

Day-MW
HD
3284
N48

August 2003

FREE!
Please take one.

Community News

The monthly newsletter of the Moscow Food Co-op

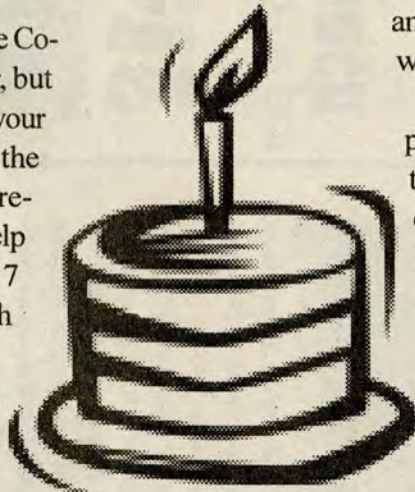


It's Party Time!

By Kenna Eaton, general manager

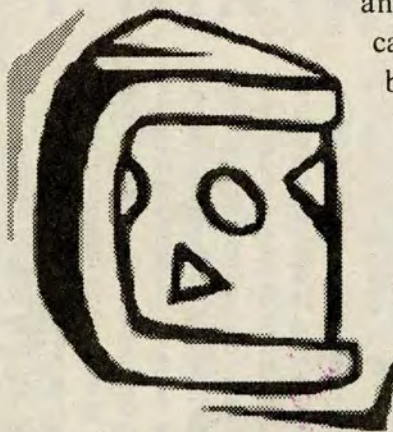
We've been talking about the Co-op being 30-years-old this year, but now it's time to celebrate! Mark your calendars, tie the string around the finger...dowhatever it takes to remember to come on down and help us party on Sunday, September 7 from 5:00 to 8:00 p.m. on Fourth Street behind the Co-op.

We'll close off the street and set up a BBQ with clean and/or organic hot dogs, hamburgers, and their veggie equivalents for 30 cents each! (All proceeds will go to an as-yet-unnamed worthy cause.) Of course, drinks



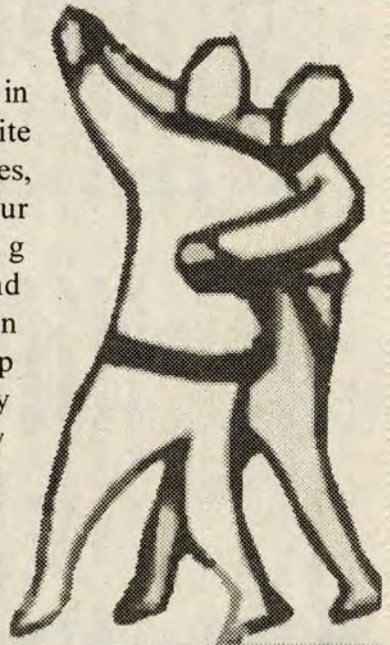
and lots of other things (we're still working out all the details).

Finally, also starting at 5:00 p.m. we will listen to the wild tunes of a longtime favorite Moscow, The Toucans. If you don't know them, The Toucans play steel drum music and give a Caribbean twist to a wide variety of songs, perfect for an end-of-the-summer



and birthday cake will also be available. Then there'll be fun for the whole family with henna hand painting, clowns, massages

party. Dress in your favorite party clothes, put on your dancing shoes, and come on down to help us say "Happy Birth-day! Moscow Food Co-op."



www.moscowfood.coop

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

Hodgins Drug and Hobby - 10% off all purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536

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

Kaleidoscope Framing - 10% off any gallery item, 208 S. Main St., Moscow, 882-1343

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

Kinko's Copy Center - 10% off all services except shipping, East Side Market Place, Moscow, 882-3066

Dr. Linda Kingsbury, Herbal Nutrition Specialist - 10% off Holistic Health Consultations, Natural Healing Classes, 106 E. 3rd St. #3, Moscow, drlindak@earthlink.net, 883-9933

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

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

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

Motherwise Midwifery, Nancy Draznin - Free supply of pregnancy tea thru pregnancy, 1281 Sprenger Rd., Genessee, 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, Terry Uravich - 10% off any regularly priced pair of Birkenstock sandals, 1016 Pullman Rd, Moscow, 882-0133

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

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

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

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

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination, 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

Shady Grove Farm, Ashley Fiedler - \$10 off initial English riding lesson or horse training session, 1080 Sumner Rd, Troy, 835-5036

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 - 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

Tuesday Means No Dirty Dishes

By Heidi Heffernan

I have to admit that I'll do just about anything to get out of washing the dishes. That's why I was so excited to find out about *Hot off the Grill*. If you haven't tried it, you should.

Tuesday, July 15 was hot. It was still over 90 at 6:00 p.m. My family and I were packing, getting ready to head out of town for a week of vacation fun. I was in no mood to cook. But hey! There's the Co-op! We loaded into the car and headed downtown. And when we arrived, the grower's market was happening out front, to boot. I bought some beautiful and delicious produce from Affinity Farm, and we headed to the other side of the building for our dinner.

The first thing I noticed was the music. The act appearing was billed as The Rage Trio, but it was actually a quartet: two violins, one viola, and a cello. I was impressed at how good these girls were. My daughter was, too. She immediately found a seat up front and listened. She has been talking about learning to play the cello, so it was a great opportunity for her to see a performance featuring said instrument.

The burgers were excellent. I don't often eat beef, but this organic burger was good. It was presented on one of the bakery's fresh whole-wheat

burger buns, and there was plenty of fixins to put on top. One bonus was that while my husband, mother-in-law, and I ate our burgers, my daughter was enjoyed a marinated tofu sandwich from the deli. The four of us ate ample portions of food for about \$20, including drinks.

And, of course, the Co-op ambience is always wonderful. As we sat happily munching our burgers, listening to good music in the shade, we visited with friends coming and going from the Co-op. We also made friends with three very hot greyhounds who were also listening to the music and hoping to catch a bit of burger on the side. But the best part was coming home to our nice cool house with the *clean* kitchen. It's a shame our Palouse summers are so short; I could get used to this.

Hot off the Grill is happening every Tuesday this summer (weather permitting) from 5:00 p.m. to 7:00 p.m. and features fine local musicians and poets. It offers traditional organic beef burgers as well as Boca Burgers for the meat-free. Give it a try - you won't be sorry.

Heidi Heffernan lives in Moscow with her daughter and husband who thankfully doesn't mind washing up.

Contents

It's Party Time!	Cover
Tuesday Means No Dirty Dishes	1
Front End Managing	2
Produce Department	2
Volunteer Program	2
Change is Afoot	3
New Idaho Grown and Produced Wine	3
Wanna Advertise?	3
Member News	4
Midweek Growers' Market	4
Local Taste, Local Produce	5
2% Tuesdays: Critter Creek	5
Business Partner Profile	6
Staff Profile	7
Board of Director's Profile	8
Spread Your Word	10
Customer Profile	10
Volunteer Profile	11
Producer Profile	11
Black Bean Cakes	12
High Protein, Low Carb Diets	12
Wasabi	13
Santa Barter Fair	13
Free Shrubs	14
Are Your Vegetables Ready?	14
Letter from the Land	15
Sustainable Farming Program	
Takes Root	15
Peaceful Parenting	16
Running in the Family	16
Recycling Bumper Sticker Contest	17
"Buy Local" Campaign	17
Big Brother is Coming	18
Moscow Civic Association	18
Letter From the Land	19
On the Waterfront	19

What do you need to know to give birth?

Creative Childbirth Classes

based on the book and philosophy of
BIRTHING FROM WITHIN

Personalized and practical

Fall Classes Forming Now

Judy Sobeloff, LMSW, MFA 883-4733





Front End Managing

By Annie Hubble

By time you read this, it will be August, and the new school year will be rapidly approaching. There is a certain rhythm to a college town. I was raised in Oxford, England and the academic year has always for me marked the passage of time.

In Fall it is time to welcome back those returning to town and say a warm hello to new folks. As part of our welcome, we would like to offer all students, new or returning, free membership, with all its benefits, for the month of September. You can pick up a temporary membership card from a cashier. Be prepared to show your student I.D. We will also have a limited number of gift bags to offer to the first students who ask for their free month's membership. This is just a small sign of appreciation for the many campus

residents who support the Co-op every year.

Yes, welcome back! We have a fun year ahead of us. On Sunday, September 7, we will celebrate our 30th anniversary with a street party. There will also, of course, be the traditional Taste Fairs; the MAD day (the affectionate term for Member Appreciation Day) will happen on Monday, September 8, and everyday there will be the welcoming, home-away-from-home ambiance of the Co-op.

Come be a part of the "happening" place in Moscow. Have a cup of coffee or tea and try the delicious deli food (their new ice cream sandwiches are scrumptious!) Meet your friends! Make new friends! And if you are new to town, you'll be sure of a warm welcome. I look forward to seeing you all.

An Ode to Sustainable and Organic Farming

By Stacey Nievweija, Produce Assistant

While driving to Spokane one sunny day, I was surprised to see a large dark cloud covering the highway. I slowed down as I drove through it because could barely see in front of me and what did I see after I made it through this dense cloud? A large combine tilling bare and dry soil. This cloud was a soil cloud!

After I stopped ranting in my head about the loss of soil and soil life occurring due to this farming practice, I began thinking about the small-scale organic sustainable farms and organic gardens that are in the region. I feel quite fortunate to live in a community where many people choose to grow their own produce and/or support the organic farmers in the area. The Co-op is a supporter of sustainable organic local farming practices and features produce from many local organic growers.

I would like to put out a call for us all to continue to support sustainable organic farming practices and to do our part to increase the use of these practices in our world. There are too many people in this world that are disconnected from their food supply and

their own health. What we eat and how we treat the resources that our food grows in go hand in hand.

I would like to thank all of those in our community that organically farm, organize farmer's markets, buy and eat organic produce, teach sustainable farming courses, and those that conduct research regarding food production practices. I would also like to thank stores that sell organic produce (Yes, including the Co-op!) and all of the organizations that promote organic farming systems.

Have you hugged or thanked a local organic farmer today?

CERTIFIED ORGANIC POULTRY FEED

- Layer & Broiler all stages of growth.
- Quality, consistent & complete nutrition. ISDA registered
- Organic approved. Moscow ID
- Stookeys Feed (208) 882-1253
- Full Circle Farms (208) 875-0857

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.
All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

For advertising rates and information:
contact Jason Mills at 892-8054
or poo_chi@hotmail.com

For letters to the editor:
Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow, ID 83843
london@moscow.com

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

Editor
Bill London

Issue Editor
Julie Monroe

Layout
Jill Maxwell

Advertising Manager
Jason Mills

Illustrations
Pamela Lee

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

Back Cover Design
Sarah Harrison

Webmaster
Bob Hoffmann,
webmaster@moscowfood.coop

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

Board of Directors

President	Michael Forbes, 3293 Foothill Rd., Moscow	882-3002	mikeforbes@moscow.com
Vice-President	George Bridges, 1422 Alpowa, Moscow	882-6794	gbridges@uidaho.edu
Secretary	Bonnie Hoffmann, 1119 Canyon Rd., Moscow	882-4829	bonniehoffmann@hotmail.com
	Llewellyn Pingree, 511 S. Hayes, Moscow	882-8865	lapbmw@adelphia.com
	Theresa Beaver, 3166 Hwy. 8 East, Moscow	882-8168	tbeaver@uidaho.edu
	Margaret (peg) Kingery, 520 Moore St. Moscow	882-8786	king6619@uidaho.edu
	Mark Mumford, 727 E. 3rd. St., Moscow	882-4754	mmumford@moscow.com

Printed on Recycled Paper
Deadline for Articles & Ads
20th of each month

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



The Volunteer Program

By Janna Jones and Annie Hubble

We were able to place a good number of new volunteers this last month. On Saturday evenings, Kerry Parker is going to help in the deli, and Sarah Grider is volunteering in the produce department. Beth Hemmer is going to deliver Co-op newsletters to businesses in the Pullman downtown area. Cherie Anne Ross will be seen serving up coffee drinks and salads in the deli on Friday mornings. Linda Canary is working with the fruits and veggies in the produce department on Monday evenings. Hannah Ogden has committed to being an early riser

on Tuesday mornings to help the bakery crew, and Renee Breedlove is helping the deli crew on Monday evenings.

We still have a few positions available and now is the time to apply if you are interested. Once school starts again, there will be a high demand for volunteer jobs, and applicants often have to wait a couple of months or more for a position. So, fill out an application form, and we will get in touch with you as soon as possible.

A big thank-you to all volunteers! You make a big difference to the Co-op.



Change is Afoot

By Kenna S. Eaton

Thanks to all of you for your good wishes and thoughts of a speedy recovery. I got tons of cards, emails, and inquiries, and yes, I am feeling MUCH better. I am still on restricted and light duty and may not be throwing freight for a while yet. But I am glad to be back at work, tackling the many challenges that come up every day at my favorite store!

