

February 2003

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Tasty, Tasty, Tasty

By Vicki Reich

It's been over a year since our last tasting adventure, but it's back by popular demand. The Almost Annual Taste Fair has returned. On February 22 from 10:00 a.m. to 4:00 p.m., the Co-op will be transformed into a sampling bonanza. We will squeeze sampling tables into every available square inch of the Co-op and pile them high with

new products for you to taste. We'll also have local producers sampling their wares, and the kitchen will sample some of their fabulous food. There will be door prizes galore, so get out your calendar right now and mark the date, February 22. We'll see you here!



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

Community News



A Tale of Paper and Soap

By Kenna S. Eaton

You may have noticed some changes in our non-food department (that's where we sell toilet paper, laundry and cleaning supplies) and I think the story is worth sharing.

Some manufactures set up Every Day Low Price (EDLP) programs with their customers (that's us) and "7th Generation" was one of them. The idea behind these EDLP programs is two-fold. By offering us a low price on their product line, "7th Generation" was guaranteed that we would carry a wide selection of their products and we, in turn, agreed to pass on the savings to our customers. This made their products less expensive than they really should be, but also made the option of purchasing them more affordable to our customers. EDLP programs are fairly common both in the natural food industry and the main stream grocery stores.

This month, "7th Generation" de-

ecided to discontinue their EDLP program. This left the Co-op with some tough decisions to make. Did we really want to sell a roll of "7th Generation" toilet paper for \$1.15? We had been charging 85 cents for that same roll, and we felt that the new price was really too high. So we began to look at our alternatives.

Eventually we decided to replace "7th Generation, whenever possible, with a similar product with a lower price. To carry the example further, we now carry "Natural Value" TP for 55 cents a roll. This item is still unbleached, 100% recycled and 500 sheets per roll and quite a bit less expensive. When we weren't able to find a similar replacement, we kept "7th Generation." Overall, we lowered our margin on the whole department in an effort to keep these "gentle on the environment" products still affordable to you.

What's Your Co-op Fave?

By Therese Harris

I think we all have at least one thing that makes us willing to make a special trip to the Co-op. It might be a particular Deli product, a personal care item, or a fizzy drink. (Did someone say 'Oatie'?) What item does it for you? What starts every one of your Co-op shopping lists? When you meet someone who's never been in the Co-op before, what do you tell them to be sure to try? What do you always grab more of every time you come into the store, just in case there's none at home?

We'd love to hear about it and to feature it here in the Community News. Tell us about your fave in 200 words or less, by the 15th of any month, hand-written or typed and dropped off at the Co-op, or (preferably) emailed to the newsletter editors at <london@moscow.com>, <foc@completebbs.com>, and <jrmonroe@turbonet.com>.

C'mon, tell us about your secret Co-op jones. We'll only share it with our closest 2500 Community News readers!

One of our Favorite Things...

By Therese Harris

Every member of our household has a favorite Co-op item. The least vocal member of our family has a quiet way of showing that he'd like his Co-op treat: he jumps up onto the kitchen stepstool and holds up a paw to shake. The reward for this? Either some Kitty Kaviar (dried fish flakes) or a kibble of One Earth Cat Treats. Yes, Seymour is a cat.

When he first jumped up onto the stepstool as I rattled the treat can, he lifted a paw to bat at the can. I seized his paw, shook it gently, and said, "Shake? Good kitty!" Then I gave him his treat.

My husband rolled his eyes and informed me that Seymour is not a dog, and cats don't do tricks.

Here we are three years later and Seymour still jumps up and lifts a paw hopefully, whether the treat can is out or not. Seymour is definitely not a dog but he's willing to act like one to get his treat - from the Co-op!

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Co-op Art Opening

By Ryan Law

On February 14, 2003, the Moscow Food Co-op Art Gallery will present the combined works of Tatum Bolinger and Kasey Boeve, both University of Idaho students. The Moscow Food Co-op Art Gallery will have an opening reception opening February 14 from 5:30 p.m. to 6:30 p.m. The exhibit will continue through March 14, 2003.

