

April 2003

**FREE!**  
Please take one.

# Community News

The monthly newsletter of the Moscow Food Co-op



## Bikes, Free Bags, Flowers & Earth Day

By Kenna S. Eaton

Celebrate Earth Day this year by bringing your bicycle out of the garage and into the sunlight. Saturday, April 26, we are sponsoring several events to help you do just that. Ride your bicycle to the Co-op that day, and we will have bike mechanics on hand to help you get your bike in shape for the upcoming season, plus you'll get a FREE flower!

Village Bicycle Project and Northwest Mountain Sports will set up shop at the Co-op for the day, and they will teach anyone who is interested, the basics in bicycle tune-up and repair. If you simply need some help with your bike repair, they'll be happy to do that, too. The bike workshops will be held on the Fourth Street side of our building if it is sunny, and in front under the awning, if it decides to snow or rain. Northwest Mountain Sports, a Co-op business partner, will sell bicycle parts for a 10% discount so you can go ahead and complete those repairs on the spot.

We will also accept used bikes for donation to the Village Bicycle Project. Moscow's Dave Peckham started this project to take bikes to Africa where the owners are then trained to maintain and repair their new bikes. Dave is looking for donations of bikes (especially mountain

bikes) parts, and cash. Donate a bike, and you'll also receive a FREE Moscow Food Co-op re-useable cloth grocery bag! If you are interested in learning more about the Village Bicycle Project, check out their web site [www.ibike.org/vbp](http://www.ibike.org/vbp), email [ghanabikes@yahoo.com](mailto:ghanabikes@yahoo.com), or call Dave at 892-2681.

If you chose to ride a bike to the Co-op on Saturday, the 26<sup>th</sup>, we'll give you a FREE flowering plant to take home and beautify your place. So, bring your bikes, your friends and kids down to the Co-op and take home a flower and a shiny, happy bike.

As usual, the Co-op will also putt together a crew for the annual Paradise Creek Clean-up on Saturday, April 19, the weekend before the bike day. The Co-op has committed to cleaning up several sections of the creek at least once a year, and we need your help to make it happen. Please read the article by the volunteer coordinators, Janna and Annie, for more information if you are interested in part of that effort.



## Co-op Business Partners

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

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

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

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

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

**Erika Cunningham, Licensed Massage Practitioner** - First 2 massages @ \$35 each, 882-0191 for Appointment

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

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**Inland Cellular** - \$10 off purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245

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

**Kelly Kingsland, LMT** - First two massages @ \$35. each, for appt. call (208) 892-9000

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**Dr. Linda Kingsbury, Professional Herbalist** - \$10 off Clairvoyant Readings, Herbal Nutrition Consultations & Energy Medicine Healings  
www.spiritherbs.com, 883-9933

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

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

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

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

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

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

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

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

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

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

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

**Dr. Ann Raymer, DC** - \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723

**Glenda Marie Rock III, Healer Teacher** esotericist - 10% offclairvoyant 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



## Taste Fair Revisited

By Kenna S. Eaton

In late February, we held our "Almost Annual Taste Fair." The Taste Fair is a wondrous event. We fill the store with small tables groaning under



the weight of samples of many of our locally produced products as well as items from national manufacturers. This year was no different. We had Sara and Joe from Sarajoes Pork in St. John, sampling their three new tasty sausages. Phil from Small Planet Tofu amazed and delighted samplers with his tofu pate. Virginia sampled her fresh salsa right next to Marilyn from Cowgirls chocolate just to give shoppers a quick buzz to their taste buds. Carl brought quiche and lasagna made with his

elk sausages, and Jane brought out the Cravens coffee, fresh roasted in Spokane.

Starting at 10:00 a.m. hordes of would-be samplers congregated in the aisles of the Co-op eating, drinking, eating, chatting with producers, and eating some more. We gave away doors prizes regularly: t-shirts, gift baskets, tote bags filled with personal care items, and hats. On and on, it went for hours and hours. By 3:30 p.m. the staff and the producers were exhausted, and supplies were running dangerously low. We gave the signal to start breaking down the tables, but



the eaters just kept on coming in droves. Finally we gave up, packed it all up and went downtown for a post-event, well-earned beer (or two), glad so many of you had come in to visit (and eat!)

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## Welcome!

By Laura Long,  
Membership Services

Now that the month of April is here and Earth Day approaches, it comes to mind that many of you might be wondering how your membership in the Co-op might help the Earth. Many times at the cash registers, a potential new member will ask, "What do I get for my membership?" Often the answer we give usually incorporates the monetary benefits that the member sales or volunteer discounts offer. We also usually mention that our Business Partner Program is also designed to offer our members discounts at local participating businesses.

But this month, I want to talk about another benefit that has no financial paybacks for you. I'm talking about the intangible benefits that the Earth receives because we are a business dedicated to reducing our impact on the Earth as much as possible.

The Co-op has a recycling program that we have participated in for years. If it can be recycled, it will be! We are very lucky to live in a town where some of our recyclables are picked up three times a week. That equals three dumpster loads of cardboard that doesn't go to the landfill. We also have a great crew of dedicated volunteers who take everything else that can be recycled to the recycling center twice a week. That includes glass, office paper, tin cans, aseptic packs, and anything else that the center will take. (Andy, the recycling center manager, assures us that very soon he will take an even larger range of plastics than he currently can.)

The Co-op's kitchen has also made a commitment to reuse plastic containers. We have a team of volunteers whose only mission it is to match all plastic containers with their lids, wash

them, sanitize them, and put them back into circulation, whether it's to hold more deli salads or to be used in our bulk department by you the customer. This program relies on you the consumer to bring us your unused yogurt containers, and we do the rest.

And speaking of reuse, we still want clean and structurally intact bags. Whether they are plastic or paper, large or small, we want them! Recently, we had to resort to buying paper bags because our number of customers far outstrips our number of bags, but we would surely prefer to reuse your old bags when you're done with them.

What about composting? The Co-op collects bushels of compostable materials in the produce department and in the kitchen for your home use. Whether you want to feed your pig, make your compost pile grow, or just feed a pet rabbit, the Co-op has saved literally tons of green matter from the landfill, and we will happily pass it on to you if you can come and get it.

You know, this list is just the beginning. There are so many things I see my co-workers do every day to help the Earth. We save anything and reuse it if we can, and we're always trying to do with less if that's possible. Who pays for all these great projects within the Co-op? Why, you do with your membership dollars. It's your continued support all these years that allows us to stay in business and continue our efforts in doing business correctly. Not just to make a profit, but to help the Earth as well.

In honor of Earth Day, I ask you: the next time you think about joining the Co-op, whether it's for the first time or for the fifteenth, ask yourself, "What do I get for my membership?" Please consider these intangibles as well as the monetary benefits of membership when making your decision.

*Laura remembers shopping at a local co-op with her mommy in 1973, and the fascination she felt purchasing carrots, that still had dirt on them and carrying them home in a cloth bag.*

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## The Volunteer Program

By Janna Jones and Annie Hubble

There are volunteers in every nook and cranny of the store and all is well! We have placed two more volunteers in the last couple of weeks: Amanda Didier is going to help keep our outside area attractive and tidy...a definite need as summer comes on and we can start sitting at the outside tables again, and Mary Jo Monahan is going to keep all the glass doors and windows in the store sparkling clean. Welcome to the volunteer program!

We are now working on placing applicants from mid-January, so as you see, there is a waiting list, but do not give up hope! There is often a turnover as the

school year ends. And if you want to volunteer, do apply. We place people in order of their applications.

Thank you to all of you who turn up each week and give of your time and energy. We do appreciate it. Elsewhere in this newsletter you will see an article about the annual Paradise Creek clean-up. The Co-op for years now has cleaned a section of the creek each year. Your help would be much appreciated. It is fun and worthwhile work. This does not earn a discount but is a wonderful thing to do for your community. Happy volunteering! And happy Spring!

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## My Natural Foods Vacation

By Dani Vargas, Produce Manager

I recently took a trip with my Co-op co-workers Carrie, Brenda, and Vicki to Anaheim, California, to attend the Natural Products Expo West Show where thousands of vendors come to display their products, new and old, to the people in the natural foods industry. This was my first trade show, so for the first day, I stuck close to those who knew the ropes.

The weather was perfect; I actually got to bring out my shorts from their hiding place under my bed; they were so excited. After flying through the haze of air pollution, we were ready for what the weekend had to offer. Our first day there, Vicki and I went to the organic tent where all the vendors are certified organic. There were produce booths, wine booths, and lots of food booths. I had the chance to meet the winemaker from Organic Wine Works and try some of his new wines. We sampled tons of foods, juices, coffee, teas, and met tons of people. Later, Vicki showed me the map of the show floor and roughly outlined the size of the organic tent we had just toured – let me tell you, it was like the size of an ant to the size of an ant eater.

The next day, Vicki and I walked the floor of the trade show with Laura from the Madison Market in Seattle. We met lots of vendors and tasted tons of different things. I was actually surprised by the strength of my stomach to withstand the randomness of my diet over the weekend. Later that night, we met with the girls from The Good Food Store in Missoula, Montana, and the great folks from Equal Exchange. Before we could call it a night, Brenda and I snuck into the Ziggy Marley concert, but with the nightly curfew in California, our moment of glory only lasted about 20 minutes.

Saturday, Vicki and I attended the talk by Erin Brockovich who was this year's keynote speaker. She was great! First, she explained things from the movie that were incorrect and that she always gets asked about. She then explained that if you are persistent in what you believe and never lose sight of what you truly know is right then you can accomplish many great things. Her address was very inspirational especially for us who know we are in the right industry.

At noon on Saturday, I went on a farm tour led by Mark Mulcahy. We traveled 45 minutes to South Coast Farms in San Juan Capistrano, California. George Kibbie started this farm in 1996, and he is one of the last remaining farmers in this area. He talked about the land he farms, their on-site produce stand, and showed us how he farms organically. We tried some amazingly delicious romanesco and cauliflower right from the ground. At the end of the tour, a chef come prepared a light snack for us. I really enjoyed George, his farm, and what he believes and is doing.

Next, I attended the wine tasting organized by Lori Baker, Director of Wine Sales and Marketing for Mountain Peoples Warehouse. I met lots of different winemakers and tasted lots of fine organic wines. Look for some new organic wines to be arriving sometime within the next month.

Sunday was the last day the floor was open. Carrie, Brenda, and I walked around and ate more samples of all the food and drinks. We played some shuffleboard with the Clif Bar kids, hit some golf balls with the GeniSoy kids, and then headed back to our room to recoup. Of course, we ended the evening with a trip to Disneyland.

Going to this trade show was such a great experience. Seeing the grand scale of the natural food industry is amazing. I loved meeting the producers of the products that we carry and that we may carry. Anytime you meet the people behind what you sell, it brings you closer and aids in your passion for the products. Look for all of the new products that Carrie, Vicki, and myself will bring in.



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## The Buy Line

By Vicki Reich

I'm not a big fan of freezer resets (industry lingo for sticking your head in the freezer for long periods of time while wrestling shelves in order to fit more products in the freezer and make everything look neat and tidy). Product in the freezer is notoriously slippery, doesn't like to stand up straight, and, of course, it's really cold. Tyler and I recently tackled this daunting task with smiles on our faces. Why would we be happy to do this onerous job? Well, because it allows me to do one of my favorite jobs, that is, bring in new products.


This is one of the times of year when new products arrive in droves at the Co-op. And that's because Brenda, Carrie, Dani, and I just went to a giant natural products show. The Natural Products Expo West Show in Anaheim, California is the Disneyland of natural foods. Big and small companies put up booths with samples of their latest and greatest products. Some of the booths are simple tables with samples of new food and some are giant two-story structures with beautiful men and women urging you to try a new miracle cure or the latest in energy bar technology.

This year was my fourth time at the show, and the glitz and glamour did not affect me as much (although the guy dressed up as Adam in the Garden of Eden did get my attention for a moment). I was really there to

try new products and find some must-haves for the store. Several of the items I found required the above-mentioned freezer reset.

There's a new frozen dinner line with organic chicken called Fairfield Farms Kitchens and new bowls from Amy's. In the cooler, I found bulk bleu cheese stuffed olives and cippoline onions in balsamic vinegar that are both out of this world, as well as a wonderful fresh whole milk ricotta cheese. On the grocery shelf, you'll soon see a great new flavor of Kettle Chips, jalapeno with tequila and lime; a wonderful line of organic chocolates; vegan truffles and low-fat truffles; some wonderful new varieties of tea; great little sugar-free mints (sweetened with Xylitol); peanut butter for adults; and the latest and greatest from Newman's Own Organic, Ginger O's.

So, as you wander up and down the aisles, keep your eyes open; new things will be appearing all the time.



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## Co-op Art Opening

By Ryan Law

The artwork of Emily Meyer, an art student at the University of Idaho, will be on display at the Moscow Food Co-op Art Gallery April 11 through May 8. An opening reception will be held Friday, April 11, 6:00 – 7:00 p.m.

An Alabama native, Emily lived in Yellowstone National Park, Wyoming for ten years where she met her husband Jeff. They have lived in Moscow Idaho since June 2002. Emily is pursuing a bachelor's degree in Fine Art. Her emphasis is painting, but she has developed a fondness for ceramics. She enjoys painting because of the freedom she feels in the use of the brush and the color options. She has discovered clay re-

cently and enjoys creating three-dimensional images with her hands. In the future, she would like to incorporate painting and ceramics.

Emily's art is about her personal expression of beauty, hope, and love. With bright vibrant colors and other-worldly subject matter, Emily wishes to create a world to which she can escape. In light of the crazy direction the world and our country is taking, she continues to paint positive images she feels are beautiful because it makes her quite sad to think of reality.

The Moscow Food Co-op Art gallery is located at 211 East Third Street and is open from 8:00 a.m. to 8:00 p.m. Artists wishing to submit artwork, please contact Ryan Law at 883-5344.



## Personal Care Corner: Think Green

By Carrie A. Corson

Finding it difficult to get your five to nine servings of fresh fruits and vegetables every day as recommended by the USDA food pyramid? Well, green food supplements could be the answer for you. Supplementing with green foods can help a person achieve a large portion of these recommended daily vegetables and gain additional nutrients.

Green food supplements come from a number of sources including blue green algae such as spirulina and chlorella, green leafy vegetables, and cereal grasses (including wheat, barley, and kamut). One key component of all of these sources is their abundance of chlorophyll, the green pigment found in plants. "Chlorophyll is essential for all life as the oxygen humans breathe is a result of the chlorophyll created from plants. Chlorophyll is identical to human blood except that the center element in chlorophyll is magnesium instead of iron." (Jennifer Lush, ND, Green Foods-Super Supplements). A high quality green food supplement can help to detoxify our bodies as well as aid our digestive systems in cleansing. Green foods may help in the prevention of many chronic diseases, which are often linked to oxidative damage done by toxins.

As well as being an important source of enzymes, green foods contain high concentrations of protein, antioxidants including carotenes, vitamin C and iron. They are also abundant in trace minerals, which are often missing from processed and fast

foods. Trace minerals are believed to enhance the immune system.

Green food supplements are available in several forms to best suit individual needs. Most are available in both powder (which can easily be added to a smoothie, glass of juice or water) and tablet form. Some are available in capsule form. Recommended servings vary depending on the product. When choosing a green food supplement, it is important to find a high quality product that has been correctly processed in order to preserve the integrity of the nutrients. Nutrients in green foods can be easily destroyed by excess heat. It is also important to look for certified organic ingredients whenever possible as this insures that the product does not contain dangerous substances such as mercury and lead. It also insures that the foods used to produce the supplement were grown without the use of chemical pesticides and herbicides.

We carry several high quality green food supplements at the Moscow Food Co-op. These include Barlean's Greens, a popular green food powder; Kyo-Green in both powder and tablet from Kyodophilus; Moscow Food Co-op certified organic spirulina tablets; Perfect Food powder and tablets from Garden of Life; Nature's Greens capsules from Nature's Life; World Organics Chlorophyll in liquid and capsules; Yaeyama Chlorella from Jarrow Formulas, and certified organic Spirulina flakes from Nutrex Hawaii.

## Pizza for Peace

By Amy Richard, Kitchen Manager

On Friday, March 14, the Co-op Deli had its first Pizza for Peace night. Like every Friday, we offered up delicious gourmet pizzas by the slice starting at 5:00 p.m. to a small crowd. Friday pizza night has become a Co-op community tradition, and we felt it would be a great way to help support the Palouse Peace Coalition and wage peace here in our community. We donated 25% of pizza sales to the Palouse Peace Coalition.

The Palouse Peace Coalition is a group of people and organiza-

tions joining together in a commitment to peaceful, non-violent resolution and justice for all peoples. For more information on the Palouse Peace Coalition, visit their website at <http://wave.prohosting.com/palouse/>.

