 23rd
Potlatch Library	Mon	Oct 28th
Moscow Library	Tues	Oct 29th
Troy Library	Wed	Oct 30th

All meetings from 6:30 - 8:00 pm

Questions? Call 882-3925.

Friends of the Clearwater Community Potluck

Tuesday, October 8th, 6-8pm

Come to share food, learn about forests, and meet other friends who care about the wild Clearwater region! Everyone is welcome. For location or more information, please call FOC at 882-9755 or email foc@wildrockies.org.

Moscow Community Book Club

Thursday, October 24, 7:00 p.m.
Moscow Public Library

Fire on the Mountain by John MacLean is the October selection of the Moscow Community Book Club. The book club, which is open to everyone. On Sunday, October 20, John MacLean will sign copies of his book, at BookPeople from 3:00-5:00 p.m.

Tutxinmepu Pow Wow

UI Kibble Dome
October 18 and 19
 885-7716

"Sherman J. Bellwood Lecture:

Bryan Stevenson, Executive Director of the Equal Justice Initiative in Montgomery, Alabama will present a lecture, "Confronting Injustice" on Thursday, October 10, 4:00 p.m. in the Student Union Ballroom on the University of Idaho campus. The recipient of the 1991 ACLU National Medal of Liberty and the 1993 Thurgood Marshall Medal of Justice, Stevenson has worked on behalf of prisoners denied fair and just treatment in the legal system since 1985. The lecture is free and open to the public.

The Co-op's Art Gallery Art Profile

The photo of elephants from Washington on display at the Co-op from Nov. 21, 5:30pm-8:00pm. The reception will be from 5:30pm-8:00pm.

Latah County Library Special Collections Library

Help someone find an English or inform... e-mail...
 Moscow ID 83844-2351

Friends of the Clearwater Annual membership Meeting and Celebration

Wednesday, October 17th
7:30pm at the 1912 Building (3rd and Adams) in Moscow
 Come visit and hear tantalizing stories about the ancient cedars in the Clearwater Valley at Friends of the Clearwater.

The Co-op's Art Gallery Annual membership Meeting and Celebration

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

The Co-op's Art Gallery

The drawings of U of I graduate student Jared Wilberg will be on display at the Co-op's Art Gallery from Sept. 20th-Oct. 17th. An opening reception will be from 5:30pm-7pm on Friday, Sept. 20th.

WomensWorks

8th annual Women's Holiday Art Fair
UI SUB Ballroom
November 8 and 9
 885-6616

Religious, & Major Events

PEACE... come stand with us among colorful peace flags of many languages as we observe periods of silence as well as times of speaking, announcements, poems, readings, musical contributions. Those who gather are of different religious faiths as well as of no particular religious faith. They represent no particular political party, but join with people worldwide committed to justice for all peoples and nonviolent resolution of conflict. You are invited to make a visible public statement with us every Friday, **FRIENDSHIP SQUARE, downtown Moscow, between 5 & 6:30 p.m.** People come and go as their schedule permits. Currently, we have available several opportunities for action: add your name to the October effort to publish locally the national "NOT IN OUR NAME" statement; sign petitions and/or send a stamped postcard opposing the proposed War in Iraq; purchase and wear a t-shirt "NO TO WAR IN IRAQ" and/or "YES TO PEACE IN STEAD." Questions? 882-7067.

Contra Dances
 The Palouse Folklore Society holds contra dances regularly in Moscow, ID

Listservs:
 Vision/2020, an electronic mail talk list focusing on Moscow planning and community issues.

Submit non-profit announcement to beth_cas@hotmail.com by the 25th of each month. For additional events & info http://www.moscowfoodcoop.org