Vicki's on a much-needed vacation this month, so you'll have to wait to hear her answers to your grocery questions from the Suggestion Board, and I decided to take the challenge and answer the ones that I could.

I'm disappointed with the variety and quality of the local produce offered! There are growers producing beautiful produce here, are we really supporting our locals? Some things look good and some don't but this is our growing season and it should all be good.

The local produce looks great! Keep it up!

Hmm...I guess it is true that beauty lies in the eye of the beholder. Actually, local produce is tricky. What works for the farmer in terms of har-

vest and delivery to town may not always match what the Co-op and our customers need. We have a complex system in place (early spring meetings, projections and commitments from growers, etc) simply to ensure there are plenty of your favorite items when you want them. One reason we started the Tuesday mid-week Growers Market (weekly 4:00 to 7:00 p.m. in the Co-op parking lot) was precisely to support the local growers who needed another outlet besides the Farmers Market.

The last few times I've been in the Co-op the music has been great—namely not 70s and 80s pop. For those of us who lived through that era...it's over! Keep up the good choices!

How about butt rock Saturdays? Two fine cashiers, Erin and Garek, have promised to dress the part: stonewashed jeans, big hair and sleeveless denim vests. Just think, music by Def Leppard, White Snake, Poison, et al. Also, an early memorabilia section with items like the knife that surgically removed Gene Simmons tongue. I'm ready!

What do ya'll think? Definitely can't please all the people all the time, but...sleeveless denim vests? Anyway, we listen to Muzak in the store, and staff is allowed to choose the music station that best suits the mood of the day, with few management interventions.

I love your store, wonderful bread! Please, how about putting a permanent little table by the bread slicer? Sometimes its there, sometimes it disappears. Sure is helpful when slicing bread.

It might take a little while, but we'll get our handy, dandy carpenter to put it on his "to do" list.

The BBQs are a fantastic idea. The great thing about the Co-op is that ya'll are so willing to try new and inventive ideas...

What a great segue (and thank you!) So, due to customer demand, we're bringing in an almond butter grinder. We've long wanted to do this, but the investment of money and space took us a while to get over. Hopefully, by the end of August, you'll find it located next to the peanut butter grinder, filled with organic almonds

all ready to grind.

Another change is the number of items we've got on sale every month. Back in June, we decided to increase the number of items on sale from about 100 to close to 300! Wow, that's a lot of stuff, and the deals are great. The Co-op is committed to being an excellent buying agent for our customers, and unlike some other places, you'll find these prices are good for the whole month, giving you plenty of time to stock up. Don't forget, too, that if you buy a case, you almost always get an extra 10% discount off the already great sale price.

Another wow! Starting in August, we will also insert our monthly sales flyer into the Moscow-Pullman Daily News. This means 7500 households will get a look at what's on sale at the Co-op. These items, tagged "Co-op Advantage," are part of our nationwide purchasing program. Although this is only a fraction of the items we have on sale every month, we thought it time to let everyone share in those good deals. The Moscow Food Co-op cannot afford not to be flexible and embrace change, and in my experience, it's usually for the better!

Wanna Advertise?

By Bill London

Do you want to reach the 1,700 families that read this newsletter every month? Do you have a product or service that the readers of the Moscow Food Co-op's Community News would be interested in? If so, Jason Mills is your go-to guy.

Jason is the new ad manager for this newsletter. He is now a stocker at the Co-op. He jumped on this resume-building, skills-enhancing position when it became available after the former ad manager, Josh Christenson, left the area.

If you have questions about advertising, call Jason at 892-8054 or send him an email at poo_chi@hotmail.com. Thanks Jason, for taking on this important task.

Bill London edits this newsletter, and can report that he did not only survive the wedding of his daughter, he had a wonderful time.



New Idaho Grown and Produced Wine: Carmela Vineyard

By Dani Vargas, Wine and Beer Buyer

About an hour from Boise and Twin Falls on the bank of the Snake River lies Carmela Vineyards in Glenns Ferry, Idaho. The winemaker, Neil Glancy, is an Idaho native and works with local growers and the 30 acres on site to produce award-winning wines with all Idaho grapes. Carmela Vineyard is Idaho's largest winery owned by an Idaho resident. Jim and Candi Martell founded Carmela in 1988. In the mid 1990s, Rodger and Nancy Jones purchased the winery.

We currently carry three varieties of the Carmela wines.

The Lewis and Clark Commemorative, Idaho Chardonnay, 2002. This wine was created especially for the bicentennial celebration. Aged in American oak, it has a soft and buttery pear and apple flavor.

The Lewis and Clark Commemorative, Idaho Merlot, 2000. Aged in American oak, too, it has a fully berry flavor with a smooth finish.

Carmela Amanda's Blush, 1998. Peachy hints in this slightly

sweet blend are backed by a refreshing acidity.

I have tried all three of these wines and enjoyed them. The Blush would be great sitting on a porch on a hot sunny day. It was not too sweet, like most blushes can be, it was just right. The Merlot would be great with a grilled dinner and was very smooth to drink. The Chardonnay was delightful and would be excellent with some yummy appetizers also on a warm day.

Member News

By Kenna Eaton

Editor's Note: Laura Long is very, very busy getting new membership cards ready for mailing, so Kenna is filling in this month, and Laura swears that by next month she will be unburied and writing again.

Another MAD day is coming. Monday, September 8 is the date selected for the next "Member Appreciation Day." All day Monday members will receive a discount on all their purchases at the Co-op. No one will go home without a "prize," though those who spend more get more, so be prepared to show your current membership card and reap the extra benefit!

For purchases of less than \$25, you will receive a 5% discount; for purchases between \$25 and \$70, you receive a 7% discount; and for over every \$70 spent, you will receive a 10% discount. Volunteers will receive these discounts in addition to their regular discounts, except on beer and wine (we'd lose too much money).

Membership in the Co-op costs \$10/year for a single adult and \$17 for two, while children under 18 are free. We also have a special senior rate of \$5/year. The membership dollars that you pay into our Co-operative are used to purchase fixtures and equipment, not for daily operations, meaning that YOU really do own the store. MAD days are fun and a great way to stock up, so get that shopping list ready and plan to spend some time shopping at your favorite store - the one you own!

MAD discounts are just one benefit of membership in the Co-op, and a lot of folks join the Co-op for different reasons. Often it has to do with saving money or supporting an alternative business or as Dani sez, "because the Co-op is cool!" But what does it really mean to join the Co-op?

Co-ops are formed by people with a common need, and in this case, an interest in good food. A Co-operative is a business owned and operated by its members, which is quite different from the more traditional structure of either a single owner or a business owned by stockholders. Another difference comes in the seven prin-

ciples of co-operation. In essence these principles are values that co-ops and their members share and honor. In the tradition of their forefathers, co-ops believe in the ethical values of honesty, openness, social responsibility and caring for others.

So, when you sign up at the register to become a member and pay a \$10 annual investment, you are participating in one of the co-operative principles. In addition, that annual investment is used by the Moscow Food Co-op to purchase equipment and fixtures and to do any leasehold improvements. This makes you truly an owner of this grocery store.

As a member of the Co-op, you also have the right to vote. Democratic member control "one member one vote," another Co-op principle, allows members to vote annually for the Board of Directors. Board members run for a three-year term with elections held in the New Year by mail-in ballot. The Board of Directors is responsible for long range planning and visioning. They are also responsible for hiring and supervising the General Manager (that's me).

The GM in turn is responsible for day-to-day operations of the store and for implementing the goals and policies set by the Board. Between board meetings, directors hold committee meetings. We have only three permanent committees, the rest are either ad-hoc or seasonal (like the nominations committee which only meets in the fall to organize the elections). During committee meetings, directors and other interested members work on goals set by the whole Board. At the monthly Board meetings, the committee reports back to the Board with information they've gathered or proposals they are ready to make. Then, after a lively discussion, the Board decides whether or not to vote on a policy or if more work is needed before change can happen. Usually it is the GM's job to implement those policy changes if they relate to the store.

This way the members of the Co-op really are involved in how their store grows and what it will be like in the future. The Board regularly reports to the members through the newsletter and at an annual meeting held in late spring. Interested in knowing more? Any member is welcome to attend a Board meeting; please join us every first Thursday of the month, 314 East Second Street, Moscow at 6:30 p.m. (Go to the back and up the stairs.)

Midweek Growers Market and the Beat Goes On

By Eva Jo Hallvik

On Tuesday evenings, local growers are setting up shop in the Co-op parking lot from 5:00 until 7:00 p.m. with beautiful fresh produce and flowers. For quite a few people, this is an important weekly event. "We have many very pleased customers," says Kelly Kingsland of Affinity Farms; "they freak out when they forget to get here in time."

The Midweek Growers Market is located in the northeast corner (Third and Jefferson) of the Food Co-op parking lot; bright fuchsia-pink sandwich boards hold the first six parking spots for producers. Russell Poe of Affinity Farms says the new spot in the corner is nicer. "It is a little more in the shade with the trees and out of the inner parking lot chaos."

For Affinity Farms, the Midweek Growers Market is a much-needed aspect of their sustainability. Russell and Kelly earn about a tenth of their total year gross at this little market. And even better, the market is a very convenient time for their CSA (Community Sustainability Agriculture) customers to pick up their weekly boxes of fresh produce.

CSA produce shopping is a fantastic, easy, and convenient way of getting weekly fresh produce for your and your family. This year Affinity Farms has seven families as CSA customers.

CSA is a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production. Typically, members or "share-holders" pledge in advance to cover the anticipated costs of the farm operation and the farmer's salary. In return, they receive shares in the farm's bounty throughout the growing season, as well as satisfaction gained from reconnecting to the land and participating directly in food production.

Members also share in the risks of farming, including poor harvests due to unfavorable weather or pests. By direct sales to community members

who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing. The benefits and philosophy of CSA's match the mission of the Moscow Food Co-op "to provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment."

The only thing that could make this midweek growers market better is to have more growers show up to sell their goods. Affinity Farms is only able to handle seven families this year; let's see, that leaves a whole bunch more families in need of boxes of weekly fresh and vine ripened organic produce. Personally, that picture sounds like paradise. If you are interested in just showing up to sell some cherries you picked off your organic backyard tree, please just show up at 4:30 on Tuesday evenings. You will be charged something small like 10% or your gross sales that evening.

Also on Tuesday evenings at the Co-op this summer, there is live music and a barbecue of burgers and salads, and live tunes are happening on the patio on the Fourth Street side of the Co-op (across from the post office). With all of this, you can enjoy the best place to be in the summer.

Eva Jo Hallvik is one of the Co-op volunteer market coordinators. The other coordinator is Kathi Colen Peck. Feel free to contact us with any questions and stay tuned in the winter for the annual organizing meeting for interested growers.

HOT LUNCH
for Grown-Ups

Deli offers healthy hot lunch specials every weekday

2% Tuesdays: Critter Creek

By Debbie Duncan

Critter Creek Therapeutic Horsemanship Center (Critter Creek) has been named beneficiary of Moscow Food Coop's 2% Tuesdays for August. Critter Creek is a non-profit organization dedicated to providing people with physical, cognitive or emotional disabilities the opportunity to interact with horses and enjoy the real therapeutic benefits of these interactions.

Critter Creek is located in an idyllic setting six miles outside of Moscow, at the base of Moscow Mountain. The facility includes an arena where participants learn horsemanship skills, and trails where they can put those skills to practical use. Pat, the pony; Regal; Red; and Krissy are literally the work horses that make the horsemanship program possible and a reality for people with all manner of challenges.

Horsemanship classes are tailored to each participant based on the person's goals, needs and challenges. Instruction can include how to work with a horse from the ground, riding skills, barn management, horse psychology, horse first aid, fitting and care of horse equipment, and horse nutrition. Interested people can also learn how to drive a horse, as Pat the pony is a saddle and harness pony.

The benefits of therapeutic horsemanship are many and include improving strength, muscle tone, balance, coordination and spatial orientation.

Counting skills, learning colors, knowing right from left are practical life skills, which can be taught with the help of the horse.

Participants also experience feelings of well-being and accomplishment when learning how to communicate with and control an animal that weighs close to a thousand pounds. Naturally, a feeling of camaraderie develops between all people who join Critter Creek. The horse is a wonderful medium for breaking down the physical and social barriers that many people with disabilities face.

Horsemanship should be fun especially when it is used as therapy. The people at Critter Creek design interesting things to do into the lesson plans, such as games. Participants can play "red light green light," have treasure hunts, or play "follow-the-leader." On trail rides, they also learn the calls of birds, find bird feathers, listen to the wind in the trees and see deer tracks on the trail. Sometimes the various resident critters will actually grace the ride with an appearance.