The Co-op donated \$120 from the first Pizza for Peace, and we hope to raise \$400 with two Pizza for Peace nights in April. Please join us at the Co-op from 5:00 to 7:00 p.m. on April 11 and 25 for some excellent pizza and a chance to support the Palouse Peace Coalition.



## From the Suggestion Board

By Vicki, Carrie, and Amy

*Thanks, Thanks, Thanks, Diet Hansen's w/Splenda. YES!!! Thank you. Thank you. Thank you. Thanks. Thanks. Thanks.*

You are most welcome—Vicki, Grocery Manager.

*Please more 8oz. Brown Cow cream on top plain yogurt. You were out today and also were out two days ago.*

Sorry we were out. We have increased our order—Vicki

*Please more wax pens among the bulk stuff—Thanks!*

The wax pencils end up marking up the floor so we've stopped using them. We will make sure there are pencils, pens, and tape out in the bulk area. A piece of scotch tape and a pencil do almost as good a job as a waxed pencil.

*Soy Delicious Frozen Dessert in the quart size has a new flavor—Mocha Fudge Swirl (or something like that). I got some at the Bozeman Co-op and it was delicious. Please get it in.*

It's here—Vicki.

*What happened to the corn tortillas?*

We have Leona's corn tortillas in the freezer. The Garden of Eatin' tortillas are out-of-stock for the foreseeable future due to production problems. We will bring them back when they are available again—Vicki.

*What happened to Carr's assorted crackers? I miss them.*

I'm sorry, these were a very slow seller, and I needed room for some new crackers—Vicki.

*Is the new local buffalo meat USDA inspected? Label reads: processed in South Dakota! Does that mean it travels that far from Idaho to South Dakota to get killed?*

Good question. Rolan Ranch has herds both in Weippe, Idaho and South Dakota. There is no USDA inspected plant in Idaho, but there is in South Dakota. The Co-op cannot sell meat that is not inspected. So, the bison we get is raised and slaughtered in South Dakota. Rolan Ranch does sell their Weippe-raised bison from their ranch if you are interested—Vicki.

*Still waiting for that Patak's Garlic Relish you promised...*

Ooops, I guess it slipped through the cracks. It's here now—Vicki.

*Biodegradable diapers—a Swedish product on the web under [www.natureboyandgirl.com](http://www.natureboyandgirl.com). Great product and reasonably priced too*

*that I would like to get locally.*

I have tried carrying diapers, but they do not sell well. You can special order these diapers by the case. I believe they are four packs per case. Price depends on size—Carrie—Personal Care Manager.

*Please, oh please get Nature's Path Eco Pac of Amaranth Flakes again! They are the best.*

Nature's Path does not make an amaranth flake cereal. I think the product you want is from Health Valley. Their large bag cereals did not sell well and often went out-of-date. You can still special order them by the case. They come six bags to a case—Vicki.

*Whole Wheat pesto cheese rolls (at least sometimes).*

That is a great idea! Look for them soon—Amy, Kitchen Manager.

*What ever happened to the Vikcaroo cookies? I love them.*

So do we! They have moved into the grab-and-go case. Look there for Vikcaroo bars—Amy.

*Please discontinue using throw away containers. Reusing is the best way to recycle. The grab-and-go section wastes a lot. If people don't have 30 seconds to get something from the deli, they should slow down a little bit. Thanks.*

I agree that reusing is the best way to recycle. We are very proud of our recycled/sanitized container program in the deli, which offers customers a chance to reuse their containers instead of purchasing a new one. More good news—the recycling center is now accepting more plastics, and most of our packaging is now recyclable—Amy.

*The last batch of "mixed" spelt bread was so white it tasted like wonder bread. Would it be possible to significantly up the percentage of whole spelt flour in this bread? Sure!—Amy*

*I love the yeast-free sprouted wheat bagels you sell. It would be great if the Co-op baked its own yeast free bread. We have some wild-yeasted sourdough available in the bakery, and in the morning we offer a quick bread, too. Give them a try—Amy.*

*Critique of February menu: We really miss the hot sandwiches and the twice-baked potatoes.*

I'm sorry, but they didn't sell so we changed up the menu. We were throwing away more than we sold. I hope you can find some new items you like on the April menu—Amy.



# Front End Managing

by Annie Hubble

Well, the best laid plans go oft astray, and as yet we have not collected pictures of the lovely young people who frequent the store. It seems only minutes since the last deadline for the newsletter! But it will happen in the near future!

As I sit here in my office with no walls but with windows (and windows are far more important than walls) the sun is shining and it feels as though Spring is here. The snowdrops and crocus are blooming and daffodils in bud. There is a general feeling of contentment among the people as they walk through the store. The earth has tilted once again, and the warmth has returned. We have survived another Winter and look with hope to a new season.

We have enjoyed two big events here at the Co-op in the last month,

the Taste Fair on February 22 and a little while later, Member Appreciation day on March 10.

Taste Fair was a lot of fun. I shared with Janna the enviable task of giving away door prizes. I felt like Lady Bountiful! I also had time to walk around and look at all the enticing displays. It was quite possible to at least taste breakfast, lunch, and dinner and even have dessert and coffee! The store was full of happy tasters, and it felt energized and lively. If you have never been to one of the Taste Fairs, I would strongly advise you to go to the next one. Kudos to Vicki who works very hard, weeks in advance, to put on and organize this event.

Member Appreciation Day (affectionately called MAD day by Co-op workers) was also a busy and fun

day! We experimented this year with a speed lane so that those just wanting to buy a cup of soup for lunch or a few groceries could bypass the huge carts of the MAD day shoppers waiting in line. It worked so well that we will be making more use of this idea. Well, that's all the news from the store front for now. Happy Spring and see you soon!

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## Word of Mouth

By Vicki Reich

There is a question I am often asked at the Co-op that I've always had a hard time answering and I thought this month I'd find the answer once and for all. The question is: What is the difference between all of the types of miso we carry?

To find the answer, I would have to try all the varieties. So, armed with seven bowls, seven containers of miso, two spoons, and a very large glass of water. I grabbed Tyler, and we sat down to mix up some miso broth.

Before we get to the actual tasting, I thought I'd give a plug for miso and why you might want to add it to your diet. Miso is fermented soybean paste with other grains sometimes added. Because it is fermented, it is easier to digest than unfermented soy products. It has all the benefits of soy, has B vitamins, Vitamin E, fiber, and the enzymes used to ferment the soy also aid in digestion of other foods. There are hundreds of different kinds of miso in Japan and each has a regional flavor. The Japanese have used miso for centuries as a base for soups and seasoning for grains, vegetables and marinades. One note of caution for those sensitive to salt or on a low sodium diet, miso is very high in sodium.

Unlike other taste tests, I wasn't trying to find out what brand of miso was the best, but rather, how they compared in terms of strength and color and what would be the best use of each. The lightest miso in terms of taste and color is Westbrae Mellow White Miso. It has a very subtle taste and would be a good base for soup that calls for chicken broth or to add a little flavor to dips. It didn't have

enough flavor on its own. It would be a good starter miso if you've never had miso before and were a bit nervous about trying it.

Miso Master Mellow White Miso is the second lightest miso both in color and taste. It has a more complex flavor and would be perfect to eat miso and tofu soup before a meal of sushi and would also be a good choice if you've never had miso before. Next in line in terms of strength is Westbrae Mellow Red Miso. This is a slightly darker miso. The flavor is still pretty mellow but has a bit more of a miso flavor than the previous two. It could also be used as a base for miso and tofu soup. The fourth strongest miso is Westbrae Brown Rice Miso. The color is a light reddish brown, and the flavor is slightly yeasty but still mild. You could use this to add flavor to sauces or as a soup base. Westbrae Barley Miso gets into the darker, more flavorful miso. It has a definite tang to it and is chocolate brown in color. Miso Master Barley Miso is the second darkest miso with a strong miso taste that is not for the faint of heart. You could use this as the base of stew or other strong-flavored dishes. The darkest and strongest of the miso we carry is Miso Master Red Miso. This could also be used as a base for stew or, if you like the taste of miso, as a strong digestion-aiding broth.

If you'd like to try miso and don't know where to start, there are recipes on the miso containers, websites with recipes, and see Jackie Miyasaka's article in this issue. After trying all the different miso, I know I'm going to add more to my diet, and now that hard-to-answer question will be no problem.

## CO-OP BAKERY SCHEDULE

### EVERYDAY - BREAKFAST

Muffins, Scones, Cinnamon Rolls, Fruit Bread, Coffee Cake

### SUNDAY

Cinnamon Raisin Swirl  
Whole Spelt  
Cornell White  
Pesto French  
Bakers' Choice  
Daily Wheat  
Crusty French Baguette

### MONDAY

Honey-Butter-Oat  
Cracked Wheat  
Caraway Sour Rye  
Bakers' Choice  
Focaccia  
Daily Wheat  
Crusty French Baguette

### TUESDAY

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

### WEDNESDAY

Honey-Butter-Oat  
Cornell White  
Seeded Sour  
Bakers' Choice  
Focaccia  
Norwegian Farm Loaf  
Daily Wheat  
Crusty French Baguettes

### THURSDAY

Buttermilk Bran  
Country White  
9-Grain  
Bakers' Choice  
Rosemary Bread  
Sweet Black Rye  
Sourdough  
Daily Wheat  
Crusty French Baguettes

### FRIDAY

Honey-Butter-Oat  
White Spelt  
Bakers' Choice  
Rsted Red Pepper & Asiago  
Focaccia  
Challah  
Sour Rye  
Daily Wheat  
Crusty French Baguettes

### SATURDAY

Honey-Butter-Oat  
Sour Rye  
Country White  
Daily Wheat  
Crusty French Baguettes  
Seeded Sour  
Bakers' Choice  
Sprouted Wheat  
Sunrise Sourdough  
French Bread Sculptures

**PESTO CHEESE ROLLS - EVERYDAY!!**

# 2% Tuesdays Supports Pay Dirt Farm School

By Mary Jane Butters

The recipient of the 2% Tuesdays donation from the Co-op for April is the Pay Dirt Farm School, Inc. Since 1994, our school has provided apprenticeships for those who want hands-on training in organic growing, harvesting, processing, and marketing. The program provides practical experience for individuals who want to learn all aspects of the management of an organic farm.

The school was founded upon our commitment to sustainable agriculture, which includes a pesticide-free environment, healthful soil, strong rural communities, and self-supporting family farm operations—and sharing that commitment with those who share that vision but need the training to fulfill it. Apprentices plant, grow, harvest, market, store, and preserve wholesome food in a six-month (May through October) session at our farm eight miles from Moscow.

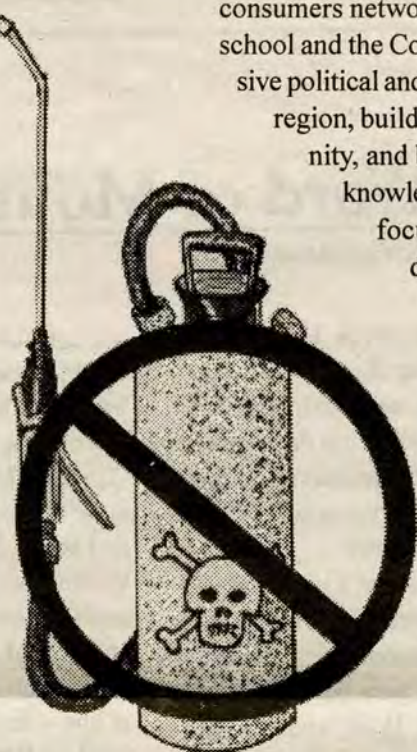
The school's mission is to cultivate organic farmers. The mission of the school and the Moscow Food Co-op are interwoven and mutually supportive. The school helps build the net-

work of organic growers in the Moscow area who are able to supply the food sold at the Co-op. Increasing the supply of organic food at the Co-op and the number of organic providers in the region helps build the Co-op's customer base and secure the wages of the Co-op staff. The producers/consumers network facilitated by the school and the Co-op fosters progressive political and social change in the region, builds a sense of community, and builds the skills and knowledge base for all. The focus on organic production improves the local environment.

The funds provided by the 2% Tuesday Grant will be used to offer a scholarship to a prospective apprentice who needs financial assistance to pay the monthly fee for the program this summer.

Our thanks to the Co-op Board of Directors for selecting us for this scholarship award. And our thanks, in advance, to all the Co-op shoppers whose purchases on Tuesdays during April will provide the funding for the scholarship.

*Mary Jane Butters directs both the organic processed food products company, MaryJanesFarm and the Pay Dirt Farm School.*



# It was a MAD, MAD day (not really)

By Kenna S. Eaton

We like to give our members good value for their money, so in early March, we had another Membership Appreciation Day (MAD day). All day long we gave members discounts on all their purchases: the more you bought, the more you saved. And folks saved a ton! At 8:00 a.m. members were lining up at the door, with their bags, empty jars, and shopping lists in



hand. We set up one of the registers as a 10-item express lane so the early morning coffee crew could still grab their cup o'java and hit the road running. And it worked amazingly well.

In fact, everything went so smoothly that I got to go home much earlier than planned. Sales for that day (after sales tax and discounts were taken out) were \$16,740, almost three times a regular Monday. It was not the biggest MAD day nor was it the smallest (the biggest one was the day before 9/11) but somewhere right in the middle. We've got another one planned for early fall, so if you didn't make this Mad day, be sure to watch for signs in the store announcing the next one. You wouldn't want to miss this great shopping event!

# Mid-Week Growers Market Starts on Tuesday, May 6!

By Kathi Colen Peck

Now you can take a bite of sumptuous local organic produce earlier this year. Each Tuesday, beginning May 6 through October (4:00 to 6:00 p.m. to start), expect to see your local organic producers in the parking lot of the Moscow Food Co-op. They'll be selling their freshly harvested organic produce

and flowers, so come by and enjoy the fruits of their labor of love.

If you are a local organic grower and have interest in participating in the growers market, please contact Kathi Peck at 509/332-8009 (no later than 8:30 p.m.) or [kscp@turbonet.com](mailto:kscp@turbonet.com), or Eva Jo Hallvik at [webeam@hotmail.com](mailto:webeam@hotmail.com).



## Board of Director's Report: The "Ki" To Success

By Peg Kingery

My alarm clock wakes me up most mornings with the 5:00 news on NPR. As I listen to reports of a slumping economy, falling stocks and interest rates, and unrest throughout the world, I hesitate to leave the safe cocoon of my blankets. At a time when international and national news is a little depressing, there's one bit of local news that uplifts my spirit: business sales at the Co-op remain vigorous, higher than they were last year at this time!

At our last Board meeting, we kicked around ideas about why this was so, trying to figure out what we (not just the Board – staff, members, all of us together) were doing so right. We sell high-quality, organic, local food. Our deli and bakery rock. We provide service to our community and lend vitality to downtown Moscow. We agreed, most of all, that the Co-op provides a welcoming, warm, accepting environment that draws people inside. At a time when I suspect we're all looking for comfort, the Co-op offers

it through nutritious, excellent food and a friendly environment that warms both heart and stomach.

The Japanese have a word for what I see as the Co-op's greatest attribute: ki. Ki is the "vital energy" inherent in every living thing, an energy that radiates out and touches or is absorbed by other living things. It can be uplifting and life-giving, or unsettling and draining. Have you ever known someone you just love being around because she makes you feel good inside? Or walked into a place and immediately felt ill-at-ease? That's ki, and the Co-op's ki reflects its members' and staff's vital energy. How can it not be an uplifting place when you're surrounded by friends talking over lunch, with the aroma of food, prepared by cooks and bakers who take pride in their work, making your mouth water in anticipation?

The "ki" to the Co-op's success? It's all of us! My wish is that our Co-op will continue to provide that place of comfort we seek.

## The Changing of the Guards

By Kenna S. Eaton

At this time of the year, we welcome new Board Members and say thanks to those leaving. For the past three years, Pat Vaughan has been an active member on our Board and acted as President of the Board for almost his whole tenure. Pat came to Moscow with a dream of becoming an organic farmer and a desire to become involved in his community. Through his friendship with Nick Ogle (also a previous Board chair) he got interested in the Co-op and eventually was elected to the Board of Directors.

As president, Pat provided leadership to both the Board and the Co-op. I think I have given this analogy before, but it's a good one. On the straits of San Juan de Fuca, a captain requires eight miles to turn a liner. Like a large ship, the Co-op takes a long time to steer in a particular direction. The Board acts as the captain and needs to be constantly looking ahead to provide long-range direction and planning for our business.

