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December 2003

Community News

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The monthly newsletter of
the Moscow Food Co-op



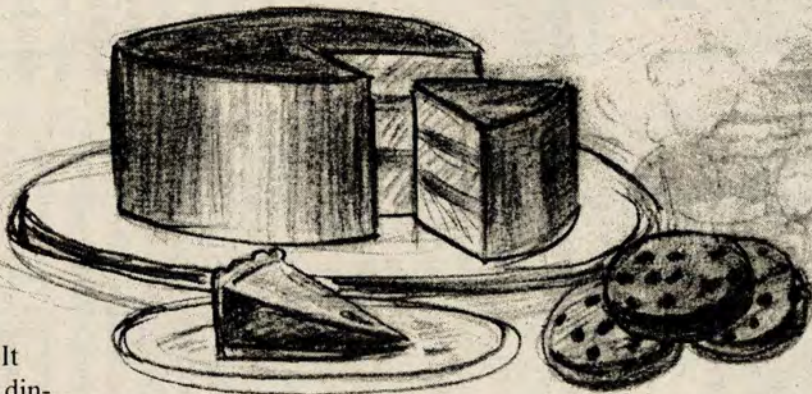
Special Occasions Made Sweeter

By Amy Richard, Kitchen Manager

Holidays, birthdays, graduation, anniversaries. All special occasions have one thing in common – sweets. Cakes, Pies, Cookies, Cupcakes, Pastries. Dessert is how we celebrate together. It elevates an ordinary dinner to a celebration. A good dessert shows our guests we care; we want them to be happy.

Dessert is always a reward, never a punishment. The purpose of a dessert is not to nourish the body but to nourish the mind and soul with sweetness. It's like the difference between function and art.

The Co-op Bakery now offers a complete menu of desserts available for your next celebration. You can find a copy of the menu inserted into this newsletter or pick one up at the deli counter. The bakers have worked hard to create excellent, artistic desserts worthy of a celebration in their own right. This month we



are featuring some holiday specials including Cranberry-Pumpkin Cake with Cream Cheese Frosting, Chocolate-Peppermint Dream Pie, Egg Nog Cheesecake, Pecan Pie, Pumpkin Cheesecake, Pumpkin Pie, and Chocolate Peppermint Layer Cake (festively decorated with mini candy canes).

Let us help make your celebration one to remember! We proudly make everything from scratch daily with local and organic ingredients whenever possible. Nourish your soul with artful food you can feel good about.

www.moscowfood.coop

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

Community News



Welcome!

By Laura Long, Membership Director

Generally, this article is devoted to membership issues, events, and services, and you'll often find helpful hints for using your membership effectively. But this month I wanted to branch out a bit and just say "Thank You" to all the supportive and helpful members and volunteers that we have. You all make this a very special place to work and shop. The last few months have been very hectic for the cashier team while we've all tried to get used to our new scannable membership cards, and I think we've just about got it under control. One of the key elements for the success of this transition has been you, the members. Without your patience, good humor, and invaluable help, I don't think the transition would have gone as well. Thank you all so much for your continued support for our community owned and operated grocery store. You're the reason we're here. For those of you who still have not received your new membership card, please don't hesitate to let us know. We'll get one out in the mail to you as soon as we can.

Also, this month I want to give my usual plug for shopping locally and

using your Business Partner Program as a valuable resource and gift-giving guide. There are many businesses on the list that offer gift certificates and services for those hard-to-shop-for people on your list. And don't forget that a Co-op membership is also a great gift as well. And, as an added bonus, if you purchase or renew your membership between November 23 and December 21, you will automatically be entered in the drawing for a six pound Cloud Nine chocolate bar. I will hold the drawing on Monday, December 22. Please stop by the store and check out our display, a six-pound bar of chocolate is a wonderful thing to behold!

And as a word of advice from me personally, please remember that the best gift you can give this holiday season is the gift of peace and love. These words may seem trite, and perhaps even simple-minded, but I believe if we truly and consciously try to make these ideals happen in small ways every day, they will become a reality. After all, Moscow is part of the world too, so why not try for world peace right here at home.

Moscow's Finest

By Samuel Abrams,
Assistant Kitchen Manager

If you love coffee you'll love us. We at the Co-op are committed to providing the greatest in quality coffee. Each roast is fresh, organic, shade grown, fairly traded and delicious. We are extremely proud of the product we serve. In the Deli we offer freshly roasted espresso roast and Italian drip provided by Café Mam, a socially responsible outstanding company located in Eugene, Oregon. They provide certified organic, shade grown coffee beans from indigenous farmers who harvest the beans on their own small farms. All

Café Mam's coffee is fairly traded under international standards. They are a wonderful company devoted to making a difference by donating 2% of all their sales to pesticide reform groups.

With the help of coffee man Daniel Jimenez, you can expect a delicious espresso suited to your desire any time we are open. Daniel has taken on the responsibility of thoroughly training each and every person who touches our espresso machine to make the ultimate espresso. Using all organic milk and milk alternatives we take pride in crafting the best product possible. So, with all this said, it is in my opinion that our coffee is the most desirable in town. You can't beat reasonable prices, organic, fairly traded coffee and a magnificent taste.

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Front End Managing

By Annie Hubble

One of the many great things that the Moscow Food Co-op does is send its staff to ongoing training sessions from time to time. Recently I had the fortune to attend a workshop for Front End Managers at co-ops, and it was so very much appropriate for my needs. While our job descriptions differed slightly, we all hold common responsibility for our cashier teams, along with varying degrees of cash accountability, and the maintenance of good customer service at the registers. It was good to visit with others who do the same job as I do: to share ideas and discuss methods and systems. There were some good speakers on subjects ranging from scheduling to hiring and training. I feel I learned a lot. All the participants have a homework project to complete before meeting again at the end of January.

One of the many benefits derived from such a meeting is the realization that we in Moscow are not alone in

our effort to keep co-ops well and thriving. Co-ops all over the Northwest are meeting the same challenges. Big or small, co-ops everywhere continue to try to meet the needs of their members and provide a welcoming place for community. Co-ops still have a most viable place in society. Besides providing healthy choices, we also offer a place for community to gather, a respite from the hectic pace of daily life.

I know when I am traveling, I love to visit other co-ops. And many of them will honour your membership card and offer benefits! So, always carry your co-op membership card with you when you are on the road. Support co-ops everywhere, but in particular, come on down to this one and enjoy all it has to offer. We are part of a big family that is all over the Northwest and beyond, and I find that to be a comfy feeling!

The Buy Line

By Tyler Barron, Grocery Buyer

So, we have once again come upon the holidays, and that means busy times for us here at the Co-op. We truly enjoy bringing in pallets of turkeys and many cases of Tofurkeys for everyone to gobble up during Thanksgiving and Christmas. As well as these items, we have also stocked up on other items that you may or may not know about. All-Natural Chatham Village stuffing is available in both traditional herb and cranberry herb varieties. We have also begun to carry Farmer's Market Organic Canned pumpkin puree and pumpkin pie mix. This will help to make the most wonderful treats and delectable dishes for you and yours.

For me, these wonderful times mean seeing people I love and haven't seen for a long time. It is because of this that I like to make most of my dishes from scratch with ingredients from the Co-op. However, for those of you with less time, we also have a new line of heat and serve organic gravy from Pacific Foods that may be an easy alternative to homemade gravy. I have had the Turkey variety and found it to be an excellent product that is easy to make. Finally, we have brought in Organic Cranberry

Sauce to round out the best meals of the year. Along with the great beer and wine selection that the store offers, how could you go wrong?

For those with desires to indulge in drink, but would like the alcohol left out of your holidays, you may want to try the vast selection of sparkling ciders that are available. These have been sampled many times at the Co-op and are always a hit for all ages. So, there you have it, an all natural Thanksgiving and Christmas with help from the Co-op. We are glad to be able to provide these products to the great people that we see shopping the Isles here. We also hope that everyone has a safe and comfortable holiday season. Remember, from all of us here in the store, to all of you out there: "Gobble Til' You Wobble!"

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For advertising rates and information:
contact Jason Mills at 892-8054
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For letters to the editor:
Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow, ID 83843
london@moscow.com

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Editor
Bill London

Issue Editor
Julie Monroe

Layout
Jill Maxwell

Advertising Manager
Jason Mills

Illustrations
Debi Robinson-Smith

Distribution
Donald Stanziano, Moscow
Beth Hemmer, 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

President Michael Forbes, 3293 Foothill Rd., Moscow 882-3002 mikeforbes@moscow.com	Board of Directors
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	

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Personal Care Corner

By Brenda Guettler, Personal Care Assistant

The holidays are fast approaching, and the Co-op is preparing for this busy time of year! I don't know about you, but I like to be a conscientious consumer. So, I've decided to highlight just a few of the companies we buy from so that you, our beloved customer, can feel even better about shopping at the Co-op.

Prairie House Lavender is a new product line for us. Mike and Charleen Swisher started growing lavender on Spokane's Five Mile Prairie in 1999. They first produced lavender hand soap and then expanded the line to include lotion bars, face crème, and the oh-so-popular Lavender/Lemongrass Mist. Their lavender is grown without pesticides or herbicides, and the products they make are all natural. So, this winter, show your appreciation for yourself or a loved one and support a small regional business at the same time.

Another way to support good environmental practices this holiday season is to support the organic cotton industry. Cotton is the second most sprayed crop in the world, and it takes approximately 1/3 pound of pesticides to make just one t-shirt. You can just imagine the deleterious effects those pesticides have on the environment! So, here's an alternative. Maggie's Organics produces organic cotton socks and organic cotton camisoles that you will notice showcased at the Co-op this December. The camisoles are made by a group of Nicaraguan women who, with the help of Maggie's Organics founder Bena Burda and Mike Woodard from Jubilee House, created a cooperative business called Maquilador Mujeres. Maquilador Mujeres employs over one hundred people in a country with an 80% unemployment rate. To learn more about this story and Maggie's Organics, visit www.organicclothes.com or come into the Co-op and watch a video that showcases the women of Nicaragua who created a new life for themselves and their families.

Ganesh Himal is a company from whom we purchase several gift items throughout the year. As a member of the North American Fair Trade Federation, Ganesh Himal has been purchasing products from Nepal since 1984. It is important to note that all of the items they purchase are fairly traded. According to The Fair Trade Federation, this means "Paying a fair wage, offering employees opportunities for advancement, providing equal employment opportunities for all people, particularly the most disadvantaged, engaging in environmentally sustainable practices, being open to public accountability, building long term trade relationships, providing healthy and safe working conditions and providing financial and technical assistance to producers whenever possible." Imagine a world where this was the norm! You too can support these important principles by purchasing one of the many items from Ganesh Himal. For instance, we currently have a few recycled silk hats and purses left, wool hats and gloves from New Zealand and Tibetan sheep wool, and hemp wallets and coin purses, just to name a few.

Last but not least is another new company for us whose Tendai Serpentine Stone Sculptures have been getting many "oohs" and "aahs." Ancient Ways is a nonprofit organization "dedicated to preserving and learning from traditional ways of indigenous people from around the world." Ancient Ways focuses on assisting seven villages in the Mhondoro area of Zimbabwe. To learn more about this company, pick up a brochure next to the stone sculptures here at the Co-op or go to their website at zimbabwe@ancientways.org.

Well, it is my hope that with this information fresh in all of our minds we would consider the difference our dollars can make, not only during the holiday season but all year round.

From the Suggestion Board

More low-salt and no-salt products (low-sodium)-what happened to no-salt bulk chips. Mexi-Snax, the makers of the no salt bulk chips stopped making them. We do carry a no-salt blue corn chip from Garden of Eatin' and as well no salt tomatoes, nut butters, tuna, popcorn, rice cakes, broths, butter, and low salt crackers. In addition, most of our bulk foods have no added salt. Is there a particular product you'd like with no salt? Let me know and I'll see if it's available—Vicki, Grocery Manager.

My dad and I would love it if you could carry ice cream cookie sandwiches with chocolate covering made by Soy Delicious! (please J) You're the second person in a week to ask for these. They must be good. I'll bring them in—Vicki

Please put butter on sale for holiday baking! It's soooo good! You got it. Organic Valley butter is on sale for November and December—Vicki.

Let's not be so commercial - we do a Christmas display (tea or otherwise) in October! Let's stay alternative. I assume you are referring to the Celestial Seasonings tea on sale at the front of the store as a Christmas display. I have no control over the way Celestial Seasonings packages their holiday tea. I do know that it is a favorite of a lot of Co-op customers and I will continue to carry it even if the boxes are red and green—Vicki

There is a disturbing shortage of Organic Valley Hot Italian Sausage. Please bring it back! I'm sorry, but Organic Valley discontinued both the hot pork and chicken sausage. The mild sausages are still in the freezer—Vicki.

For Manna Bread: Rye and Millet varieties are good. I will keep this in mind if one of the flavors we currently carry does not sell well. You can always special order by the case any flavor we don't carry—Vicki.

Could you carry the Govinda's Bliss Bars? They're organic and no wheat no soy but good protein content-great for allergy sufferers! Thanks. I'm sorry but these aren't available from our distributors. Have you tried Bumble Bars? They're gluten and soy free and they're made on Vashon Island. Oh, yeah, they taste great, too!—Vicki

What happened to the Bearitos Taco Seasoning? It was delish with the faux-meat ground round and now I am left spiceless! (By the way, everything else is wonderful) For

some reason, the taco seasoning was out of stock from the manufacturer for about a month. As of this writing it is back in stock. Sorry your November was spiceless, but I'm glad everything else was to your liking—Vicki

Can you get 7th Generation non-chlorine bleached diapers? You can special order them by the case. Price and quantity depend on the size of diaper—Carrie, Personal Care Manager.

Would the Co-op ever be able to carry Splenda (sugar w/o carbs) in bulk? I don't even know if it's available in bulk. As far as I know, Splenda is not available in bulk and if it was I don't think we would carry it—Vicki.

Double Bastard from Stone Brewery in 3 liter party bottles! This is a once-yearly release, it would be appreciated! I will see if my distributor can carry them—Dani, Beer and Wine Buyer.

More flavors for Tom's of Maine's Children's Toothpaste (strawberry) and other flavors and plain Ginger Ice Cream (Reed's). Thanks. Both of these are slow sellers for us. You can special order both of these products—Vicki and Carrie.