These two women have known each other only for a short part of their lives, but to them, it seems as if they have known one another forever. They are each other's critic, crying shoulder, and soul sister. They feed off each other's artwork; this brings both good and bad results. They have a special connection which allows them to know what the other is thinking before she speaks. This communication aids in all aspects of life, but most of all, it brings much laughter. Kasey is very detail-oriented in her artwork.

Tatum, on the other hand, works more loosely and focuses on texture and the use of bold colors. They both love art because it allows them to work with their hands, expressing themselves in a visual way. Their concepts consistently involve emotional and personal issues. Kasey is in the B.F.A. program and plans to get her Master's Degree in Education. Tatum will graduate in May with a Degree in Art Education. Both enjoy helping others, which will be essential parts of their lives after college.

Last month, the Moscow Food Co-op Art Gallery had a special event. Local artist Henry Stinson, whose work is currently hanging at the Co-op Art Gallery, gave a painting demonstration. Henry is a wonderful portrait painter, and those who were at the art opening were privileged to see this artist at work. If you have not had an opportunity to see Henry's work, it will be up until February 13.



Welcome!

By Laura Long,
Membership Services

We have a new logo for our 30th anniversary, and after much demand from our shoppers, re-usable grocery totes have arrived. As a special "thank you" to our members, the Co-op will continue to run our January promotion. The Co-op will give you one of our new Co-op totes for paying off your lifetime membership. Just ask any cashier how much you owe, and they will be able to help you with your renewal. We will be able to continue

this offer as long as we have totes on hand.

I also want to invite everyone to come on down to the Co-op for our annual Taste Fair to be held Saturday, February 22. While you're out sampling some of Moscow's finest jazz music, why not come on down to the Co-op and sample some of our best products from local and organic vendors. I hope to see you here!

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20th of each month

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



The Volunteer Program

Annie Hubble and Janna Jones

The volunteer program has been cruising along very nicely in the last month, apparently on automatic pilot. The holiday season had Janna and myself very busily occupied at the register in our other lives as cashiers, and we didn't have a lot of time to share with the volunteers. But, yeah! for those volunteers. As I walk around the store, I see them everywhere, busily serving up coffee and salads, bagging chips, cleaning shelves, and generally helping in so many ways, and smiling, smiling, smiling!

We have had a couple of meetings with volunteer applicants. We have shown them around the store, into the dark recesses of The Back Room, and the Staff Room; explained the volunteer program; shown off the logbook; and explained the card system. And during all this, gotten to know the applicants better, thereby

making it much easier to place them in positions.

The new position of "bakery go-pher," an early morning job that I could never be on time for, has proved very popular and we filled all 7 days very quickly. I know these helping hands have made the bakers' jobs much easier, and we definitely want to keep those bakers happy! They produce such yummy things for us to eat! By time this article goes to print, we will hopefully have new volunteer faces in the Deli, helping to serve and helping to sanitize the recycled containers, and also someone helping out in Produce on Saturday nights. The jobs crop up continuously in all realms of the Co-op, so it is very much worth it for volunteer hopefuls to fill out that application form!

Thanks to everyone for doing such great jobs. You make our lives easier. And keep on smiling!

Wheat Grass Wonders

By Sara Robson, Produce Assistant

Wheat grass is everywhere these days, quickly becoming the “new age espresso,” offered in smoothies and juices, salads and even in tablets and powders. This highly praised plant is a member of the Graminae family and is represented in the varieties of Elymus species. Don’t let the Latin name scare you! Wheat grass is a green leafy vegetable that is commonly used as a supplement.

Ideally, wheat grass is taken about an hour prior to a meal. This allows the body to fully metabolize it without competing with other foods; it may also curb your hunger so you eat less at meal times. It is recommended to drink lots of water (at least a liter) with the juice to reap the optimum nutritional benefits. Taking wheat grass as a supplement in the mid-morning or mid-afternoon is a great time for a “green” energy boost.

As many of you may know, wheat grass packs a nutritional punch, including (per 3.5 grams) 860 mg protein, 18.5 mg chlorophyll, 15 mg calcium, 38 mg lysine, 7.5 mg vitamin C, plus an abundance of micronutrients, such as the B complex vitamins and amino acids. Wheat grass enthusiasts boast its potential to cure anything from cancer to dandruff; however, these miracle-healing properties are not medically proven. The research suggests that a diet rich in fruits and vegetables can be “preventative maintenance” for many ailments, and wheat grass is one more way to increase the veggie power of your overall diet.