Another of the Board's important jobs is acting as my supervisor. As the General Manager, I technically have seven bosses (not to mention the other 2,600 of you) who try hard to speak with one voice through the president. As the primary voice for the Board, both in responding to the membership and in directing myself, Pat provided a strong and steady note, and his genuine wonder and pleasure in the Co-op gave me much enjoyment as well.

Now after three years I want to say "thanks" to Pat. Thanks for providing strong leadership, for organizing every board meeting, for being my strong supporter and for working with me to help ensure that both the Co-op and myself were heading in the right direction. And special thanks for making sure that everyone stayed on task and that no one tried to micro-manage either the Co-op or our staff! Hopefully, Pat will continue to be an active part of the Co-op whether he's shopping, volunteering, or by simply selling us organic produce.

## Financial Review for 2002

By Kenna S. Eaton

Every year, as the year comes to a close, the Co-op prepares its annual financial statement. We hope this year we made a profit, and yet, we also hope that we don't have to give too much of it to the government. Really, it's quite ironic, this quest to make money and yet, the hesitation to give any of it to something out of our hands. Must be about control because we actually love giving money away.

In 2002 the Co-op started a formal process to award money to like-minded organizations through our 2% Tuesdays program (2% of all sales on Tuesdays through one month). In 2002 we gave \$9,481 to various organizations including the Village Bike Project, Palouse Prairie Foundation, the Lions Club, Friends of the Clearwater, Palouse Water Conservation Network, and the Latah Trail.

But I digress; this article is supposed to be about how the Co-op did financially. In a nutshell, we had a fun year. Sales broke \$2.5 million, representing a growth of 17.68% over last year. Because we worked hard to get good prices on our products, we were able to realize a 38.20% gross profit margin on those sales. This gave us

almost a million dollars to spend on the expenses, itemized below:

Total payroll (payroll, staff expenses, taxes and medical insurance) accounted for our largest expense of \$578,016. Operational expenses (rent, power, phone etc.): \$167,622. Outreach expenses (newsletter, member services, travel, education etc.): \$47,375. Bank-related expenses (credit card processing, loan interest, taxes etc.): \$50,276. Depreciation: \$72,230. The expenses slightly outpaced the income to leave us with a loss of \$8,050. Not bad when you consider how much we spent and how much of it stayed in our community.

Your Co-op has a very strong balance sheet. At the end of 2002, we had money both in savings and cash totaling \$139,814. Enough to pay the bills plus some for a rainy day! Our inventory totals \$122,901. For folks who like ratios, our debt to equity is .86:1. A ratio of 1:1 is considered very good; businesses that are rapidly expanding may take on more debt and have a ratio of 2:1. For more in-depth coverage of the Co-op's financial position, we are planning an Annual Report to be included in May newsletter.



Left to right  
Back row: George Bridges, Al Pingree, Peg Kingery, Pat Vaughan  
Front row: Mike Forbes, Kenna Eaton, Mark Mumford

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# People

## Co-op Business Partner: Kaleidoscope Frame Shop and Art Gallery

By Sarah Walker

Darryl Kastl remembers the exact moment he met Jerry Garcia. He was 15-years-old, hitchhiking near home in California. Garcia pulled over in his purple bus to offer a ride, then continued on to his jam session at San Francisco's Matrix, where he sneaked the young fan in the back door. That was 35 years ago. Today, portraits and memorabilia of the Grateful Dead cover the wall at Kaleidoscope, the little shop above Wild Woman Traders that Darryl started in 1996 soon after Garcia died.

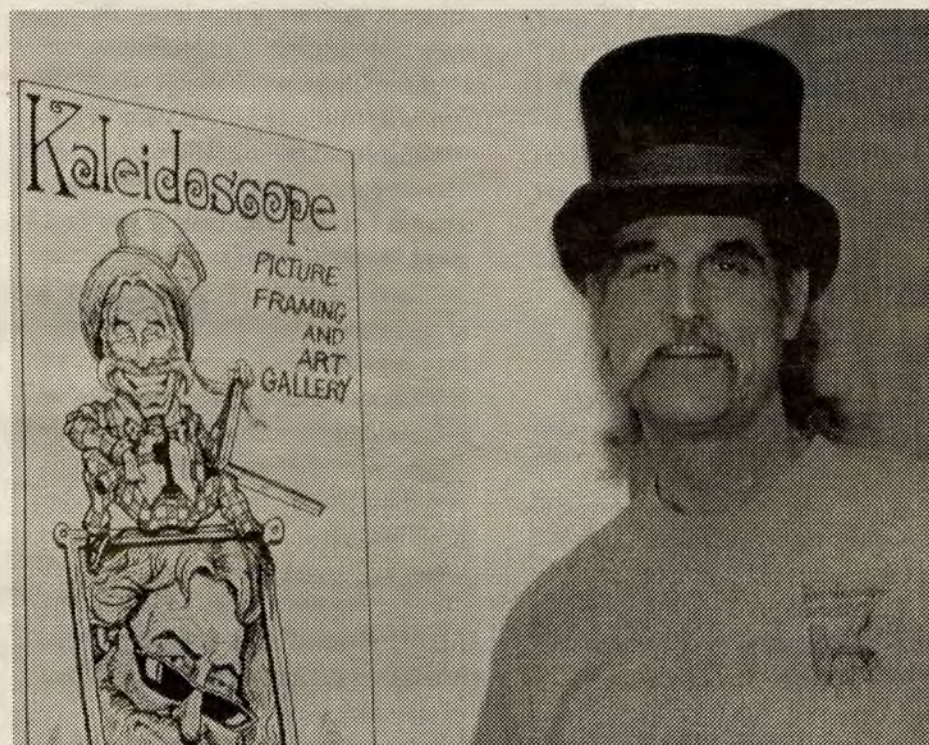
Kaleidoscope is all about preserving those "exact moments." It's a store where you can get your treasured artwork conserved with acid-free mats, conservation glass, and your choice of hundreds of frames. It's an art gallery with portraits of Jerry Garcia and legendary rock n' roll promoter Chet Helms (a family friend), plus: psychedelic posters from the Avalon and Fillmore Ballrooms, Dead photos by Herbi Greene, memorabilia by Stanley Mouse, even a glass showcase for Alice in Wonderland featuring a larger-than-life ceramic white rabbit. I would call it the Palouse's very own museum of the 60s. Darryl's a collector and dedicated archivist. He's happy with his niche. "It's just the way I like it. I want to set everything straight, and this place makes me feel good."

Darryl's dream is to bring Big Brother and the Holding Company here for a concert (that was Janis

Joplin's backup band, for all you young'ns). He'd love to promote a rock n' roll series on the Palouse with some of the "real talent" he grew up with in northern California.

Does Darryl Kastl live in the past? Well, yes, he admits to being "stuck" in the 60s, and we talked about some of the old great bands like Jefferson Airplane, Quicksilver Messenger, Van Morrison, the Doors. "I hate to say that, but I only listen to music from that era." His personal heroes stem from those times. Jerry Garcia was "very much into the arts" and a generous person. "A lady came in here and started crying when she saw all the Jerry Garcia photos. He had given her money long ago so she could pursue a career teaching yoga." During the "Summer of Love" (1967) in Haight-Asbury, people helped each other out. Darryl likes to remember when life was about "being free and allowing people to do what they want."

The "Mad Framer" and his wife Judy moved to Deary in 1989, where they have space for Judy's horses and training arena. Darryl works for the U of I Dining Services as a delivery person, a job he likes because he gets to circulate and network just like he did when he made sodas in his father's restaurant in San Francisco. He's met local artist Chet Crowe, whose work adorns Kaleidoscope's brochure and T-shirt (that's Chet's caricature in the photo).



Darryl Kastl of Kaleidoscope Frame Shop and Art Gallery

Kaleidoscope offers Co-op members a 10% discount off their framing bill. Darryl joined the Co-op Business Partner Network in 1996 and likes the support it provides, like advertising his business in this newsletter. You'll find him enjoying the social life at the deli's Friday night pizza.

6:00 p.m. and Saturday 11:00 a.m. to 4:00 p.m.

*During the summer of 1967, Sarah left the cloistered confines of her New England college to explore San Francisco. She wonders if she's still got that old pink and orange poster from the Avalon Ballroom somewhere...*

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## The Co-op Cookbook

The Kitchen Crew is working on publishing a long awaited and much requested Co-op cookbook. The book will focus on Co-op kitchen specialties, past and present. Each chapter will also contain 1-2 recipes from our wonderful members. We will be accepting recipe submissions in the following categories:

Breads/Pastries  
Dips/Spreads  
Soups  
Salads  
Entrees  
Desserts

Please include an original recipe (not copyrighted or published elsewhere), specific instruction, your name & contact info., and any additional interesting information. Recipes may be dropped off at the deli counter.

## Customer Profile: Kate Jaeckel

By Eva Jo Hallvik

As I approached Kate Jaeckel in front of the cooler at the back of the Food Co-op, she was debating whether to purchase non-fat or whole milk yogurt. I asked her if she and the group of kids that she was with would like to be the lucky ones interviewed for this month's customer profile. She gave me her Kate-recognizable big grin, although it had a sort of uncomfortable look to it, but with a glancing focus on the kids, she said, "Okay, so I am here debating on what kind of yogurt I should get."

"What are your weighing factors?" I asked her as we began the interview. "Well, Avery needs whole milk, and I think my body needs the non-fat milk," said Kate. She looks around for a large container of whole milk yogurt, but she is not finding one because only in the small little containers is there whole milk. "Okay, so I guess I'll get the Nancy's non-fat yogurt." Kate then told me she is buying yogurt at the Food Co-op because she had to stop milking her goat. "She is due to give birth on May 25," said Kate.

"You see, she (the nanny goat) is about to give birth, and I feel that she needs all of her milk for her coming baby. Some people will continue lactating their goat all the way through the pregnancy, and some will stop at the very beginning of the pregnancy. I felt a little selfish and lactated her up until recently—we are very used to eating a lot of milk, cheese, and yogurt at our house. In fact, we normally have so much that we encourage you all to come over and share. The best reference that I use for knowing what to do with my goats is from the 'Encyclopedia of Country Living,' by Carla Emery, who I guess lives or used to live in Kendrick. I also use veterinary care journals," she added.

All of the Jaeckel's goats are nannies. "So why don't you have any male goats?" I asked.

Kate made a kind of gross face, like something smelly just walked by; as it did in her head as she formulated her answer. "Billy goats, I mean bucks, male goats are called bucks, not Billy goats, are very smelly. They stink!! They pee all over themselves to make themselves attractive to the female. I don't know but maybe they wouldn't do that if the nanny didn't like it.

Most of you will know Kate either from her big beautiful smile or her little cutest-girl-in-the-world two-year-old Avery. Annie, one of the Co-op's cashiers, says Avery is so cute she should be the poster child for the Co-op. I asked Avery if she wanted this honorable position, and as she ran down the chip aisle with the other kids, she yelled a "yes." The other girls with Kate and Avery are Olivia, 4; Fiona, 3; and Sophia, 6. Fiona has a big beautiful head of hair that matches her pink felt dress and mustard-colored sweater.

I asked Sophia how it felt to be six, and she replied, "It feels the same." I asked, "The same as five?" "Uh-ah," she nodded. "Four?" "Uh-ah." "Three?" "Uh-ah." "Two?" "So pretty much you feel the same at all ages?" I concluded. "Yep," she stated so clearly. I thanked her for her insight and wished her luck in hanging onto that feeling her whole life. That's how it should be don't you think? We always feel the same all life long—I mean what else are you going to feel like? Happy day, and tap deep inside of yourself and check in, do you still feel the same? And remember to do all you can in your big open hearts to influence and encourage peace.

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## Staff Profile: Tyler Barron

By Carol Spurling

One of the busiest people you'll see out among the shelves at the Co-op is the full-time assistant grocery buyer, Tyler Barron, especially if you are shopping on a Wednesday morning when a new shipment is in the process of being stocked. Tyler is the friendly-faced, dark-haired, bearded blur hurrying by with a pile of boxes to unload. But do not be fooled. Tyler may have a super-charged work ethic, but he always has time for you, the customer.

"I try to be approachable in general," Tyler said, when I thanked him



for meeting with me on his day off from work, when it appeared that between Member Appreciation Day preparation and keeping things under control while another employee was gone, we wouldn't find time to talk on any other day. "I love giving good customer service, and I like being here at work."

Getting in to the store for our interview during the one "blizzard" of the winter wasn't a problem for Tyler, as he lives only three blocks away. "Living so close makes a much simpler life for me, which is what I'm hoping for," Tyler said. Tyler started working at the Co-op just over six months ago. He'd tried for several Co-op positions previously, and finally got his chance to start as a stocker. "I was persistent," Tyler said. "I've been a member here for awhile, and just kept trying for a job." Having been a member of the Co-op before it moved to its current location, Tyler remembers shopping at the store when there wasn't room for a cart to maneuver. "You had to park it and just carry your stuff back to it," he recalls.

Tyler grew up in mainly in Boise, moving there from Fairfield and Ketchum as a child after his father died of leukemia when Tyler was only 18-months-old. He spent two years in Moscow in 1996 and 1997 in school before transferring to Oregon State to finish out his degree in Environmental Science. Along with his Environmental Science classes, Tyler studied philosophy, earning his certificate in Applied Ethics. He also studied forest products, learning about secondary and alternative fibers.

Tyler came back to the Palouse to be with his girlfriend Liana while she finishes veterinary school at Washington State. He remembers driving back from Corvallis, Oregon all night long to present himself at a Co-op job interview. That wasn't his lucky day,

and instead he worked at Tri-State for almost a year before taking last summer off to go camping and get outdoors to look for "cool rocks and gems" and also spend time playing the guitar and mandolin. He plays a lot of music on his own and also with his best friend. "Now, I'm just kicking it while Liana's in school," Tyler said.

Eventually they will probably live in either Idaho or Oregon. "I'm leaning towards Boise, as I can get jobs there, and it's a good place for a beginning vet; they can get a decent wage there," Tyler explained. "But Liana's from Sandpoint; she might like to be somewhere different."

Tyler's ideal job would be as a luthier or guitar-builder, but most of his job experience has been on rivers. He worked as a river guide on the Middle Fork of the Salmon and on the Lochsa for three or four years after getting his license at age 18. He has also done training trips on the Selway. Even before he was old enough to get his guiding license, he'd worked with his stepdad on the rivers. Since the age of 12, he'd worked as a swamper doing all the "grunt work" for rafting clients. Tyler's 16th birthday was spent on a rafting trip on the Colorado River in the Grand Canyon, an eleven-day, 200 plus-mile odyssey that he hopes to repeat soon. "There is a ten year waiting list for a permit to go down the Colorado in the Grand Canyon," Tyler said. "Only two more years to go."

*Carol Spurling spent two days rafting a short, fairly tame section of the Flathead River in Montana with some friends, but her Lochsa experience is limited to crossing over it on her way to soak in some hot springs, which she much prefers to rafting.*

## Volunteer Profile: Jill Maxwell

By Chris Stordahl

It's amazing how we take people for granted. You know somebody socially. See them at church or while picking up your kids from school. Run into them at the Co-op. You chat about the weather, politics, books. Maybe you form an opinion about them. But you don't really know them. How often do we take the time to learn about people we encounter in our daily lives? I'm guilty of it myself. I often just let people float through my day. Luckily, by virtue of my volunteer position on this newsletter, I am compelled once a month to sit down and learn about someone.

I have known Jill Maxwell socially for probably over a year now. This is what I knew about her before we met for this interview. She is married with two children. Rhea is 11 and Shay is 9. I remember when she and her family were buying their house. She works at U of I...something to do with web design. Her husband, Tim, is pursuing his Ph.D. at UI. Um . . . there must be more than that. Well, at any rate, I am happy to say that I know more now.

Jill is from Marshall, Minnesota, which is near the South Dakota/Iowa corner of the state. I'm not very familiar with that part of the country. Apparently it is very flat there. After high school she attended the University of Wisconsin in Madison. There she got her bachelors in Journalism and International Relations. (Now, I may be imagining this, but I believe my jaw dropped ever so slightly, and I uttered a very impressed, "Wow. That's cool.") She subsequently interned at the Institute for Policy Studies in Washington, D. C., which is basically a left-wing think tank. (Wow. That's cool.) From there she went Niger with the Peace Corps for two years. (Wow. That's cool.)

While in Niger she walked millet fields. (Wow...what?) Jill worked on an agriculture project to improve millet varieties. Unfortunately, the project was a failure. Fortunately, her time spent in Africa was not. She and a

friend received a grant to produce a training video for future Peace Corps volunteers. They were able to travel around Niger with a camera. (Wow . . . okay, I'll stop now.) Some of the areas she visited after Peace Corps were the Ivory Coast, Burkina Faso, Mali, Nigeria and Cameroon. Oh, another positive thing that happened during this time, she met Tim.