Really surprised that a touchie feelie organization like this purchases material made in China! What happened to free Tibet? We support many fair trade organizations, local producers, and other organizations that support artists directly. Unfortunately the diversity of these products is somewhat limited. It is becoming increasingly difficult to find products that are not made in China, but we certainly give preference to products fairly traded if they are available—Carrie.

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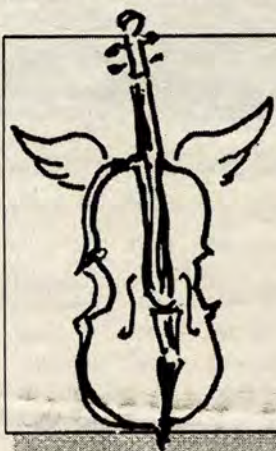
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The Volunteer Dinner

By Annie Hubble

One hundred people, yummy deli food, Lisa Simpson's beautiful voice, and an awesome setting...what more could one ask for!

This was the second year of the Volunteer Dinner. After the success of last year, we knew we wanted to repeat the event. This year we moved the party to the 1912 Center. Last year, at Roberta's Attic, we had a lovely time and truly appreciated the space,



Lisa Simpson, the astonishing musical portion of the evening
Photo courtesy of David Hall

but both Janna and I decided that the challenge, while fun at the time, of hauling tables and chairs up stairs and serving so many people in such a tiny space was not one we wanted to repeat!

We had very little time to plan, but by now we know that if the where, when and what are taken care of, the rest is up to the response of the people, and, my, they did respond! We were happy to see so many attend the event.

We only had 45 minutes to prepare the hall before the party was due to begin, but thanks to the hard work of some helpers from the kitchen crew, we were ready in record time: tables and chairs set up, with candles and flowers on each table. Lisa Simpson's beautiful voice greeted guests as they arrived out of the cold. As she sang, people sipped warm drinks and tried the delectable appetizers provided by the deli. When everyone had drifted towards the tables and sat down, more delicious food was served: a wonderful salad, many choices of yummy lasagna, and excellent desserts. The cakes were so beautifully decorated with the inscriptions "We love our volunteers" and



Left to right, Arlene, Sara, Crysta, Tyler, and Willow.
Photo courtesy of Annie Hubble

"Thank you" that we felt obliged to do a ceremonious walkabout to the "oohs" and "aahs" of all present before cutting slices! Everyone enjoyed the food, and both Janna and I feel that the success of the party was greatly due to the talent of our kitchen crew. Thanks everyone!

The evening was a chance for us to say thank you to all our volunteers, and it was good to see our hardworking helpers sitting and enjoying a feast in their honour, but we saw that the dinner also provided volunteers a chance to get to know each other. Tables were made up of diverse groups of people who thus made each other's acquaintance, and it was fun to hear occasional exclamations of surprise as introductions were made between people who hitherto had met only via e-mail or by seeing a name on a list. Volunteers by

necessity work at all different times and do not have the chance ordinarily to meet each other. It was also good to see smaller family units there. Arlene Falcon and her two daughters, Crysta and Willow, (both volunteers), and grandson Tyler, were an example of one family who chose to spend their weekly family night with their extended family of the Co-op. I enjoyed seeing such groups interacting with their larger community.

Thank you all for coming out on a cold night and joining in on the fun. Thank you, Deli, for your delicious food. Thank you, Lisa Simpson, for your lovely voice and presence...the music lent a warm ambiance to the evening. And thanks to all those who helped. It was fun. We will do it again. Happy Holidays!

Volunteer Profile: All of Us

Story and photos by Heidi Heffernan

With the hectic summer months behind us now, we recently kicked off the winter party season with the help of the Co-op. The evening of November 12 saw Co-op volunteers of all sorts and sizes descending upon the 1912 Center for an evening of fun and great food.

Once again this year the deli provided us with a yummy meal of appetizers, lasagna, mixed green salad, and two kinds of cake! But the real treat of the evening was the company. It was wonderful to be able to sit down to a meal with so many old friends and make a few new ones as well. The whole affair was graceful engineered by our two lovely volunteer coordinators, Annie Hubble and Janna Jones, with a bit of help from a few of our regular Co-op favorite employees, to boot.

As folks arrived there were trays and trays of great appetizers available: hummus and pitas, veggies and dip, bread, and dolmades that were to die

for. We cleaned those up pretty quickly and were clamoring for more food when the lasagnas and salad were rolled out. It was a tough choice; I played it safe a tried a bit of the veggie with red sauce *and* the chicken and mushroom. It was the right choice.

Later I snuck around snapping pictures of folks in midbite. It was easy to see how much everyone was enjoying themselves. There were times when the laughter was so loud one couldn't even hear the music! It seemed the type of party where spontaneous dancing could break out any moment, but surprisingly didn't. I guess everyone was just too full of food!

The theme of the evening was "We love our volunteers! Thank-you!" But the real thanks go to the Co-op community as a whole. I often marvel at how lucky we are to live in a community where we have such a treasure as our Food Co-op. In fact, each time I travel to Seattle, I am re-



mindful of how special our Co-op is. Big it may be but Puget Consumers Co-op can't hold a candle to the Moscow Food Co-op. From the product selection to the great staff we have, I think we have got to be the star of the Northwest Co-operative Growers Association and we should be proud of that.

Of course, a huge part of the success of our Co-op is the dedication our

members show. If you'd like to show your dedication come in and talk to Janna or Annie and start volunteering. Then next year you can come to the party too!

Heidi Heffernan lives in Moscow with her family. She is currently hibernating and waiting for seed catalogs to arrive.



Word of Mouth

By Vicki Reich,

Chocolate is one of my obsessions. I eat it every day. Just a bite or two after meals, but I have to have some every day or I feel like something's missing. I'm sure there are other chocoholics (a term I don't really connect with since of course I can quit any time) who understand how I feel about this complex food. When the time came to decide what to taste test for this issue of the newsletter, I had to decide what said the holidays better, chocolate or mayonnaise. After a millisecond of consideration, I decided on chocolate, even though I've written about it in this column twice already (we do have quite a few new types of chocolate since the last writing). Mayonnaise will have to wait for the New Year.

I once again enlisted the help of my valiant taste testers, the Hog Heaven Handspinners. They were very pleased we were tasting chocolate and not mayonnaise. Armed with glasses of red wine to cleanse our palates, we dug in. We had nine varieties of dark chocolate to try. I picked only the dark chocolate variety from each manufacturer, but there is a wide range of what constitutes dark. The chocolate we tested can be grouped in three categories, sweet dark, semi-sweet, and bittersweet and I will list them in that order.

In the sweet dark category are Tropical Source, Cloud Nine, Endangered Species, and Cowgirl Chocolate. Tropical Source was the sweetest chocolate we tasted. Testers compared it to Easter bunny chocolate, chocolate chips, and powdered sugar frosting. The texture is not as smooth as some of the other bars we tried. This might be a good first foray into dark chocolate for a milk chocolate eater. Cloud Nine is also a very sweet chocolate with not much cocoa flavor. We could really taste the molasses

sweetener. Since we don't carry a plain dark chocolate from Endangered Species, we tried the Wolf bar with cranberries and almonds, and I encouraged the testers to ignore the fruit and nut flavors and just try to isolate the chocolate. We found that it melted nicely and had a creamy texture but didn't have a real cocoa flavor and wasn't very assertive. Mary's comment of "it felt nice in there but I couldn't taste anything" seemed to sum it up. Cowgirl Chocolate Mild Mannered, our local favorite, was very creamy with a sweet chocolaty taste; it had the best mouth feel owing to the fact that it has a creamy truffle center.

In the semi-sweet category are Chocolove Rich Dark (65% cocoa content), Organic Chocolove (61% cocoa content) and Scharffen Berger Semisweet (62% cocoa content). Chocolove Rich Dark was the best smelling of the bunch with a truffle-like velvety texture. It was fruity, rich and cocoa-y tasting and as one of the testers put it, "it improved with more." The organic Chocolove had more of a bite with a smooth texture and a dark chocolaty taste. Scharffen Berger was the sweetest of the semi-sweets but with a good chocolaty taste and a smooth texture. It was one the testers would "pig out" on.

Only two of the chocolates we tried are in the bittersweet category (my personal favorite). They are Green and Black's Dark, 70% and Dagoba New Moon, 74%. After the taste test, I snuck a taste of Scarffen Berger's Bittersweet (70% cocoa content) just to satisfy my own curiosity. Green and Black's had a smooth texture and melted nicely. It has a complex flavor and is definitely the most bitter of the bunch. It would be an excellent baking chocolate and would pair nicely with a sweet dessert wine or a port. Dagoba New

Moon was the favorite of most of the tasters. It has a truly complex flavor with hints of berries and other fruit. It is robust and creamy and is so flavorful you don't have to eat a bunch to be satisfied, a small piece will do. I had to try the Scharffen Berger Bittersweet since this is my usual chocolate of choice. It is the smoothest of the bittersweets and the sweetest but is still complex and robust.

Chocolate is good. Some chocolate is great. That could sum up this taste test. There are chocolates I could easily eat a whole bar of and those that I'd happily savor a few bites. As I find every time I conduct these tests, a lot of the results are personal and you have to try them all for yourself to find your personal favorite. If you want some other reasons besides flavor to make your decisions you might consider the three organic chocolates we tried: Dagoba, Green and Black's, and Organic Chocolove (Endangered Species is not organic but gives 10% of their profits to help endangered species). You might want to buy local or regional chocolate. Cowgirl Choco-

late is a Moscow-based company. Scharffen Berger is made in Berkley, California and Dagoba is made in Central Point, Oregon. You can also consider the relationship between the manufacturers and the growers. Dagoba, Scharffen Berger, and Green and Black's all have relationships with their growers and pay above market price for their beans. All the chocolate companies have websites listed on their wrappers to find out more information about them (the Chocolove has a love poem as well).

Here's wishing you all the chocolate you desire for the holidays and the New Year.

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New Beer and Wine

By Dani Vargas, Beer & Wine Manager

The first turkey dinner I was of age to partake of wine, my dad served a Gewurztraminer and it was a great accompaniment to our meal. Our wine selection here at the Moscow Co-op, as great as it is, was missing a Gewurztraminer, so I just had to bring one in.

Maryhill Winery is located in Glendale, Washington overlooking the Columbia River with a spectacular view of Mt. Hood. Their Gewurztraminer is affordable and very good. Flavors of crisp Granny Smith apples and Columbia Valley grown peaches lead to a creamy mouth feel. This wine is a sweet spicy treat with a long lingering finish that will have you coming back for more. Gewurztraminers go excellent with turkey dinners and also with spicy Thai.

A couple more new items we have here at the Co-op are:

- Yellow Tail Shiraz: With scents of cracked pepper and spice blended with vanilla and ripe fruits, this wine is very smooth on the palate. This Shiraz is \$6.99 and goes great with pasta, steak, or just to enjoy with friends. Jen says, "It's cheap and it's yummy."

- Stone Brewing Company Imperial Stout: This is one thick beer. Brewed in the authentic style of Imperial Russian Stout, this beer has scents of Anise, black currents, coffee, roastiness, and, of course alcohol.

- Don't forget the delicious Dessert Wines we now have: Late Harvest Riesling from Mission Hill Winery, Ice Wine from Kiona Vineyards, and Oak Knoll Raspberry wine. All three great for the after-dinner dessert supplement.

- Bonterra Vineyards Merlot: Bonterra makes some really great organic wines. We also have their Cabernet-Merlot and Chardonnay.

Items to come: (we hope):

- The Double Bastard from Stone Brewing Company

- Moose Drool in the new Alumabottle from Big Sky Brewing Company. Big Sky is the first to use the Alumabottle, which is shaped like a glass bottle but made out of aluminum, so it can go anywhere and not break. Wow!!

- Sander Winery Organic Wines from Germany

- Eel River Organic India Pale Ale

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Thanks for A Great (30th) Year!

By Kenna S. Eaton

Its hard to believe that it's the end of the year already; seems as if it wasn't very long ago we were talking and planning about how we might celebrate spending over 30 years selling natural foods to the Palouse – and now the year's almost over!

To wrap up our yearlong celebration, we have put together a 30th Anniversary Members Report that you will find inserted into the newsletter. Complete with a timeline and photos from our archives, there is a letter from me; one from Mike Forbes, the President of the Board of Directors' and an expose' of why some people choose to shop here. On the back page, there's a brief financial report and instructions on how to turn your report into a paper hat that will delight and amuse your friends and family!

In 2003, we worked hard at looking how we serve our members and how we might improve those services. Increased competition in the neighborhood definitely made us sit up and take another look at what we do. Ultimately, we think you will find that the Co-op is hard to beat in terms of product selection, customer service and, of course, price. We've done our homework and strived to fix those things that needed fixing and the end result is impressive.

This year, among the many things we did, the list included: improving the in-store signage to better explain the

terms in our produce department, such as "Organic" and "How to Shop Bulk"; we sent out our first real membership card to all 2,700 of you; and along with the other co-ops in the Northwest, we sent out coupon books representing \$100 worth of savings on your purchases; we introduced the sizzling "Hot Off the Grill" summer music and BBQ series to compliment the Weekday Growers Market; we held a fun-filled, refreshing pool party at the city pool; a Thank" you " dinner for our local producers and another one for our volunteers and the massive 30th BBQ party on Fourth Street at the beginning of September.

The list is actually quite a bit longer than this, but we sure had a good time finding as many ways as possible of saying "Thank You" for your support for the last 30 years and hopefully you had fun too. So, let's hope the next 30 are just as successful and satisfying for all of us.

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Winter Herbal Wisdom Series

By Kenna S. Eaton

This winter the Co-op has once again teamed up with Linda Kingsbury, Ph.D. to offer a series of herbal wellness classes that will address some of the more basic aspects of using herbs to improve everyday living. Linda is a herbal educator with over 20 years experience with herbs and a Ph.D. in naturopathy, and she loves working with people to help increase their knowledge of herbs and health.