Critter Creek enjoys the help of some wonderful volunteers and anybody is welcome to assist with the classes. Volunteers are always needed and are not required to have previous horse experience as volunteer training sessions are held periodically. People with different challenges have different requirements and even seasoned horse people will learn new skills, such as how to assist a rider in mounting or dismounting the horse. They will also learn how to

lead a horse and act as a side walker for those riders who need a little extra help when they are in the saddle.

Horsemanship classes at Critter Creek are held weekly for one hour each class. A six-week session is \$120.00, which helps to cover the cost of insurance. Critter Creek collects sponsorships for participants and makes them available on an as-needed basis. Critter Creek welcomes donations from individuals and businesses of such things as time, rider sponsorships, horse feed and equipment.

I, Debbie Duncan, am president and horsemanship instructor for the organization, and I have been involved in therapeutic horsemanship for people with disabilities for 17 years. I am a certified instructor through the North American Riding for the Handicapped Association

(NARHA). I grew up in the Moscow area, lived in several other states, and returned to this area in 1986. I have always been involved in horse-related activities and enjoy sharing my love for horses with Moscow's special population.

For more information about the program, please call me at (208) 882-7632. Moscow Food Co-op has grown so much from the first location I remember on Washington Street that it can now help other organizations that serve the local area. I really appreciate its spirit of generosity, and on behalf of Critter Creek, would like to give a heartfelt thanks to the Moscow Food Co-op for its support.

Local Taste, Local Produce

By Samuel Abrams,
Assistant Kitchen Manager

Right now is a great time to relax and take a look around. The weather is gorgeous. People are in excellent spirits. Everyday pressure has been drained or maybe it's been suppressed, so let's congregate and honor our surroundings.

On Tuesday, August 26, in addition to our local growers market, we will have a local produce fair. The event starts at 3:00 p.m. and ends at 8:00 p.m. Farmers will sell produce in the front lot. The deli and produce departments will offer recipes and samples and will feature these regional goodies in our salads and entrees. Stop by and meet your local farmers.

After you check it out, you can take a seat with your friends and neighbors out back where we'll flip burgers hot off the grill and entertain you with live music.

R & R OFFICE EQUIPMENT

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

1104 South Main

MAD

Moscow Food CO-OP
www.moscowfood.coop

(member appreciation day)

Its time for another MAD (member appreciation day) day!

Monday, Sept. 8th

Members save all day long on all purchases

Save **5%** on purchases up to \$25

Save **7%** on purchases from \$25 to \$75

Save **10%** on purchases over \$75

Hot Off The Grill

Get your veggies at the Weekday Growers' Market and your dinner at the Co-op on Tuesdays this summer.

Listen to free music while enjoying a BBQ dinner Tuesdays between 5pm and 7pm at the picnic area on the 4th Street side of the Co-op.

July 1st Garrett Clevenger (conscious folk)
July 8th Stephen Bonnar (poetry and music)
July 15th The Rage Trio (2 violins and a viola)
July 22nd Loose Change Jazz Orchestra (jazz)
July 29th Nancy Gardner (folk)

People

Co-op Business Partner: Columbia Paint and Coatings

By Sarah Walker

When I decided to paint a few rooms in my house last fall, I asked around about where to get supplies. "Go to Columbia Paint." my Co-op friends told me, "They'll help you pick out what you need, and you'll get the Co-op discount." So I did, and got lots of good advice and tips, and now my living room walls look great. Even when I made a big mistake in selecting a soft shade of yellow (which turned out to give the bedroom a slightly egg-yolk look) they figured out how to fix it, and now it looks great.

And that's the secret of how a small, established paint business in Moscow can report increased sales every year: great customer service and quality products for interior and exterior painting jobs. To work at Columbia Paints, you don't just learn the science of matching paint, you get a thorough course in customer service.

Shane and Wade are here for us when we need help brightening up our rooms, fixing up our decks, or protecting our exteriors from that wind-blown grit and sunshine of the Palouse. They're experts at everything from finding or matching that special color you want for your kitchen to supplying gallons of paint for large projects like the University Commons or Martin Stadium at WSU.

When the three of us met in their tiny office, to the tune of noisy paint

mixers vibrating and shaking in the background, they explained to this curious interviewer how two 24-year-olds came to be store managers.

Wade worked at the Lewiston store for five years during high school and later while getting his Geology degree at LCSC. Now he's moving up here to assume leadership for the Moscow store. Shane has a Business degree from North Idaho College. He is about to move to Bend where he'll open a new Columbia Paints (and take up skiing, I bet!).

I was curious about that Geology degree! "There's not too many jobs in Geology around here, and I love this area, so when this opportunity came up, I took it," says Wade, who didn't hesitate to recount for me that great chapter of Idaho's geologic history, the story of how Hells Canyon was formed, based on the findings of geologist Tracy Valier. But back to paints.

Summer is the busy season for house painting, so Columbia Paints hires extra help. College students who work summers can seek part-time work at the store during the winter, which works well with their school schedules.

Columbia Paints helps out with lots of community projects. Have you heard of the annual spring program



Wade McManigle (left) will soon be the new Columbia Paints manager when Shane Therrion (right) moves to Bend to open a new store.

"Paint the Palouse?" The store donates the paint and University students do the painting, so that elderly, low income or disabled homeowners can put on a fresh coat of paint. They also donate paint for auctions, lend a hand to needy 4-H clubs and student projects, and are members of the Moscow Boosters.

What's new in the paint world? Divine Colors! Watch for this gorgeous new line of paints (I saw the samples) from a Portland-based color artist. These odorless paints are a high-end

product suitable for accent walls and trim. The Best Part is, you can pick up a small sample (in a baggie) to take home and try out. A sample is good for about 5 x 5 feet. No more surprises!

Co-op members receive a 15% discount off retail paint and supplies. Stop by at 610 Pullman Road, 7:30 a.m. to 5:00 p.m. weekdays, 9:00 a.m. to 1:00 p.m. Saturdays, or call 882-6544.

Sarah Walker really needs to paint her kitchen, soon.



KUOI FM MOSCOW
24 HOUR RADIO
89.3
where diversity reigns



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

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

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

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

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

New
Extended
Hours
Mon-Fri 9-7

Beanie
Babies!

Staff Profile: Daniel Jimenez

By Carol Price Spurling

My two-year-old son Reed asked Daniel Jimenez the question this interviewer was too inhibited to utter: "What's that black thing in your nose?"

"That black thing" is a nose spike made especially for Daniel by an artist friend who blows glass. He got the piercing at age 17 when he and his then-girlfriend traded piercings as gifts. "Piercings are really addictive, but they're also expensive," Daniel said. We can only surmise how many body parts Daniel would pierce if he had unlimited funds. From this thirty-something's perspective, Daniel's nose spike is symbolic of his tendency to go his own way.

He earned his G.E.D. after leaving Moscow High School ("School didn't keep me coming back."), tried out several other religions after leaving his own ("They were all too organized for me; it was just too much like high school."), and went to the Art Institute in Seattle for a couple years before returning home to his beloved Moscow ("I learned a little, but it was too structured.")

Daniel's unique polyester wardrobe comes from Goodwill where the employees know his taste and save him the good stuff. "I used to dress more slovenly, but it's about presenting a certain image. People judge by appearance even though they shouldn't. I found I wasn't approached, so I'm trying to be more approachable, and more professional," Daniel explained.

Now age 22, Daniel works at the Co-op as a full-time server, although his unofficial job title is "full-time comedian." He started in the deli over a year ago and has worked as a pizza cook and a p.m. cook, but loves coffee "too much" not to be a server. "I'm not really making coffee; it's individual-specified candy," Daniel said. "I love my regulars. I do what I can to make them happy."

Daniel loves his Co-op job and the people he works with. He noted that he's been friends with Sam Abrams,

assistant deli manager, since fifth grade. "I used to be his manager at the University 4 theaters. Then I got hired at the Co-op while he was a dishwasher, and now he's moved up the non-corporate ladder and is my boss." There's no tension between them despite the manager/employee dynamic. "What's work is work," Daniel said.



Daniel frequently fires up the grill for a small group of friends, including Sam, with the emphasis on "small." "Too many people, and I end up playing host," Daniel explained. He barbecues chicken and makes spinach salads.

Daniel grew up in Moscow, as one of six boys in a Mormon family. Several of his brothers are here, another is in Coos Bay, where his mom lives; his dad is in Lewiston. Another brother is on his mission in Baltimore. Young Mormon men usually go on mission for two years, but Daniel didn't, as he quit going to church in the seventh grade when he discovered that Sundays could be used for fun. "My mom wasn't happy about it but she's accepted it," Daniel said.

When Daniel's not at work, he likes to read science fiction (Kim Stanley Robinson's Mars trilogy is a favorite), see movies, play hacky sack, or go walking, hiking, or camping. His favorite camping place, which will remain unnamed, is the site of a really clear creek full of crawdads, which he catches in great quantities to eat. While camping he also likes to do

sculpture and drawing. "And if I had a bike I'd ride it," he said.

Daniel plans to go to the University within a few years, possibly studying entomology; although, he doesn't know yet if insects will be his major or a lifetime pursuit. He's interested in hive culture because of the "perfection of the society, and the amount of work put into it."

The beehive, with its rigidly organized workings, is perhaps an appropriate choice of academic study for someone who has spent much of his adult life avoiding structured activities and large social groups. Luckily for Daniel, humans, unlike bees, get to decide what role they'll play in life. His longer-term plans remain to be seen, simply because he feels he needs to see more of the world before deciding what to do next.

"I can count on one hand the places I've been," Daniel said. "I love Moscow, but there's a lot more culture out there to discover."

Carol Price Spurling was tickled to find that she and Daniel have a friend in common, Adam Cone, who recently moved to Vashon Island from Palouse, and is sorely missed.



No, It's Not Your Imagination.

Accelerated Earth changes are taking a heavy toll on our houses.

The effects of weathering and ultraviolet light are beginning to overwhelm the painted surfaces of our homes.

Most paints are too thin and brittle to withstand these new changes.

I use coatings that are thick and highly elastic.

They are expensive but necessary to defend our homes against the elements.

Call me for a free estimate and warranty information.

Jim Stivers Painting

882-5135

25 years experience.

Board of Directors Profile: Peg Kingery

By Patrick Vaughn

Fifteen years ago, Peg stood on a hilltop at the edge of the University of Idaho. Gazing at the expanse of rolling prairie that spread as far as she could see south and west, she realized that there wasn't a single man-made structure visible. Peg says she was struck by the contrast of that moment with her experiences in the heavily populated eastern U.S. where she grew up. Her love of the outdoors, animals and nature in general has led her to make this place, the Palouse, her home. And this importance of place, the attachment, impressions and sustenance she draws from her surroundings and how she lives within it, is central to understanding Peg Kingery.

Peg grew up in Bernardsville, New Jersey. Girl Scout camping activities kindled her love of the outdoors. Training Seeing Eye dogs in a 4-H program sparked her interest in animals. It's not surprising that she chose to get a degree in Animal Science, which she did at the University of New Hampshire. Inspired by the natural beauty of the "Granite State," Peg hiked and camped with university groups. She came to Moscow in 1988 to earn a Masters in Animal Science. It was during her initial visit that Peg experienced that hilltop view that she still remembers, and the first feelings that this could be "home." She now works in the Plant Science Department at the UI as an Extension Crop Specialist.

Peg describes herself as "pretty simple," forsaking TV and electronic gadgets for gardening, "spending time looking at critters" and continuing to enjoy her whole food approach to nutrition. She explained how a macrobiotic diet is part of an ecologically and environmentally conscious way of living that reinforces her connection with the local environment. I found myself thinking how much sense it makes to choose foods that are grown locally and organically, that have not been processed or shipped great distances. Literally harvesting and hunting nature's local bounty can help us, as Peg says, "achieve a balance with self and nature." That seems like a pretty good description of "sustainable." "Delicious," "fresh" and "healthy" come to mind as well.

A treasure Peg and her husband Jim have created is their 50-acre rangeland restoration project near Deary. Jim specializes in that very

subject at the University of Idaho, and their land has become a living classroom for his students. They have returned cropland to grasses, developed three ponds and established a hard wood plantation in addition to maintaining existing timberland. Their place has become the center for them professionally as well as spiritually. Peg speaks with passion about the changes she has seen in wild life and plants on their restored land over the years.

Peg joined the Co-op in 1998 as she began studying macrobiotics and natural foods. She started volunteering at the old store to unload freight and continues that duty today. I remember what a great addition Peg was to the board of directors. Her energy and commitment to the Co-op were evident as she took the lead with the Membership and Education committee. Peg was the one who got member surveys done, and she started the great community forums that the Co-op sponsored on important local environmental topics.

She says, "I love the board. Good food aside, community building is one of the great aspects of the Co-op. There's no other place with such total acceptance, no matter what you believe." She says that participating in the 2% Tuesdays selection committee is rewarding because it is a real demonstration of giving back to the



community. And she is looking forward to the first "Dinner with the Directors" because she wants to hear from other members about what direction the Co-op should be going. Peg says that one thing that she knows is important to her, as a director, is that the Co-op remains a strong part of downtown Moscow.