After living for a time in San Juan Batista, California, a town of about 1,000 people just one hour east of Santa Cruz, getting her masters in Community Development at University of California, Davis and having her first child, she and Tim landed in Oakland, California. There, Jill



worked for the National Center for Employee Ownership. This is where she learned how to do layout.

This brings me to her volunteer position. Jill is responsible for the layout of our beloved Co-op newsletter. She has been doing the layout for about two years. The first year, every other month, now she handles it monthly. Prior to that, she did the recycling.

Jill and her family enjoy the outdoors. Cross-country skiing, hiking and camping. They especially love music festivals and, if there is one drawback to living in Moscow, it would be the limited availability of musical events.

Oh! The web-design thing! Okay, it's a web database for gap analysis, a nationwide database where people who study areas rich in bio-diversity and protected areas send data to be posted. (Did I get that right, Jill?)

Well, some parting words of wisdom: next time you run into a person that you have been seeing more that once a week for the last year or so, invite them for a latte and a pesto cheese roll and ask them to tell you about their life. The world is so weird right now; let's try not to let ourselves slip through each others' lives so easily.

*Chris Stordahl wonders what will happen next.*

## Producer Profile: Russell Poe and Kelly Kingsland

By Jackie Molen

On a sunny Sunday afternoon, Russell and Kelly took me on my own personal tour of their farm. Here they harvest about every vegetable imaginable along with many other crops. When I pulled into their driveway, I was surprised to find some familiar faces. I hadn't recognized their voices or names. I thought I was coming to interview strangers, but as I'm finding out, there are not many strangers at the Co-op.

Kelly and Russell have only been at their farm for two years and have done substantial work in that time. They had been looking for a good place to move that was close to town but had enough acreage to plant. Not only would moving to town cut down on gas consumption, but it would also make it easier to move the produce they sell. They found the place they were looking for. The land is nicknamed "The Fishbowl," and briefly as I looked around at the rolling hills surrounding the place, I felt like I was in a giant fishbowl.

Last summer they built a greenhouse extension of recycled products off their house; the extension has sliding glass doors for window panels.



Outside we walked to their garden where they are now growing green manure to keep the soil healthy and prepare it for planting. Then they showed me their newest farm extensions, the hoop houses – greenhouses that resemble huge barrels cut lengthwise. During the winter, they grow salad mix. They alternate planting between the two houses and keep a good balance. I also got a glimpse of their chicken coop, which was exciting for me as I find chickens oddly entertaining.

Kelly grew up on a small farm and has been exposed to farming much of her life. Russell interned at Killarney farm and contributes much of his in-

spiration from that experience.

Working for themselves definitely has its perks. They get winters off which is probably needed with all the work they do in the spring and summer. Planting, harvesting, and selling is a full-time job. They sell their vegetables at Saturday's farmers market and the Tuesday market in the Co-op parking lot. Parsley and green onions are sold to the Co-op deli and sometimes the Co-op buys their flowers and surplus vegetables, too.

When I asked why they do this for a living, they had many answers. Both Kelly and Russell disagree about how most food is produced and shipped these days. They wanted to provide fresh locally grown food and do something proactive. I think their farming practices have respect for the land, and it's an extra bonus for the local economy. On their farm, they concentrate on variety of flavor and freshness instead of strictly profit.

During our discussion Kelly gave me some startling information. She said the average food item is shipped 300 miles before it's sold. Our conversation really got me thinking about

how food is produced and sold. Russell and Kelly don't even freeze their crop. After they harvest it, they put it in the cellar until they go to market. It's always enlightening to know the truth about your food.

So, I got a beautiful day on the farm, a great cup of tea, and even a learning experience! If I had to pull a lesson from this visit, it would be this: know your product, how it is produced, where it is produced, and only buy it if you are satisfied with the answers.

*Jackie had lots of cats to pet, love and play with on the farm, which was great because cats are her favorite animals.*

## Giving Soy a Try

By Chelsy Leslie, RD

Soy foods, such as tofu, soymilk, roasted soybeans, and tempeh, are everywhere these days. For years, vegetarians and health enthusiasts have been including soy in their diets as a protein replacement for meats, poultry, and other animal-based products. More and more people are giving soy a try, hoping to decrease saturated fat in their diets, alleviate symptoms of menopause, or help with other health problems.

The complex composition of nutrients and phytochemicals in soy give it many health-promoting properties. However, in some situations, it can be detrimental if used inappropriately, just like any other food. Researchers have been studying the affect of soy on heart health; colon, prostate, and breast cancers; thyroid function; mental capacity; and bone health. Let's take a look at some of their findings in a few of these areas:

### Heart Health

Soy foods are an excellent choice for a heart healthy diet. First of all, soy is low in saturated fat – approximately 85% of the fat in soybeans is unsaturated. Also, because it is a plant food, soybeans contain no cholesterol. Soybeans contain all the amino acids essential to human nutrition, making soy a “complete” protein. Therefore, the protein quality is just as good as animal sources without the saturated fat and cholesterol. Many human clinical trials have shown that soy can lower both total and LDL cholesterol, therefore contributing to a decreased risk of heart disease.

Other components of soy are being investigated to determine if they play a role in heart health. For example, isoflavones (a type of phytochemical) in soy may reduce the oxidation of LDL cholesterol. The oxidation of LDL is a key event in the development of fatty deposits in artery walls. Isoflavones may also help prevent stiffening of the arteries.

### Breast Cancer

Many studies have examined the relationship between soy intake and breast cancer. This is one of the most confusing areas of soy research today. Some research indicates soy may

help protect against breast cancer by altering the metabolism of estrogen and making estrogen less available to tissues. However, there is concern that soy may actually be harmful to women with estrogen-sensitive (ER+) breast cancer or to women at high risk of developing breast cancer. Until more information is available, women with ER+ breast cancer should avoid consuming soy in large amounts.

### Thyroid Function

Some foods, including soy, contain compounds called goitrogens, which can interfere with thyroid function. Research indicates this is only a problem when iodine intakes are inadequate. The solution, therefore, is to increase dietary iodine rather than eliminating soy. This can easily be done by using a small amount of iodized salt.

### Bone Health

Soy can help keep bones strong and prevent osteoporosis. First, the calcium in soybeans is absorbed well compared to some beans and vegetables. Tofu made with calcium and soymilk fortified with calcium offer even more calcium per serving than regular soybeans. In addition, soy's weak estrogenic effect may prevent bone loss. However, the role of soy in bone health is still not entirely understood.

Soy may not be a miracle food, but it does appear to offer many health benefits in most individuals. To reap the benefits of soy, aim for two to three servings of soy foods each day and avoid supplements containing soy components such as isoflavones. Supplements may give a large amount of only one component, which may function differently without the other parts. If you have never tried soy before, start with some roasted soybeans for a snack, soymilk in a smoothie, or tofu cooked like ground meat for tacos. Enjoy!

Have a food or nutrition question?  
Email <crleslie123@hotmail.com>

*Chelsy Leslie is a Registered Dietitian interested in public health and disease prevention.*

## Miso

By Jackie Miyasaka

Miso (MEE-soh) is a salty, fermented paste of soybeans and grain (barley or rice). It sounds rather ominous, doesn't it? To be sure, if eaten alone, it is none too appetizing. But mixed with other ingredients, such as in the recipes below, it adds a delicious and quintessentially Japanese flavor to dishes. You can find it in the refrigerated section at the Co-op.

There are several basic varieties: rice miso (made from rice, soybeans, and salt), barley miso (made from barley, soybeans, and salt), and soybean miso (made from just soybeans and salt). Barley miso is used primarily in western Japan, soybean miso in central Japan, and rice miso elsewhere. Miso ranges in salt content from 5% to 15% and in color from yellow to very dark brown, the lightest being shiromiso, which has a lower salt content and tastes rather sweet. In general, one tablespoon of miso contains approximately one half teaspoon of salt.

Miso is produced by allowing steamed rice or barley to cool somewhat and then adding spores of mold to the grain and leaving it to culture for a few days. Then soybeans are cooked, crushed, and mixed with the cultured rice or barley along with salt and water. This mash is put into wooden vats to ferment, ideally for 12 months. The fermentation process transforms the mash into a very nutritious paste that breaks down soy protein into peptides and amino acids, which can be quickly absorbed by the body. This may be why a traditional Japanese diet consisting of a bowl of rice, a bowl of miso soup, and a plate of pickled vegetables enabled the Japanese to develop such a long lifespan.

Miso soup is very simple and quick to prepare, not to mention versatile. The following recipe is for basic miso soup, but you may experiment with various combinations, such as potatoes cut into matchstick strips with thinly sliced onions and tempe; bean sprouts and napa cabbage with thinly sliced pork; shredded daikon and carrots with scallions; or sliced shiitake mushrooms and spinach. The possibilities are endless. Miso only needs to be cooked for a short time. Overcooking destroys the flavor. Vegetables and other ingredients that take longer to cook should be added to the water or fish stock

first, and then just before serving, stir in the miso until it dissolves.

### Miso Soup with Tofu, Wakame Sea Vegetable and Scallions

- 1 piece of 4-inch-long wakame sea vegetable
- 3 cups water or fish stock
- 3 1/2 tablespoons miso
- 1/2 block firm or soft tofu, cut into roughly 1/3-inch cubes
- 3 tablespoons very thinly sliced scallions

Soak wakame 10 minutes in water to soften, and then cut into one-inch lengths. Bring water or stock to a boil in a medium pot. Reduce the heat to medium, add the miso, and stir until it dissolves. Add the tofu and cook for 30 seconds. Add the wakame and scallions, and cook for 30 seconds longer. Remove from the heat and serve immediately.

In a Japanese meal, miso soup is served not alone as a first course, but together with other dishes. Traditionally, it is an essential breakfast dish, but it can be eaten at any time of the day. The soup is sipped from a bowl while chopsticks are used to eat the solid ingredients. When miso soup stands for a few minutes, the miso separates from the broth, so stir the soup before taking a mouthful.

In addition to miso soup, miso is used as a marinade, in pickles, and in simmered dishes. In the following recipe, it is used as a flavoring for sautéed eggplant.

### Sautéed Eggplant with Miso Sauce

- 1 small American eggplant or 3 Japanese or Italian eggplants (about 1/2 pound total)
- 1 1/2 tablespoons sesame oil
- 1 tablespoon miso
- 1/2 tablespoon sugar
- 1 tablespoon mirin (sweet Japanese rice wine)
- 2 tablespoons fish stock or water

Cut eggplant into 1/2-inch disks, and then cut the disks into quarters. Soak eggplant in water for 10-15 minutes to get rid of bitterness. Mix miso, sugar, mirin, and stock or water in a small dish, and stir until smooth. Heat sesame oil in pan, add eggplant, and sauté over high heat until soft. Lower heat. Add miso mixture and continue sautéing over low heat until almost all the liquid is absorbed. Serve immediately as a side dish.

*Jackie Miyasaka is a Japanese-English translator who lives in Pullman.*

# To See the World in a Green Rice Bean

By Judy Sobeloff

*To see a World in a Grain of Sand  
And a Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand  
And Eternity in an hour.*  
William Blake,  
"Auguries of Innocence"

Scene 1: I spy a new kind of bean, subtly shimmering green rice beans. Beans so beautiful I hear poetry, the line from Blake about seeing the world in a grain of sand. I reach for them (slow motion, sunlight streaming in) until the card on their bulk bin stops me cold: "INFORMATION PENDING." A red flag, this stonewalling so early in the relationship? I flee toward the dairy and eggs section.

Scene 2: Same as Scene 1.

Scene 3: Same as Scene 1. And then...I give the green rice beans another longing glance. They look like "Good N Plenty's", organic of course, pale green and white for Spring. What is life about, anyway? Didn't Eleanor Roosevelt say we must do the thing we're afraid to do? I fill a bag and take them home.

Never heard of green rice beans? You're not alone. They've only been on the market a year, according to Lola Weyman, owner of Zürsun Ltd., the wholesale bean and lentil business in Twin Falls (slogan: "Idaho is full of beans") that created green rice beans. Ms. Weyman told me she works with a plant breeder who developed the green rice bean about four years ago by cross-pollinating white rice beans and green flageolets. White rice beans were introduced in Europe from Asia in the 1860s, and green flageolets, according to ChefShop.com, are "a pale green bean that is a favorite in French cuisine." Ms. Weyman said the cross-pollination process took "seven or eight growing seasons, to make sure they're stable and don't revert back to one parent or the other."

I set off to make Improvisational Green Rice Bean Salad, so titled by me because the entire recipe is a casual one-sentence list of suggested ingredients by ChefShop.com – as far as I know, the only published recipe for green rice beans currently in existence! In the absence of fresh sweet corn and fresh tomatoes, I used thawed

frozen corn and re-hydrated sun-dried tomatoes, both of which worked fine. I didn't soak the beans, as ChefShop.com said soaking is unnecessary; Ms. Weyman, however, says that while "they do cook up quicker than other beans," she recommends using the "quick soak" method: cover beans with water, bring to a boil, take the pot off the heat, and let sit for an hour.

I brought the bean salad to my baby lunch group where Kate (known at the Co-op as "Avery's mom") said, "I've never had beans like this. I like the subtle vinegar taste." Despite the occasional mom who found the beans undercooked or who would have preferred more vinegar, the moms universally agreed that Improvisational Green Rice Bean Salad was "really good" and "yummy." Jen suggested it would be even better with cooked green beans. The only person who didn't seem gaga about the bean salad was my 16-month-old daughter, Jonna. When I gave her a bean, she spat it out, pointed to it on the floor, and said, "Uh-oh." Applause for leftovers the following night was more tempered. Ever heard of "damning with faint praise?" Krista found the beans "very aesthetic." Nils, thinking hard, called them "delicate."

Where, then, is the fine line between blending in gracefully and disappearing altogether? I pressed on, substituting green rice beans for their parent bean, the flageolet, in "Flageolets, French-Style," which featured beans in a rich cream sauce, and for white beans in "Beans and Greens," with kale, both from "How to Cook Everything" by Mark Bittman. The green rice beans performed admirably in both these dishes; I found them mild and rich, able to take on the subtle flavor of whatever they were cooked in. Good listeners, these beans! As my neighbor Betsy, who sampled the "Beans and Greens" and a gratin variation, said, "It's the perfect amount of bean in a bean. Unlike pinto beans, for example, that have a lot of bean in a bean."

At any given time while cooking these beans, I moved from a meditative rinsing and sorting through the beans with Jonna in the backpack to spinning around with her in the roller chairs in our kitchen to walking with her head resting on my shoulder. I lay down beside her to help her fall

asleep, listening to the melodic strains of the beans rattling away in their pot in the kitchen, realizing I had no idea how long they'd been cooking. "Baby time," as local midwife Nancy Draznin says, "is delicious." And so are green rice beans, inside and out.

## Improvisational Green Rice Bean Salad

(from ingredients suggested by ChefShop.com)


- 1/2 lb. green rice beans (1 heaping cup)
- 2 diced tomatoes
- 2 bell peppers
- 1 diced onion
- 1 cup fresh sweet corn
- \*light dressing

Cover beans with water and bring to a boil. Reduce heat and simmer until beans are tender but still intact, approximately 1 to 2 hours. Toss with remaining ingredients and serve cold.

\*I used a vinaigrette based on a recipe in "How to Cook Everything": 1/4 cup balsamic vinegar, 1/2 tsp. salt, 3/4 cup extra-virgin olive oil, black pepper to taste.

*Judy Sobeloff sometimes feels like Jeffy in "The Family Circus" comic, taking not the most direct path but the one that presents itself: up a tree, over the doghouse, through a pond, around the neighbors' garden.*

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# Dinner Muffins: Cornmeal with Roasted Red Peppers

By Jen Hirt

This was originally a recipe for what sounded like really odd prune puree muffins, courtesy of *The Vegetarian Times*. I was looking for a dinner muffin that might go well with salmon, so I opted for a roasted red pepper puree instead of prunes, which were troublesome in the sense that I didn't have any prunes on hand and wasn't keen on hitting the baby food section for prune puree, as my cookbook recommended. My variation resulted in mild, golden-orange muffins with delicious flecks of roasted red pepper. I prefer nonfat milk and nonfat yogurt, but any substitute will work, depending on your preferences. I was initially doubtful about the quarter cup of maple syrup, but the red pepper flavor remains dominant, and these are definitely not sweet muffins. The cornmeal texture is really nice – crumbly and warm. This is a great cornbread variation, and the smooth muffins make a pretty presentation.