Our first class this winter will focus on Herbs for Immune System Support. Early this year the specter of flu and colds hit our community hard; both my kids got sick, and it was a tough few weeks helping them get healthy. Come find out how we can manage to stay healthy despite the challenges around us. The second class will feature Natural Brain Boosters. Last fall this was the most popular class, at least from my viewpoint! It seemed that everyone wanted to get more from their "little gray cells" and a natural for all those studiers. The third class will be Everyday Aromatherapy. I attended this class last summer and was treated to a soothing, refreshing lavender footbath

while Linda explained the uses of aromatherapy to help ease the stresses of daily life. The fourth class will feature Remedies to Ease Winter Depression. We are all familiar with the challenge of staying happy thru the long winter days of not enough sunshine and not enough fresh air. Linda will address ways of coping with that common ailment. And finally we will cap off the series with a class on Herbs for Pets. Here you will discover easy ways of treating pet ailments with simple herbal remedies.

If you've attended before, please be sure to make a note of the new place and time for the series. The classes will be offered starting February 9 and will run every Monday for one hour from 7:00 to 8:00 p.m. thru March 8. You can take one class, or all of them, since the price is super reasonable at \$5 for members and \$10 for non-members per class. The classes will be held at the Earth Wisdom Healing Center located at 106 East Third Street. Go on up to the second floor. We'd like it if you could sign up in advance at the Co-op, but if you simply want to take your chances and turn up, we'll try and squeeze you in!

WINTER 2004 HERBAL WISDOM SERIES

Monday nights 7:00 to 8:00 p.m.

February 9	Herbs for Immune System Support
February 16	Natural Brain Boosters
February 23	Everyday Aromatherapy
March 1	Natural Remedies to Ease Winter

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Co-op Coffeehouse Continues in 2004

by Eric Gilbert,

Co-op Music Maestro
Please join your friends on Tuesday nights, from 7:00 to 9:00 p.m. for live music and tasty treats at the Co-op Coffeehouse. This month, you will enjoy Evy on December 2, Milo on December 9, and The Acoustic Wave Machine on December 16.

If you are interested in playing, please contact me at gilbert@oracleshack.com or at 883-8348. We plan to dedicate one Coffeehouse evening to young musicians, so please encourage parents of children with musical talent to contact me to join in that evening.



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Halloween at the Co-op

Story and Photo by Annie Hubble

I came to shop one evening
 On a cold and frosty night
 At my very own favourite co-op
 And I saw a wondrous sight.
 A blue skinned smurf was waiting
 At the register with a smile.
 Hello Kitty was there also-
 We even chatted for a while.
 A winged sprite was in the
 kitchen
 With a tutu for a skirt.
 An aerobics teacher from the
 eighties

Was helping her make dessert.
 As I wandered round the store.
 I found that I was not alone.
 The Cat in the Hat was shopping
 also,
 Juggling cart and list and phone.
 You should have been there to
 be sure!
 What an evening! What a night!
 Perhaps next year you too will
 shop
 On Halloween and see such
 sights.



Left to right: Cat in the Hat, Chantia Melior;
 Hello Kitty, Ida Jokisaari; Smurfette, Erin
 Palmer; Winged Sprite, Noel Jones; From the
 80s, Aven Krempel



The Pumpkin That Fed Moscow

By Dani Vargas,
Produce Manager

About two months ago my friend Zac from Charlie's Produce in Seattle asked me if I wanted a "guess the weight pumpkin" for our store. He said he had a lot of big pumpkins from a certified Organic farm out of Newburg, Oregon, Mustard Seed Farm. I thought it would be a fun thing to do so I had him send me one. I was not sure exactly how big this pumpkin was going to be and was anxiously awaiting its arrival. When the truck showed up the next day I soon discovered what Zac was talking about. Our pumpkin fit on its own pallet inside a bin - it was big! I put the pumpkin outside in the harvest display, and the contest began.

On October 29, Eric and I sat down and looked through the guesses. We had a winner: Alec Lee, age 12, guessed the exact weight of the pumpkin all two hundred and thirty pounds. The prize for guessing the weight was, of course, the pumpkin and a bag of toys and candy we had put together. Alec and his family took the pumpkin home to enjoy it for the holiday.

So, what can you do with a pumpkin that large? Use it as a chair, a paperweight? Well thanks to Therese Harris we found an idea for the pumpkin on the Internet. There was a story of a guy who took a 166-pound pumpkin and turned it into pies for his friends. I thought this sounded like a lot of fun and sent a copy of the information home with the pumpkin and Alec. A few days after Halloween, Alec's dad called and told us they thought the idea of making pies sounded great and that we could have the pumpkin back. Josh, Tyler, and myself went to Alec's house and picked up the pumpkin, I was a little concerned that with our cold temperatures we had had the pumpkin would have frozen and it would not be useable. There were some soft spots on the pumpkin, but we would not know for sure what the inside looked like until we cut into it.

Thursday afternoon Amy, Sam and I tackled the task of cutting, removing the seeds, and cooking the pumpkin. The flesh was about 4 inches thick, and the seeds were really big. We saved what we could in hopes to disperse them to our own local growers and have a "who can grow the biggest pumpkin" contest for next



year. The pumpkin was in really good shape. There were some soft spots from freezing, but we cut those off. We cut the skin off the pumpkin and into cookable chunks. We had every rack in two ovens filled with pumpkin. The pumpkin took about 40 minutes to bake. The 230-pound pumpkin cooked down to 40 quarts. I put it in the cooler to wait for our baking day.

On Monday the 24, Sam, Noel, and I started the task of making the pies. Sam and I first pureed all of the cooked pumpkin. All of the puree fit into a 44-quart container. Noel mixed the ingredients, and we then filled the piecrusts with two cups of the mixture and baked them. We fit 4 pies to a tray and 6 trays in an oven. Each oven had two rotations of 6 trays. The pies took about 35 minutes to bake. In the end we had made 95 pumpkin pies out of our 230 lb organic pumpkin.

So what are we doing with all these pies? Well, we had to try one and it was delicious. We gave one to Alec's family and the remaining 93 pies were donated to the Moscow Food Bank.

I personally had a ton of fun along this adventure. I hope that this will be a yearly event. I have really enjoyed seeing this pumpkin from day one and going through the steps to turn it into 95 pies that will be enjoyed by many people in our community. Hopefully from the seeds we saved we can produce our own local big pumpkin for our pies next year. I know these pies will be enjoyed greatly and hope they give a good ending to lots of peoples' Thanksgiving Day.



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People

Customer Profile:

Bryn Ohlgren-Evans

By Vic Getz

I made an appointment to interview Bryn over lunch at the Co-op. It was actually a familiar setting since I've known Bryn forever (in Bryn years) and we are regulars at the Co-op. Talking with Bryn is always a pleasure. She's 11-years-old and possesses a curiosity about the world and the intelligence to explore ideas that has led to a wonderful friendship between us.



Our conversations usually cover lots of fertile ground and today was no different. We began by talking about times we've been mad at somebody for really, really dumb reasons. Lots of times it seems that such reactions arise out of embarrassing situations. For example, Bryn told me about doing karaoke to Britney Spears at a friend's house. Fun but embarrassing. Soon we got to talking about party themes that would be fun.

Here are some of our ideas: Karaoke – but you've got to be willing to make a fool of yourself. (Always a good party strategy.) Mystery night with role-playing and a mystery to solve. An improvisational play. Give roles to each person and perform away. A "teach what you know" party. Glamour shot night — where the "before" shots are the glamorous ones and the "after" shots are how we really look. A Particular Thing Party. Example: Flowers: Everything is about flowers – clothes, food, decorations, games. Show and Tell with a Twist – you show and tell something about yourself. Create a Story Party – write a story sentence by sentence like a whisper down the lane and see what emerges. Finally, we hit upon the idea of an obituary party. Now, this is not some sad macabre theme. Quite the opposite. People write an obituary about another person attending the party. That person leaves the room and a collective eulogy is created. It is then read to the person so they can see how much they are loved by friends. Oh, we figured it would be pretty funny, too.

Bryn said she's never been really close personally to anyone who's died. "I'm sort of glad because it

would hurt more," she said. I asked her if she heard the saying, "It's better to have loved and lost than to never have loved at all." She hadn't, but she understood what it meant. Then I asked her whether she thinks it's a good thing to protect yourself from getting hurt by not loving.

She replied with an emphatic "No! That's stupid because you can never be happy if you never love. I mean, you can be sort of content with yourself but..." We agreed that loving is worth it, even though hurt is bound to happen. Bryn told me, "I've heard that you can't tell something's good if you never seen the bad." I asked, "Do you believe that?" "Yeah," she said, "Do you?" Good question.

Though no segue occurred, Bryn told me how her chickens escaped from her yard and how she had to herd them back and lock them up in their coop so they'd learn not to do that again. "Can chickens learn?" I wondered. Bryn thinks so because they can't keep being bad and escaping like that. I suggested the problem might not be *in* the chickens but with the fence.

Yeah, maybe... whatever.

But wait a minute! Bryn's a vegetarian. She's not a vegan since she eats eggs and dairy. Bryn used to be a big time meat eater. She recently made the choice to cut meat (not fish – yet) out of her diet. "I don't like eating animals that walked around. I put myself in their place. How would you like to have your head put on a block and chopped off." (Well, frankly, not much.) "I just decided one afternoon. My brother would make fun of me because I would say some-

thing and do another. I really liked animals but I was a carnivore. I remember in the *Princess Diary* where she said, "I'd never eat something that squawked." I thought about it and I thought about my options. I'm the kind of person who backs down after making a decision."

Her mom, Robin Ohlgren, laughed at first when Bryn told her about her decision but quickly supported it. Her first meal was some kind of yucky tofu hotdog that was orange on the outside and didn't look like meat. "It was horrible." But, she stuck to her guns. Fortunately, the Co-op offers lots of choices for vegetarian foods and meat substitutes that can't be found anywhere else. For Bryn, this is of absolute importance because having access to such choices permits her to honor her convictions.

"What's the difference for you?" I asked. "How do you feel now?" She paused for a moment as she thought about this. Looking at me with those bright blue eyes that shined with wisdom, she said, "I feel happier... because... I'm not destroying life. You know?"

Yes. I do. Now - Let's party!

Vic Getz feels extremely lucky and blessed to have Bryn as one of her best friends in the world. Even though she can be SO annoying!

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Co-op Art Opening

By Ryan Law

On Friday, December 5, the Moscow Food Co-op will present the paintings of Sergio D. Robleto. There will be a reception from 5:30 to 6:30 p.m. that evening. The show will run from December 5 through December 21.

Sergio is originally from Los Angeles. He is currently a student at the University of Idaho working on a B.F.A in studio art. He will graduate this December. A majority of Sergio's work is done in acrylic with an emphasis in portrait and figurative work. He recently had a show at the Reflections Gallery on the University of Idaho campus. In the future Sergio's work will be displayed at the Latin Art Brokers Gallery in Los Angeles, and at the new Hispanic Cultural Center for Idaho in Nampa.

Please join us for an evening of art on Friday, December 5. The Moscow Food Co-op is located at 311 East Third Street and open from 7:30 a.m. to 9:00 p.m. daily. In the future, look for more information concerning February's silent art auction.

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Business Partner Profile: Denice Moffat, Naturopath

By Sarah Walker

Denice Moffat likes to be equipped with a big tool bag when she helps people and animals – “People ask me, what DON’T I work on! – not cars, plumbing, electric. I’m a networker, I like to find the right help for the right person.” She has been trained as a veterinarian, Reiki healer, and naturopath, and she offers much more at her new Moscow home, “The Healing Center” at 413 East 8th Street.

Moffat has prepared a brochure to introduce herself and her services to the community. She describes her beliefs and values, defines “naturopath,” and includes some practical

Q&A information. She lists her products and services, like Contact Reflex Analysis (“CRA” or Kinesiology), Emotional Release Work, Homeopathics, and Herbal Formulas.

Here’s how she describes Emotional Release Work: “80% of disease processes have an emotional component. It’s human nature to have an emotional response to significant events in our lives. Sometimes our bodies will hold onto a response and “lock it” into our sympathetic nervous system in the form of a neuro-emotional complex (N.E.C., also called an energy cyst). Eventually, negative emotions (conscious or unconscious) may manifest as specific imbalances in our physical being. The net result is ill health and disease. Through a series of questions, tapping and toning, these energy cysts can be disintegrated thus helping the body to let go and rebalance. The technique is painless and extremely effective. Sometimes a homeopathic remedy is recommended to support the release process. We’ve used this technique for things as simple as losing your keys and for complex issues like phobias, allergies, cancer and high cholesterol with awesome results.”

Denice also likes to help people with weight management. She has prepared a text called “33 Ways to Lose Weight You Never Heard Of” that she will post on her future website.

For Moffat, caring and healing started at an early age. She volunteered at a vet’s when she was 14.

She got her Vet degree from WSU in 1989. She told me she had been urged to extend her skills to people, and she became a Board Certified Naturopath in 1999.

“It’s important to find a healer that fits with your morals and values,” says Denice. “My passion is to find out what you believe and work with it.” One path she is attracted to is called “New Thought,” which is described on www.newthoughtbroadcasting.com as “a spiritually motivated way of life that embraces the ancient wisdom tra-



ditions of east and west”(see website for more). Denice describes it as “all paths to God are the right path, and love is all there is.”

Animals are treated at the Healing Center, too, in a separate area. Moffat offers naturopathic animal care but not vaccines or surgery. (She once ran a vet clinic in Orofino called “Caws to Paws”!).

Moffat loves Moscow, thinks the Co-op is “awesome,” and dreams of a meditative retreat center somewhere in the nearby countryside. She currently has two cats, one named “Polly” because she’s a polydactyl: she has seven toes.

What’s needed for a healthier world? Education, to learn to listen to your body and your inner guidance, she says, and she wants to teach us how to listen. There are so many methods, and we fall into so many types of “listeners” – according to our beliefs, our lifestyles, our bloodtypes. Blood type O, which she is, needs “active” meditation to tune in to her body; type A people are the meditators, she said.

Co-op members receive a discount of \$20 off the first visit (\$45 instead of \$65). The exam takes up to 1 1/2 hours and includes organ and muscle testing and information from the client about diet, history, etc. To schedule a visit, call 882-3993, 9:00 a.m. to 6:00 p.m. weekdays.

Sarah Walker writes from Moscow and Peck and now understands why it's hard to sit still: she's a blood type O.