One word of caution: wheat grass juice is high in vitamin K, which is a blood-clotting agent. People taking blood-thinning medications or people with wheat-related allergies shouldn’t drink wheat grass juice without consulting a health care professional. For those who are allergic to wheat, you may be able to eat (or drink) wheat grass. Wheat allergies are generally a response to the gluten (a protein) found in the wheat berry. Wheat grass is a vegetable, harvested prior to the plant forming the flower head.

Wheat grass juice is highly acclaimed and very useful for a healthy diet and body, making it that much simpler to go green! To prepare wheat grass juice that is easy to take on a daily basis, simply puree wheat grass to a pulp in a food processor or with a mortar and pestle, strain through a sieve or cheesecloth. After you have the concentrated juice, add enough water to fill an ice tray and freeze. Take three to four ice cubes per day (add to juice or water). Another higher tech option is to buy a specialized wheat grass juicer.

You can find fresh organic wheat grass in the produce section of the Co-op, and it is a good possibility that in the future the Deli will have it available to add to smoothies and juices. If you would like more details on the subject, some informative websites about wheat grass are <www.wheatgrass.com> and Web MD Health. Also, for all you animal lovers out there, pets like it too – especially cats!

Personal Care Corner Grapefruit Seed Extract

By: Brenda Guettler

“Nothing is rich but the inexhaustible wealth of nature. She shows us only surfaces, but she is a million fathoms deep.”
Ralph Waldo Emerson

When walking through the produce department at the Co-op, admiring the selection of organic fruits and vegetables, take an extra close look at a grapefruit. See anything special? It is hard to imagine that this yellowish pink fruit has such amazing and diverse qualities. So diverse in fact that veterinarians, physicians, and hospital janitors alike are beginning to use a product extracted from grapefruits more and more.

Grapefruit Seed Extract (GSE) is prepared from the seeds, pulp, and white membrane from the fruits of the grapefruit. Due to the research instigated by a Yugoslavian born physicist named Dr. Jacob Harich (1919-1996), new light has been shed on the fruit of *Citrus paridisi*. After World War II, Dr. Harich was enjoying a grapefruit for breakfast when he accidentally bit into one of the seeds. It was extremely bitter, which intrigued this young scientist. He was able to expand his research of the grapefruit seed after moving to Florida in 1963. Dr. Harich’s claims prompted other institutions in Florida to research GSE. In 1990, GSE began receiving some attention from holistic health care practitioners who started recommending GSE to their patients for its powerful anti-microbial properties.

To understand what makes GSE such an amazing product, it is helpful to know a little bit about seeds in general. Seeds contain the genetic codes to create another plant. In some cases, they are the only way that a plant has of reproducing. Seeds are obviously very important, and so many protect themselves from the various bugs and microbes that could destroy them with chemicals. In grapefruit seeds, these chemical protectors are called polyphenolic compounds. Many seeds have chemicals that provide protection; polyphenolic compounds in grapefruit seeds are special because they can easily be converted into a form that is safe for human use. The chemicals in other seeds are often considered toxic to humans and animals.

GSE by itself is extremely acidic and is generally diluted with glycerine. For example, the GSE liquid we carry at the Co-op by NutriBiotic is 67% vegetable glycerine and 33% CITRICIDAL (the registered trademark form of GSE used in NutriBiotic products). “In hundreds of laboratory tests, GSE has demonstrated its ability to kill or inhibit the growth of a wide array of potentially harmful bacteria, fungi, viruses and protozoan parasites.” (Sachs, 1997). A study by the Bio Research Laboratories of Redmond, Washington compared chlorine bleach to GSE and found that GSE was superior to chlorine bleach at killing organisms like E. coli. and Salmonella typhi. More and more studies like this are proving GSE more effective than common disinfectants like alcohol and bleach. Some farmers are beginning to use it as a way to extend the shelf life of their fruits and vegetables instead of chemical sprays.