## For the roasted red pepper puree:

1/3 cup roasted red peppers from a can or jar, drained

1/3 cup nonfat milk

dash of salt

dash of freshly ground black pepper

## Dry ingredients:

1 cup flour

1/2 tsp. baking soda

1 tsp. baking powder

1/2 tsp. salt

1/2 tsp. cumin

1/2 tsp. garlic powder

1 cup oatmeal

## Wet ingredients:

Roasted red pepper puree (see above)

1 egg

1 egg white

1/2 cup plain nonfat yogurt

1/4 cup nonfat milk

1/4 cup maple syrup

2 tbsps. oil

Preheat the oven to 400 degrees.

Prepare a 12-muffin tin with nonstick spray.

First, make the roasted red pepper puree. It's simple. Put the ingredients in the blender and mix for about thirty seconds. If you are "blenderless," mince the red pepper as finely as possible and give it a brisk

stir in the milk. You could also put the puree ingredients in a jar and shake vigorously. Set aside.

In a large bowl, sift all the dry ingredients except the cornmeal. Stir in the cornmeal.

In another bowl, whisk the egg and the egg white. Add the rest of the

wet ingredients, including the puree. Whisk for a few minutes until the yogurt breaks up and the mix is pale red.

Fold the wet ingredients into the dry. The trick to tender muffins is all in the mixing of the wet and dry. Stir as little as possible – just enough so that everything is moistened. Excessive stirring gets the gluten in the flour all excited, which generates strife in the core of a baking muffin, which will emerge tough and chewy with unsightly air pockets and tunnels through it. Best not to overmix.

Spoon the batter into the muffin tins. Bake 20-25 minutes, until a toothpick inserted in the center comes out clean. Use a knife to loosen the edges of the muffins, and space them out on a rack to cool for five minutes. These are delicious with a thin curl of butter on top. Makes a dozen muffins.

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



## April Menu

Making delicious, wholesome foods

### Moscow Food Co-op Deli

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LUNCH 11:00

Dinner 2:30

New Brunch! 10:00-2:00	
<b>Sundays</b>	<b>Eggplant Parmesan</b> Thick Slices of Organic Eggplant and Generous Amounts of Mozzarella and Parmesan in a Homemade Marinara Sauce
<b>Sunday Brunch!</b> Biscuits & Gravy Hash Browns Scrambled Eggs Tofu Scramble	
<b>Mondays</b>	<b>Black Bean &amp; Sweet Potato Quesadillas</b> Seasoned Organic Black Beans And Sweet Potatoes With Melted NY Sharp Cheddar Cheese
<b>Falafel Pitas</b> Spicy Falafel From Paradise Farms With Pita Bread And All The Fixings - Organic Cucumbers, Tomatoes, Sprouts, Black Olives And Yogurt Dill Sauce	
<b>Tuesdays</b>	<b>Lasagna</b> Artichoke Heart-Spinach-Mushroom Or Smoked Chicken Served with Garlic Bread
<b>Enchiladas</b> Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce	
<b>Wednesdays</b>	<b>Egg Rolls</b> Loaded with Savory Veggies, Served with Fried Rice and Plum Sauce or Spicy Mustard
<b>Smothered Burritos</b> Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onions, Sour Cream and Guacamole and smothered with homemade New Mexico Red Chile Sauce Choice of Spicy Tofu, Cheese or Smoked Chicken	
<b>Thursdays</b>	<b>Spicy Dhal and Tempura Veggies</b> Yellow Split Peas with Organic Carrots, Red and Green Bell Peppers
<b>Samosas</b> An Indian Treat Stuffed with Curried Organic Potatoes, Peas and Onions Served with Chutney and Yogurt Sauce Sides of sesame green beans and spiced rice	
<b>Fridays</b>	<b>Gourmet Pizza by the Slice</b> 5:00pm
<b>Szechwan Sweet &amp; Sour Stir Fry</b> A Spicy Sweet and Sour Sauce with organic tofu, broccoli, carrots, onions, bamboo shoots and fresh bell peppers Served over rice noodles	
<b>Saturdays</b>	<b>Dinner Special!! 4:30pm</b> <b>Baked Salmon</b> Salmon baked to perfection in garlic butter, onions, mushrooms, lemon and dill Served with rice pilaf and steamed organic brussel sprouts
<b>Breakfast Burritos</b> Home Fried Organic Potatoes Tofu Scramble Breakfast 8-12	<b>Stuffed Manicotti</b> Organic Manicotti Shells stuffed with Ricotta, Veggies And Parmesan topped with a Portabella Mushroom Marinara. Served with Garlic Bread

## Backyard Wildlife Habitats

By Patricia Diaz

This month's article discusses not only how to create a backyard habitat but how to get it certified by the National Wildlife Federation. If you make your garden area creature-friendly enough to be certified, it's certain that animals will come. And once the critters come and the longer that they stay, the more accepting they will be of your presence, and they'll start behaving as they do in the wild. That's when the really wonderful benefit of not just being entertained by Nature's critters but educated as well comes.

Incorporate the main elements of habitat – food, water, shelter, nesting places, and safety – into your backyard habitat. One of the most important things to provide is food, more specifically, a year-round food supply. If you want to attract the greatest variety of wildlife, you must be very diverse in your selection of offered food. Using native plants or at the least, blending natives with non-natives, provides what the critters are used to eating. Consider plants with berries, nuts, and seeds, as well as lots of foliage, nectar, pollen, and sap. Insects will be attracted too, which will, in turn,

attract birds, toads, etc.

Use plantings that bloom at different times of year. For instance, hummingbirds arrive here at the end of April and need flowers such as columbine and coral-bells in the spring, and scarlet monkey flower, penstemon, and salvia in the summer. In the fall, birds like cedar waxwings love pyracantha berries. Other wonderful food plants include flowering red currant, Oregon grape, salal, and evergreen huckleberry. On the Palouse, we need to put up bird feeders in the winter because natural food is scarce. Some people take feeders down in spring, but I leave mine up year-round for snacking purposes, and don't fill them as often.

To provide the essential backyard habitat, you must offer water year-round. Ponds are a wonderful way to attract all sorts of wildlife. If you're concerned about mosquitoes, you can use *Bacillus thuringiensis israelensis* for natural control. It comes in either granules or donut-shaped disks. I've been using disks for years, and they work well. Incorporate the sound of water falling, such as in a waterfall or

fountain, and you will attract even more wildlife. You can also provide water in other containers, such as birdbaths and buckets. Keep water sources clean, preferably by hosing them out every other day and scrubbing them occasionally with a brush. In the winter, purchase a heater for the birdbath or container to keep it from freezing.

Shelter is the next essential provision. Lots of leafy or twiggy plantings give birds and other wild critters places to go for safety and for nesting places. Dense shrubbery is excellent, as are brush piles. Plants with thorns, such as a thicket of rugosa roses or pyracantha bushes, are superb as safe shelters. Lizards, rabbits, quail, and other small animals love hollow logs, woodpiles, and stacked rocks. If your garden area is small or if a brush pile is not aesthetically pleasing, consider bat houses, birdhouses, bee homes, butterfly homes, and toad homes.

Unfortunately, cats and wildlife don't mix. Belling your cat often doesn't work, so keep your cat indoors. If that's not possible, feed your cat indoors at prime bird-feeding times (early morning and early evening). Place feeders and nesting boxes where cats can't reach them. There

is a wondrous assortment of squirrel-foilers that work equally with cats.

Keep birds from flying into windows by painting big dots or other shapes with water-soluble craft paint on them. (You have to renew these when you wash your windows). Vary the color of paint (white in winter and green or brown in summer) if the dots bother you or cut out snowflakes or bird shapes from craft paper and hang them inside the glass. Kids would love to help with this project.

Once you've provided the essential elements, you may want the National Wildlife Federation to certify your habitat garden. Applications are available by mail or can be downloaded from the NWF website, [www.nwf.org/backyardwildlifehabitat](http://www.nwf.org/backyardwildlifehabitat). You need to include with your application, snapshots that show the reviewers what you're describing in the application, as well as the common names of the plants and animals in your garden and the wildlife food and water your garden habitat provides each season.

*Pat Diaz lives in a wonderland of wildlife habitat about an hour east of Moscow. Wild turkeys, deer, snowshoe hares, birds, red squirrels and other great creatures make daily visits.*

## Letter From the Land: A Stopping Place

By Suvia Judd

On a warm wet night in early March I stood under dripping cedar trees, listening to two small streams gurgle as they drained away the melting snow, merged, and rushed through the culvert under the road. At this corner, I have released salamanders and frogs found in unpropitious places, like crossing a deep snow bank, or a dry dusty road. I have heard owls call here, the great horned owls, and the barred owls, and the little sawhats, and others. That night I heard the swans flying north. "A ah-looh ah-looh," they call, rather than "alank, alank" like the geese. It seemed early for them, but maybe like us, they had had a mild winter.

In daylight, I always stop here to see what is growing, if everything is not snow-covered. This spot is rich in flowers, especially in spring. These plants tie me to other places. Wild ginger grows here, with its shiny heart-shaped leaves, and almost-concealed deep red-brown flowers with the three long, recurved petals. Also the little

bunchberry, with its single white dogwood flower nested in a rosette of parallel-veined leaves; later that flower gives way to a cluster of red berries. And two kinds of yellow violets grow here, the tall one with the long stem just right for a nosegay, with the leaves surrounding the stem just below the flowers. And also the short one, with the deep yellow, brown-veined flower tucked between oval-round deep green leaves that look as if they had been cut out with pinking shears. The wild ginger, bunchberry and both yellow violets are familiar plants of the Vermont woods of my childhood.

Near this corner also grow trilliums, not the red and painted varieties of my childhood, but the giant white ones. On the dry bank across the road from them, there is a large patch of bearberry, with its tiny leathery leaves, little white flowers beloved by the bees, and edible red berries. Scattered about under the ponderosas are Oregon grape (*Mahonia*) plants. The

cedars, the white trillium, the bearberry, and the Oregon grape are all plants I came to know when I lived in the Puget Sound area.

Some of the plants in this place tie me to Vermont, some to western Washington, some to other places I have lived. The migrating birds like the swans connect me in one way to other parts of the planet through seasonal time. The familiar plants connect me in another way, through my memory, but also through historical time, evolutionary time. It has been a long time since the red cedars of north Idaho were part of a continuous population with those of the Coast, but in biological history they were. And it has probably been a long time since the bunchberries of north Idaho shared pollen with the bunchberries of Vermont, but their populations are probably still connected if you go far enough north.

I have some books of medieval Irish poems in which the landscape of Ireland before it was transformed by sheep, when it was still forested, is evoked. Among the trees of the Irish

forest were hazel trees, and its streams were full of salmon, both part of the abundance that supported the human population of the time. When I came to know the landscape of western Washington (home of many salmonid species and of the beaked hazel, *Corylus cornuta*), I realized that in ecology and human economy, there was a connection between Ireland and the Northwest coast.

Recently, a friend of mine, playing on the Internet, found a website about Azerbaijan. Among Azerbaijan's many and diverse landscapes is a dry forest filled with deciduous tree species like oak and hornbeam; these are familiar to me from my childhood in Vermont. This opened my eyes to my complete misconception of the landscape in that part of the world, but it also showed me some connections in biological history that far predate human history.

*My stopping place on the mountain is full of plants and creatures that connect me to other places, and of others, (among them fairy slipper, pink pyrola, Columbia clematis, western coneflower) that I have met here first. For all of these, I am glad.*

## A Promise To Our Children, Our Future

By Lisa Cochran

One way to define assets is as tools that provide an advantage or resource; we all need them. But no one needs them more than children who in a few short years will be launched into adulthood as our envoys to the future. Developmental assets are the building blocks, which allow kids to grow to be healthy, caring, and responsible adults, actively involved in society. Such assets promote a child's ability to become a successful adult by providing support, encouragement, assistance, and recognition so that they feel a greater connection to their families, their peers, and their communities.

When children are given the tools to promote positive attitudes and behavior, they become more resistant to engaging in high risk behaviors such as alcohol, tobacco and drug use; promiscuity; and violence. When our children have the tools they need to feel good about themselves and view themselves as an integral part of a community, they tend to succeed in school, help others, value diversity, take care of themselves, resist dan-

ger, delay gratification, overcome adversity, and exhibit leadership.

What do these assets look like? Who provides them and how can they get implemented? How can more people get involved in that endeavor?

The Search Institute, a think-tank group that identified positive experiences and qualities that have a tremendous influence on the lives of our young people, came up with an "asset-based approach to giving kids what they need to succeed;" their 40 core developmental assets are grouped into eight categories: Support, Empowerment, Boundaries and Expectations, Constructive Use of Time, Commitment to Learning, Positive Values, Social Competencies, and Positive Identity. Unfortunately, according to a Search Institute survey, less than half of the young people surveyed experience only about 25 of the 40 developmental assets identified.

Based on this evidence, in 1997 concerned citizens decided something needed to be done, and General Colin Powell picked up the reins and founded

America's Promise, The Alliance For Youth. As a result, alliances from various elements of society have come together to take on the challenge of making our youth a national priority. Spanning all sectors of society, these groups include corporations, not-for-profits, higher education, faith-based groups, associations, federal agencies, and arts and culture organizations.

The mission of America's Promise is to mobilize people from every sector of American life to build the character and competence of our youth by providing them with:

1. Ongoing relationships with caring adults, such as parents, mentors, tutors, and coaches;
2. Safe places with structured activities during non-school hours;
3. A healthy start and a future;
4. Marketable skills through effective education; and
5. Opportunities to give back through community service.

Today, more than 550 community and state partners across the nation have united to fulfill the Five Promises. They have formed grassroots coalitions among public, private, and not-for-profit sectors to generate more resources for the young people who need them. Communities with alliances that fulfill all Five Promises are known as Communities of Promise.

Since 1999, Moscow has been a Community of Promise with a mission to be the catalyst to mobilize existing resources to "build the character and competence of Moscow's children and youth by fulfilling the five promises of America's Promise." Moscow's Promise serves to promote opportunities by building partnerships with organizations and individuals within the community and by connecting existing resources with needs while helping to coordinate and partner caring adults with local youth. Moscow's Promise welcomes input from any and all directions so that we all can benefit from the interchange of ideas, experiences and, ultimately, the relationships that result while helping our kids to reach their full potential. Efforts are being made to add other Communities of Promise throughout Latah County.

For more information on how you can get involved with Moscow's Promise, contact John Cronin, (208) 883-4529, <croninj@idhw.state.id.us>. The website is [www.moscowspromise.org](http://www.moscowspromise.org).

*Lisa A. Cochran is a longtime Moscow resident.*

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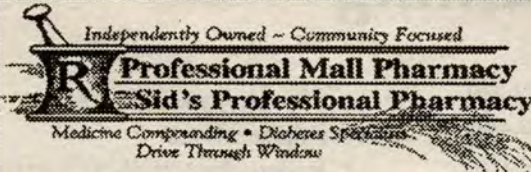
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Gladish Community Center  
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Special Presentation 6:30 p.m.  
**Beyond Diet and Medication:**  
**What You Need to Know to Live Well with Diabetes**  
Suzanne Lambeth, Certified Diabetes Educator

**Just Published!** *The Diabetes Experience: Understanding the Medical and Emotional Challenges of Living with Diabetes*, by Suzanne Lambeth, MA, CDE  
Special Diabetes Fair Discount! All books and cookbooks 20% off. Suzanne will be available to sign copies of her book before and after her presentation

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# Which Neighborhood Do You Live in?

By Carol Price Spurling

Since Mr. Rogers (a warm and loving, on-screen "neighbor" for children, so genuinely kindhearted, that even staunch television critics like myself couldn't help but like him) died in late February, I haven't been able to get the word "neighborhood" out of my mind. The word has featured in journalists' columns all over the place, including one by Tad Bartimus, carried by the Moscow-Pullman Daily News. The word showed up in the talking points at the Interfaith Potluck, held in mid-March to show support for the area's Muslim residents. As an idea for an essay, the word "neighborhood" isn't too original. But I still think it's worth some ink.

My definition of the word is fairly old-fashioned. I picture front porches, being able to run next door to borrow an egg, alleys with dumpsters in which to dive, people who shovel snow off their walks so kids can get to school.

But it appears there are many definitions of "neighborhood." My commute takes me from Moscow to Pullman and back again, past the mall strip which, excepting the picturesque pasture and barn to the south, could be anywhere in the country. I try not rolling my eyes, but the Applebee's sign mocks me: "Neighborhood grill and bar." Neighborhood? Whose neighborhood? What could we conceivably call this distinctly un-residential pedestrian-unfriendly part of Moscow? The Wal-Mart neighborhood?

Before I go any further, I confess that I have eaten at Applebee's more than once, and I have indeed shopped

at Wal-Mart, more than once. With my child. Therein lies the problem.