Staff Profile: Stephanie Wade

By Carol Spurling

Cross your fingers for Stephanie Wade; she is in the process of applying to a photography program in Portland, thus pursuing her dream of a career taking pictures. Photography has been a life-long passion for Stephanie, although she’s made her living in commercial kitchens and has had to put her camera on the back burner (metaphorically) while supporting her young daughter, Lydia.

“I’ve taken classes here and there, and taught myself. I love it, and miss it, but photography is really expensive,” Stephanie explains. “I still have rolls and rolls of film I took when I lived in Boston, waiting to be developed. Also, darkroom space in Moscow is really limited. I can’t afford it – unless I knew someone who had a darkroom who’d be willing to share.”

Stephanie works full-time in the Co-op deli as the evening assistant kitchen manager. She began her Co-op job just a little over a year ago, a few months after Lydia’s birth.

Stephanie grew up in Moscow, worked for a while at Mikey’s Gyros (where she shared kitchen space with now Co-op kitchen manager Amy), then ventured out into the world, working in Boise coffee shops and food establishments for five years. She also worked in Boston for five years, doing custom picture framing.

Then her life took a turn towards the maternal, and she headed home. “I moved back when I was eight months pregnant,” Stephanie said. “My mom lives in Palouse and helps out with Lydia a lot.”

When she began her job search, the Co-op struck her as one of Moscow’s “better” places to work, and she has found that to be true. “The customers are really nice, and it’s a fun place with good atmosphere,” Stephanie said. “I enjoy cooking because I like to create stuff, and working in a commercial kitchen here is fun because you have access to all the ingredients and better equipment than you have at home.”

Lasagna is her favorite cooking project. “It seems easy but there are tricks to making sure it’s not too runny, or not too dry.”

Stephanie’s connection to the Co-op began 25 years ago when her mother, Margo Wedenman, became a member and brought Stephanie along while she shopped. “I remember the little Co-op, when it was behind where Daylight Donuts is now,” Stephanie



recalled. “There were just a few shelves and a few round bins of things, and a little kids’ play area.”

With a toddler of her own now, Stephanie’s lifestyle has changed a bit. She misses being able to just do whatever she wants. “I can’t be a ‘crazy girl’ anymore; it’s just not practical with a child,” Stephanie said. “I just don’t have my old ‘get up and go.’”

But motherhood has its rewards. “My favorite part is how much your baby loves you. They just think you’re the greatest. It’s the best feeling, at least until they’re teenagers.”

Stephanie tries to save her household until after Lydia’s asleep so they can spend their time together going for bike rides, lots of walks, and in the summertime, to the pool. “She keeps me busy and makes me tired, but she’s super smart and I get such a kick out of her,” Stephanie said. “We hang out and laugh a lot.”

Stephanie spends her free time reading and watching movies on video, with the occasional “mom’s night out” when Lydia stays with grandma. “I just finished a really creepy but good book called *The Lovely Bones*. It’s a hard read if you have children. Now I’m starting on *The Poisonwood Bible*,” Stephanie said. “I also spend my time waiting for new release movies to move to the 99 cent shelf at Howard Hughes video,” Stephanie joked. “Lately I’ve been re-renting old movies that I’ve seen before, like ‘Powder.’ But one I’ve seen lately that I recommend is ‘Welcome to Collinwood’ with George Clooney.”

Carol Spurling is a Moscow writer. Her work recently appeared in the Moscow-Pullman Daily News and in Utne magazine.

Volunteer Profile: Donald Stanziano

By Patrick Vaughn

Thirty-odd years ago a young newspaper delivery boy brought the *Philadelphia Bulletin* to customers in the suburbs of Philly. Something about those crisp early mornings on the route must have sunk into a part of his soul. As a newsletter volunteer distributor, Donald Stanziano has brought the *Community News* to about every outlet where it can be found – as far away as Lapwai. This month we profile one of the volunteers who, literally, spreads the good word all over the Palouse and beyond.

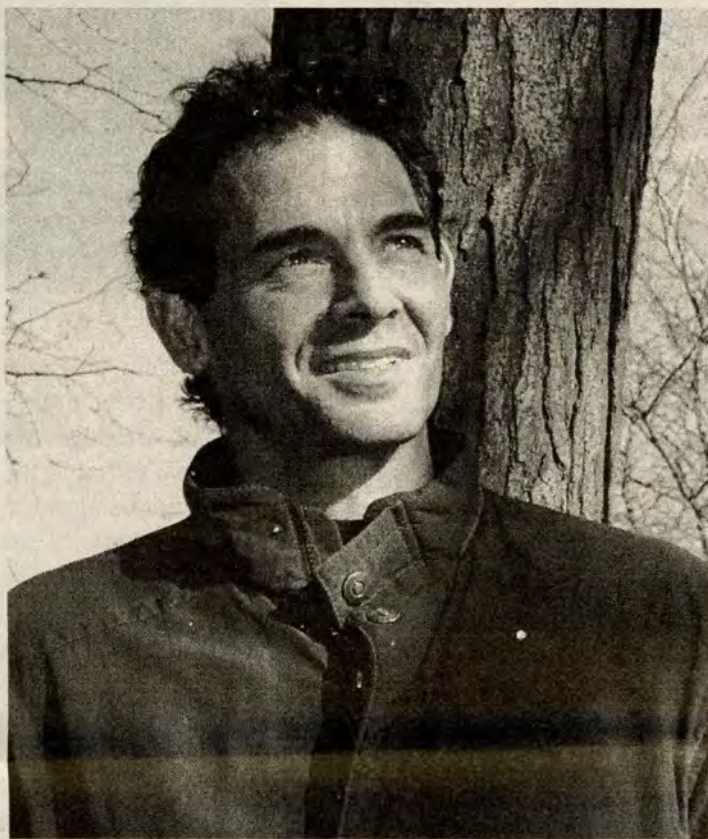
Donald grew up in Hatboro, Pennsylvania, the middle of three siblings in a second generation Italian immigrant family. As an adult now he appreciates the challenges his bilingual parents must have faced. His parents felt their way through the raising of a family in a decidedly Wasp-ish suburb, the quintessential American story of integration. Donald says he just figured everyone grew up making their own fresh pasta and buying sheep intestines to make home-made sausage.

Donald graduated from St. Joseph's University in 1974 but wasn't yet sure what he wanted out of life. He volunteered for VISTA, the domestic arm of the Peace Corps. He says he considered it his graduate education in preparation for the rest of his life. And what an education and experience it was.

His first assignment was to McGrath, Alaska, a village along the famous Iditarod Trail in the Alaskan interior. With travel limited to bush plane, he worked with a Native American nonprofit to obtain resources for everything from winterization and land allotments to income taxes. Next came a stint in Nome, Alaska, on the Bering Sea, where he managed an arts and crafts cooperative for the native Inupiaq people. When his VISTA tour of duty was completed,

he stayed on in Nome and began teaching English as a Second Language. He says this is when he began to realize his calling to education.

Donald earned a Masters in Cross Cultural Education from the University of Alaska. He lived and taught middle school from 1982 to 1984 in Nikolai, deep in the interior of Alaska.



Donald had experiences that remind me of pioneer school teachers in one-room school houses. The school day began by building a fire in the school room stove for heat. He was responsible for teaching all subjects in the curriculum, mentoring the students of Native American families suffering economic hardships and rampant substance abuse.

After two years Donald came back to the lower 48 for a much deserved break. He biked across the United States, describing that trip as "therapy" for the years of isolation and grind of teaching. He returned to Fairbanks, Alaska to teach adult education and got his first taste of community theater.

In 1988 Donald moved to Ashland, Oregon, taught at Rogue Community College and began to seriously pursue acting in the Oregon Shakespeare Festival. He was eventually cast in *Henry V*, and says that his experience in Ashland's theater "was a life-changing experience in collaborative creativity." Donald became the owner of a business in Ashland. For eight years his company offered academic coaching and

tutoring in high school and college course work.

He married Katrina, had a son, Niko, moved to Joseph, Oregon for a year, and then settled in Moscow in 1999. Donald taught for the Nez Perce Tribe in Lapwai for nearly two years and is now working in the University of Idaho College of Education.

The presence of a food co-op was one of the first things he liked about Moscow. I think he puts his finger on it when he says, "We tolerate shopping at WINCO and Walmart, but we enjoy shopping at the Co-op. It's business on a more human scale, where we go to see friends and are part of a slightly bigger 'extended family'". Though Donald and Katrina have parted, they still share the volunteer duties of distributing the *Com-*

munity News to outlets in Moscow. Together they deliver our newsletter to 39 locations.

Donald is putting down roots in his country home on Crumarine Creek at the base of Moscow Mountain. He loves that his son Niko can grow up in the country. He envisions getting back to self-employment at some point, maybe involving creative and artistic aspects.

Donald says humans are best described as "the story telling species." I think Donald's story is one of service to community, loyalty to family and friends, value of nature and art; one that honors our ongoing human story.

Pat Vaughn remarks with Donald regularly on the impact of their boys and dogs on the Crumarine-Gnat Creek drainages.

New Website for Latah County Library District

By Julie R. Monroe

Two months ago, the Latah County Library District launched a new website to better serve the patrons of the seven district libraries. Director Janice McPherson explains, "More and more people are relying upon the Internet for access to essential information. For quite some time now the Latah County Library District has provided public Internet computers so people can get on the Internet. Our latest attempt to meet public need is to revamp our website." With an incredibly easy-to-remember URL, www.latahlibrary.org, the site is the eighth branch of the library district, providing information and service to everyone in the county regardless of where they live or their economic status.

From the website, which was designed by First Step Research, patrons may not only access Webcat, the district's electronic card catalog, but also place holds on materials, check due dates, and see if fines are owed. While Webcat can be accessed directly from the site, a library card number and PIN are required to reserve materials. Patrons who already have a library card, but not a PIN, may request one via email directly from the site.

A significant service the website provides will interest anyone who needs to conduct research. In addition to an organized list of Internet references sites, the site also provides access to the LiLi research databases.

Research databases allow patrons to search thousands of full-text magazines articles, newspaper articles, poems, biographies, business reports, health information and more. Through LiLi, Libraries Linking Idaho, a service of the Idaho State Library, Idaho residents have access to the EBSCO, BigChalk, and ProQuest databases. To access these databases, a user name and password are needed, but these are available from the district's Access Services Manager by email.

In addition, the site also provides such important information as hours for each of the branches, their location, contact information, as well as times and dates for the very popular "Storytimes." Special programs and events, such as appearances by local authors, are also featured. And in acknowledgement of other Latah County educational and cultural organizations with similar missions, the site also includes links to the library district's many partners, including Gritman Medical Center's Youth Children & Family Program, Even Start, and the Latah County Historical Society.

"As always," says McPherson, "we are very interested in your comments about how we are doing. Let us know what you think of the new site."

Julie Monroe has been a patron of the Latah County Library District for three decades and never grows weary of browsing the stacks.

Pomegranate: Forbidding Fruit No More

By Judy Sobelof

“Yet even in the cold darkness beneath the earth, a young girl can feel hungry. [Persephone] saw the seeds glistening ruby red in their creamy beds. She took the fruit and raised it to her lips. Her teeth bit into the pomegranate’s brittle, blushing skin and she sucked out the veins of sweetness. Hades smiled.”

— Richard Woff, *Bright-Eyed Athena*

A pomegranate is probably not the first food you think of when seeking a casual snack. Might I suggest, instead, a banana? The pomegranate, “nature’s most labor intensive fruit,” (*allrecipes.com*), has some heavy strikes against it. It’s because Persephone ate a few pomegranate seeds after being kidnapped down to the underworld (it’s a long story) that we have winter at all. It’s a fertility symbol, too, which puts some people off their feed. And if that’s not enough, how do you open those things and what do you do with them once opened?

Mentioned in the Old Testament as well as Greek mythology, pomegranates are ancient. The word “pomegranate” comes from Middle French and means “apple with many seeds.” Pomegranate syrup is called grenadine, and the word “grenade” comes from the same root (*pomegranateconnection.com*). If you’ve ever opened (exploded?) a pomegranate without training and watched the seeds scattering and juice splattering around you, you’ll appreciate the connection.

Grown throughout Asia and the Mediterranean, domestic pomegranates come primarily from California. To grow one at home, check out the simple instructions at *www.recipegoldmine.com*.

Pomegranates look like big red apples with little crowns on top. Inside, separated by white membranes, are little compartments containing clusters of seeds, each surrounded by its own brilliant translu-

cent red juice sac, or aril. Oddly enough, every pomegranate, regardless of size, allegedly has 840 seeds (*rockymountainnews.com*).

As with coconuts, it’s not immediately obvious how to gain access to the goods. I first tried the grenade method, ripping the pomegranate apart like a wild animal. This worked alright, but I suggest not wearing white unless you’re doing performance art. The next time I followed instructions

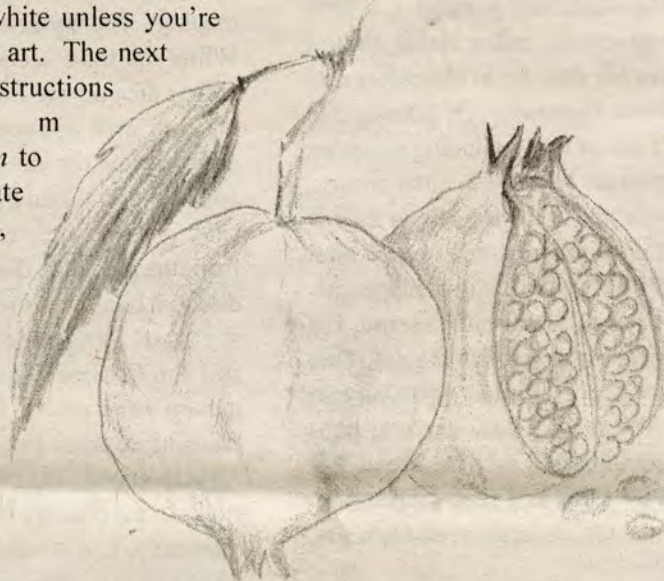
from *www.wishfaery.com* to cut the pomegranate in half crosswise, which made a pretty flower pattern, and lifted out the seed clusters still inside their membranes: civilized and effective. Other instructions advised making several vertical cuts into the pomegranate and then pulling it apart under water; this worked but did not seem as sporting as method two.