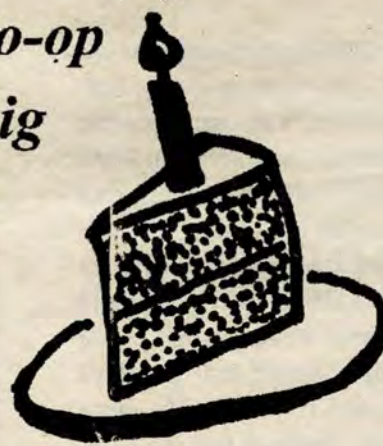
Peg wants members who are considering running for election to the board to know that they don't need any special professional skills or cre-

dentials. She says that the most important things are passion and concern for the Co-op, and energy! There's no better example of that than Peg Kingery herself.

Pat Vaughn, a former President of the Co-op, has been studying the Milky Way during these clear summer nights while lying on the trampoline with Katie, Henry and their cousins.

**Moscow Food Co-op
celebrates the big**

30!



Sunday, September 7th 5-8pm

Dance to the steel drum sound of the "Toucans".

30 cent hot dogs, burgers, and veggie alternatives.

Lots of fun for the whole family: henna hand painting, clowns, and more!!!

And don't forget there's birthday cake too!

Camas Winery



Local wines by
the bottle & glass

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



Brused Books

buy • sell • trade
hardbacks • paperbacks

East 235 Main St.
Pullman WA 99163
509-334-7898

Monday - Friday 11-6
Saturday 10-6

Kaleidoscope Productions presents, straight from San Francisco,

Janis Joplin's Original Band

"Big Brother and the Holding Company"

will be performing at the "Kenworthy Performing Arts Centre" in Moscow.



One
Night. . .
Two Shows

Opening
Act. . .
Sagin' Time

September 19, 2003

5:30 p.m. & 9:30 p.m.

Tickets are \$25/early show & \$30/late show

Available August 15 at BookPeople, Hyperspod Sports, Ticketswest, or Kaleidoscope Productions.

For information, contact Darryl at Kaleidoscope Productions at 882-1343 or kaleidoscope@turbonet.com.

Concert Sponsors: Bennett & Associates Real Estate, Hyperspod Sports, Bearable Dentistry, The Red Door, Book People of Moscow, Tye Dye Everything, The Hampton Inn, Johnny Caughey, The Wine Company of Moscow, Wells Fargo Bank, Michelle Kimberling, Little City Studios, Ex-Sightment Optical, Wok'n Roll, Tim Gresback Attorney at Law, Tom Witt, Kevin Moon, Gene Rosa, William Constanza, Greg Thomas, Rick Short, James Macdonald, Ivar Nelson, Cathy Brinkerhoff, Jeff Kimberling, Alvah Street, Dan Maher, Chad Crowe, James Murphy, Peter Basoa, Paul Santoro and Deanna Daniels-Moore.

Customer Profile: Anne Eareckson

By Vic Getz

Anne Eareckson, a 13-year-old who will enter eighth grade in the Fall, was sitting at the Co-op deli minding her own business, reading a book and waiting for 10:00 to roll around so the library would open and she could go meet her mom. Then I showed up. Anne lives in Viola and has been coming to the Co-op with her mom, LeAnn, since she was a really young kid. She remembers spending time in the kids' room at the "old" Co-op on Third Street. She likes the Co-op because it's big and friendly, so she felt really comfortable sitting there by herself reading.

My 10-year-old niece, Vanessa, and 14-year-old nephew, Nick, will visit me for a week this summer, so I figured Anne would be a great consultant on what to do with them. Her first suggestion was to take them to a rodeo! I hadn't even thought about that. They're from eastern Pennsylvania, and as far as I know, rodeos aren't happening there. Excellent idea.

In case that plan falls through, I asked her what else she could suggest. I received a typically reticent teenage response, "I don't know. Nothing? Play on the computer?"

Nah! They can do that at home. But this made me curious what sort of computer things she was interested in. Because I'm a Theoretical Parent (and an excellent one!) I'm not familiar with what kids play these days. I imagined lots of military/action packed, gruesome and brutal games. Anne's favorite, however, is called Sims.

Never heard of it. Tell me about it. Does it involve killing and mutilating? Not the way Anne plays it. She said it's a game where you build relationships between the people and give them careers. "You can make them

fight," she said, "but that's not the point." The teacher and the pragmatist in me wanted to know what could be learned from it. Anne told me, "You don't really learn from it. It's pretty mindless."

Why play it? What makes it fun? "You get to dress them and create personalities and design houses. It's not competitive." Options allow players to choose things like the head, skin color and gender, for example. She especially likes the house design part of the game. Interestingly, her little brother likes killing the people "so they can have gravestones. But he has some houses he likes to keep nice, too." Good man.

What else is there to do? The Aquatics Center was her next suggestion. What kid of any age wouldn't like that?

What if I brought Nice and Vanessa to Viola? What would we do? "Die of boredom," Anne replied. She'd actually rather live in Moscow. I wondered where she'd like to move and she told me the Rolling Hills development which I surmised is east of Moscow. "Why there?" I wanted to know. "Well, there are really big houses and they're cool." "Why is big cool?" I asked. "Well, they're nicely kept."

I thought this would be an interesting thread to pursue, so I told her briefly about my interest in the built environment and described it to her as different from the natural environment such as forests. "It's interesting to look at the built environment to see what it communicates about the people who live there."

It struck me that this tied into the Sims strategy, so I asked her what she thinks the design of Rolling Hills

tells you about the residents. "Umm? That they're rich?" She said. What if I gave you a million dollars to design a new Sims game about Rolling Hills? What kind of options would you include as choices? What would the "ideal family" look like in the game? (Do I see a new reality TV show here?)

After some discussion, Anne said the house would have four bedrooms, one for each kid, one for the parents and a guest room. The girl would be three and her room would be pink. ("Because it's cool.") The boy, age six, would have a blue room. The dad would be a surgeon and the mom "can be whatever she wants." Probably a stay-at-home mom. They take a yearly trip to Hawaii and shop at the Co-op because they like organic food.

Just then, two things happened that cut our conversation short. The power went out at the Co-op and 10:00 occurred. I wish we could have continued talking because I think it would have been a fascinating pleasure to explore this articulate 13-year-old's view of community, family and the future.

Thanks, Anne. I really liked talking with you. Maybe see you at the rodeo.

Vic Getz asks, in light of the Co-op's July 2% Tuesday organization Families Together, what is a family? As reported in Salon.com (http://archive.salon.com/mwt/feature/2001/06/07/family_values) "The nuclear family, according to the numbers, is fast becoming a demographic oddity. The number of single-parent families is skyrocketing and many Americans couples are choosing to not get married but to have families anyway...for the first time, the percentage of Americans living in nuclear families has declined to below 25 percent of the population." (As this figure represents married couples living with children, it also includes blended families, so the percentage of married couples living with their biological children is presumably lower.)

Spread Your Word

By Bill London

Do you want to spread the word to the Co-op community about an event you or your organization is planning?

Now it's easy to place an announcement on both the Moscow Food Co-op website and on the back page Bulletin Board of the Co-op's newsletter. Webmaster Bob Hoffmann has created a single link on the Co-op website that will send your event info to both of those events calendars.

Go to our website at <<http://www.moscowfood.coop/event.html>> and in the upper right corner find the link "submit event to Co-op web site and newsletter." Click that and an email box will appear. Fill out the message with information about the activity, including date, place, time and contact phone number. Then click "send." That's all you have to do. Free and easy. Just remember to submit the information by the 24th of the month preceding your event.



**Most Colorful
Little Shop Downtown!
Check out our bigger store!
Behind Mike's Gyros,
527 S. Main
Monday-Sat 11:00-5:30
*Don't forget - co-op members
get 10% off!
208-883-4779
www.tyedye-everything.com**

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

Nancy Draznin, CCE, CLA

(208) 224-6965



Home Birth
Water Birth
Hospital Labor Support
Post Partum Doula Care

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

Volunteer Profile: Linda Canary

By Chris Stordahl

An artist's palette: deep green, viridian, cadmium red, vermilion, rose madder, violet, Prussian blue, cerulean blue, yellow ochre, lemon yellow, eggplant, peach, orange, strawberry, plum, apricot, melon, broccoli . . . what? Where's burnt sienna? And what's with broccoli? You may well wonder. But, I recently sat down and talked with a woman who uses all of the above



in her work as a well known Moscow artist, as a gardener and as a Moscow Co-op volunteer.

Linda Canary has been a Co-op fixture for quite some time. Her past incarnations as a volunteer include recycling, bulk packaging and volunteer profiles. She started in produce about two weeks before we met for this interview. She told me that when this position became vacant, Annie called her and told her that she had the perfect opening for her. Linda was unsure at first, but came to realize that her love of raising her own fruits and vegetables and her artist's sense of form and color would blend well in this situation.

Linda was born in New York City, but has moved many times in her life. How's this for varied? Upstate New York, Florida, New Mexico and Wisconsin. The last is where she attended high school and college. Her studies included English, Italian Literature and Art History. She even lived in Bologna, Italy for one year studying Art History. I may have imagined it, but a dreamy look seemed to come across her face at the mention of this.

Inspiring a not-so-dreamy look was the mention of her six years in McCall, Idaho. Not to bash McCall (I've not been there myself) but it was not this lady's cup of tea. After suggesting to her husband, rather forcefully, that it was time to leave,

they came to Moscow. Why Moscow? Linda had four criteria that our beloved town met: a Co-op (yeah!), an alternative film house (the dear, departed Micro), an elevation nicely situated between sea-level and one mile high and it is a university town.

Fourteen years have passed, two children have grown and left and Linda shows no signs of moving again. She did say, however, that in the future she may split her time between Moscow and furthering her Zen studies in an as yet to be decided location.

Aside from her own creations, Linda is recognized as a wonderful teacher. Each summer she conducts an Art Camp for kids ages 7-14. She introduces young people to the many aspects of art from carving to working with clay to painting and pastels. When I asked her what she loves most about teaching, she said that with children "they are not self-conscious. Most are not striving for perfection." As for adults, Linda relishes the moment when she sees the amazement in their faces at what they can do.

As an artist working on her own pieces, Linda said she loves it when time stops. "It's always in the moment."

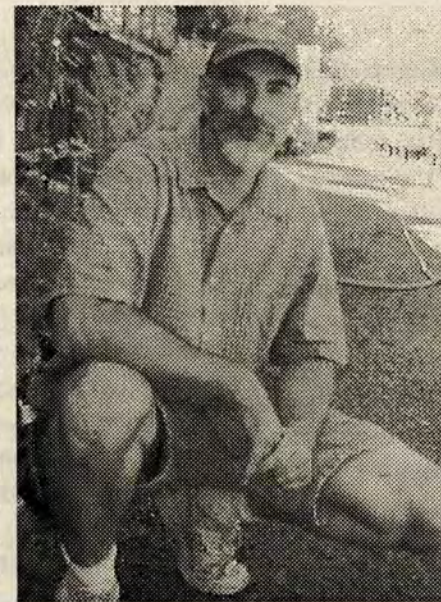
And I think that that's a lovely place to leave it.

Chris Stordahl has discovered a fondness for lying on the couch, eating M&Ms and watching old Cary Grant movies.

Producer Profile: Tim Eaton, Prairie Bloom Nursery

By Jen Stevens

I first began noticing the small wooden stand in front by the Co-op bicycle racks this past spring. It was full of bedding plants and inspiration. Looking more closely, I found that the plants were from Prairie Bloom, a local nursery. As the spring and summer have progressed, the Co-op has carried an ever-changing selection of plants from Prairie Bloom including potted shrubs, as well as herbs and other plants for new gardens. As fall approaches, there will be bulbs and fall perennials such as Asters to suit the season.



I recently visited Prairie Bloom Nursery to learn more about it and the plants from that wooden stand. It was a very warm dusty day in late July, and Tim Eaton, the owner, and I sat under an awning, surrounded by plants and garden implements. Tim happens to be married to Kenna Eaton, the general manager of the Co-op. He's also worked at a variety of Co-op jobs in the past, so you may have seen him around!

One of my first questions was how Tim got into the nursery business. I'm always curious about what brought people to do what they do. Tim started by working at his brother's nursery during high school. However, at that time, Tim was less interested in traditional nursery plants and landscaping than he was in wild plants that he found growing in the wilderness. Tim's interest in wild plants eventually led to a landscaping business that he ran from his home. Tim also studied biology in college, specializing in botany because "plants are so weird!"