With every fiber of my being, I am against chain stores, fast food restaurants, discount stores, big box retailers, and development strips. They are not in any sense "good neighbors." So why have I occasionally succumbed? Why do others who know better succumb? Thoughtful people (and

thinking mothers) understand that the vitality of our communities depends on our commitment to all that is local. The excuse for my weakness, as it has been for others since time began, is money. Several years ago, the Doonesbury cartoon strip focused on Wal-Mart for a few weeks. Cartoon residents of a cartoon town threatened by the impending presence of the downtown-killing retailer argued. One resident crowed about getting a jumbo pack of diapers for something like \$9.99. Another resident, silenced for a moment, shot back, "Those are the devil's prices!"

Since then my husband and I have joked about paying the devil's prices on the rare occasions we venture to the Wal-Mart neighborhood to buy those cheap diapers. Little did we know that eventually those Doonesbury characters would be us. But it really isn't a joking matter. How much of our quality of life are we sacrificing by saving a couple dollars on our diaper bill? It's hard to know, because hardly anyone growing up in this country in the past 40 years has learned how to do long-term, total cost, "big picture" accounting.



In last month's Community News, someone suggested, "Make the Co-op's prices affordable for the average working person." The thoughtful reply to that suggestion reminds us that the devil's prices we pay elsewhere are artificially low, and cost us in terms of nutritional value, environmental degradation, and social injustices. The big picture is often on the side of what appears on the surface to be the more costly choice.

To assuage my conscience, I put cloth diapers on my son as often as I can. We're working hard on potty training, so I can put the nagging question aside. We eat organic oatmeal purchased in bulk for breakfast, because it seems we can't afford the organic equivalent of Cap'n

Crunch. But the temptation to the devil's prices will go on forever, as long as I need dog food, aspirin, maxi pads, and other items not easily found at garage sales and thrift stores.

Most people understand this. I understand it. The challenge is making myself act on what I know so that my son will also grow to understand it. I need other people to remind me of my responsibilities as a role model for my son, and although he loves French fries, I'm not doing him or anybody else any favors when I take him to McDonald's for lunch. Thankfully, we live, metaphorically and literally, in the Co-op's neighborhood where the word hasn't yet turned into a cruel joke. Won't you be my neighbor?

*Carol Price Spurling is a Moscow writer and bookseller who is happy to preach to the converted.*

## Strength Training

By Mark Heinlein

Strength training, often in the form of weight training, has long been employed by athletes to improve performance. However, strength training can be of tremendous benefit to all individuals, regardless of age or ability. From the high school athlete to the senior citizen, virtually everyone will benefit from strength training.

### Strength training can:

1. Improve function in daily life. As we get older, activity often declines and so goes a portion of our strength. Middle-age persons may find that lifting at work is becoming more difficult. Elderly persons may find that climbing stairs or rising from a seat is

more difficult. Strength training can address these issues.

2. Reduce the loss of calcium from the bones, thus slowing or arresting osteoporosis, which is of particular concern to women. Dietary intake of calcium, phosphorus, and other minerals is very important, but exercise must be added for best results.

3. Help prevent injuries. Studies show that athletes who lift weights have fewer field injuries than those who do not.



Likewise, people who strength train and exercise report fewer back injuries at the workplace.

4. Help control body weight. Walking and jogging burn calories. But just as importantly, well-trained muscles burn more calories even while at rest.

5. Address postural problems often caused by muscular weaknesses and imbalances.

But what is strength training? Many picture burly young men straining under loads of iron, but this is far from com-

plete. To understand strength training, one must understand the principle of overload, which states that to develop a function, it must first be stressed. In response to this stress, your body improves itself in anticipation of the next trial.

Strength training does not necessarily mean the purchase of expensive equipment or long hours of training. A program can be simple and still be very efficient. For help designing a program, try an athletic club. Strength training can be tailored to the needs of any individual.

*Mark Heinlein is a licensed physical therapist at Latah Therapy Works in Moscow. Mark encourages anyone with questions about strength training to contact him at 882-1570.*

# Community

## Spring to the Moscow Renaissance Fair

By the RenFair-ies

Sure as the budding daffodils, Moscow Renaissance Fair is coming. This very special 30th annual festival of spring will include two days of music, crafts, food and fun for kids of all ages. The fair runs May 3 and 4, Saturday and Sunday, from 10:00 a.m. till dusk in Moscow's East City Park.

In commemoration of the fair's thirty years, the fire-breathing Dragon Truck will return, as will the Kings and Queens of past fairs, including the King and Queen trees. A huge parade will tour East City Park to open the fair.

Two full days of live music, which "tends towards bluesy this year," said music coordinator Mark Lesko. Many of the main acts are from Seattle, like Nick Vigarino and Lelavision. Watch for these headliners in the late afternoon and evening.

Local legends Dan Maher and Choda & Spectrum II return once again, along with new acts like Noi and Friends, featuring a nine-year-old fiddler.

Prizes for best costumes in a Renaissance style will be given at the annual Costume Contest on Saturday May 3, at 3:30 p.m. on the main stage. There will be two categories for entries: children (12 and under) and adults (13 years and up). The best three for the children's category will receive \$10 each in "Ren-Fair Bucks." In the adult category (ages 13 and up), first place will receive \$35 in "Ren-Fair Bucks." Second and third place will receive \$20 and \$15 respectively. Ren-Fair Bucks are honored at any craft or food vendor at the fair. Winners will be chosen by audience applause using the applause-o-meter. For more info contact Mellowdee Brooks at <mellowjb@yahoo.com> or 883-0523.

The winning posters for this year's fair will be unveiled on Saturday, April 19, at 3:00 p.m. at the Pritchard Gallery. First prizewinner, Carrie Lipe, will receive \$200 for her work in paper collage. The second prize work will adorn the fair schedule. Artist Janay Slauch will receive \$100 for her colored pencil and ink work.

Join us at the Pritchard Gallery on April 19, for the 30th Annual Moscow Renaissance Fair Poster Party, at 3:00 p.m. Hors d'oeuvres and refreshments will be provided. Also on display will be all 30 years of fair posters.

As always, the fair depends on the goodwill and hard work of a great number of volunteers. We need people to help Friday through Monday with a variety of chores including setup and takedown.

On Friday, we set up canopies, children's area stage, etc. from about 1:00 p.m. until early evening. Another big chore is hay bales; we have to have trucks and strong backs to help haul them in and stack them Friday afternoon. Saturday and Sunday, we need help all day long. Early Saturday morning, we finish setups but where we really need extra help is with the recycling and the Stage 2 efforts that go on all day, both days. Sunday evening and Monday we take down canopies, children's stage, stack and return hay bales, (this usually happens Monday afternoon).

So, as you can see, there's a lot to do. Any time/help you can provide with any of these activities will be much appreciated. If you wish to volunteer, please contact Chris Pannkuk, <president@moscowrenfair.org> and we will sign you up.

## Reviews

### Book Review:

## All Over But the Shoutin'

By Bill London

Rick Bragg was raised in backwoods Alabama, one of three brothers born to a hard-working mother and a drunk no-good father. He readily describes his family as poor white trash. He grew up fighting, with a determination to prove himself, and used his skills as a story-teller and risk-taker to make it to the top of his profession. He became the New York Times correspondent stationed in Atlanta, and was awarded the Pulitzer Prize for feature writing in 1996.

His autobiography, All Over But the Shoutin', shows that his writing award was given for a good reason. His prose sucks the reader into his

## Moscow Civic Association

By Lois Blackburn

On Monday, March 10 at the 1912 Center, a panel of experts on water issues presented information about the Palouse aquifer at the Moscow Civic Association meeting. The panel focused on threats to the Palouse groundwater resource and what citizens can do to ensure conservation of that resource. Those in attendance at the meeting voted to bring these matters before the appropriate city officials via a letter from Moscow Civic Association president Lois Blackburn.

The next meeting of the Moscow Civic Association will be a joint presentation with Citizens for Quality Education and will explore the topic: "Moscow School District Facilities: Options for the Future." The meeting will be Monday, April 14 at 7:00 p.m. at the 1912 Center. All members and others interested in the Moscow Civic Association and in this topic are invited.

*Lois Blackburn is the president of the Moscow Civic Association.*

## Happy Birthday Ren Fair

By Kenna S. Eaton

1973 was a happening year on the Palouse. In addition to the Food Co-op getting started, folks in our community saw a need for a fair to celebrate the return of spring, and thus the Renaissance Fair was started. During the Co-op's early years, we had a food booth selling tofu shish kabobs in the hopes of raising enough money for various needs. After an extremely cold and snowy Ren Fair, when the Co-op lost money on its booth, we decided to become fairgoers and visitors instead of booth people. And let me tell you its way more fun this way! We actually get to visit the other booths and listen to the music instead of working our collective butts off.

To help celebrate its 30th anniversary the Ren Fair is bringing back a favorite performer: Laura Love. Laura Love plays a great blend of music that gets everyone on their feet dancing. It's hard to classify her music as anything other than FUN and Co-op staffers love her music so much that we used to have a signed photo in a place of honor in our office! To help the Ren Fair in their quest to bring back Laura

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-PRESENTS-

- Apr. 4<sup>th</sup> Bernie Worrell and the Wu Warriors  
5<sup>th</sup> Left Hand Smoke  
7<sup>th</sup> Shanty Grove  
8<sup>th</sup> Open Mic  
9<sup>th</sup> Melvin Seals  
11<sup>th</sup> Signal Path  
12<sup>th</sup> Nada Brahma  
16<sup>th</sup> Gravity and Henry  
18<sup>th</sup> Milonga  
22<sup>nd</sup> Open Mic  
25<sup>th</sup> Jack Straw  
30<sup>th</sup> Tanglewood  
May 2<sup>nd</sup> Left Hand Smoke  
3<sup>rd</sup> Left Hand Smoke

\*Shows are subject to change\*  
Please call 208-883-7662  
114 E. 6<sup>th</sup> St., Moscow, Idaho

# Chantra Melior Medical Fund Update

By Erika Cunningham

Happy Spring! April showers bring Mayflowers. Speaking of flowers, the Chantra Melior Medical fund is growing by leaps and bounds. Thank you, all that attended our last event. The community of action that is surrounding all of these events is astounding to me. Not one month after a most outrageous event in February, raising the coffers by \$3,500.00, not one month after the you gave so much, you turned right around and gave \$1,800.00 more. Yes, folks, things are growing.

Of course, we had the wonderful sounds of Lisa Simpson and Oracle Shack to entice. Both donated their time, in more ways than one. Thank you so much. Plus, Lee Anne Erickson and Moscow High School's Environmental Club put on a mean white elephant sale. And the delicious snacks kept coming. It all went so smoothly, and we're hoping this month's event will go as smoothly.

Yes, another chance to gather with friends, look at some fun items, perhaps even buy something crazy (last time I ended up with a drawing by a famous L.A. artist of, well, shall we say...anatomy? It goes well in the bathroom). This time we have the smooth bluegrass sounds of Steptoe to entice you to the dance floor. These guys are smooth. (I said it twice; I mean it.) Don't miss your chance to hear these guys in that acoustically fantastic Unitarian Church upstairs room.

Friday, April 11, 6:00 to 10:00 p.m.  
Potluck downstairs, starting at 6:00

p.m., music starts upstairs at 7:00 p.m. The potluck will go all evening, as will the sale. We need more items, upper-scale please, to add to the sale. You can call 882-0191 or 882-9793 to donate. We're also looking for time volunteers. We need set-up help on Friday, April 11, 4:00 to 6:00 p.m. and tear down 9:00 to 10:30 p.m.

There's more coming up, too. You can win the quilt that Kristin Jones made and donated. The raffle tickets cost \$5.00 and are available at the Co-op and Bookpeople. Alazingara is willing to play our last concert; we just don't have a venue yet. We'll have the drawing for the quilt at the concert as the grand prize.

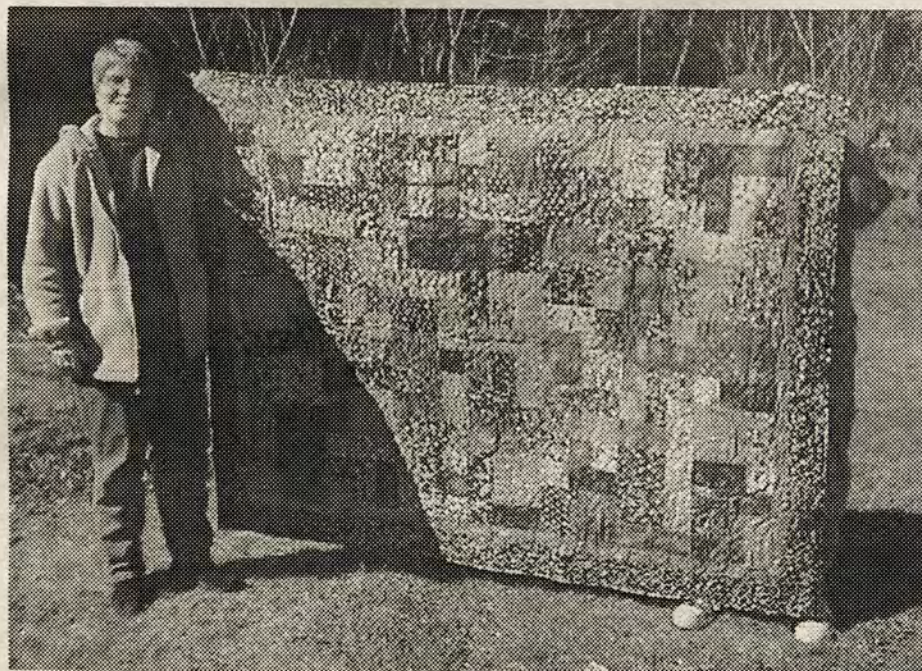
Again, folks, thanks a lot. It's a hard time right now, globally, and its reflecting in our own local lives, and again I'm proud and awed at the response of this community. Keep it up, both locally and globally. You've already helped change one woman's life.

*Erika Cunningham is a person hoping for peace.*

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Raffle tickets available to win this quilt, shown with maker Kristen Jones

# Another Thank You

By Annie Hubble

Once again I want to thank you all on my daughter's behalf for all the kindness shown us in this difficult part of our lives. The last benefit was a great success. Many thanks to Oracle Shack and Lisa Simpson for the wonderful music, and to all the willing helpers, especially all those from the high school, for their help in organizing the event.

I want to acknowledge and thank a very special group this month. The Montessori Kindergarten Class of the Renaissance Public Charter School here in Moscow have for about a month now been collecting pennies, nickels, and dimes for Chantra's fund. They had a picture of Chantra in their classroom, and every day some of the

children would put coins into the jars. Today, on the

children's behalf, the teachers, Nancy Hampel and Cindy Pastor, deposited \$107.10 into the account. Chantra loves children – she was a nanny in Maui for a year – and both she and I are so grateful and so moved by their generosity. The heartwarming action of these children and their teachers brings me close to tears, (good tears!). Chantra has promised to visit the classroom when she is well and spend time with these young people, some of whom she knows from her high school babysitting days.

Thank you so much Montessori Kindergarten Class!



the Renaissance Charter School kindergarten students

## Greetings from The Transients

By Joseph Melior

We broadcast the following announcement. On April 5, at 6.00 p.m. at The Coldlab, 623 S. Jefferson, there will be a show to help raise money for the Chantra Melior Medical Fund. This will be a very exhilarating experience as the Sweatshop Band, Ambulance Only, Evy, The Transients, a special guest, and poets from around the area will be there to entertain you. We are asking a donation of \$5.00 from all who come. We guarantee a night of ol' fashioned fun. So, please bring yourself and your friendselves to engage in dancing activities.

Love and Peace

# Peter Basoa Update

By Bill London

Peter Basoa, longtime Co-op member, Moscow Renaissance Fair stage impresario emeritus, and well-known community character, now lives at Clark House, an assisted living facility in Moscow. Please consider visiting him there—and please continue reading for some suggestions for what you can do to really help Peter.

Clark House is a very friendly and welcoming place. It seems more like a small hotel than a nursing home environment. Following his recent stroke, Peter has the help he needs with cleaning, meals and medications there. He also has scheduled therapy. Clark House is a great place for him at this point.

And visitors are welcome there. You may want to call ahead to make sure Peter does not have scheduled therapies or other plans. The phone number in his room is the same, 882-4051. Clark House is located at 1401 North Polk Street (just north of the Quail Run subdivision). Peter would love your company.

The following are some suggestions compiled by the Friends of Peter Basoa, a group that includes Peter's brother Steven, Bob Greene of BookPeople, and a host of others:

\*Visiting Peter at Clark House is a great idea, and equally positive is providing him with an outing. You could take him to visit friends, to the Co-op or other downtown location, or just out for a springtime drive in the country.