As if the pomegranate isn’t already shrouded in sufficient mystery and intrigue, something strange happens when you taste the seeds. Joe said, “They’re juicy when you first bite into them and then instantly dry up.” Carol thought the seeds were good “if you chew gently, if you don’t bite down too hard, because then you get the juice before you get to the seed.” Amy described the experience as similar to drinking a dry red wine.

Fortunately, this particular pomegranate issue appears to be resolved when the seeds are mixed in with other foods, yielding the juiciness without the follow-up dryness. Serving suggestions include using the seeds with salads, desserts, rice, chicken, or pancakes. I chose two recipes with similar ingredients but completely different overall tastes: pomegranate yogurt dip and pomegranate guacamole. Both were easy to make and surprisingly good; the guacamole was fantastic. Tasting the guacamole, Joe said, “There’s a really nice combination of sour from the pomegranate and sweetness from the cucum-

ber going on, with these two main ingredients balancing the whole thing out.” I agree, though I think the pomegranate lends sweetness as much as the cucumber. Eating the pomegranate guacamole on a salty chip makes the whole taste sensation even more complex, charismatic, and tasty.

I thought children would be enticed by the pomegranate’s sweet juiciness and great beauty, but this was only the case above a certain age. Dylan, age 10, liked the seeds, describing them as “sour and crunchy.” Zevi, age eight, and Louis, age six, also liked them, but Zoe, age four, said, “It’s too hot inside,” and Jonna, age two, said, “Yucky, seed in my mouth.” I suddenly remembered having read that it takes toddlers seven tries to



accept a new food, but over the next several days, Jonna had the same distressed look every time.

O pomegranate, O poem of garnet! Despite the challenges, the allure of the seed and of the pomegranate itself cannot be denied

POMEGRANATE GUACAMOLE

(from *1001recipes2send.com*)

- 2 ripe avocados, peeled and pits removed
- 1 pomegranate
- 1/2 cup diced cucumbers
- 1/4 cup thinly sliced green onion
- 1/4 cup chopped fresh cilantro
- 1 Tbsp. lemon juice
- salt and pepper to taste
- assorted tortilla chips

Dice avocados. Fold in pomegranate seeds, cucumber, green onion, and cilantro. Add salt and pepper to taste. Gently toss with lemon juice. Serve with tortilla chips.

YOGURT AND POMEGRANATE DIP WITH CILANTRO

(adapted from *wishfaery.com*)

- 1 large ripe pomegranate
- 2 cups chilled plain yogurt
- 2 green onions, finely chopped
- 1/4 cup finely chopped fresh cilantro
- fresh mint sprigs, for garnish

Cut the pomegranate in half crosswise and lift out the seeds in sections, then pull the seeds off the membranes. In a medium bowl, combine the yogurt, scallions, and cilantro. Gently fold in all but 2 tablespoons of the pomegranate seeds. Garnish with mint sprigs and the reserved pomegranate seeds. Serve with warm pita bread or steamed vegetables.

Judy Sobeloff would like to teach the world to sing ... about pomegranates.

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Nutrition Q&A: Chana Dal and the Glycemic Index

By Chelsy Leslie, RD

Question: I heard that chana dal (sold in bulk at the Co-op) is a good food for people with diabetes. Is this true? Does it also have health benefits for people without diabetes?

Answer: Chana dal (also known as Bengal gram dal) is a bean that looks just like yellow split peas, but is actually more closely related to garbanzo beans. It is used frequently in Indian cooking but hasn't yet become popular in the West.

Chana dal can be a good food for people with diabetes because it has a low glycemic index. The glycemic index is a ranking of foods on a scale from 0 to 100 according to the extent that they raise blood glucose (or blood sugar) levels after eating. The glycemic index is lower for foods that raise blood glucose levels slowly. These foods can help people with diabetes control their glucose levels.

Foods ranking over 60 are considered high glycemic index foods. Examples of food high on the index include ice cream, croissants, bread, potatoes, dried fruit, and watermelon. Foods that rank as "moderate" on the glycemic index (between 45 and 60) include most types of pasta, bulgur, baked beans, green peas, sweet potatoes, orange juice, blueberries and rice. Low glycemic index foods (ranking under 45) include cruciferous vegetables, high-fiber cereals, unsweetened plain yogurt, grapefruit, apples, tomatoes, and beans. Interestingly, chana dal may actually have a lower glycemic index compared to other beans.

All foods that contain carbohydrates raise blood glucose levels, but a variety of factors effect how quickly this occurs and how high blood glucose levels rise. Some factors include the amount of fiber and fat in the food, how processed the food is, what else is eaten with the food, how the food is cooked, the acidity of the food, and how quickly your body digests the food (which varies from person to person). Fiber slows the rate that a food is di-


gested and absorbed, which is why chana dal and other beans have a low glycemic index. The fiber in chana dal can also help control cholesterol levels and promote a healthy digestive tract.

Some weight loss books such as "The Zone" and "Sugar Busters!" are promoting the glycemic index as a weight loss tool. These books claim that high protein diets combined with low glycemic index foods can produce rapid weight loss. This concept is very controversial. It is important to keep in mind that the glycemic index doesn't necessarily give an accurate picture about how good a food is for you. For example, a steamed potato has a 50% higher glycemic index rating than a Snickers bar (the fat in chocolate and nuts slows digestion). Of course, this doesn't mean that replacing potatoes with Snickers bars is a healthy choice.

Interested in trying chana dal? It is smaller, younger, and sweeter than garbanzo beans, but can replace garbanzo beans in almost any recipe. Try making hummus with chana dal. This is one of the healthiest dips you can make. Try it with raw carrots, peppers, cucumbers, or pita bread triangles. Or use it as a sandwich spread with tomatoes, cucumbers and sprouts. Enjoy!

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

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



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Hot Japanese One-Pot Meal for Winter

By Jackie Miyasaka

Now that the temperature is dropping and winter is on its way, Japanese nabemono are the perfect meal for warming you up. Nabemono are one-pot meals often translated as "hot pot" in English. They are prepared in a special Japanese lidded earthenware pot at the table over a portable heat source. The pot is approximately 12 inches wide and 4 inches deep. A heavy enameled or stainless steel pot of this size is a good substitute. In Japan, a portable gas burner is used, but here I use a portable electric hotplate. Into the pot go kombu (kelp) soup stock and a hodgepodge of seafood, tofu, vegetables, and even sometimes chicken. The variations are limitless. While the food is cooking, everyone sitting around the hot pot enjoys the warmth and conversation, eagerly anticipating the delicious meal that awaits them. When the lid is removed, each person takes some ingredients from the pot, dips them in a small individual bowl of Ponzu citrus flavored soy sauce, hot pepper, grated daikon, and thinly sliced scallions. When a person runs out of food, he or she takes more from the pot in the same way. Everyone uses his or her chopsticks to eat directly from the pot. Traditionally, it was considered taboo to take food from the communal pot with chopsticks that had touched one's mouth, and special serving chopsticks were used. In fact, during the Edo period (1603-1867), single serving cooking pots were used. However, now common practice has changed, and eating directly from the pot with one's own chopsticks represents a breakdown of everyday reserve and a sense of harmony among the diners.

The following is the nabemono that I usually prepare.

Ingredients

- 4-inch square piece of kombu
- 8 cups water
- 4-inch length of daikon, peeled, cut into 1/2 inch thick rounds, and parboiled
- 12 shiitake mushrooms, stems removed
- 1 package tofu, cut into 1 1/2 inch squares
- 1 pound nappa (Chinese cabbage), cut crosswise into roughly 1/2 x 2 inch strips
- 1 pound true codfish, cut into 1 1/2 inch chunks
- 8 medium shrimp or sea scallops
- 1 bunch scallions, cut into 1 1/2

- inch lengths
- Ponzu citrus flavored soy sauce (available in the Asian section of supermarkets)
- 3-inch length of daikon, finely grated
- 3 scallions, sliced thinly
- Hot pepper, to taste
- 2 cups cooked rice
- 3 eggs, lightly beaten

Soak kombu in 8 cups water in a pot for two hours, and then bring to the boil. Remove kombu. Add half of each ingredient: daikon rounds, mushrooms, tofu, nappa, fish, shrimp or scallops, and long scallions. Cover the pot. Boil until everything is cooked through, approximately 10-15 minutes. In the meantime, each diner should mix approximately 1/4 cup citrus flavored soy sauce, 1 tablespoon grated daikon, 1/2 tablespoon thinly sliced scallions, and hot pepper to taste in an individual serving bowl. When the ingredients are cooked through, turn down the heat to simmer, remove the lid, transfer some ingredients from the pot into the soy sauce mixture, ladle over a little of the broth from the pot, and eat. When all the ingredients are gone, add the remaining half of each ingredient, and cook in the same way again. If necessary, add more boiling water. After all the ingredients have been eaten, some broth will be left. Add the cooked rice to the broth. The liquid should just cover the rice. Add more boiling water if necessary. Cook the rice over low heat, covered, for 3-4 minutes. Pour the beaten eggs evenly over the rice. Cook this mixture, covered, for 2 minutes, until the egg is cooked through. Serve the rice in the same individual serving bowls, adding more citrus flavored soy sauce, hot pepper, and scallions, to taste.

Serves 4.

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

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Lentils and Spiced Oil – A Rich Stew

By Jen Hirt

When I told my family in Ohio that I was moving to Idaho, the potato jokes started and have yet to cease, despite the fact that I rant about the Palouse being the lentil capital of the world. *What the hell is a lentil*, they say. They, of course, do not know what they are missing. If only they could see the giant pot of lentils at the Lentil Fest. Then, at least, they could make some new jokes. (I'm steeling myself for the holiday visit, for yet another round of 'tater innuendos.)

Everything I've ever made with lentils has resulted in a rich, deep taste that is highly satisfying. A bowl of stew is rarely filling, but this stew, from *The Occasional Vegetarian* by Karen Lee, is all one needs for a meal. The addition of spiced oil is the secret ingredient – it's essential and tasty. Served with a slice of fresh bread and maybe a few bits of favorite cheese, this stew makes a fantastic winter meal. It keeps in the refrigerator for about three days. Lee, author of the recipe, claims that this stew is "a staple in my life. I eat it several times a month and never grow tired of it." I agree.

I looked up the history of the word *lentil*, hoping for something interest-

ing, and since the *Oxford English Dictionary* never fails me, I have this to share: Ever think about those lenses in your glasses? Why are they called lenses? The word *lens* is derived from the word *lentil* because most standard lenses were at one time shaped like lentils. So there you have it.

Lentil and potato stew with spiced oil

Serves 6 as a main dish

Stew:

- 6 cups water
- 1 ½ cup lentils
- 1 red bell pepper, chopped
- 2 medium potatoes, cubed
- 2 medium carrots, chopped
- 1 large onion, diced
- 2 celery stalks, chopped
- ¼ cup soy sauce
- ½ tsp black pepper

Spiced oil:

- 2 tbsp. olive oil
- 1 tsp. ground ginger
- 1 tsp. turmeric
- 1 tsp. cumin

The method for this stew is simple. Put all the stew ingredients in a large pot. Bring to a boil, reduce the heat, cover, and simmer for 45 minutes. About all you have to think about is how to chop the vegetables. I prefer smaller pieces of pepper, carrot, and celery, since size matters when it comes to transport-by-spoon. But big hunks of potato provide a nice contrast to the tiny lentils.

To make the spiced oil, heat the olive oil over low heat. Remove from the heat and add the spices. Stir well. Set aside until the stew is done.

When all the vegetables and lentils are soft, add the spiced oil. Stir well and serve hot with hunks of fresh bread.

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

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	Indian Paneer and Tomato Stew over Brown Jasmine Rice Mondays Paneer Cheese, Organic Tomatoes, With Lots Of Other Friendly Veggies Over Comfy Bed Of Rice.	Country Pot Pie Perfect Comfort Food On A Cold Winter's Night. Organic Sweet Potatoes, Broccoli, And Other Veggies In A Whole Wheat Crust With Savory Gravy.
DINNER 2:30	Enchiladas Tuesdays Handmade Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce Served With Spanish Rice	Garlic Chicken or Savory Seitan Fettucini With Organic Veggies, Crimini Mushrooms, and Carmelized Onions over Spinach Fettucini Noodles
	Green Curry Stir Fry Wednesdays Organic Broccoli, Baby Corn, Organic Tofu, Bell Peppers and Organic Green Peas in a Green Curry with Coconut Milk. Served over Tender Rice Noodles	Egg Rolls Loaded With Organic Tofu And Veggies And Served With Spicy Wasabi Mustard
BREAKFAST 8-12	Smothered Burritos Thursdays Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onions, Sour Cream and Guacamole and smothered with homemade Mole Sauce Choice of Spicy Tofu, Cheese or Smoked Chicken	Fried Rice Jasmine Brown Rice Studded With Cashews And Colorful Veggies
	Spicy Thai Peanut Stir Fry Fridays Organic Broccoli, Carrots, Red Cabbage, Red Bell Peppers And Teriyaki Tempeh Served Over Organic Jasmine Brown Rice	Gourmet Pizza by the Slice 5:00pm
	Breakfast Burritos Saturdays Stuffed With Organic Adzuki And Pinto Beans, Organic Veggies, Eggs & Cheese Or Tofu Home Fried Organic Potatoes	Macedonian Sweet & Savory Strudel Local & Organic Carrots And Feta Cheese Are Featured In This Delicious Layered Eastern European Strudel

Schlumbergera

By Patricia Diaz

“Shlum-BER-ga-ra” – isn’t it just a wonderful word? You can really wrap your tongue around that when you say it! Since this is a big holiday time of year, I thought we’d talk about those prolific and beautiful holiday cacti, botanically called Schlumbergera in honor of Frederic Schlumberger, a 19th century Belgian gardener and cacti collector. You might want to consider buying one of these instead of the usual poinsettia to brighten up your home.

This is one of my very favorite indoor plants and they are so easy to care for. I just purchased another one, this time one called Christmas Fantasy, which is already blooming with beautiful white and the palest of peach-colored flowers. Schlumbergera are inexpensive and will bloom for you for years to come. In fact, there are many reports of these plants living well over a century! There’s a great article in *Birds and Blooms* (December/January 2004), which talks about a Christmas cactus that a woman in Delaware has that her great-aunt purchased in 1888. It’s still blooming away every year!