Although Prairie Bloom offers a variety of plants, Tim's particular interest is in plants that are suited for the ecosystem of the Palouse. Since Tim has lived on the Palouse for 22 years, he has a lot of experience with our climate and ecology. Although these include native plants, they can also be plants that originated in other regions that are ecologically similar to the Palouse. One benefit of using ecologically compatible plants for landscaping is that they require less water than many conventional landscaping

plants, including most lawn grasses. As many of us with lawns can attest, they can require a tremendous amount of water during the summer.

However, Tim stressed that one shouldn't think only in terms of water savings since you could do that just by replacing your yard with rocks. Rather, one should also think about how ecologically compatible plants might work within the local ecosystem of your yard. Many local insects aren't fond of plant regions that are incompatible to the Palouse. By planting things they do like, you could

well end up with a yard full of butterflies or birds. In turn, your own local ecosystem can have benefits that go beyond your own yard. As Tim explained, "The function of gardens, particularly in a place like this, the Palouse, may be reservoirs or islands for biological diversity." Since much of the region is a wheat monoculture, urban gardens could become an important source of biological diversity.

In more recent years, Tim's interests have shifted to gardens that are beautiful as well as ecologically sound. This came about partly from his interest in poetry. Poems create little worlds, and so, Tim, realized, could gardeners. Tim teaches a class called "Beyond Xeriscaping" at Prairie Bloom where gardeners of all levels can learn more about creating beautiful and diverse landscapes. Tim has also taught classes for both the University of Idaho and Washington State University. Next spring, Tim hopes to have a web page up with listings of Prairie Bloom classes and to do more with the Co-op (such as offering member promotions).

Prairie Bloom plants are generally available at the Co-op between mid-March and mid-October. They happen to be temporarily missing just now because of the late July heat that makes it harder to keep plants happy. But watch that space, for there will be much more to come!

Jen Stevens lives and gardens at small gray house on a hill in Pullman. She is currently trying to decide how much of her lawn to take out next year.

Black Bean Cakes with Mango Salsa

By Jen Hirt

As we all know, the Co-op stocks great mangos. Mangos so juicy, colorful, and tasty that they redefine decadence. For most of the summer, I've been eating them just as freshly sliced fruit. However, the recent discovery of this recipe within the trusty pages of my *Vegetarian Times* cookbook has me eating mango salsa by the bowlful. I'm lucky if any of it lingers long enough to make it onto a black bean cake (also tasty). I confess to eating it solo, minus bean cakes or even corn chips.

This is a simple dish with a stunning presentation – I've never seen salsa so pretty, with the yellow-orange mango, red pepper, purple-red onions, and green cilantro. To get two cups of diced mango, remember to account for the fairly large seed. I've found that 3-4 medium-sized mangos yield around two cups, depending on how deft one is at slicing the fruit from around the seed.

This recipe serves four, hot or cold, and it's a great leftover.

Mango Salsa

- 2 cups peeled and diced mango
- ½ cup diced red bell pepper
- ¼ cup diced red onion
- 1 serrano pepper, seeded and minced
- 2 tbsp. chopped cilantro leaves
- 2 tsp. minced ginger root
- 1 tbsp. lime juice

Combine all ingredients, stir, refrigerate.

Black Bean Cakes

- Two 15-oz. cans black beans, rinsed
- ¼ cup chopped cilantro leaves
- ¼ cup chopped red onion
- 1 egg white, beaten
- 1 tsp. cumin
- 1 tsp. minced garlic
- ½ tsp. allspice
- 1/8 tsp. cayenne
- 1/3 cup bread crumbs
- nonstick cooking spray
- 1 tbsp. olive oil
- cilantro sprigs and lime wedges for garnish

Mash the beans in a large bowl. Add all the other ingredients except the bread crumbs. Mix well. Divide the mixture into about 8 patties. Spread the bread crumbs on a plate. Coat each patty with bread crumbs. If you don't have bread crumbs, try this alternative – toast a couple slices of whatever bread you have on hand. Dice the toasted bread and spread it on a plate. Press each patty into the diced toast – it will stick and serve the same function, plus it looks neat. Give both sides of each cake a light spray of nonstick cooking spray. Heat the oil in a pan over medium-high heat. Cook each patty about 8 minutes, turning halfway through, until browned on both sides.

Top with an ample amount of salsa. Garnish with cilantro and lime.

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

High Protein, Low Carb Diets

By Chelsy Leslie, RD

Bacon and eggs for breakfast, cheeseburger without the bun for lunch, and a large steak for dinner. Unbelievably, this is a popular meal plan for some of today's dieters who are enticed by weight loss plans that include the rich, high-protein foods we have come to love in America. Bookstores are filled with books claiming that excess carbohydrate is the major cause of obesity today. Even if you are not following a high protein, low carbohydrate diet, you probably know someone who shuns grains and embraces meat, cheese, and eggs in hopes of losing unwanted pounds.

Do low protein diets work? When people strictly follow a low-carbohydrate, high protein diet, they often lose weight. The quick initial weight loss is what draws so many people to these diets. There are several reasons weight loss occurs. First, when dietary carbohydrate is low, the body uses the storage form of carbohydrates, called glycogen, to maintain blood sugar levels. Glycogen includes a large number of water molecules, and when it is broken down to glucose (sugar), this water is lost from the body. Therefore, although the scale looks good, much of the initial loss is water, not fat. Another reason for weight loss is appetite suppression. A high-protein diet can curb your appetite, making it easier to restrict calories. Also, eliminating foods that you once ate in large amounts can produce a calorie deficit and contribute to weight loss.

Losing weight is common when following a high protein diet, but can it be maintained? Most people can't follow this diet forever because it gets monotonous. We often crave foods that are restricted. As people drift away from the diet, variety is increased, appetite returns, glycogen stores are replenished and weight increases.

Even if people are able to remain on the diet for longer periods of time and lose a significant amount of weight, the safety of the diets has not been well-researched. High protein diets

tend to be high in saturated fat, which has been shown to increase risk for heart disease. In addition, high amounts of protein can be detrimental to the kidneys, especially in people who have reduced kidney function. Furthermore, high amounts of dietary protein increase calcium loss, which can contribute to osteoporosis. Americans have low calcium intakes as it is – we don't need to increase protein to make it worse.

"Every diet has a least some truth to it – that's part of what makes them so enticing!"

Plenty of research shows that fruits, vegetables and whole grains can help protect against cancer and other diseases. Any diet that restricts these foods is missing important nutrients. Even if supplements are taken to provide missing vitamins and minerals, they will not provide the wide variety of disease-fighting phytochemicals found in plant foods.

Every diet has a least some truth to it – that's part of what makes them so enticing! My advice? Take some of the healthier concepts of these popular diets and incorporate them into a plant-based diet. Include some protein and healthy fat with meals to help curb your appetite and keep you feeling fuller for longer. Choose whole grains high in fiber (instead of highly refined foods) because fiber can also provide satiety. And remember that the ultimate cause of weight loss is calorie deficit (more calories used and/or fewer calories consumed). Be more active by going for a long walk or take a bike ride with a friend as you debate the latest popular diets!

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

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

JOHN'S ALLEY

Moscow's Home of Live Music

-PRESENTS-

- Aug. 8th Jyemo
- 9th Groovehead
- 11th Studebaker John
- 12th Open Mic
- 14th Victor Barnes
- 20th Moses Guest
- 26th & 27th Columbia recording artist
- The Derek Trucks Band
- 28th The Larry Keel Experience
- 29th Bernie Worrell and the Wu Warriors
- 30th Signal Path

-Shows are subject to change-

Please call

208-883-7662

Wasabi

By Jackie Miyasaka

The pungent rhizome known as wasabi japonica is a popular condiment traditionally served in Japanese cuisine. Although it is similar to horseradish in taste and often translated as "Japanese horseradish," the two are unrelated.

The Japanese have long believed that fresh wasabi helps prevent food-borne illnesses because of its antiseptic properties. Japanese literature refers to wasabi growing wild and being used for survival by warriors as a seasoning for raw fish and venison as early as the 8th century. In fact, scientists today have discovered that fresh wasabi contains certain chemicals, which are antimicrobial. Wasabi is reported to kill not only many bacteria associated with fish but also some forms of E-coli and Staphylococcus.

Because of this, grated wasabi is traditionally served with raw fish (sushi and sashimi). Traditionally, wasabi is prepared by grating the fresh rhizome against a rough surface. Some Japanese restaurants will only use a sharkskin grater for this purpose.

Fresh wasabi can be hard to find, but you may use powdered or paste wasabi instead. Powdered wasabi is sold in a small green can at the Co-op. To make a paste from powdered wasabi, stir equal parts of the powder and water in a small cup until the paste smells pungent. Cover the cup with plastic wrap and let the paste stand for five minutes so that the flavor has time to develop. One tablespoon of powdered wasabi yields one tablespoon of wasabi paste. An opened can of wasabi powder should be stored tightly closed in the refrigerator.

It is important not to overuse wasabi, for it will clean out your sinuses and make you cry, as well as overpower the delicate flavor of fish and other foods. Wasabi is the most pungent of traditional Japanese spices.

In addition to raw fish and cold soba noodles, tofu topped with soy sauce and wasabi paste is an example of another traditional food using wasabi. Wasabi can also be used as an ingredient in dressings, dips, sauces and marinades. It is even used in some snack foods, such as the spicy wasabi lima beans sold in the bulk section of the Co-op (yum!).

The following recipes are just a few of the many possibilities for incorporating wasabi into your cooking.

Wasabi-flavored spinach

- 6 oz. spinach leaves
- 2 teaspoons mirin
- 2 teaspoons soy sauce
- 2 teaspoons water
- 1/4 teaspoon wasabi paste

Lightly boil or steam spinach just until wilted, about 20 seconds. Drain. Rinse spinach under cold water. Squeeze water out of spinach. Mix mirin, soy sauce, water, in a small bowl. Stir in wasabi paste until it dissolves. Mix sauce through spinach evenly. Enjoy as a small side dish with rice.

Wasabi salad dressing

- 1/2 teaspoon wasabi paste
- 1 teaspoon soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons vegetable oil
- 1/4 teaspoon sugar

Whisk together until wasabi paste dissolves. Enjoy over a mixed green salad.

Avocado Boats

Cut an avocado in half lengthwise. Put 1/4-1/2 teaspoon of wasabi paste in the "bowl" of each half. Add 1 teaspoon soy sauce. Stir wasabi into soy sauce until it dissolves. Spread over avocado. Eat each half by spooning out of shell (one half per person). The combination of avocado with soy sauce and wasabi is said to closely resemble the taste of tuna sashimi (raw tuna).

Jackie Miyasaka works as a Japanese-English translator in Pullman.

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

**All available online at
moscowfood.coop**

- Recipes - Nutrition - Food Reviews
- Wine Reviews - Macrobiotics -
- Herbs & Spices - Pets - Conserva
- tion - Business Partners - Producer
- Profiles - Schedules - Board
- Members - Local Events - Links
- Recipes - Nutrition - Food Reviews
- Wine Reviews - Macrobiotics

Santa Barter Fair

By Judie Heath

Here in the Northwest, September is to some the end of summer and to some the beginning of the barter fair season. People come from all over to trade, buy, and sell. Produce, handmade crafts, vintage items, tools, horse tack, guitars...the list goes on and on. Saturday night brings a potluck dinner and an after dinner music jam.

ted, and all dogs must be on a leash. Pack it in, pack it out.

The fair is September 13 and 14 in Santa, Idaho, which is about 60 miles from Moscow off Highway 3. Look for signs. There is no entrance or camping fee, but donations are appreciated.



Santa Barter Fair is a small gathering with a friendly, open atmosphere. Family fun for the weekend. The fair is set in a forested meadow down a dirt-graveled road. There is no water, no electricity, none of the normal amenities. No generators are permit-

For more information, call Judie at (208) 245-5124 or Marcie at (208) 245-9410.

Judie Heath is the volunteer publicity person for this year's fair.

Members Save!

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

Any cashier can help you join, just ask!

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

Join the Moscow Food Co-op and Save!

Open 8-8 Daily

Gardening

Free Shrubs

By Patricia Diaz

It's easy to create more plants and shrubs by using cuttings from your existing plants. And now is the time of year to do that. Here are the easy instructions:

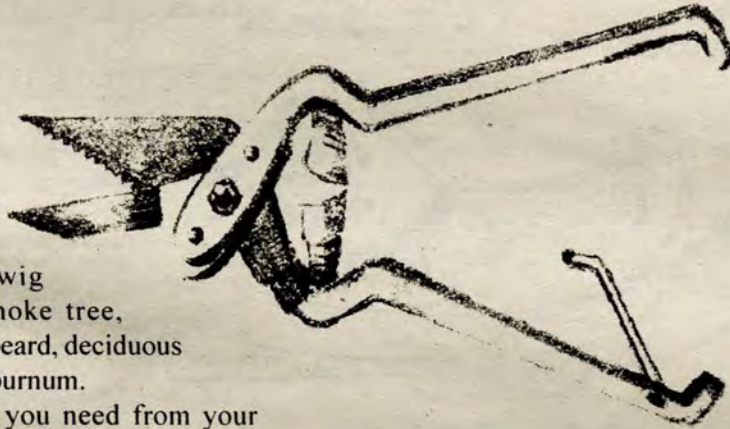
The following plants and shrubs root very quickly and are, therefore, good candidates for creating more plants – Serviceberry, rugosa rose, mock orange, lilac, hydrangea, beautyberry, butterfly bush, elderberry, beauty bush, crape myrtle, daphne, enkianthus, flowering quince, forsythia, redbud, dogwood, smoke tree, weigela, bluebeard, deciduous azalea, and viburnum.