The uses for GSE are diverse and luckily it is more ecologically sound than some of the products that it could potentially replace. Veterinarians have used it to cure ear infections in cats and dogs, purify raw meat given to pets, and treat Giardia. It is becoming more popular as a disinfectant in hospital laundries and for household use as well. The potential for human use is also extensive and exciting. Its properties could potentially treat dandruff, sore throat, nausea, cold sores, and the list goes on and on. Its use as a water purifier is still being tested, but campers may want to add it to their packs to use as a first aid spray, food rinse, and biodegradable dish soap.

As those of you who have tried to take this product internally can attest to, the taste is quite potent, so just make sure you follow the recommended dilutions. For those of you who just can’t handle the taste, we also sell GSE in tablets. As always, be sure to consult your health care professional or veterinarian before using GSE for human or animal use.

References:

“The Authoritative Guide to Grapefruit Seed Extract,” Allan Sachs D.C., C.C.N., LifeRhythm, 1997.
Gale Encyclopedia of Alternative Medicine, website: www.gale.com

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Eyewitness to Co-op History

By Ariana Burns

I worked from October 1991 through April 1996 when the Co-op was located in the old KFC building on Third Street by the Micro Moviehouse. My jobs included: Baker's Assistant, Assistant Bakery Manager, Clerk/Stocker, Janitor, and Graphic Artist. And this is how it happened.

I returned to Moscow in the fall 1991, flat broke after fruitlessly searching for work in California. Former college classmate, Kim Bouchard, told me that her partner, Ed Clark, needed help in the Upper Crust Bakery at the Food Co-op.

I hadn't ever been in the store. We parked in the Food Co-op lot to go watch art house films at the Micro. Ed asked me what experience I had with baking, herbs, and organic foods. Answer: none. He said to fill out an application. An interview with Kenna Eaton followed; she offered me a job and apologized that she could only pay me \$4.85 an hour. I was in heaven! I'd never been paid so much. I played it cool and agreed to put up with the indignity, as I needed the work.

I thought baking bread was simple. You tossed ingredients in the spinny thing, dumped the dough in a pan, put the pan in the hot thing, and viola! Bread! Nothing could be further from the truth. It marked the beginning of an educational process and a great deal of growth for me as a person. I never did learn to be an excellent baker. Ed used a certain magic that I never managed to replicate. The magic suffused the bakery and all the work we did.

The store supported all sorts of endeavors. Local conferences were allowed crash space. The yoga classes got started upstairs. We supported the Magic Bus when it was running commuter service between Moscow and Pullman and encountered vandalism and death threats. The store even supported me in my theatrical endeavors. I was allowed use of the upstairs for an AIDS information and outreach project.

One unique trait of the Co-op was that it was not obsessed with making money. It encouraged healthy, low impact living, and making conscious choices about your life and lifestyle. There were times when the vegans outnumbered the carnivores and vice versa. And we all drove each other mad with whether or not we were staying true to the Co-op mission. The staff and volunteers had (and still

have, I assume) a fierce love for the store. It was this notion that makes and keeps the Co-op special.

Here are a few random memories:

◆ Racing with Marla and Erika to get orders checked in.

◆ Every third person who didn't have his/her membership card pointed out that he/she was one of the founding members and didn't need to carry a card. From this information, I'd reached the conclusion that more people started this Co-op than attended Woodstock.

◆ The store bought a freezer from Third Street Market. It was decided to roll it down to the Co-op rather than wrestle it into and out of a moving van. I remember several people walking it down the street and waiting at Jackson for the light to change.

◆ M.A.S.H. star, Mike Farrell, visited the Co-op, and Kenna got to sell him his purchases.

◆ A "Daily News" op-ed referring to us as "the land of the smelly, unshaven pit women." Ed suggested we run advertising promoting our healthy and environmentally kinder bathroom products. (We were forced to concede that we were guilty of the unshaven part.)

◆ Working Christmas Eve and sipping Kahlua and coffee that one of our co-workers thoughtfully provided for that always quiet night.

◆ The discussion of how to deal with mice, and Mare transporting the offending mice to her land.