\*Remember that Peter needs to be available for his therapy sessions, and he needs to eat the regularly-scheduled meals at Clark House. Please plan your visits or outings to avoid a therapist visit or mealtime. Meals are 8am, noon and 5pm. Therapist visits are scheduled at irregular times during weekdays before 5pm. So, visiting Peter on weekends or after 5pm is best. If you are planning weekday visits during the day, call Peter ahead and ask him to check his daytimer or wall calendar for the therapies scheduled for that day.

\*Peter is free to leave Clark House, and sometimes he decides to walk away on his own. This is a dangerous choice for Peter to make, since he does get tired and lost quite easily. The more his friends visit him at Clark House, the more he will be content to stay there—and the safer he will be. If you see Peter out walking alone, please give him a ride, preferably back to Clark House.

\*Peter's brother, Steven, also lives in Moscow and is very con-

cerned about Peter's welfare and safety. If you see Peter walking alone, and if Peter will not accept a ride back to Clark House, please contact Steven as soon as possible at his cell phone number (301-4408). Steven wants to know if his brother is out alone and will not return to the Clark House.

\*Please consider bringing the party to Peter. Clark House has an activities room (with tables, stove, sink and refrigerator) that can be reserved for parties or meetings that Peter could attend. Just call the Clark House (882-3438) and talk with the staff about reserving the room.

\*An important part of Peter's therapy is maintaining his daytimer appointment book. If you visit Peter, please make sure he notes that in his daytimer. If his daytimer shows a large number of visits and outings in one day, please wait for another time to take him away from Clark House. There is room in the daytimer for visitors to write notes or remembrances for Peter. Please do so.

\*A benefit fund has been established at the American West Bank, 600 South Jackson in Moscow. If you wish to donate to this account, just mail or bring a check (made out to the Friends of Peter Basoa) to the bank. This account will help pay for various expenses not covered by Peter's present assistance program.

\*The Friends of Peter Basoa are hoping to sponsor a musical fundraising event soon. If you are interested in volunteering to make that happen or if you have any questions about the fund or its uses, please contact Bob Greene at BookPeople.

*Bill London edits this newsletter and knows that Peter thrives on interaction and activity (so he urges you to visit Peter).*



# Paradise Creek Clean-Up

By Annie Hubble

We have a wonderful leader for the annual Paradise Creek clean-up. Molly Karp (yes, Molly who used to make our delicious lattes not so long ago in the deli!) has volunteered to organize the event. She asks that anyone who wants to help meet at the Co-op on Saturday, April 19 at 9:00 a.m. with bike in tow so that the crew can ride together to the creek. An alternative plan for those with little time or no bike is to meet at Mountain View Park a little after 9:00 a.m. Those wanting to help should wear old clothes and bring old gloves with which to pick up garbage. I believe a bicycle ride is planned as part of an after clean-up activity for those who want to participate.

Molly will put up fliers closer to the event with any further information, and there will be a sign-up sheet at the register, but even if you haven't signed up, you can still just turn up and lend a helping hand. This is a very worthwhile event. We are lucky to live in such a beautiful part of the world, and we need to keep it that way.

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# Recycle Your Plastic

By Andy Boyd

Moscow Recycling wants you to know about our extended plastics recycling program. In a nutshell, we now accept any plastic container that has a recycling symbol and number on it. When you bring your plastic to Moscow Recycling's 24-hour drop-off area, just match the number with the appropriate bin. As in the past, there will be one bin for #1 plastics, and two bins for #2 milk jugs. In addition, there will be one bin for #2 plastics that are not milk jugs and one bin for numbers 3, 4, 5, and 7 plastics.

To accommodate these bins, we had to remove one of our two aluminum can bins and our paper milk and juice cartons (aseptic packaging) bin. We now ask that you place your aseptic packaging in our mixed waste paper bin. As with any new program, there are a few guidelines that we are asking you to follow so we can keep contamination to a minimum:

1. We cannot accept any plastic containers that were used to hold motor oil and antifreeze.

2. We are unable to accept any #6 (styrofoam) due to high food contamination.

3. We are unable to accept any plastic bags because they blow around too easily and are also susceptible to contamination.

4. We cannot accept plastic toys or packaging (these generally have no number on them).

5. We are unable to accept these plastics on our curbside routes at this time.

We have had many requests from the community to increase our plastic recycling efforts so we hope that this program is beneficial to you and your family. Just one more reminder. Please make sure that the number on your plastic containers matches the number(s) on our signs. Thanks!

*Andy Boyd has managed the Recycling Center for about eight months. Before that, for five years, he worked as a trash collector for Latah Sanitation, Inc. in the city of Moscow. Andy has a Masters of Science from the University of Idaho in Wilderness Management and has been an avid recycler for many years.*

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

**Large & Small Animals**  
Nancy Maxeiner, D.V.M.

# Life in Haiti

By Nancy Casey

Two months ago I arrived in Haiti—at Matenwa, a village in the mountains of Lagonav. I'll be here for another two months, living with a family, working on my language skills, working in the community school, and helping with a gardening project. After that, I'll return in the fall to stay for a year or more with a better idea about my role.

I am with the Lekol Kominote Matenwa Pou Developman (the Matenwa Community School for Development), a project set up with the practically limitless energy of Chris Low, an American, in conjunction with AAPLAG (Association, peasants, activists...not sure how this acronym strings together). On Saturday, International Women's Day, we celebrated AAPLAG's 15th anniversary of working on Lagonav to build and support centers focused on literacy, community education, raising consciousness and promoting sustainable development.

Here is my happiest story.

The school has a garden space that has produced a few vegetables, but has never been organized or focused very well, I think, for a lack of understanding of how you make it happen. Early on here, I met Jean-Rene Gabriel, an agricultural technician (and founding member of AAPLAG), who lives in Lotore, a 2 1/2 hour walk away. Animated, congenial and interesting, he also has a beautiful garden, and two teenage boys interested in environmental issues agreed to take me there. When we visited, Jean-Rene interacted mostly with the boys. I followed what he said because I understand gardening, and I took a zillion pictures with the digital camera.

When Jean-Rene began gardening there 15 years ago, it was barren—a former mango forest turned to baked earth. He's worked hard at soil building and erosion control. In addition to his own vegetable gardens and reforestation/erosion control projects, he's worked throughout the community to help people start their own gardens or improve the ones they have. So "visiting" him, we went all over the surrounding countryside—on his land and other people's, looking at a variety of plantings and experiments. I took pictures of many projects in various stages and assembled them to show, more or less sequentially, how to make a productive garden. (Using organic matter for mulch and compost is one idea that's not well understood here.)

I showed the pictures to the classes at school. There came a flurry of activity to try to make our garden just like Jean-Rene's. The students and teachers weren't satisfied with just pictures, and arranged for the upper grades to walk to Lotore and visit Jean-Rene, too. The sense among the students and teachers was, "Oh, I get it. THIS is how you do it."

Jean-Rene is coming to train our teachers and a few community members. He'll help us plan the school garden and try to find a way to start a pilot project or two for these eroded hillsides. The school has some money to pay for the hard, hot work of trenching, terracing, and moving rock, so we hope to begin some kind of work right away. (The number of strong and able men so willing to work if they could just find it is another one of the things that touches and saddens me as I learn about life on Lagonav.)

So, we'll see what happens. Yes, there is much misery here, but much hope, too. There is much more to tell about my experiences here, but the longer I am here, the more my "insights" seem trite.

You can email me at <nancy@turbonet.com>. We recently finished a solar electrical installation that will support computers and a satellite. We could be online in a month or so, but realistically, I probably won't respond to email unless I can get to Port au Prince, which may be when I'm on my way home in late May.

Snail mail literally comes by slow boat, but is much appreciated. Send it, w/o my name on the envelope, to Chris Low, c/o Lynx Air, PO Box 407139, Ft. Lauderdale FL 33340. Draw stars on the envelope and Chris will know to pass the mail to me. Please don't send anything over 2 pounds, as package fees are horribly expensive.

I hope all is well with my friends in Moscow. I don't know where you look to find out if it began to rain on Lagonav, but you can be sure that when it does, I'll be dancing in it.

*Nancy Casey is a Co-op member who will be returning to Moscow this summer.*

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# Letters

## Letter to the Editor

It is time to take a stand. I have asked politely in the past. Now I am begging the board of directors to do something about this obnoxiously fragrant section of the Co-op.

I have shopped at the Co-op for over 13 years, and never has it been so smelly as it has been this past year. I know there has long been an incense and essential oils section, but I do not remember this section of products as being so offensive. It seems to get worse as time goes on. When I have voiced my concerns about the highly scented products, I was told that they are popular selling items. I understand. But I have also been led to understand, through the years, that the Co-op is committed to selling natural, organic and healthy products. The Co-op often carries products that are not available in other local stores, products that benefit, that do not cause harm, including harm to those of us with special needs.

I am one of those people with special needs. The Co-op was a god-send when, in 1992, I was diagnosed with Multiple Chemical Sensitivities. There is no other store nearby that provides the type of products that I need to stay as healthy as possible. The closest other store that carries the products I want is in Spokane, and it is a two hour trip one way for me. This is a long haul when I can purchase what I need by driving only 30 minutes to Moscow.

But it has become very stressful and unhealthy for me to shop at the Co-op. The incense and fragrance smell is so overpowering that by the time I am done shopping, I have a migraine and my clothes stink, which in turn, makes my car stink. When I get home, my cloth bags stink, my groceries stink, which in turn, makes my pantry and refrigerator stink. I now have to strip when I get home and wash all my clothing, take a shower, run the ozone machine in my car AND wash all my food to try to remove the incense and fragrance smells. Recently, I purchased among other things, a large bag of carrots. The bag smelled, so I threw it away. But, the carrots, which were inside the plastic bag, also smelled of incense. You have to admit this is ridiculous!

Yes, these steps I go through sound extreme, but that is what I must do since I am extremely allergic to in-

cense and scented candles and whatever other smelly products are being sold in that section of the store. If I do not go through this routine, and if I am exposed to these toxic products for too long, I go into anaphylactic shock and end up in the Emergency Room. I am not the only person that is affected by the smelly items. I have spoken to quite a few people who have noticed the change and the bothersome smells that arise from the incense and candle section.

I have made suggestions in the past, along with other people, that the items in the smelly section be displayed in a tightly built enclosed cabinet with glass doors. This would alleviate some of the problem. What I do not understand is why the smell continues to get stronger and invade the entire store.

Since my last shopping visit at the Moscow Co-op on March 3, I have had to purchase my groceries in Spokane. It is better for me to spend a day driving to Spokane than to be sick for 3-4 days from a severe allergic reaction. I wish this were not so. I would rather shop locally and support the Co-op. I hope there is a solution, and that you the Board, the thoughtful, and concerned members of the Co-op, will do something about this problem.

*Lael Turnbow, Long time Member of the Moscow Co-op*

## Letter to the Editor

This is a letter acknowledging and thanking everyone who has helped in whatever way the Chantra Melior Medical Fund. There is an unbelievable amount of you out there, helping in an unbelievable amount of ways. Financially, we are very close to our goal. Checks and cash and lots of pennies have found their way into the donation cans, into the bank, in envelopes slipped under doors and onto windshields. To all of you without exception: THANK YOU. Large and small, your generous donations are making this surgery a reality for Chantra. And THANK YOU to all those who are generously donating time, energy, and materials to the fundraising events. It is all of you together that create this Community, a Community that I am proud to be a part of. Again, let me say THANK YOU.

*Kimberly Wheelhouse, Chantra Melior Medical Fund Treasurer*

## News from the West

By Auntie Establishment

I have an idea for a new television reality show. It's called *Joe Colonoscopy*. Here's the premise: we'll select people at random from grocery stores and shopping malls and offer them cash to have a painful and humiliating medical procedure. The person who's willing to take the most barium for the least amount of money wins, but—and this is the kicker—the person who performs the procedure won't be a medical professional. It'll be another person selected at random from a grocery store or a shopping mall. College professors, auto mechanics, hairdressers . . . we'll mix them up, add a video camera and a laparoscope, and, voila! Idiots! Bare butts! Entertainment!

What? You don't think I could sell this to Fox? Then you must be one of the lonely few who would rather read a book, or wash your hair, or have bamboo shoved under your fingernails than watch *Married by America*. What's that you say? When you do watch television, you only watch PBS? You're more familiar with Bill Moyers than Bill O'Reilly? You are not my target audience? I see. You think I should pitch my appeal to the lazy and the indolent, the passive and the prurient; the millions of ordinary men and women who, night after night, sit down on the sofa and switch on the schadenfreude.

Wait just a second—are you sure I'm not talking about you? Don't be offended. I'm talking about me, too. Sure, I'm an intellectual. Like you, I watch PBS—enough to know what schadenfreude means—and I'm a voracious reader. But, to be perfectly honest, I've watched more episodes of *Cops* than I've read novels by Trollope. I shudder to think how much time I've wasted watching *The World's Wildest Police Chases*, *The Bachelor*, *Survivor*, and *Big Brother*. *The Real World* is no stranger to me, and I have more than a passing acquaintance with *Jackass*. As much as I'd like to, I can't vote myself off this island. I am the weakest link.

And, as long as I'm implicating me, why not implicate you? Even if your tastes aren't as trashy as mine, how many of you are now glued to your television sets watching round-

the-clock coverage of the U. S. invasion of Iraq? Sure, you say you're just being a good citizen, monitoring the actions of our government, but how much of that news you're watching is really news? I've sampled the coverage on CNN, Fox, and MSNBC, and so far it looks like a painful re-run of the first Gulf War. Flashes in the sky over Basra and Baghdad; loud explosions and buildings blowing up and on fire; soldiers decked out in their chemical suits; and archival footage of Saddam Hussein, the latter carefully chosen to remind us, once again, of what an evil despot he is.

What's striking, of course, is the absence of any in-depth analysis. What will this war mean for the people of Iraq? How many will die, and will a post-Saddam government really be democratic? What effect will this war have on the United States? Can we mend fences with the international community? Do we even want to? In the post-Iraq world, will we be left with an administration that cannot be hindered and a United Nations that is little more than a failed parachute?

Television coverage of this war, just like television coverage of the last one, is reality programming for the armchair general. It's pitched to those of us who want to sit in our Lay-Z Boys and play Monday-morning quarterback in a distant war killing distant people. Unless you have relatives in the military or relatives in Iraq, this is death and loss, suffering, and schadenfreude, all at a safe remove.

I have long dreaded my arrival at the tipping point, the moment at which my youthful idealism and touching faith in the essential worth of humankind would be overwhelmed by a raging case of middle-aged misanthropy. Now that I've crossed that threshold, I say, why not make a quick buck? When the war is over, I'll meet you at the shopping mall. You won't have any trouble recognizing me—I'll be the woman with the video camera and the long and scary-looking hose.

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*Auntie Establishment is an alter-ego of Moscow writer Joan Opyr. She can be reached at [auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com).*

## On the Waterfront

By Dianne French

On March 10, 2003, the Moscow Civic Association hosted a panel discussion on local water issues. Panelists included Dr. E Kirsten Peters, WSU Geologist; Tom Townsend, longtime Latah County Representative to the Palouse Basin Aquifer Committee (PBAC); Dr. Bill French, founder of the Palouse Water Conservation Network (PWCN); and Rachael Paschal Osborne, Spokane attorney specializing in water law.

Although over 160 engineering and hydrological studies of Moscow's water supply system have been completed, there are still unknowns. Dr. Peters gave easy-to-understand explanations of geologic principles and facts about the Palouse Basin.

Tom Townsend spoke on behalf of PBAC. When questioned about PBAC's efficacy in halting groundwater declines, he replied that without PBAC's efforts little would be accomplished. Lately, PBAC's focus is on research; conservation has become tertiary to the group's activities. At the February PBAC meeting, Mr. Townsend's suggestion to hold evening meetings to allow increased public attendance met with criticism by other PBAC members. Previously kept current with minutes and upcoming meeting agendas, the PBAC web site ([www.uidaho.edu/pbac](http://www.uidaho.edu/pbac)) has not been updated in over a year. While the site still contains a wealth of data, the general public is left to wonder what is currently being accomplished.

The objective of a sound conservation plan is to use our water resource wisely and efficiently, states Dr. French, whether or not the aquifer is declining. However, groundwater mining, which is forbidden by state law, is occurring and the least expensive "source" of additional water is conservation. Many questions from the audience concerned the Naylor Farms, LLC, water rights application. While this is a very important issue, Dr. French reminds us that current water use in the basin is 2.7 billion gallons per year, nearly five times the amount that Naylor proposes to withdraw under their revised application. Declining aquifer levels must be addressed no matter what happens with the Naylor application.