There are many colors of Schlumbergera – red, pink, salmon, orange, white, yellow, peach, and even bi-colored ones. An Internet search revealed a wonderful site where you can purchase many exotic colors (many are unavailable until June) – www.bobsmoleys.com. Right now I’m on a search for one called a Dwarf Easter Cactus, a tiny version of the regular holiday cactus.

If you purchase a Schlumbergera in the cold weather, be sure and place it in a paper sack, cover it with another, and rush it home. It can tolerate temperatures down to 38 but they really prefer temperatures above 50 de-

grees and it’s best not to stress your plant with the cold.

Schlumbergera are very easy to care for, requiring watering only when they’re dry. And they like bright but indirect light. If you place your plants outside in the summer, make sure they’re in partial shade. I’ve tried mine in south windows but in the winter when the sun is lower that’s too much sun, so you might pull them back a



few feet from south facing windows. Most bloom in the late fall or early winter, thus the various holiday names – Christmas cactus, Thanksgiving cactus, holiday cactus, etc. Some do bloom in the spring, however, and people usually call those Easter cacti. To be politically correct, however, if we all call them Schlumbergera we won’t offend and that gives us a chance to say that great word again! Most will bloom naturally around the holiday season but if you want to make sure, keep your plant in a cool spot and water only when the soil dries out, then you can bring it out into the bright light. I let mine bloom whenever they want and I will usually get a couple of bloomings a year, the heaviest one coming about this time of year. Just about every leaf will sprout a bloom and some of the older and larger Schlumbergera can have more than 500 blossoms.

These wonderful plants are very easy to propagate – just break off a stem, let it dry on the counter for a couple of days, then plant it in potting

mix (any well-drained mix or epiphytic cactus potting mix) and water. A great way to share beauty with a friend!

Hanging baskets are great for Schlumbergera as they tend to arch and droop as the plant matures. They like to be somewhat root-bound so don’t be too eager to transplant them. They will usually be about two feet high and three feet wide when mature.

One of the biggest mistakes you can make raising these plants is to overwater them. When they’re blooming, they need water regularly, otherwise let the soil dry out between waterings. You can fertilize them after flowering or when they’re producing new leaf growth with a high-potash liquid fertilizer.

Some of the white ones or those with very pale coloring may revert back to their original color (usually red or pink) after a few years. If you look on Bob Smoley’s website, you’ll see some absolutely entrancing color choices – white with purplish pink tinges at the tips, bi-colored ones, and many more. If you like these plants as much as I do, soon you’ll have one of every color adorning your home! Happy Holidays everyone!

Pat Diaz gardens near Dvorshak Reservoir. Right now she’s enjoying a warm wood fire while dreaming of next year’s plant choices. The snowshoe hares are all white already.

Book Review:

Food Politics

By Bill London

None of the changes in America’s health, nutrition, and food industry in the last several decades has happened accidentally.

The phenomenal growth of junk food consumption, the rise in childhood obesity and obesity-linked disease, the lack of nutritional leadership by the federal authorities, the replacement of family farms by corporate agribusiness—all those changes and more are the result of the politics of food in our society.

And the best and most complete analysis of this tragic scene has been written by a professor of human nutrition at New York University, Marion Nestle. Her book, “Food Politics,” published by the University of California Press in 2002, dissects the food industry, probing for all the tentacles of corruption that wind through government, industry, and higher education.

If you care about human health and equitable distribution of our abundance, read this book. Prepare to get angry. Nestle does not hide the truth. She explains how federal regulators are bought off and how university researchers are co-opted. She tells it like it is.

This book is available at BookPeople and at the public library in Moscow.

Bill London edits this newsletter and wishes that the amazing progressive victory in the latest Moscow City Council election would be duplicated nationwide

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Letter from the Land: Sense of Place and Sense of Community

By Suvia Judd

Two days ago the earthworms were back in the alpaca buckets, after a warm November rain. Last night I licked snow and frozen fog off a cedar branch on Moscow Mountain and looked for the first of the Leonid meteor showers, remembering the hundreds we saw two years ago. I am firmly bonded in my heart to the Palouse, yet at this time of year my thoughts turn to memories of Vermont from my childhood. Lately I've been remembering the Annual "P 'n' F" Christmas sale.

P 'n' F was the Parents and Friends of my rural elementary school. Our school during most of those years was a two-room concrete block structure housing two teachers and sixty children in eight grades. Extras, such as French, Art, and hot Campbell soup with your bag lunch in winter were provided by volunteers. Every December the parents and friends got together and made Christmas wreaths and decorations for a sale to raise money for the school. (I don't remember any awareness of religious diversity, although we stopped having Christmas pageants at some point.)

Some years the wreath making took place on my family's dining table. There were piles of boughs of balsam fir and white pine gathered from the woods, and collections of cones of white pine (heated in the oven on cookie sheets so they were fully open) and stiff little scotch fir cones from planted trees, and tiny hemlock cones. The air was filled with the fragrance of balsam and pine. You would take a metal coat hanger and open it up in a circle. You would collect a stack of short sprays of evergreens and bind them tightly along the coat hanger circle with a length of fine wire. The next spray would cover the stems of the previous one, and so on, all around the circle. At the end you would nestle in some cones, and add a big red bow. The group around the table always made a huge number of wreaths and a few swags and they always sold out.

I loved making wreaths and I also loved making little cardboard candleholders. You cut a circle of shirt cardboard with a jar lid as a template. Then you wrapped a strip of cardboard around a dinner candle for size, and stapled it into a tube, and cut one end of the tube into four legs, which you bent flat and stapled to the flat circle. We glued on acorn cups, with and without their acorns, and hemlock cones, and tiny rosettes cut from the

end of cones of white pine until the cardboard was hidden, and sprayed them with silver or gold. I think people would nestle them in table displays of greenery with holiday candles.

I think it was my mother who pioneered the beanbags. She bought colorful felt and cut and sewed it into snakes and starfish, and we filled them with navy beans. The snakes and starfish were one color on top and a contrasting color on the bottom, with appliqué shapes on top; I remember the delicious combination of red and turquoise felt in a starfish. The snakes could be used not just as toys but put along the bottom of a door to keep the winter draft out.

I realized as I relived these pleasures that my sense of connection to that time and place is composed not only of my feelings for the live materials and the trees they came from but for the community of people working together for a positive common purpose. I realize how much sense of place for me is built from the human community as well as the plants and animals and landscape.

A desire to connect to sense of place is something that has come with me as I have moved across the country. Here is a quote from a music review that caught my eye recently: "I'm always going to be rooted in the rural landscape of Missouri and Iowa," [Brown] said in a recent phone interview. "That's where I came from. And so I think one great thing is that if you come strongly from a place, then you appreciate that in other places. I come strongly from this place and a lot of the music I relate to, it might be an African guitar player from Madagascar, but I can tell he's so strongly rooted in that place, and that shines in his music. Someone like Muddy Waters, who comes right up out of the delta, I appreciate that in other music. The music's actually coming up out of the earth." (Singer-songwriter Greg Brown, quoted in a review in the Brattleboro (Vt.) Reformer, 11/6/03.)

Suvia Judd lives and celebrates the seasons in Moscow.



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Someone's in the Kitchen

By Mary Reed

The newest exhibit on display at the McConnell Mansion Museum, "Someone's in the Kitchen," explores the change in design, materials, and use of kitchen implements, cookware, and even the culture of cooking, particularly as it affected women over the decades. The exhibit features kitchen-related artifacts from the collection of the Latah County Historical Society, including a cast iron skillet, an electric egg beater manufactured by the A.C. Gilbert Company, a cherry pitter, butter churn and wrappers, as well as aprons – just to name a few.

The first lady of what is now the McConnell Mansion was Louisa McConnell. The McConnells moved into their new house on Christmas Eve, 1886. Louisa's husband, William, had been a Moscow merchant since 1878 and now was rapidly becoming one of the richest merchants in North Idaho. A shy, retiring woman, Louisa left no clues as to her household duties. Like other women of her time and social standing, she most probably gave most of the housework, including the cooking chores, to the hired girl.

Losina Adair moved into the vacant McConnell house in 1901 with her husband, Dr. William Adair, and their five daughters. Despite suffering from tuberculosis, Losina took upon herself the task of renting rooms. Losina, who took great pride in keeping the large house clean, engaged young, local farmwomen to work as hired girls. The Adair daughters also helped with household chores. These included keeping eleven stoves supplied with wood during the winters; later the Adairs installed a modern radiator heating system.

By the time the Adair family sold the house in 1935, many modern, electrical appliances had become commonplace. In the late 19th century and early 20th century, housekeeping meant cooking, cleaning, laundry, and sewing. Cooking was the clearest expression of the mother's nurturing skills, and was, therefore, of the highest importance. An article in the February 1870 issue of *Godey's Lady's Book and Magazine* stated, "If we are to be a vigorous and enduring race, we must have both well-selected food and good cookery." At this time, women were expected to prepare elaborate meals beginning with a large breakfast of bread, cooked potatoes, cooked or raw fruit, and beef, ham or fish.

Ladies of the First Presbyterian Church of Moscow, *Hints on Entertaining*, included a luncheon menu of Norwegian fish pudding, brown bread sandwiches, cucumbers, chicken and clam bouillon, broiled sweetbreads on toast with brown gravy and mushroom sauce, peas, creamed potatoes, rolls, pear salad, cheese balls dipped in chopped walnut meats, angel food baskets, chocolate nut cake, salted almonds or pecans, and candy.

In earlier years, an apron was a necessary part of the cook's attire. Without automatic washing machines and electric driers and plentiful supplies of washable clothing, women needed to protect themselves from dirt and stains. The 1895 Montgomery Ward catalog offered women a variety of styles. The gingham apron came in brown, green and blue checked patterns. Muslim ones could be fancier with lace inserts or decorated with stamped patterns. The cost ranged from 15 cents for a checked one to 40 cents for the model embellished with Swiss lace. The 1927 Sears, Roebuck catalog carried Apron Frocks, touting them as "practical, durable, and economical." Prices ranged from 69 cents for a gingham model to \$1.98 for a figured cotton pongee one.

By 1934 a new style of apron appeared as featured in the Sears, Roebuck catalog. The "slipover" or "overall" model had feminine touches with a collar, pockets outlined in piping, and ruffles. The patterns were considerably more lively, but the cost remained a reasonable 39 cents. In the mid-1940s aprons were less fussy but still sported decorative touches such as rickrack, piping, and ruffles. The 1944-45 Sears, Roebuck catalog carried two basic types of pinafore and waistband styles.

In 1955 the simple pinafore and waistband styles remained a staple of that year's Sears, Roebuck catalog. A new introduction was the cobbler apron, which featured big pockets. The up-to-date housewife could also choose a "Tropic-cue" ensemble pattern to match curtains, chairs covers, table cloth, and pantry and dinner ware with her apron. The marketing of brightly colored kitchen ware reflected the nation's growing consumerism. By the mid-1960s, mail order catalogs no longer carried women's aprons.

The McConnell Mansion Museum is located at 110 South Adams in Moscow and is open Tuesday through Saturday, 1:00 to 4:00 p.m.

Mary Reed celebrated her 20th anniversary as Executive Director of the Latah County Historical in October of this year.

A Civic Education

By Carol Spurling

Judging by the debates played out in the *Daily News* opinion pages and the Vision 2020 postings lately, our community has divided into two camps: the church-attending moralist conservative capitalist patriots and the Moscow Food Co-op shopping pagan liberal anti-growth environmental-activist pacifists.

Us vs. them. It seems so simple.

Focusing on what separates us takes no effort at all, really. Letters to the editor railing against the other side practically write themselves. But those who attempt to act against the supposedly evil enemy won't find their situations so cut and dried. Just whom exactly are we supposed to fight? The people in suits? The ones wearing Birkenstocks?

Some people think that attendance at a particular church makes a person and his business fair game. Is it true that where you choose to worship can turn your private financial, moral, ethical, and familial life into the target of someone else's crusade? This is a dangerous way to live, in my opinion. Crusades can go awfully awry. Besides, who has the time to delve into the tax returns of every owner and employee of every business he patronizes? And how insulting is it to assume that one loudmouth fanatic minister speaks for every one of his congregation?

I've never been able to abide conflict (unless I'm mad at my husband), so I'm continually thinking about ways to help people get along. And throughout my life, wherever I've lived or visited, I've found that the divisions I'd created in my head (or at the behest of my minister) between myself and other people dissolved once I actually met them. For example, as a pious youngster, I used to pray for the godless warmongering Russians who were yearning for freedom to live in our great country. Since then I've learned that most Russians are a peaceful, deeply religious people who wouldn't come to this country for money.

Over the past year, as I've been writing staff profiles for the *Community News*, I've learned over and over

again that actual people are way more complex than the labels we try to put on them.

You'd think, as long as I've been in the book business, I'd know that you can't judge a book by its cover. But every

time, something tripped me up.

A tattoo. A nose spike. A hair-style, or lack of it. Or even just the fact of that person's employment at the Co-op. And every

time, I've been proven

foolish. Under the Co-op's

roof are churchgoers (even Christ Church), birdwatchers, meat-eaters, vegetarians, Harley devotees, bicycle riders, artists, musicians, scientists, aspiring federal employees; they all love the Palouse and are trying to be good parents, spouses, friends, students, businesspeople, and most importantly, good citizens.

I'm sure if I spent a year interviewing folks at New St. Andrews College I'd find as much to surprise and hearten me. And there, too, I'd find good citizens. And that's really what our community needs, rather than a bunch of intellectuals (and anti-intellectuals) carping at each other in print or launching misguided boycotts.

We will never be able to resolve issues that stem from fundamentally different worldviews, but we can agree, I hope, on what constitutes a vibrant, healthy, livable community. Things such as a bustling downtown full of well-kept buildings and a wide variety of locally-owned businesses. Tree-lined streets. Adequate protections for public safety in our police, fire, and other emergency services. Adequate family supports and other human services. A wide range of recreational and cultural opportunities. Highly qualified teachers in a public school system devoted to serving all our children. An atmosphere of respectful tolerance wherein even those who disagree respect each other's

Carol Spurling is a Moscow writer. Her work has recently appeared in the Moscow Pullman Daily News and Utne magazine.