What you need from your "parent" plants is a stem or softwood cutting that is neither too new nor too woody. You can test your plant by bending a stem. If it snaps, it's ready. If it bends without breaking, it's too immature, and if it is dark and bends barely at all, then it's too mature.

Plan on having the cuttings take two to four weeks to begin making roots. Within six weeks, you should be able to transplant your cuttings into larger containers. You will want to take the cuttings early in the morning. Choose from healthy lateral growth. The cuttings should be approximately three to five inches long and you should snip them just below a leaf node. If you're taking several cuttings, place them between wet paper towels in a plastic bag in the shade until you're done so they don't dry out. Remove the lowest set of leaves from each cutting and dip the lower ends in rooting hormone. Shake off the excess. Have ready ahead of time, small (about two-inch) pots filled with either potting soil or propagation mix. Poke a hole in the center of the soil with a stick then set the stem in the hole and cover it with soil. Water thoroughly but be very gentle when you do this. Put a six-inch stick in the corner of each pot and then place each pot in a plastic bag and tie it or zip it closed. The stick or stake is there to keep the plastic bag from touching the leaves of your cutting. Set your pots in bright light but not in direct sun.

If you notice heavy condensation building up, poke a few holes in the bag for air circulation. Make sure you keep the soil moist but not wet.

In three or four weeks, check your cuttings to see if they have rooted. You do this by gently tugging on the stems. If they resist, roots are developing. You can expect a 30-40 percent failure rate when propagat-



ing. The failures will eventually wither, dispelling any doubt you may have had but were afraid to look. At about the six-week time frame, transplant the well-rooted cuttings into larger containers. When the plant is well-established, plant directly in the garden.



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

Moscow
527 S. Main
882 0780

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

Are Your Vegetables Ready to Harvest?

By Patricia Diaz

Sometimes it's hard to really decide when to pick your precious vegetables. Here are a few tips to help you make that decision:

GREEN BEANS – When the pods start to swell but before they get stringy and won't snap. Store unwashed in plastic bags in the refrigerator for up to four days. Freeze or can.

DRY BEANS – When the pods have dried and beans are starting to spill out. Store in sealed jars.

CORN – When silk tassels start to dry, peel the husk back from an ear and pop a kernel with your thumbnail. If water comes out, it's not ready. If milky fluid comes out, they're ready. The fluid from white corn is clearer than the fluid from yellow corn, which is slightly yellowish. Don't refrigerate! Eat immediately! You can freeze whole ears or kernels.

CUCUMBERS – When they are about 8" long. Japanese cukes 20" and lemon cukes under 3". Store bagged

in refrigerator for up to 2 weeks.

EGGPLANT – When they are shiny-skinned. Refrigerate for a few days. Freeze or dry.

CANTALOUPE – After the skin has become "netted," gently tug the fruit. If it's ready, it will separate easily from the vine. Store in cool spot for 2-4 weeks.

ONIONS – When bulbs are large enough to pick, bend the leafy tops down to the ground with your foot and let the bulbs harden and cure for 3 weeks before you pull them.

WATERMELONS – There are four signs of ripeness – a withered tendril, creamy white belly (yellowish on seedless kinds), dull skin, and a hollow sound when thumped. Watermelons won't ripen further after harvest.

Pat Diaz lives and gardens in the woods east of Moscow. The deer and turkeys are greatly enjoying the harvest this year. It's a race to the finish!

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

- 10 varieties.
- Organic

They want to meet you.

Dr. Ann Raymer
Chiropractic Physician

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

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

Cathy's Art Studio

- Exciting Possibilities -
- Children Age K - 6 -
- Monday & Thursday -
- \$60 for 6 Sessions -
- Call Today 509-334-7694



Letter from the Land:

The sad, the infuriating, the grotesque and the absurd: Annals of Landscaping

By Suvia Judd

This was supposed to be the month I shared my research on the landscape of the Middle East, but since I am still reading and learning, here are some vignettes relating to our local landscape.

The sad and infuriating:

For years I have driven down West Sixth Street and admired the old pear tree in the parking lot across from the UI Natural Resources building. Every fall it was loaded with fruit, and the rest of the year its handsome leathery green foliage stood out pleasantly. I was pleased when new dorm construction started this year that the pear tree was being left. Then one day it wasn't there. I talked with UI Arbo-retum director Richard Naskali at his retirement party in June, and he told me the pear had plenty of advocates at the University, but those with the power to do so decreed that a bus pullout had to use that space. Naskali and I also discussed the loss of another campus veteran tree, the huge old box elder with the propped up trunk that stood at northwest corner of the Administration Building. It disappeared during landscaping for the new addition, but out of no need that I can see other than an institutional preference for "Mlandscaping."

Those of us held up in traffic on South Main between Styner/Lauder and Palouse River Drive may have noticed that the row of apple trees and spruces on the east side has with the exception of one spruce been sacrificed for the new double width Highway 95. One of those apples was a very tasty fruiting variety that ripened in the summer and made a wonderful aromatic pink applesauce. (Despite efforts over a couple of years, we are probably not going to get a good graft of that tree, to my great regret.) Over the next month or so a larger number of trees will also disappear between Sweet Avenue and Styner/Lauder, including several ash trees, a huge beautiful old crabapple, a row of silver maples, a cedar, a Lombardy Poplar, which serves as nesting habitat for woodpeckers and squirrels, and a variety of other trees and shrubs including old garden roses, a white lilac, a flowering quince, and a row of Bridal Wreath spirea bushes. I have been

trying to get some local woodworkers and timber framers interested in salvaging some of the wood, at the least. Also, a representative of the Idaho Transportation Department told me that new trees in state highway rights-of-way have to be short enough not to shade the roadway to prevent winter icing. Incidentally, law requires that this new road be adequate to accommodate the traffic that it is expected to bear twenty years hence. Might we not in 20 years have opted for a bypass?

The grotesque:

I went into a local hardware store last week to buy a new squeeze nozzle for the hose we fill the alpaca water buckets with. I was considering whether to choose the rubber handled \$9.00 dollar model in lieu of the \$4.00 or \$6.00 models, in hope it would last more than a year. Reading the fine print to see what bang I would be getting for my buck, I discovered one of the state of California toxicity warnings: "Contains lead. Wash hands before touching mouth after using this product." Excuse me? The most ex-

pensive hose nozzle sheds lead? I bought a cheaper model. When I mentioned this at home, I said I hadn't wanted to use the lead shedding one for the animal's drinking water. K. said, "What would you want to use it for?" Indeed. Your vegetable garden?

The absurd:

When I walked into the office of a local outlet of a national rental and storage chain in early June, I complimented the staff on the handsome young purple and green cabbage plants in the twin planters which flanked the door. I was told that their instructions from headquarters were to plant flowering cabbages (meaning those ruffly decorative kales with the pale centers so ubiquitous in urban plantings of the Pacific Northwest coast.) "Flowering cabbages" being unavailable in Moscow at this season, the staff had opted for the closest approximation. "They look very nice," I assured them, and they did, in their silvery sprightly cabbage-like way. "But you could always plant flowers," I suggested, "or add some flowers.

Some blue pansies would go well." "Oh no," I was told. "We aren't allowed to plant flowers. We tried it one year, and we got in big trouble."

To paraphrase a local columnist, "the trowel rests."

Suvia Judd would happily exchange her gardening curmudgeon cap for a landscaping despot hat.


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

FREE YOGA CLASS
TUES. AUG. 26 7:00-8:00PM
THURS. AUG. 28 5:30-6:30PM

**FALL SESSION BEGINS
SEPT. 2ND**

*Daytime and evening classes
Classes fill quickly so register early
www.moscowyogacenter.com*

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



Sustainable Farming Program Takes Root

By Theresa Beaver

I arrived on the Palouse in January 1991, all set to study sustainable agriculture. It didn't take me long to realize that the graduate degree I was working on was not what I had in mind as sustainable agriculture. Though I did not continue pursuit of that degree, you notice I am still here on the Palouse. Moscow has a way of drawing you in, doesn't it?

Now, 12 years later, I am thrilled to say that both universities offer courses that suit my criteria for sustainable agriculture education. University of Idaho offers Sustainable Small Acreage Farming and Ranching every fall. WSU offers Science, Society and Sustainable Food

Systems as a general education requirement for undergraduate students every fall. This course meets the needs of incoming students while broadening their perspectives on where their food comes from. But even I enjoyed the course as an older, non-traditional student.

Organic Farming and Gardening is another course that I never thought I would see offered at WSU. But it is now in the catalog, offered every Spring and cross-listed with UI, which means that students at either university take it.

The best part is that these and other sustainable course options can be taken for a certificate in Sustainable Small Acreage Farming and Ranching, and you don't even have to be a student – they are all open to

community members as Continuing Education Units, only \$120/course.

I still love living on the Palouse, watching the wheat fields sway in the wind and seeing those giant insect-like combines rolling down the highway in the fall. But I am even happier to live here knowing that our universities are finally supporting the small acreage farmer or student interested in an alternative farming system.

Better still, I am lucky enough to be the coordinator for this great program. Want to hear more? I'd be happy to talk to you about the program and help you get signed up for the fall classes. Call me, Theresa Beaver at 885-7787 or email tbeaver@uidaho.edu.

Peaceful Parenting For A Peaceful World

By Lisa Cochran

"If we are to reach real peace in this world and if we are to carry on a real war against war, we shall have to begin with children; and if they will grow up in their natural innocence, we won't have to struggle; we won't have to pass fruitless idle resolutions, but we shall go from love to love and peace to peace, until at last all the corners of the world are covered with that peace and love for which consciously or unconsciously the whole world is hungering." Mahatma Gandhi

It's truly hard to believe, but three years ago at about this time, I began writing for the Co-op newsletter. I didn't think I really had much to say, but just wrote about things, which I felt deeply about: families and children's issues, safety and parenting, education and support. One of my first articles was about the importance of skin contact and the benefits of "wearing" your baby as much as possible to promote health and development for infants and young children. What I was talking about was one aspect of what is called "Attachment Parenting."

What is Attachment Parenting? It is a strong and enduring emotional bond that develops between a child and parent or caregiver during the early years of life. This style of parenting encourages responsiveness to the infant or child's emotional needs and teaches children that their emotional needs will be met. As a result, this strong attachment helps the child develop secure, empathic, peaceful and enduring relationships.

Recently, attachment parenting has received serious support in parental literature. This is due to the large amount of research being done on the brains of newborns and young children. With imaging technology such as cat scans, researchers are finding actual neurophysiological evidence in the brains of children who have experienced diminished emotional attachment. The new research in brain development documents the importance of attuned and responsive parenting in the development of emotional regulation and empathy. It is vital, experts say, for children to foster an attach-

ment to a primary caregiver to sustain meaningful relationships throughout their lives.

Secure attachments result in babies and children who dare to explore and to interact socially. They also tend to be produce more compliant, enthusiastic and easier-to-parent children. Babies who have had a solid foundation of trusting and secure attachments grow into children who are less aggressive, better at solving conflicts and other problems, and are more empathetic, self-reliant, and self-confident than children without such attachments. They also have better self-esteem, are more socially competent, and develop positive leadership qualities.

It is argued that programs that increase awareness of the importance of attachment caregiving through support, advocacy, research and education will ultimately help reduce or prevent child abuse, depression, mental illness, learning and behavioral disorders, criminal acts, and other serious social problems.

There are many ways to develop secure attachments to children; they are like open vessels for us to pour our love, respect, responsiveness, touch, warmth, caring and enduring presence into them. Children whose physical and emotional needs are met through Attachment Parenting learn to love themselves and others. Go ahead...gaze into your baby's eyes; talk, smile, sing, kiss, rock, play and comfort them. You will not only give them a solid start for success, but you will teach them how to love and to care for others.

For more information about Attachment Parenting, contact the Young Children and Families Program at 883-6454. Local online information is also available at www.palouserresourceguide.org. National and international organizations can be found online at www.attachmentparenting.org or call 865-693-7262.

Lisa A. Cochran is a longtime Moscow resident who lives with five-year-old Madyson whose love, she says, "makes the world go round."