◆ Natalie Shapiro order bizarre looking herbs and produce and using them to create strange concoctions for lunch and offering to share.

◆ My last day on the job, a box of bottles got away from me and crashed to the floor. I received minor cuts, and one of which was bleeding quite industriously. I sat on a box of compost and trying to stop the bleeding. Ken Nagy assured me I would need stitches. One woman asked if she could look at my wounds. She assured me it would be alright. She was a veterinarian.



How Can YOU Help Celebrate 30 years of Co-operation?

By Kenna S. Eaton

Here we are beginning our year-long celebration, and I thought it would be a great time to ask for your help in designing the events. We've been working on several different ideas; some new, some recycled that we think would be fun. Here's what we come up with so far:

January: Re-membership Drive. For completing your investment into the Co-op (\$150) we had a free reusable shopping bag with our new Sunflower logo. For those members who chose to join or re-new, there was an opportunity to win a "Thai Kitchen" cooking ensemble complete with wok, "Thai Kitchen" products and a sack full of veggies.

February: The Taste Fair. It's been a year since our last one. This all-day party features local producers and their products. From 10:00 a.m. to 4:00 p.m. we will offer samples of many of the great foods we sell here at the Co-op, including our very own Co-op kitchen goodies.

March: a Membership Appreciation Day on the tenth where every member who shops will get a discount on their purchases up to 10%. Plus, our annual Membership Meeting held later in the month, scheduled for March 27 at American Legion Cabin.

April: in recognition of 30 years of Earth Days at the Co-op, we will once again have the Village Bike Project here on April 26 to take your donations of gently used mountain bikes and help you with on-the-spot bike repairs. We are also planning a forum for the same week on an earth-centered theme: Dirt? Soil? Farming? We'll see!

Now comes the part where we need your help. What fun ideas do you have for May, June, July, and August? We're planning a large street party for September (if we get City approval) with music and dancing, but what else can we do? Help make this your celebration by sharing your ideas: new or recycled, we're not fussy! You can email me at <kenna@moscowfood.coop> or stop me in the store next time you're shopping. Thanks.



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The Buy Line

By Glen Recknagel

One of my favorite duties as the Assistant Grocery Buyer is helping select the products we carry at the Coop. I have been a grocery buyer for all of about four months now, but you learn quickly here at the Coop. The natural food industry is growing rapidly, and it's not hard to find new products. We have advertisements, customer comments, sales calls offering great deals direct, and most importantly, grocery brokers to help us sort through the latest and greatest products on the market.

About every six weeks or so, one of our brokers comes calling with boxes of goodies. Yes, sort of like Santa, but without the drama. The goodies are samples of new products from the companies the broker represents. The taste test is the most important; after all, it is food we're talking about, and the brokers bring plenty of samples of food in every department. I'm sure you can imagine this makes for a strange lunch sometimes. Half a bowl of Honey Rice Puffins, a spoonful of Horizon Fruit Gels, a couple Pico de Gallo Chips, one bite of a Clif Bar, and wash it down with two ounces of Just Tart Cherry juice. With experience, you learn to test in just the right order, checking the ingredient lists, scrutinize packaging, checking the price point, and finding shelf space for the products that make the cut.

Here are a few products that have recently made the cut:

Genisoy Soy Crisps. A favorite of many Co-op staffers, Soy Crisps, have arrived in two new flavors. These baked, low fat snacks are available in Creamy Ranch, Roasted Garlic & Onion, Zesty Barbeque, and now Rich Cheddar and Salt & Vinegar.

Lundberg Rice Chips. These are definitely my favorite new snack at the Co-op. Available in Sea Salt or Santa Fe Barbeque, Rice Chips are vegan, wheat, and gluten free snacks with more crunch and flavor than most rice or soy snack alternatives. Look for Sesame Seaweed and Pico de Gallo flavors soon.

Kettle Organic Potato Chips. Many of you have already found the new organic potato chips from Kettle. That, or they have been jumping off the shelves into your carts. The new Summer Herb and Chipotle Chili have been selling fast. You've got to try these great tasting organic chips from our neighbors in Oregon.