Adult Day Health: Still the Only One

By Lisa Cochran

I recently visited with Barb Mahoney, the director of Gritman Medical Center's Adult Day Health facility located at 225 E. Palouse River Drive. Barb has a background in physical therapy and has worked with the senior population for over 30 years.

When she talks about her career, she becomes visibly animated. She loves her vocation and is excited to talk about this program, which opened just over two years ago and is still the only facility of its kind in Idaho. Adult Day Health was instituted to fill a much-needed niche in the community by providing vulnerable adults, including the frail elderly, with a wide range of services in conjunction with an active treatment program. Along with a wide variety of activities, Adult Day Health offers a safe, supportive and pleasant daytime program for participants. The program is targeted to adults with physical or mental impairments, including dementia and Alzheimer's disease, who are living in the home or recently discharged from a care facility. Adult Day Health can also help during the early stages of hospice care or during periods of transition while offering support to families facing difficult tasks and choices.

Barb is excited about this program's enhancement of our community. More and more people these days are caring for their own children as well as one or both parents, making them what is called the "Sandwich Generation." Often, a family member has to give up his or her job or cut back on activities outside the home to provide full-time care of a loved one.

Not surprisingly, this kind of arrangement can be stressful and burnout can occur for the caregiver as well as boredom or inactivity for the relative. Adult Day Health is a great alternative.

Adult Day Health offers a myriad of activities and regular medical monitoring. This program not only gives elderly family members something interesting and meaningful to do but also allows caregivers to get a much-needed respite. Just as important, Adult Day Health offers a cost effective means to enhance the quality of life of the frail elderly and their families while delaying or preventing the need to place them in a nursing home.

Serving both Whitman and Latah counties, even people from Nez Perce and Asotin counties may use its services. Costs can be covered by Medicaid or VA benefits or from private pay with a sliding fee scale, in some cases.

Adult Day Health is a comprehensive program of care not based solely on a social model of interaction but is coupled with a medical model aimed at maintaining and/or improving physical and cognitive functioning of participants. Staff includes a medical social worker, a registered nurse, nursing assistants, a counselor for clients and families and an occupational therapist involved in a program of active treatment. Daily routines include music, exercise, crafts, food preparation, as well as activities of daily living. Lunch is served every day, and although the facility is open Monday through Friday, most participants drop in two or three times per week. There is also some flexible scheduling. Currently serving an average of eight participants each day, Adult Day Care has openings for additional participants.

Barb credits the success of the facility to a tremendous staff, dedicated volunteers, and the truly remarkable donations of time and materials from the community. Her hope is to continue improvements but also to become more self-sufficient by purchasing the building and grounds. She would like to see the facility enlarged to accommodate more interactive opportunities, including inter-generational programs, and formal support groups. She would like to increase outreach programs. A more immediate wish list includes art or crafts items (old costume jewelry and button collections are real winners), simple jigsaw puzzles, kitchen and baking utensils, figurines, seasonal decorations, pictures, paintings, CDs—anything that might be used to enhance the center or the programs.

If you are interested in the services provided by the facility, you are welcome to take a tour or join the staff and participants for lunch. (Please call ahead to let them know how many for lunch). If you know an older person who could benefit from this service, take them along or just go to interact with the participants by playing cards, doing a puzzle, presenting a slide show, playing an instrument, working in the "healing" garden, talking with or reading to someone or volunteer to help with scheduled activities. You can also adopt a local "grandparent." Positive, stimulating experiences and inter-generational contact enriches us all.

Lisa A. Cochran has a 5-year-old and may one day have to take care of her 73-year-old father.

Community

Sign Up Against Slavery

By Bill London

Douglas Wilson, pastor of Moscow's Christ Church, co-authored with Steve Wilkins, pastor of Auburn Avenue Presbyterian Church in Monroe, Louisiana, the now infamous 40-page book, "Southern Slavery: As It Was." Wilson and Wilkins write that the Bible says slavery is OK and that the slavery practiced in the pre-Civil War South was especially benevolent, and quite pleasant for the slaves themselves. (I suggest that everyone read the book. There are two copies available at the public library in Moscow.)

Despite the recent efforts of Christ Church spin-meisters to cloud that message and backpedal from its implications, the intent of the book is quite clear: a ringing defense of slavery and the Old South. When this message became known in Moscow, many people responded.

We wanted to let everyone (and certainly the members of minority racial groups living here) know that Wilson does not speak for us. While Wilson does have the right to speak, we have the obligation to speak out.

And that obligation is the reason for a petition letter now circulating around the Palouse. Our goal is to gather enough signatures, and enough funding support, to publish large ads in local newspapers making clear our opposition to Wilson's views. For those who wish to sign on, the petition is available at BookPeople in Moscow.

The petition, which is entitled "Not in Our Town," reads:

We believe that the opinions expressed by Douglas Wilson on slavery, homosexuals, and women's rights are NOT representative of the majority of the people of the Palouse community: Moscow, Idaho, Pullman, Washington and the surrounding area. We, the undersigned, hereby disassociate our community, our university campuses, and ourselves from the ideas of anyone who would distort history to assert that slavery was a benevolent institution, and that it is morally acceptable for one human being to own another.

We are dismayed and disgusted that false and misleading scholarship and biblical references are used to portray slavery as a harmonious state accepted and appreciated by the enslaved. "It is a fresh act of violence against the memories of these

wronged individuals." (Sean M. Quinlan and William L. Ramsey, "Southern Slavery As It Wasn't: Professional Historians Respond to Neo-Confederate Misinformation." (Moscow, ID: University of Idaho, 2003)

To deny the brutal nature of slavery is parallel to the denial that the Holocaust and other acts of historical brutality ever took place. Wilson is dismissing and negating the agonies suffered by millions of people and blurring a dark memory that we, as sentient beings, should never forget.

In February, 2004, during Black History Month, Wilson, Christ Church, and its magazine, *Credenda/Agenda* are holding what they call a history conference, inviting neo-Confederates to facilities which have been rented on the campus of the University of Idaho. Although there is no official university involvement or sponsorship, the latter are implied by the advertisement of the locale. We reject and regret any effort to use the cover of a university locale to legitimize Wilson's views.

Despite Wilson's acknowledgement that the slave trade was evil, his assertion that slavery was benign and even charitable is indefensible. To present this view of history during Black History month is an act of insensitivity, if not malice. Wilson's anachronistic, nineteenth-century defense of slavery, in addition to his support of the biblical judgment of death or exile for homosexuals, and denial of equality for women, poison our community and raise concern about potential violence.

We want no part of this. Wilson and his ideas do NOT represent our community. Our signatures are hereby affixed in the name of humanity, human rights and diversity.

The petition is being circulated by EQUALITY, a coalition of interested groups and individuals. The Latah County Human Rights Task Force has agreed to collect the signatures and money. You can make donation checks, and send completed petitions, to Latah County Human Rights Task Force at Box 8613, Moscow, ID 83843. Write Not in our Town on bottom of check. The final date for signatures is Jan. 15, 2004.

Bill London edits this newsletter, is a part of the EQUALITY coalition, and has signed this petition.

Moscow's Vigil for Peace is Two-Years-Old

By Dean Stewart

On October 7, 2001, after a few weeks of waiting and praying himself, President Bush ordered the beginning of the bombing of already decimated Afghanistan. It seemed to be the end of searching for a more creative alternative. Our country was still in shock and grief. Manhattan was still smoking, but along with the rest of the world, waited and prayed and hoped.

A little more than a month later, a quiet little group began appearing every Friday afternoon on Friendship Square. It was kind of hard to tell what they were doing. They faced in toward each other at first. They were quiet, and then they talked some, and then got quiet again. Then they packed up and left. Every Friday it happened again.

It was a prayer vigil that grew out of some Lutheran angst over what else to do. Members of the local Lutheran Peace Fellowship group decided that while they were waiting for some great idea, for some unthought-of strategy for convincing the defense department of the effectiveness of creative non-violence, they could pray. And why not pray out on Friendship Square where other people might see it happening and try it themselves? Who knows?

That was the beginning. It was November 30, the week after Thanksgiving. From that Friday onward, every Friday afternoon, year-round, there has been a living, breathing, active presence for peace on Moscow's Friendship Square.

It doesn't belong to the Lutherans anymore. They're still involved, but the group actually grew and morphed, and keeps on morphing. There is a large, active, creative, collective group now known as the Palouse Peace Coalition (PPC). Apparently prayers get answered in incremental ways, too. The vigil continues with different-sized groups these days. Sometimes it's quiet, with a small handful of sign-holding peace-seekers. And other times it has been a bit on the rowdy side with djembe drums, or with some strident speakers and a crowd of cheering war resisters. There have even been a couple parades!

There are religious folks of really diverse stripes, you name it, and plenty who try not to do religion of any sort. You might be surprised. Military folks have shown up and have had variously helpful discussions. Cars pass by and passengers wave, honk, or give some interesting hand or finger salute.

Through it all, the vigilers try to stay focused on some persistent peaceability, no matter what. They have material to share with anybody who wants to take some, and they always have a welcome to give.

It all takes place now, out there on the Square, under the waving banners of the Stars and Stripes, the blue flag of the United Nations, and a big banner of the whole planet as seen from way out there.

The Vigil for Peace, 5:00 to 6:00 p.m. each Friday, is only one small, though persistent, outcropping of deep, serious concern about the priorities and practices of our country. The vigil is, for instance, only one facet of the PPC's outreach. The Coalition has organized teach-ins regarding the war and the Patriot Act; sponsored the national Wheels for Justice tour here in town; had a table throughout the summer at the Farmers' Market with leaflets, articles, T-shirts and information; and 19 people from the group just returned from Tacoma where they participated in demonstrations against the ongoing secret work of the military's School of the Americas.

With so much happening and changing each week, the vigil continues to be a place and time where those who wait for, and long for, and pray for peace, can come and do those things together.

If you would like information or would like to talk to someone about the vigil or the PPC, you might try Christopher LaPaglia at 892-8671, or Dean Stewart at 882-7067, or e-mail Sally Perrine sperrine@potlatch.com or check out the PPC web page, <http://www.palousepeace.org>.

Or just meet us there on Friday.

Dean Stewart is a local Lutheran pastor, married to a local law student, playing his trumpet and flugelhorn occasionally in a couple local bands. (He doesn't get very far out, much.) He also finds the local expressions of active civic responsibility to be energizing, stimulating and full of great, smart people.



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History in Plain Sight: A.C. Gilbert

By Julie R. Monroe

For generations of American boys, Christmas wouldn't have been Christmas without a toy from the A.C. Gilbert Company under the tree. A.C. Gilbert, the founder of the company that bore his name, was Alfred Carlton Gilbert, the inventor of hundreds of educational toys, most notably, the *Erector* set. And it was Moscow where Gilbert spent his childhood, which he described as one of the happiest ever.

A.C. Gilbert was born in Salem, Oregon in 1884; he was the son of Alfred T. Gilbert who came to Moscow with his brother F.N. Gilbert in 1890 to be president and cashier, respectively, of the First National Bank. Known by the nickname of "Gillie," which he hated, the young Albert was a force to be reckoned with in Moscow. At the age of 10, he and his buddies organized the Red Flag Fire Department to respond to actual fires in Moscow. However, the Department disbanded nearly as soon as it had been formed – what with one thing or another – such as the time one of the gang, known as "Sugar Puss" due to his fondness for sweets, got struck trying to slide his hefty body down the makeshift fire pole in the Gilbert barn.

That same barn was situated behind the Gilbert family home at 203 South Jackson. (First Bank is now located at 201 South Jackson.) The barn was also the home of the Moscow Athletic Club, which Gilbert formed when he was 12. After equipping the barn as a gymnasium, complete with a punching bag, climbing ropes, horizontal bar, and weights, Gilbert spent hours developing his muscles and perfecting his athletic prowess.

He was especially fond of boxing. At one point, he even ran away to join a traveling minstrel show, bill-

ing himself as "The Champion Boy Bag Puncher of the World." Alfred made it only as far as Lewiston before his father retrieved him. At the age of 14, Gilbert began organizing track meets in the Moscow area, and he also excelled in other sports, such as football and wrestling. In 1901, he left Moscow to attend prep school near Portland, Oregon.

Seven years later, Gilbert competed in the 1908 Olympics in London and won the gold medal in the pole vault, "thanks in part to a new, spike-less bamboo pole that he was the first Olympian to use." (<http://www.ideafinder.com/history/inventors/gilbert.htm>) Gilbert was as good a student as he was an athlete, having interrupted his studies at Yale Medical School to compete in the Olympics.

Although he graduated with a medical degree in 1909, he chose to devote his attention to the toy company he had formed while in medical school. Gilbert had financed his education by performing as a magician, and the company he founded manufactured magic kits for children. In 1911, Gilbert invented the Erector set, which was more than a toy; it was an actual construction set that contained metal beams, screws, bolts, pulleys, and gears. By 1913, the "Mysto Erector Structural Steel Builder" was on store shelves and quickly became one of the most popular toys in American history. Like another Moscowan, Frank Robinson, founder of Psychiana, the world's first mail-order religion, Gilbert was a savvy businessman who used advertising to boost the sales of his toys across the nation and around the world.

In addition to the Erector set (and its many permutations through the decades), the A.C. Gilbert Company also manufactured the American

Flyer model train sets, magic sets, chemistry sets (even one just for girls!), a glass blowing kit, and in the early 1950s, an "Atomic Energy Lab," complete with radioactive particles and a Geiger counter.

Gilbert died in 1962, and his legacy is celebrated in a number of ways today. The A.C. Gilbert Discovery Village for children in Salem, Oregon was founded in 1989. The A.C. Gilbert Heritage Society, according to its website, promotes and fosters "the educational and scientific advancement of the former, A. C. Gilbert Company's Erector sets and the history and life of its founder, Alfred Carlton Gilbert, his toys, his manufacturing accomplishments, his company, and their impact." Through the Eli Whitney Museum, members of the Gilbert family and former employees of the A.C. Gilbert Company are preserving the Gilbert legacy

through a program of oral histories, exhibitions, and the development of a library to house the company's catalogs and business papers.