Running in the Family

By Carol Price Spurling

"He gets that from your side of the family, you know," I accused my husband. We had just spent a disastrous half hour trying to remove a splinter from the bottom of our two-year-old's foot. Reed thrashed, he screamed, he wailed, he kicked, and that was just while we were holding him still so I could swab the area with antiseptic. Walt could barely contain him. When I actually tried to use the needle and tweezers, I'm sure the neighbors thought we were committing a heinous crime against our supposedly helpless offspring.

Finally we gave up and let him go. He sobbed shakily on the sofa while we sprawled on the floor, trying to recover. "My family has a much higher pain tolerance than that," I continued, offering examples. Walt just nodded, knowing it would be useless to argue with me, because the annoying quality I inherited from my side of the family is always having to be right.

Parents-to-be always wonder what genes they'll hand down to their children; we imagine all the possible configurations and hope the best of each parent somehow combines to make our children prettier, smarter, stronger, and more wonderful than each of us alone. But no matter what we imagine, the actual results surprise us. No wonder God created people in his own image: it's senselessly gratifying when your child looks like you. Reed is commonly known to look more like Walt, but I never hesitate to point out he's got my hair color, my skin tone.

Even when less than desirable personality traits start showing up, we're still perversely proud if they remind us of ourselves. "Look at how he gobbles down his food like he'll never eat again. He gets that from me!" I say, pleased, despite my own ongoing battles with my appetite and sweet tooth.

Of course I know it's nature's way of making sure parents love and protect their children. But I don't know how I'll react if I see Reed developing my worst flaw. Sometimes I think I see it already: the way he wouldn't talk until he was quite sure he had it right, the way he won't ven-

ture an answer he's not completely sure of. I used to think my need to be right was perfectly normal, beneficial, in fact, for a possible career in law. When Walt pointed out that not everyone always had to win every argument, I attributed it to being the youngest, most picked-on sibling. A poor defenseless girl developed gumption to stand up to her brothers, I assumed.

Until during a recent visit with my older sister (the oldest of my siblings) and her husband, it came out that she also needed to be right. Our husbands agreed it was frequently a problem. She also thought it was normal: "You mean there are people who don't mind being wrong!?" And she thought she remembered our sister-in-law complaining about the "I'm right" tendency in our brother. Mmm. I guess our dad was like that, wasn't he? Our mother (ever patient and frequently "wrong") confirmed that our dad did indeed exhibit this quality but has mellowed a little, now that he's 70 years old.

My dad has many wonderful qualities, which I've always been proud to claim: organizational abilities, strong work ethic, can-do attitude. Now it appears I must also claim the ones I'm less proud of: a need to be right, a desire to have the last word, the conviction that my way is always the best way. I struggle with it all the time, wondering why it should matter to me if Walt washes the dishes first and wipes down the table afterwards, instead of the other way around? Why am I always the innocent victim when feelings have been hurt? Why does Walt's devil's advocate position in our discussions so frequently drive me to frustration and flat outrage?

For Reed's sake I'll try harder to remedy these flaws before I get to be 70. Reed may inherit the predisposition towards these behaviors from me, so the least I can do for him is try to show him how to keep them under control. His future family might blame me if I don't. "You're right, honey, and I was wrong." There. I said it. Now was that so hard?

Carol Price Spurling once insisted in an argument with a former boyfriend that New York was north of Boston. She was wrong.

Recycling Bumper Sticker Contest

By Andy Boyd

Are you a recycling enthusiast? Or maybe you just recycle a few things here and there. Well, no matter how you feel about recycling, Moscow Recycling wants to let everyone know that we will be holding a contest that will help increase awareness about recycling. Entries are due by August 15, 2003.

Most people understand that there are several reasons why recycling is important. Recycling helps reduce resource extraction, reduces energy consumption and saves space in our landfills. But recycling also helps to keep our solid waste disposal costs low and that's good for everyone in the community.

So, you ask, what kind of contest will help promote recycling? Moscow Recycling has decided to create a bumper sticker that will have a recycling slogan on it. You, the recycler, will create the slogan, and the winning catch phrase will be placed on the bumper sticker. In addition, the winner of the contest will receive a \$50 gift certificate from Tri-State Distributors! There will also be two runners up prizes, one donated by the Moscow Food Co-op and the other by the Palouse Clearwater Environmental Institute.

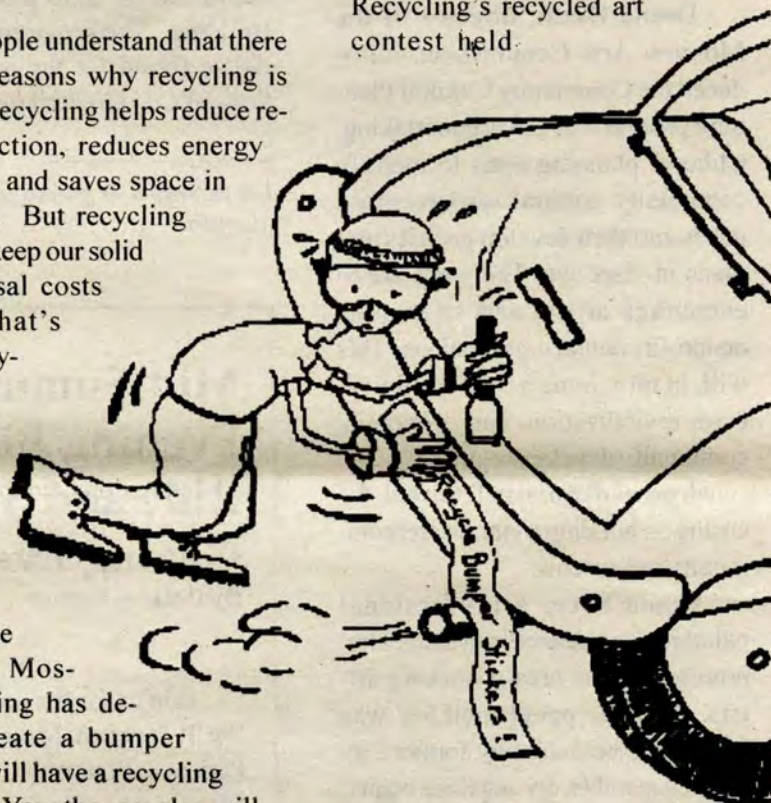
To enter the contest, just send your recycling slogan to Moscow Recycling, P.O. Box 9385, Moscow, ID 83843. You can also e-mail your entry to us at <moscowrecycling@turbonet.com>.

Be sure to put your name, address and phone number on your entry so we can contact you in case you're a winner. All we ask is that you keep your slogan to 50 characters or less so it will fit on the bumper sticker and can still be read from a distance.

The bumper stickers will be available for free at the Latah County Fair at Moscow Recycling's information

booth along with the name of the winner. These can be proudly displayed on your vehicle and will help get the recycling message out in our community and beyond. So, go ahead and take a shot. You could be the lucky winner!

Also, keep in mind Moscow Recycling's recycled art contest held



every year at the Latah County Fair. Prizes for the recycled art contest are made from recycled materials! If you have any questions regarding this annual event or about the Bumper Sticker Contest, just give us a call at 882-0590.

Andy Boyd is a serious recycler. He is the director of Moscow Recycling and also oversees the recycling program at the Moscow Renaissance Fair.

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



"Buy Local" Campaign Under Development

By Theresa Beaver

What does "Buy Local" mean to you? I thought I had a clear definition of this until I heard other interpretations of it. A "Buy Local" campaign is being developed by Rural Roots and the Moscow Food Coop. Two roundtable discussions were held last month to pick the label that would be used to promote the campaign. It turns out that the definition of "Buy Local" can vary from person to person. For some, buying local refers to buying locally grown produce only, and for others it includes buying anything grown, produced, or manufactured locally, or sold by a locally owned business.

Then there is the geographical aspect of "local." The definition of "local" and "regional" also varied from person to person. To one roundtable participant, the term "local" extended to the Lewiston/Clarkston area while to another it included a 100 mile radius. "Regional" also varied in its definition - for one it referred to the Inland Northwest, to another it included Washington, Idaho, and Oregon.

I did a computer search on "buy local campaigns" and found the same variations within campaigns all across the country. Some communities even extend the "buy local" to include getting schools, restaurants, hospitals and retailers to buy produce and products that were locally grown or produced.

What will our "Buy Local" campaign look like? More roundtable dis-

cussions will be held, but with input and support from local businesses, farmers and consumers, Rural Roots hopes to launch an effective "Buy Local" campaign by 2004. If you are interested in participating in a focus group, or just having your opinion heard, you should contact John Potter, Direct Marketing Project Coordinator at either (208) 883-3462 or jpotter@uidaho.edu.

The discussions will continue, but in the mean time, the research is consistent across the country that shoppers are valuing local products, whatever they perceive them to be. Research also shows that buying from local farms and retail businesses keeps the dollars local, provides jobs for local residents, and keeps the community growing strong.

For me personally, "Buy Local" means purchasing items that are grown, processed, produced, or manufactured locally, and shopping at locally owned businesses. But it goes beyond the economic reasons of keeping the dollars in the community. I like knowing the person who grows the food I eat. I like having the owner at the bookstore know who I am when I call to order a book. I like knowing the local woman who created the spicy chocolate I send to friends at Christmas. There's a pride to supporting local businesses, including our very own Moscow Food Coop. It feels good to know that I am contributing to sustaining our vibrant community.

Got a Sweet Tooth?

Have a Cookie!



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

Big Brother is Coming!

By Darryl Kastl

A dream has turned into a reality. I've learned that if you want to make a dream come true you have to go out there and go to work to make it happen. In the real world it takes effort.

After one year of determined effort, I am now ready to proudly announce that, straight from San Francisco, "Big Brother and the Holding Company" will perform two engagements at the Kenworthy Performing Arts Centre in Moscow. The date is set for September 19, 2003.

There will be an early 5:30 p.m. performance and another at 9:30 p.m. Both performances will open with Moscow's homegrown band "Sagin' Time" playing their Grateful Dead covers and a couple of great originals, too. And our homegrown poster artist Chad Crowe will be here from Portland to sign posters.

You can help support this concert by becoming a Sponsor or buying a "Ticket Package" ahead of time. They are on sale now from Kaleidoscope Picture Framing. Your early purchase has benefits to you. Buying early will save you \$5 per ticket and the customary \$1 service charge. An early purchase includes a choice of two or three different colored "Classic Posters" from this event. You can have them signed by both of the bands and the poster artist. "Sponsor Packages" include 16" x 20" autographed and archivally framed posters. The posters will also be available for purchase at the show. The number of posters printed will be limited.

If you help to make this concert a success there will be more concerts in the near future. Wouldn't it be fun to have "Classic Concerts" at a "Classic Theater" in a "Great Town" filled with "Great People" that "Support The Arts"! WOW!

Look at this growing list of "Friends of Kaleidoscope Productions": Bennett Realty; Red Door; Book People of Moscow; Tye Dye Everything; Hampton Inn; Johnny Caughey; Wine Company of Moscow; Wells Fargo Bank; Michelle Kimberling; Little City Studios; Excitement Optical; Wok'n Roll; Tim Gresback Attorney at Law; Tom Witt; Kevin Moon; Gene Rosa; William Constanza; Greg Thomas; Rick Short; James Macdonald; Ivar Nelson; Cathy Brinkerhoff; Jeff Kimberling; Alvah Street; Dan Maher; Chad Crowe; James Murphy; Peter Basoa; Paul Santoro and Deanna.

I would like to thank all of you that have shown so much support and shared your ideas with me. I can see it in so many of your eyes that this could be something "BIG." Please help turn one Concert into a Series of Concerts. You've Got The Power = We've Got The Power!

You can contact me by email, phone with voice mail, fax or just take a little trip up the stairs and visit me in person at Kaleidoscope Picture Framing, 208 South Main Street, Suite #11 in Moscow, (208) 882-1343. Fax (208) 883-3322; kaleidoscope@turbonet.com.

Darryl Kastl, owner of Kaleidoscope Productions, wonders if anyone has a very large oriental rug that could be used on stage for the "Big Brother and the Holding Company" concert (if so, please contact him).

Moscow Civic Association

By Lois Blackburn

The arts in Moscow are alive and thriving. However, we want the artists themselves to thrive and for Moscow to indeed become the "Heart of the Arts."

This was the main theme of the July 8 open public meeting of the Moscow Civic Association, attended by 47 people on a beautiful summer evening. Entitled "Smart Art: Improving Moscow Through a More Vibrant Arts Community," this panel presentation was Part II in a series on Smart Growth for Moscow.

Deena Heath, director of the Moscow Arts Commission, introduced the Community Cultural Planning process that she is undertaking. Cultural planning aims to identify community cultural resources and needs and then develop policies and plans in response. The goals are to encourage artists and strengthen nonprofit cultural organizations. This will, in turn, impact tourism, downtown revitalization, and economic/community development.