Bionaturae Tuscan Tomatoes. Named for the renowned tomato-growing region in Italy, these organic plum tomatoes are available diced, crushed, whole peeled in 28ounce cans or as puree in seven-ounce jars. Excellent way to jazz up your favorite tomato-based dish.

Guayaki Yerba Mate. This 100% organic coffee alternative is now available in three new flavors: Greener Green, Mate Rooiboost, and Mate Chocolate. As one Co-op staffer put it, "I feel energized without the ups and downs of a coffee buzz." Guayaki has great informative packaging and is a company dedicated to a sustainable future. Try it with your favorite flavored soymilk next time you need a little jump.

Lundberg Wild Rice and Rice Blends. Lundberg has packaged four new organic rice blends in reclosable eight-ounce packages: Wild Rice, Quick Wild Rice, Wehani & Wild Rice or Basmati & Wild Rice. All four have great cooking instructions and tasty recipes listed on the package. The Quick Wild Rice cooks in half the time for healthy fast food at home.

Flavorganic Syrups. Try these new gluten and GMO free organic syrups over pancakes, waffles, and ice cream or in coffee or mate. These syrups come in 8.5 fluid ounce bottles, available in Raspberry, Amaretto, French Vanilla and Hazelnut.

Julie's Ice Cream. New in the freezer, you'll find four flavors of Julie's Organic Ice Cream. Available in Mint Chip, Chocolate, Marion Berry, and Vanilla, Julie's ice creams are certified organic, ensuring they are free of pesticides, preservative, chemicals, additives, food coloring, and genetically engineered ingredients.

Cascadian Farms Frozen Peaches. Also in the freezer, organic, sliced, frozen peaches in ten-ounce packages. Eat them plain, over ice cream, or in your favorite fruit salad.

And remember, new products arrive all the time, so be on the lookout!

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Bonterra Wines of Distinction

By Dani Vargas, Wine and Beer Overseer

"When we set out to make a wine of distinction, we had to make the right choices. For Bonterra, that meant the choice to use organically grown grapes because we have learned through experience that only organically grown grapes can express the purity and intensity of varietal character that a truly great wine requires. Bonterra grapes offer a quality of fruit and vibrancy of taste that's unparalleled in the world of ordinary wines." (Robert Blue, Winemaker)

The Bonterra Ranch consists of a 378-acre vineyard located in the Russian River benchlands of Mendocino County, California. It is the passionate belief of all involved with Bonterra that organic viticulture is the right and the best way to grow grapes.

The principal guidelines for organic farming are to use materials and practices that enhance the ecological balance of natural systems. Organic production integrates the parts of the farming system into an ecological whole. The ultimate goal of organic is to optimize the health and productivity of interdependent communities of soil life, plants, animals, and people. Bonterra is committed to organic farming and have been for 13 years. They have created an organic viticulture program that works for them.

Eight key elements make up this successful program; they are:

1. Birdhouses: Placed to attract bluebirds and swallows, which consume unwanted insects.
2. Chicken Coops: Free-range chickens eat cutworms and other insects.
3. Soil Management: Cultivation is practiced to regulate competition for

nutrients and relieve soil compaction.

4. Biodiversity: A major contributor to the quality of their wines that requires both plants and animals for success.

5. Integrated Pest Management: Nectar rich plants attract beneficial insects that protect vineyards from pest infestation.

6. Habitat Divides: Insect life is bountiful within these divides. They are attracted to the variety of native wildflowers and other plants.

7. Cover Crops: Yellow mustard is one of the many crops grown and plowed into the rich soil.

8. Compost: The typically heavy clay soil found in the Mendocino County region is lightened with compost created at the Bonterra Ranch.

Robert Blue, the Bonterra winemaker, has worked incredibly hard to ensure his wines meet their requirements. He has raised the bar for many, becoming one of the first wineries in the world to be granted certification from the UK's Soil Association.

The Soil Association's standards are more demanding than general EU organic standards; they are considered to be the "Gold Standard" of such credible organic certifiers. Bonterra is also the first major wine brand to carry the Soil Association logo on its labels.

"The work being done by Bonterra to spread the word about the principles and practices that lie behind their range of organic wines is an important contribution to the work of the organic movement as a whole," said Patrick Holden, Director of the Soil Association.