With historically declining levels, we should be operating as though there is a moratorium on new water

rights added Attorney Rachael Osborne. It would be in Idaho's best interests to look carefully at Washington water laws. Citizens need to be asking hard questions of the Idaho Department of Water Resources.

In his response to a potential moratorium on new water rights (Moscow-Pullman Daily News, 3/12/03), Latah County Rural Development Coordinator Chris Storhok is concerned that this could spell disaster for small towns in Latah County that are desperate for development. This response is misguided on three counts. First, Moscow is the only town in Latah County drawing water from the Grande Ronde aquifer—a moratorium would not affect water use in other towns. Second, it assumes development can only occur with increasing water use, rather than more efficient water use. Third, the idea that a community can only thrive with unlimited growth and development is a notion that must disappear, hopefully before the water does.

Post-World War II economy was based on a planned scheme for consumerism—and it worked. The economy grew, people consumed and planned obsolescence became an accepted norm. We become anxious when we consider voluntary reductions of any type. But, we must begin to imagine a "restorative economy" where having less is truly more satisfying, more interesting, and of course, more secure.

In the relatively near future, we must achieve a balance between what we are consuming and the capacity of the earth's ecosystems to provide, according to author and businessman Paul Hawken. "We need to create an economy . . . that is not an either/or argument, but a means to create the best life for the greatest number of people precisely because we do not know the eventual outcome or impact of our current industrial practices. In other words, we need an economy based on more humility."

It's not a question of growth versus stagnation; our future depends upon sustainable resource management.

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*Dianne French, co-founder of PWCN has lived in Moscow 15 years, loves to drink water, take short showers, and let native plants grow in her yard.*

# Corporate "Organic" Farmers Erode National Organic Standards

By Kelly Kingsland

Only four months after the new organic standards were enacted, they have been dealt a serious blow. While not a surprise, it is disappointing that corporate America moved so quickly to undermine the hard-won standards. Last month, Congress passed the Omnibus Appropriations Act, a federal spending bill, which included a rider that allows farmers, while still labeling their meat and dairy products "organic," to feed their animals conventional feed when organic feed is twice the price. Conventional feed has been grown with pesticides, herbicides and chemical fertilizers, and has been further adulterated with hormones and antibiotics.

Fortunately, it is unlikely this latest attempt to undermine new organic standards will hold water. Although the USDA had previously taken no position on the rider, after its passage, Ag Secretary Anne Veneman expressed concern that the legislation will threaten the integrity of the

National Organic Program. Thankfully, Senator Patrick Leahy has introduced legislation that would eventually strike down the bill.

For me, this wrangling is infinitely disappointing. The new standards, though limited in scope and intention, are at least a minimum guarantee that consumers can avoid foods that are genetically engineered, irradiated, fertilized with sewage sludge, or laced with antibiotics and growth hormones. Yet, it is apparent that corporate America wants a piece of the ever-growing organic market, without having the value system that is the foundation of organic agriculture. Always striving to fill their greed, corporations barrage the standards with undermining compromises.

This scenario has been played out on many fronts throughout history. Recently the environmental movement is a clear example. While legislation such as the National Environmental Protection Act, guides our interactions with our environment, industry has relentlessly worked at eroding these codes. They violate them outright, manipulate their wording, attack them in court, and create entities like the WTO that sees environmental protection as "an unfair trade barrier."

Meanwhile, we must be vigilant,

constantly defensive and tireless in our fight to maintain the status quo. Nothing will change, say many activists, until we dismantle and challenge corporate rights and authority. We also must look forward to a time when industry and agriculture support the holistic needs of the people. In his essay, "The End of Agribusiness," Dave Hensen writes, "All the cultures of the world, and all the ecosystems, have a common interest in replacing corporate rule with democratic rule in service of diversity, cooperation, sustainability and common wealth."

Hensen recommends a three-tiered system of activism. One: fight fires; we must continue on a grassroots level to counter corporate assaults: appeal timber sales, counteract legislation, march against the WTO. Two: create alternatives; pursue local, national, and international policies that

sustain sustainable farming and business practices and punish unsustainable ones. For example, help farmers get off the chemical treadmill by buying organic foods and by subsidizing farmers making the transition to organic farming. Third, "dismantle the mechanisms of corporate rule," as Hensen puts it. Corporations are increasingly powerful and in their interactions with the people, they have become less accountable. Question the authority of large corporations in our lives.

Challenging corporate authority and control on the local, state, national, and international levels will be a struggle, but we must persist and take back the right to decide our destinies and that of the planet. Idealistic? Certainly, but idealism is nothing without action, so if we truly care and intend to give the revolution more than lip-service, then specific and direct action must be taken on many levels.

Wendell Berry states in his essay "Hope" that through the economic revolt of "local small producers and local consumers against global industrialism of the corporations" the light of hope can be seen. Democracy calls for more than one-third of the people voting at election time. We need to ensure that our elected officials truly represent us. We need to vote with our dollars, support only local and regional sustainable businesses, find a

collective vision that works towards sustainability, and ultimately, we need to vote with our bodies, clogging the streets with our dissent, shutting down the system if it fails to serve us.

To voice your dissent, call your senators and representatives; the Capital switchboard is 202-224-3121.

## Sources:

"The Fatal Harvest Reader," edited by Andrew Kimbrell; "A People's History of the US" by Howard Zinn, "Small Wonder" by Barbara Kingsolver ; "The End of Agribusiness" by David Hensen; the Organic Consumers Association web site: [www.organicconsumers.org](http://www.organicconsumers.org); "USDA Enters Debate on Organic Label Law" by Marian Burros, New York Times, February 26, 2003.

*Kelly Kingsland thinks that corporate organic is an oxymoron.*

## Get Your Own Organic Bytes

By Bill London

If you want to keep up with the latest news from the world of organic politics, consider signing up for Organic Bytes. This email newspaper contains short summaries of the latest in governmental regulation and other hot topics within the world of organic food marketing. And it's free.

My thanks to Mary Jane Butters for passing on this great information opportunity. Organic Bytes is a publication of the Organic Consumers Association and to subscribe just go to:

[www.organicconsumers.org/publications.cfm](http://www.organicconsumers.org/publications.cfm).

## Keep Organic, Organic!

By Kathi Colen Peck

Section 771 of the 2003 appropriations bill, signed into law by President Bush on February 20, allows livestock producers to label their products "organic," even though they have not raised their livestock on organic feed. The provision undermines the National Organic Program (NOP), which made 100% organic feed for livestock an absolute requirement for organic certification. It opens the door for other commodity groups to lobby for specific alterations to the NOP. We need to repeal this rider and protect the integrity of the organic standards.

Fortunately, there are bills in both houses of Congress that seek to preserve organic standards: the Leahy-Snowe Organic Restoration Act, S.457, introduced in the Senate in early March by a bipartisan team, and in the House of Representatives, the Farr-Kind Bill, HR.955, which would repeal section 771 from the appropriations bill. This legislation would reinstate the requirement that a farm, in order to be certified organic with respect to livestock production, must feed

the livestock organic feed. Washington Representative George Nethercutt, Jr. was a co-sponsor of the bill, but Idaho Representative C. L. Otter has not yet declared support.

How can you help? Contact your senators and representatives! Idahoans, contact Senators Larry Craig and Michael Crapo. Washingtonians, contact Senators Maria Cantwell and Patty Murray.

Contact information for the Senate can be found at the following website: [http://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://www.senate.gov/general/contact_information/senators_cfm.cfm). Contact information for your representatives in the House is available at this website: [http://www.house.gov/house/MemberWWW\\_by\\_State.html](http://www.house.gov/house/MemberWWW_by_State.html).

*Kathi Colen Peck got information for this article from the Organic Trade Association website, [www.ota.com](http://www.ota.com); she adds that the OTA provides electronic form letters to email your senators and representative on this issue.*

# Big Brother Needs You

By Darryl Kastl and Cindy Brinkerhoff

The Avalon Ballroom, the Fillmore Auditorium, poetry readings, flowers in your hair, the summer of love, free rock concerts, Ken Kesey, the San Francisco Mime Troupe, the Oracle, Haight-Asbury, the Grateful Dead, Jefferson Airplane, Santana, the Doors, Cream, Jimi Hendrix, Janis Joplin, Big Brother and the Holding Company. Big names from the past.

How many of us "baby boomers" remember the 60s? How many would like to re-live the experience of these great sounds from the past? It is possible right here in Moscow with a little help and support from the community.

As owner of Kaleidoscope Picture Framing and Rock 'n Roll Art Gallery, Darryl Kastl's interest in this historical era runs deep. Darryl was born and raised in San Francisco and was fortunate to attend some mind-bending rock concerts and become friends with 60s concert promoter Chet Helms. The two have remained in touch through the years. Chet gave Big Brother and the Holding Company, and Janis Joplin, their start in front of the public. It is through this associa-

tion with Chet that Darryl has been able to add some wonderful rock 'n roll history to his art gallery.

Darryl is planning his next project: a concert in Moscow that will feature Big Brother and the Holding Company in a tribute to Janis Joplin. An event that is sure to "blow your mind!"

Darryl approached Kenworthy Performing Arts Centre board members, Shelley Bennett and Cathy Brinkerhoff, to see if the concert could be held at the Kenworthy Performing Arts Centre (KPAC). The Kenworthy Theater was gifted to Moscow Community Theatre in December of 1999. Since that time, the KPAC board has made great strides in an on-going effort to restore and renovate this historic building on Moscow's Main Street to a multi-use, community based performing arts center. In the fall of 2002, the Kenworthy Film Society (KFS) was begun as a way to provide members, as well as the public, an opportunity to see foreign and art house films at a reasonable price. Membership to the KFS is through subscription. Using this as a prototype, Darryl and Cathy have started exploring the possibility of funding a concert series in a similar manner. Big Brother and the Holding Company would be a "test run."

Financial support would be given by selling sponsorships to local businesses and individuals interested in bringing quality, classic rock 'n roll to the area. Sponsorships would include

exclusive meet-and-greet sessions, reserved seating, and a post-concert party. Many people are already enthusiastic about this first event and have agreed to help support it. But, as with any event of this caliber, more support is needed!

The idea of a "Kenworthy Concert Series" could be a reality! And this tribute concert to Janis Joplin, First Lady of rock 'n roll is just the beginning! By becoming a sponsor, business owners will purchase advertising space on the event's poster. There will be different sponsorship levels to choose from. The higher the sponsorship level, the more the package includes. There will also be signed, custom-framed event posters included at the higher sponsorship level.

If you want to be in on the ground floor of this "grass roots" endeavor, please call Darryl Kastl at Kaleidoscope Picture Framing; your name will be added to the list of interested businesses and/or individuals. You will be contacted when this first event gets closer to becoming a reality. The phone number to call is 882-1343.

With the help and support of the Moscow community, your sponsorships will make this concert a success! And even better, we can look forward to many more in the future.

*Darryl Kastl is the owner of Kaleidoscope Picture Framing in Moscow, and Cathy Brinkerhoff is the president of the Moscow Community Theatre.*

# Newsletter Changes, Did You Notice?

By Bill London

Did you notice that last month's issue inaugurated a new series of departmental headers?

The first few pages of the issue contained articles focusing on the Co-op staff and operations. That was followed by the usual host of other interesting stuff, like profiles, and articles about gardening and other topics, as well as some community commentaries. Instead of jumbling all those other articles together, we now are deliberately separating them by subject, into departments.

Those departments are now labeled with attractive banners across the top of the first page of that section (Gardening, Food, Community, etc). Our thanks to Melissa Rockwood for creating those banners.

And finally, last month's issue expanded, for the first time, to 24 pages from the usual 20. More people with more to say has resulted in a heftier newsletter.

*Bill London thanks the two-dozen Co-op volunteers who write, edit, design, and distribute this newsletter every month. They take pride in the publication, and because of that, the newsletter reflects well on the Co-op and the community.*

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# Bulletin Board

MOSCOW FOOD

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## Music, Poetry, Dancing

benefit for the Chantra Melior Medical Fund.

**April 5, 6:00PM at The Coldlab, (623 S. Jefferson in Moscow),**

Music by the Sweatshop Band, Ambulance Only, Evy, The Transients, donation of \$5.

## Multimedia 'Report from Iraq'

**April 4, 7PM at the Smith Center for Undergraduate Education (CUE) room 203 on the WSU campus.**

Presented by Anna Bachmann of Port Townsend, WA. Sponsored by Palouse Peace Coalition, 509/332-4760

## UI Women's Center Fundraiser 5K run/walk/stroll

**Sat. April 5, begins 8AM.**  
registration open until 7:30AM  
885-6616

## Watershed Democracy: Recovering the Lost Vision of John Wesley Powell

**April 10th at 7:00PM in the UI College of Law Courtroom.**

Presentation by Donald Worster, Friends of the Clearwater, foc@wildrockies.org

## Live Swing Music: Casey MacGill & the Spirits of Rhythm, from Seattle

**Thurs., April 17, 8:30PM - 11:30PM at the Moscow Social Club, above CJ's.**

\$6 for members of the Swing Devils, \$8 non-members. Beginning swing dance lesson at 8:00PM.

## Moscow Food Co-op Art Gallery

The art work of Emily Meyer, an art student at the University of Idaho, will be on display at the Moscow Food Co-op Art Gallery April 11th through May 8, 2003. An opening reception will be held April 11th, 6:00-7:00 PM.

## Chantra Melior Medical Fund Fundraiser

**April 11, Friday, 6 - 10PM, Unitarian Church in Moscow.**

Dance to Steptoe, pot luck and white elephant sale. 208/882-0191 or 208/882-9793

## Palouse Patchers Quilt Show — "Quilting the Red, White, and Blues"

**Sat., April 12, 10 - 6 & Sun., April 13, 12 - 5 at the Latah County Fairgrounds, Blaine and Howard Streets, Moscow, Idaho.**

Admission \$3 for adults. Contact quilts@palousepatchers.org or visit www.palousepatchers.org for the latest information.

## Indigo Girls & Wynona Laduke Bring Speaking/Performance Tour

**7PM, Sunday, April 13, in the SUB Ballroom at UI.**

Tickets are \$5 for UI students and \$10 for the general public. 885-4636.

## Moscow Civic Association meeting

**Monday, April 14, 7PM, 1912 Center.**

A shared presentation with Citizens for Quality Education, School District Face the Future.  
www.moscowcivic.org

## Ralph Nader at V April 17, 7:30PM in Coliseum.

The ASWSU Environment is presenting a free Nader. Contact Dan Campus Involvement

## 30th Annual Moscow Renaissance Fair Prichard Art Gallery Moscow, April 19, 3 refreshments provided.

## Nonviolent Communication Workshop with Douglas Dolstad

April 18, 7 - 9PM Introduction to Nonviolent Communication  
April 19, 9 - 12AM NVC Parenting  
April 19, 1 - 5PM Deepening Understanding and Practice of NVC

Unitarian Universalist Church of the Palouse, Moscow. Register at the door. Contact Veronica Lassen, 334-0326, or Gayle Newman, 892-1512.

## UI Women's Center

**All-day training on same violence, sexual orientation  
Monday, April 21**

presented by Dr. Lori Girshil SUB, Silver and Gold Room. the public. 885-6616

## Pullman Civic Theatre p "Cat on a Hot Tin Roof," Tennessee Williams.

**April 24, 25, 26 and May 1, Pullman's Gladish Auditor curtain time 7:30PM**

Tickets \$8, available at www.pullmancivictheatre.com, at Dissmore's Service Desk, Neill's Flowers & Gifts, at the door, or by reservation at 509-332-8406.

**April 24th Opening Night Reception 6:30PM - 7:30PM**

## Forest Birds Field Trip Saturday, April 26 at 8AM

Meet at Rosaura's Parking Lot at 8am to carpool. Binoculars highly recommended. Friends of the Clearwater, foc@wildrockies.org

## UI Community Development Topic Team meeting May 28-30 at Grangeville & Elk City

Scholarships available. Registration deadline May 1. 885-6027

## Organic Growers Market begins Tuesday, May 6, 4 - 6PM, in the Co-op parking lot.

Contact Kathi Colen Peck at kscp@turbonet.com, or Eva Jo Hallvik at webeam@hotmail.com.

## Moscow Renaissance Fair May 3 and 4, East City Park free admission, free fun

## Vigil for Peace

**Pullman: Fridays 12:15 - 12:45**  
Under the clock by the public library in downtown Pullman. 509/334-4688, nancycw@pullman.com

**Moscow: Fridays 5:00 - 6:30PM**  
Friendship Square, downtown Moscow. 208/882-7067.

Submit non-profit announcements to co-opnews@sourjayne.com by the 24th of each month.

For additional events & information, www.moscowfood.coop/event.html