A panel discussion followed, focusing on building a vibrant arts community in Moscow.

Diana Pace, a professional painter with a degree in architecture, represented the area's working artists. Another panel member was Linda Pall, local attorney, former City Council member, driving force behind development of the Farmers' Market and the Moscow Arts Commission, advocate for the City's purchase of the 1912 Building, and an artist/photographer. She described a new corporation, Heart of the Arts, formed to raise funds for finishing Phase III of the 1912 Building as an art and performance space.

Four other panel members spoke from their points of view as longtime supporters of the arts in Moscow: Shelly Bennett, owner/broker of Bennett and Associates Real Estate, who serves on the Board of Directors of the Kenworthy Performing Arts Center and is a former member of the Board of Directors of the Idaho Repertory Theatre; Julie Ketchum, executive director of the Kenworthy Performing Arts Centre and former executive director of Rendezvous in the Park; Diana Kendall Woolston, owner of Appear-

ances Marketing and Promotions, currently vice-chair of the Kenworthy Performing Arts Centre, a Moscow Arts commissioner and a Board member of both Rendezvous and Festival Dance; and Jim Boland, owner of C & L Lockers, a longtime supporter of the arts in Moscow.

The audience participated actively in a question and commentary session after the panelists' presentations.

There will be no August meeting for the Moscow Civic Association. The next meeting will be on Monday, September 8, 7:30 p.m. at the 1912 Building. The program will be a candidate forum for the upcoming elections of City Council members.

Lois Blackburn is the president of the Moscow Civic Association.

Mid-Summer Evening Bike Ride and Stargazing Event

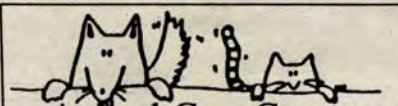
By Becky Chastain

Join us for fun on August 16. We'll meet at Mountain View Park at 8:30 p.m. and bike across Moscow to the University of Idaho Observatory. We gaze through telescopes at the stars and enjoy a warm summer's night bike ride on Paradise Path and the City Bicycle Route. Telescopes will be located at the Observatory and Mountain View Park. The Paradise Path Task Force is sponsoring this free event.

Register at 8:30 p.m. in Mountain View Park to enter the drawing. Presently, Hyperspod, Northwest Mountain Sports, Tye Dye Everything, and Wheatberrys have donated prizes for participants.

Bicycle safety equipment and light-colored clothing is strongly suggested, and bike lights and reflectors are required. An adult must accompany children.

If you would like to help with this event, call Becky Chastain at 883-3485.



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
Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

PALOUSE
Ocularium
VISION CENTER

*Precise, professional eyecare.
Comfortable Atmosphere.*

William French
Optometrist

Commentary

News from the West

By Auntie Establishment

If the United States economy were a horse, I'd shoot it.

The unemployment rate is 6.4 percent, the highest it's been in nine years. The White House projects a \$455 billion dollar deficit this year and \$475 billion the next. We're spending \$3.9 billion a month on what looks increasingly like a war of attrition in Iraq. The baby boomers are due to begin retiring in a couple of years; Medicare and Medicaid spending are soaring; the national debt now accounts for about 4 percent of our gross domestic product; and, since Mr. Bush took office, federal spending has risen an average of 18% a year.

We're spending \$3.9 billion a month on what looks increasingly like a war of attrition in Iraq.

The result? About half the population says they'd vote to re-elect Mr. Bush—roughly the same number who managed to inject him into the Oval Office in the first place. Quite frankly, I'm at a loss to explain it. Laissez-faire? Lack of imagination? The inability to add and subtract? I'm a strong supporter of the public school system, but if this isn't an argument for high-stakes testing, I don't know what is. Sure, balancing the federal budget is more difficult than balancing your check book, but it doesn't take a mathematical genius to know that it's best if money coming in equals or exceeds money flowing out.

In the words of that immortal Dickensian spendthrift Mr. Micawber, "Annual income twenty pounds, annual expenditure nineteen pounds six, result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six, result misery."

There are some signs that the American public is beginning to wake up and smell the debt. A recent CNN poll showed that 52 percent disap-

proved of the president's (man) handling of the economy. Still, with two and a half million people out of work, you have to wonder who exactly CNN is polling—are they really calling voters in the rust belt or are they just quizzing their friends at the golf club? Perhaps it's because I largely move in liberal circles—having found that moving in conservative circles is like swimming through treacle—but I know more people who believe in Bigfoot than in the idea that the economy will pick up as a result of Mr. Bush's tax cuts. What's more convincing—the claim that prosperity is just around the corner or old reruns of *In Search Of?*

Be honest. Leonard Nimoy has real credibility and a grainy home movie of a guy in a gorilla suit. You can't beat that with a stick.

Auntie Establishment is a squatter in the mind of Moscow area writer Joan Opyr. She can be reached at auntiestablishment@hotmail.com.

**Feed
Your
Self**

Come eat
Brunch

in the
Deli

Saturdays
8-11am

On the Water Front

By Dianne French

On June 23, the Moscow City Council, responding to pressure from a coalition of local groups to follow-through on water usage limits agreed to in the 1992 Groundwater Management Plan, voted to allow outdoor watering only between the hours of 6:00 p.m. and 9:00 a.m. effective July 1.

This restriction is applied on a voluntary basis, but compliance is asked of all residents, businesses, public buildings and parks, the Moscow School District and the University of Idaho. Exceptions would be for hand watering of new plantings and for the University of Idaho when it is utilizing treated effluent rather than groundwater. The Council's viewpoint was that less water loss due to evaporation could lead to possible water savings of up to one million gallons per day.

Although data could be compared at any time with similar periods from previous years, City officials will wait until after the end of July to have a full month's worth of usage data to compare with last year. Then City staff will make a presentation to the Council on August 11 in

Council Chambers. This presentation may occur during the Public Works Finance Committee meeting at 4:00 or 5:00 p.m. or could be part of the regular council meeting at 7:00 p.m. Please watch for details. Astute community members able to recognize where the trends are going will need to be present and ask council members to take additional action immediately if pumping levels are not on target.

Daily observation of water running down our street gutters all over town each summer indicates that this community could do much to "curb" the waste of water. It is senseless to pump groundwater and then allow it to run into the storm sewer, drain to Paradise Creek and flow on west out of our area. Additionally, many community members appear to be unaware of this new watering restriction and are continuing to water during mid-day when evaporation rates are highest. Most plants are healthier when watered less frequently and during the cooler part of the day. Very early morning (5:00 – 7:00 a.m.) is an

ideal time for many plants to be watered.

The coalition's opinion is that restricting outdoor irrigation to between the hours of 9:00 p.m. to 6:00 a.m. will lessen evaporation, but will only change the time of day people are watering rather than the amount they are watering. In order to meet previously set pumping targets, it would seem that this measure is only a tiny first step and that additional measures such as a mandatory watering schedule limiting outdoor irrigation to three days per week may be needed until a comprehensive water conservation program can be implemented. The coalition would prefer to see this program implemented as early as possible in 2004. Coalition members include the Palouse Water Conservation Network, Moscow Food Co-op, Moscow Civic Association, Palouse Group of the Sierra Club, Idaho Conservation League, and Friends of the Clearwater.

To their credit, the Council also agreed to fund a consultant to assist with the City's Health and Environment Commission (H&E) in writing a water conservation plan for the City. The budget of \$25,000 for the consultant is not extravagant and the volunteer members of H&E will be putting in much legwork to keep the plan moving forward. The other positive move the Council made during the June 23 Council meeting was a directive to City staff to release the water usage data to H&E that commission members had been requesting for months.

Individuals looking for facts about our groundwater basin should visit the Palouse Basin Aquifer Committee's (PBAC) web site (www.uidaho.edu/pbac) and review the Annual Reports.

Several local geologists who are experts on our basin, such as Dr. Jim Osiensky (UI), Dr. Dale Ralston (UI), and Dr. C. Kent Keller (WSU), are all on record as recommending conservation as a key component of a water resource management plan. Extending the life of an aquifer system that provides high-quality water makes sense for us and many generations to come.

Dianne French is a co-founder of the Palouse Water Conservation Network and also serves as Chair of the Health and Environment Commission.



Bulletin Board

MOSCOW



moscow food co-op
221 east third street
moscow id 83843

Organic Growers Market

Tuesdays, 5-7PM • Co-op parking lot

Hot Off The Grill

Free music to accompany the BBQ dinners available Tuesdays, 5 - 7PM at the picnic area on the 4th St. side of the Co-op.

August 5: Dan Maher (celtic folk)

Moscow Farmers' Market

8AM-noon, Saturdays in Friendship Square, Downtown Moscow

LIVE MUSIC from 9:30-11:30AM

AUG 2: Freemantle Children's Conservatory - mix of classical, scat, improv.

AUG 9: Makin' Island Music - aloha!

AUG 16: Brad Keeler - Authentic Blues

AUG 23: Potatohead - Aires, dances, jigs

AUG 30: Lisa Simpson - Folk

SEP 6: Full Circle - Blues/ Folk

Fresh Aire Concerts

Thursday evenings, 6:00PM

East City Park • FREE

Aug 7: J.R. Spencer - Voices of the Elders

Aug 14 Lisa Simpson - Folk & Fiddle Tunes

Aug 21: Nez Perce Tribe - Drum & Dance

Aug 28: LaRae Wiley & Friends - Lyrical tales of the past and present

Moscow Arts Commission, 883-7036

Palouse Folklore Society House Concerts

314 E 2nd St., Moscow. 882-0273

Saturday, Aug 2, 7:30PM

House concert by singer/songwriter Amy Martin, of Missoula, MT.

Thursday, Aug 14, 7PM

House concert by singer and accordionist Jason Webley, of Seattle.

Saturday, August 23, 7:30PM

House concert by singer/songwriter Eric Hansen, of Tucson, AZ.

Contra Dance

Saturday, Aug 16, 7:30-11PM • Old Blaine Schoolhouse

with Caller Warren Argo, from Seattle and Dancing Trout, from Pullman. www.palousefolklore.org

509-332-8037

La Leche League monthly meetings for Breastfeeding Mothers

Wed. Aug 6, 9:30AM • Reaney Park, Pullman

Meeting IV: Nutrition and Weaning Betsy 882-0357, Jean 334-0832,

Co-op Local Produce Fair

Tuesday, August 26, 3PM - 8PM.

Farmers will sell produce in the lot off 3rd St. The deli and produce depts will be offering recipes & samples. Also, Hot Off the Grill food and live music at patio off 4th Street.

Harvest of Harmony

September 20 • East City Park, Moscow

Peace & justice ideas fair. Join in organizing the Harvest of Harmony celebration of community.

Bring your ideas Thursdays, 6:30PM, to our planning potlucks at 214 N Polk St (882-8782). www.palousepeace.org or contact Sally Perrine, sperrine@potlatch.com or Ron Hatley, rhatley@wsu.edu

Mid Summer Evening Bike Ride And Star Gazing Event

August 16 • Register at 8:30 PM at Mountain View Park

Ride the Paradise Path to the U of I Observatory. Prizes, free entry, sponsored by the Paradise Path Task Force. Becky Chastain @ 883-3485

8th Annual Palouse Herbal Fair

August 16, 10am-4pm, Palouse Folklore Society House, 314 E 2nd St, Moscow. www.palouseherbalfaire.com

Workshop: Weaving

August 16, 10am-4pm, Palouse Folklore Society House, 314 E 2nd St, Moscow. or 883-3438

Free Water

August 23, 10am-4pm, East City Park, Moscow

East City Park Culture

Design Course

August 30 to September 14

Skalitude Retreat Center, Methow Valley WA • 509-997-9200

Day trip to Grandmother Mountain

Saturday, August 24

Friends of the Clearwater 208-882-9755

Summer Speaker

Aug 7, 7:30

Recollection

Mapping a

Portrayal

August 1

Meriweth

Portrayal

August 2

Walking t

Josephine

208-883-7036

Summer of Discovery 2003: Moscow Library Book Discussions

Wednesday, September 10 at 7:00 p.m. in the Moscow Library.

Sign-Talker: *The Adventure of George Drouillard on the Lewis and Clark Expedition*, by James Alexander Thom. Facilitator for the discussion will be retired geologist Charles Knowles.

August 16 from 1:00 to 1:30, 1912 Center, 412 E. 3rd St., Moscow.

Seaman, by Gail Karowski. This fictionalized retelling of the journey of Lewis, Clark, & the Corps of Discovery tells the story of an unheralded member of the Corps: Seaman, a 150 pound Newfoundland dog.

Copies of both books are available through any library of the Latah County Library District.

Moscow Civic Association public meeting

Monday, September 8, 7:30 PM, at the 1912 Building.

candidate forum for the upcoming elections of City Council members. www.moscowcivicasso.org

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, sperrine@potlatch.com

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

For additional events visit www.moscowid.org