References:

A Great Good Country, Lillian Otness

A.C. Gilbert Heritage Society website: <http://www.acghs.org>

Eli Whitney Museum website: <http://www.elwhitney.org/ac3.htm>

Moscow: Living and Learning on the Palouse, Julie R. Monroe

The Great Idea Finder website: <http://www.ideafinder.com/history/inventors/gilbert.htm>

Advertisement courtesy of Latah County Historical Society

Julie Monroe, maybe because she's a girl, did not get an Erector set for Christmas but did get a Midge doll one year. Midge was Barbie's cousin, and Julie's mother. Juanita, sewed a complete wardrobe for Midge, which included a green dress coat with matching beret.

A First Anniversary Gift for the Moscow Civic Association

By Lois Blackburn, President

The victory party on election night was a blast. Casa Lopez handed out their birthday ratchets and other noise-makers, and over the din, Kenton Bird led a couple of rounds of "Happy Days Are Here Again." Free shots of tequila were also up, but most of us didn't need to be any higher than we already were, just from the news: John Dickinson, Nancy Chaney, and Linda

Pall had all won places on the upcoming Moscow City Council. With Peg Hamlett already in there (voting against nonsense all by herself), Moscow's future looks bright again.

A great many people had worked very hard on this campaign (especially the candidates and Pam Palmer). A sore loser in the campaign publicly announced that the election was "...bought: the one with the most signs wins." Well, if it was bought, it was with many loyal supporters donating funds and many more running around after work putting yard signs all over the place: sweat equity. (And one of the losing candidates had BIG signs all over town.)

The Moscow Civic Association was formed from a conviction that a great many voices in the community were not being heard. If they could just get organized... Well, that's the thing about this victory that gives a person happy goose bumps: the victories in this election were a resounding affirmation from those voices. A substantial number of community


members really care whether they are heard by their elected officials, really want to know what is going on and have some input into it.

The political goal of the Moscow Civic Association had been to identify two progressive candidates who had never run for office before and might not have done so without encouragement and moral support. A great deal of preliminary work by the MCA Subcommittee on Elections and Debates went into finding these candidates, John Dickinson and Nancy Chaney. All of us were, and are, very grateful to John and Nancy for stepping up to the plate. They both ran robust, interesting, and straightforward campaigns. Behind them were members of the Moscow Civic Association, and other friends, making hundreds of telephone calls, doing door-to-door brochure drops in cold weather, staking out and replacing yard signs, raising funds, driving a "vote van" on campus, and otherwise devoting a portion of their lives to getting the candidates elected. Yippee, and Hooray! We're all still walking on an air cushion!

We didn't give it much thought on election night at the Casa Lopez, but we must keep in mind that this victory is only the first. January brings us a new beginning, and a new chance to keep Moscow moving in a direction that nurtures all its citizens and resources. That was the founding vision of the Moscow Civic Association and still is.

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Commentary

News from the West

By Auntie Establishment

The Germans have contributed many things to American culture over the years. The frankfurter. The hamburger. Sauerkraut. (Okay, maybe sauerkraut isn't so much a contribution as a curse. I suppose it depends on whether you're on the giving or the receiving end of its aftereffects. Sauerkraut eaters should never marry non-sauerkraut eaters because it just leads to marital discord, like when smokers marry non-smokers, or Democrats marry Republicans, or Baptists marry Satanists. It's a recipe for disaster. I happen to like sauerkraut on a frankfurter and . . . wait, that was a dead giveaway, wasn't it? I take it all back. I hate sauerkraut. Never touch the stuff. But I am the president of cigar-smoking conservatives for the Satan. No kidding. We're everywhere.) Anyhow, as I was saying before I rudely interrupted myself, of the many things that the Germans have contributed to American culture, one of the most useful is the word "schadenfreude," meaning the pleasure that one can sometimes take in the misery of others.

My mailbox is half a mile from my house. Every afternoon at four o'clock, I walk through the wind, the mud, and the rain to collect my junk mail. Cabela's catalogs, letters from creditors, solicitations for weight loss and penis enhancement. The usual. The roundtrip journey takes me about twenty minutes. Enough time to get good and wet. Enough time to get good and cold. Enough time for the sun to set.

This tends to make me feel sorry for myself. Ten years ago, I moved to Idaho purely for the scenery—well, for the scenery and for my partner, who was born and raised here and couldn't wait to get back. (A warning to those about to marry Muscovites: the natives of this region hear the siren call of the Palouse wherever they go. I know a young woman who recently moved back from Hawaii. On purpose. But I digress.) In 1993, I moved to Moscow, found a job, and began work on a novel. I thought I knew what I was getting into. I'd visited once before, in August, and enjoyed the dry hot days followed by the dry cool nights. I'm originally from North Carolina, where everyone spends the month of August feeling as if they're living in the mouth of a large, wet dog, so I thought I'd

found heaven. And then winter came. And the dark. And that walk to the mailbox.

Ah, the mailbox. Thank heaven for it, I say. Yesterday, waiting for me among the bills and the ads, was the November 19th edition of *The Lewiston Morning Tribune*, which, for once, brought me some news that significantly cheered me up. On page 2A, in the lower left-hand column, was the headline, *Barrow, Alaska, bids the sun good-bye*. This is where the schadenfreude comes in. You see, for the next two months, the residents of Barrow, Alaska, the northernmost city in the United States, won't see ray one of that bright, yellow, anti-depressant, Vitamin D-supplying, hydrogen-burning, starry agent of heat, happiness, and all things good that we call the sun. Not a flash, not a streak, not a scintilla. They will have zip, nada, no sunlight until January the 23rd of 2004. Imagine that. Imagine having to rely on televisions, computer screens, and sixty-watt bulbs to get you through Thanksgiving and Christmas and New Year's Eve, all of the claustrophobic, homicidal, Jack Nicholson-in-*The Shining* holidays. How do they do it? Does every full-spectrum lamp sold at the Barrow, Alaska Wal-Mart come with a complementary ax? Or do the residents just naturally stoic? Do they think to themselves, hey, it's dark—let's fire up the mirror ball and have an eight-week disco? It boggles the mind.

I know what I'd do. I'd move to Moscow and count myself lucky. Sometimes, schadenfreude is not only enough, it's all you've got. Well, that and the sauerkraut.

Auntie Establishment is the nom de plume of Moscow area writer Joan Opyr. She welcomes your questions, concerns, and comments at auntiestablishment@hotmail.com

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On the Water Front

By Dianne French

A coalition of Moscow civic, business, and conservation groups have submitted a petition for designation of a Critical Groundwater Area (CGA) for the Grande Ronde Aquifer and designation of a Groundwater Management Area (GWMA) for the Wanapum and alluvial/shallow aquifers that are within or tributary to the Moscow groundwater subbasin. This request to the Idaho Department of Water Resources (IDWR) is based on the well-known and fully documented historic decline of water levels in the Grande Ronde Aquifer, the history and current status of water usage in the region, and the unsuccessful efforts to date to reverse the aquifer mining and return to sustainable pumping levels.

"Critical ground water area" is defined as any ground water basin, or designated part thereof, not having sufficient ground water to provide a reasonably safe supply for irrigation of cultivated lands, or other uses in the basin at the then current rates of withdrawal, or rates of withdrawal projected by consideration of valid and outstanding applications and permits, as may be determined and designated, from time to time, by the director of the department of water resources.

We are in an area that already meets the statutory definition of a critical groundwater area (CGA), whereas a groundwater management area (GWMA) is one in which "the director of the department of water resources has determined may be approaching the conditions of a critical ground water area." Discovery of an October 29, 2003, letter from Mayor Marshall Comstock to Karl Dreher, Director of the Idaho Department of Water Resources, outlining the City's attempt to lobby the Department for the lesser designation stepped up the petition effort. Additionally, the Palouse Basin Aquifer Committee (PBAC) sent a representative to Boise to further discuss the matter with Mr. Dreher in order to "offer protection against a possible court forced designation of Critical GWMA" (PBAC Draft minutes October 16, 2003)

Mr. Dreher has indicated a desire to designate some status for the basin and is being strongly influenced by the City and PBAC to choose GWMA — that status allows for the status quo to continue. The CGA designation appears to be the correct des-

ignation, and Mr. Dreher needs to hear from the community itself. "We are tired of the backroom deals that Moscow city staff and PBAC seem intent on making. We are attempting to move the process into a public venue for discussion so everyone can be heard," says Kelley Racicot, board member for the Palouse Water Conservation Network, one of the several groups involved with the petition.

The petition process is guided by State Code (Sec 42-233a) and a public hearing will now precede decision making by the director of IDWR. The coalition is not "suing," or "filing a lawsuit" but rather following the same State codes that it expects Moscow, the University of Idaho I, and PBAC to follow.

A local advisory board will be appointed if the CGA status is designated. The petitioners have requested that representatives from the petitioning groups be appointed to that board. Currently PBAC is comprised only of elected officials and employees of the entities; there is no citizen involvement.

None of the other towns in Latah County pump from the Palouse basin; therefore, they will be unaffected by any change in designation in the Palouse Basin. Individual domestic wells are exempted from the regulations governing Critical Groundwater and Groundwater Management Areas.

The bottom line for the coalition is long-term sustainable use of our valuable groundwater resource in compliance with Moscow's Comprehensive Plan and State law.

Dianne French is a Board Member of the Palouse Water Conservation Network

T'ai Chi Ch'uan

Beginning class, Yang Style Short Form

The Yang Style of T'ai Chi Ch'uan is a series of slow, dance-like, connected movements which help with concentration, balance, awareness of the spirit and unity of mind and body.

Thursdays, Jan 22 - May 20, 2004
5:45 to 7:00 pm

Spectrum II Dance Studio,
525 S. Main, downtown Moscow
\$90 for 16 classes

To register, contact: Barbara Hellier,
208-875-1654 or Melissa Rockwood,
208-882-5472

Bulletin Board

MOSCOW FOOD CO-OP

moscow food co-op
221 east third
moscow idaho 83843

HIV/AIDS Forum

Wednesday, December 3, 7:00 p.m.
UI Law School Courtroom

Open forum for people living with AIDS, family members, case workers, etc. Sponsored by the UI Women's Center, 885-6616

Project Face-to-Face Reception

Thursday, December 4, 11:00 a.m. – 1:00 p.m.
Commons Reflections Gallery

Project Face-to-Face will be on display in the Reflections Gallery December 1 – 12. Sponsored by the UI Women's Center, 885-6616

AIDS in Africa

Thursday, December 4, 1:00 p.m.
Commons Clearwater Room

Join a roundtable discussion facilitated by Simba Tirima (from Kenya), and Amy Shipman who will be doing graduate research in Botswana. Sponsored by the UI Women's Center.

Natural Health Series

Thursday, December 4, 2:00 p.m.
Women's Center, Memorial Gym, Room 109

The rush of finals, stress of the holidays and winter break are looming. All of these things have a major impact on immune health. Come and learn what you can do to rejuvenate and keep your immune system in top shape with Gayle Eversole, D.Hom. PhD, MH, CRNP. Sponsored by the UI Women's Center, 885-6616

T Talk

Thursday, December 4, 7:00 p.m.
SUB Borah Theater

T Talk — the T is for Transgendered — is part education, part entertainment and is based partially on the Unitarian Universalist Church's sexuality education curriculum. Moscow's T Talk is sponsored by the Women's Center and the Gay Straight Alliance at UI.

Out — Problems on the Palouse

Friday, Dec. 5, 12:30 p.m.
Women's Center, Memorial Gym, Room 109

This locally produced documentary explores the challenges GLBT face on the Palouse. Discussion will follow.

Yoga Clinic

Sat., Dec. 6, 10:00 a.m. – 12:00 p.m.
Women's Center, Mem Gym Rm 109

Join Rachel Morgan for a 2-hour yoga session to teach you how to manage stress, breathe properly, and learn to use relaxation techniques to help get you through your day. Learn how yoga can help enhance your mental awareness and produce energy. Cost: \$10.

Book Signing

Saturday, Dec. 6, Book People, noon – 2 pm

Pamela Bettis, will be signing copies of her book, *Cheerleader! An American Icon*. At the signing, Pam will include a slide show of photos and cheers, both radical and traditional, used in her book.

Co-op Coffeehouse Music Series

live music at the Co-op on Tuesday evenings, 7pm to 9pm

featuring the Co-op's Es Dec. 2: Acoust

Inter Day C

Wedne UI Law

View the panel discussion followed by the Office of Rights, Center.

Mentor

Thursday, Dec. 6, 10:00 p.m.
Women's Center, Mem Gym Rm 109

Social gathering for students, staff, faculty, community members, and anyone interested in having or becoming a mentor. The goal of the mentoring program is to establish a positive and trusting relationship between a student and a more experienced woman who has a desire to help the mentee succeed in college, career and life. Everyone is invited to the Women's Center for food, drinks, and fun.

Victorian Christ

Saturday, Decem

The Latah County Hi invites you to an after traditional holiday m making, and refreshr bedecked halls of the Mansion, 110 S. Adan Call 882-1004 or e-mailchsoffice@moscow.c information.

Downtown Holiday Parade

December 13 • 7:00pm • Moscow

Mac Choir Goes "on Tour"

The Moscow Arts Commission Youth Choir: Palouse Empire Mall, Dec. 6 at 12:45 pm. • Opening act for the downtown Holiday Parade on Dec. 13 at 5pm in Friendship Square. • MAC Choir, University of Idaho's Holiday Concert on December 12 at 8pm in the Kibbie Dome.

For information about MAC Choir, call 208-883-7036.

Winter Solstice Juried Exhibition

Moscow Arts Commission Third Street Gallery

Opening Reception: Friday, Dec. 5, exhibition runs Dec. 5 – Jan. 16

Winter 2004 Herbal Wisdom Series

register now at the Co-op

Monday nights 7:00-8:00pm

Feb 9: Herbs for Immune System Support • Feb 16: Natural Brain Boosters • Feb 23: Everyday Aromatherapy • March 1: Natural Remedies to Ease Winter Depression • March 8: Herbs for Pets

Vigil for Peace

Pullman: First Friday of e month 12:15 – 12:45

Under the clock by the pullman downtown Pullman. 509/nancyw@pullman.com

Moscow: Fridays 5:30 –

Friendship Square, downtown Moscow. 208/882-7067, sperrine@potlatch.com

Special Collections Library
University of Idaho
Moscow ID 83844-2351

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

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