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From The Suggestion Board

If you could find New Moon Chai concentrate, especially the orange or Frog's Leap Wine, it would be great. I've carried New Moon Chai from Pacific Foods in the past, and it did not sell. You can still special order it by the case - Vicki, Grocery Manager. At the moment, we only carry organic and local wines. Have you checked at the Moscow Wine Company? —Dani, Wine and Beer Department Manager.

Please stock more organic havarti cheese. Half the time I want it, it's out. Boo Hoo. Unfortunately, this cheese has been out of stock at the warehouse for some time. We keep ordering it so hopefully it will be back soon—Vicki.

Please carry "the Keeper," an environmentally conscious, safe tool for women on their menses! Thanks.

Sorry, I have no wholesale distributor for this product—Carrie, Personal Care Manager.

I am disappointed that you no longer carry the regular oatmeal. For some odd reason unbeknownst to me, the organic oats give me gas (or maybe I should say significantly more gas). So, I would like you to bring back the regular oats. I cannot justify buying a whole 50# bag of oats. How do I go about getting some regular oats without ordering a 50# bag? You can order non-organic oats in 25# bags—Vicki.

I recently read that flax seed is heat and light sensitive. Perhaps it should be kept refrigerated in a dark container? Flax is heat and light sensitive in its oil and meal form, not so much in its whole seed form as the oils are not exposed. If you buy whole flax seed in large quantities, it is probably best stored out of high heat and bright light. The flax seed in our bulk container turns over often enough as to remain fresh—Carrie.

You have what looks like whole-wheat pasta in the bulk section labeled brown rice. There is no other whole-wheat pasta. Could you perhaps have the wrong label? You seem to have stopped carrying the whole-wheat bulk pasta. Please bring it back. Westbrae, the manufacturer of bulk whole-wheat and corn pasta, has stopped making all of their bulk pasta. I have been searching for a replacement ever since but have only found whole-wheat lasagna. I will continue to look. Until I find a bulk replacement, we have Bionaturae whole-wheat pasta in packages. It's very good. And, yes that really is

brown rice pasta in the bin —Vicki, Grocery Manager.

Could you bring back Barbara's Honey crunch stars? My son will really appreciate it. These were a slow seller for us, but I can special order them in lots of three boxes—Vicki.

Moscow Co-op Brand Acidophilus is the best in town—and almost the cheapest! We missed it when it was sold out, but now it's in. We will try to keep it in stock all the time—Carrie, Personal Care Manager.

The health food store in Lewiston carries a brand of soy with no sugars and with Splenda, It tastes great. It was Hanson's, I think. Peach, Berry and other flavors. Can you get these also? Please! I also would like to see this Hanson brand added! Look for these soon—Vicki.

You should have the individual serving sizes of soy milk in plain. They're here —Vick

I'd love to see you carry a product called Cardia Salt. Thanks. I'm sorry, but this product is not available from any of our distributors—Vicki.

I would love to be able to purchase Numi Jasmine tea right here at my favorite store! Currently, I purchase it at Fred Meyers. You can now buy it here —Vicki.

Can you get bulk kamut flour? The grain is grown around Ft. Benton, MT. I'm sorry, but I don't have a source for it in bulk. I can get it in packages. Would you be interested in that? —Vicki.

Could we somehow double the space for free reading material in the store? Ten slots are just not cutting it anymore with all the great groups and their publications, e.g. Friends of the Clearwater, PCEI, Stonewall, Wartimes, Adult Day Health, The Nobody, Earth First, Hedra News, etc., etc. If there were space to add another magazine rack, I would be happy to fill it with free material. However, with the number of magazines that we carry, we cannot give up another full ten slots to free material. If you have any ideas of where it would be practical to place another rack, I'd love to hear it. I have looked around and just can't see a spot that would work—Carrie.

I would like some fish analogs—tofu tuna or fish cakes, etc. We carried Tuno for a while, but it did not sell. I can special order it for you. I don't know of any other natural fish

alternatives, if you have one in mind let me know—Vicki.

African coffee other than Sumatr, e.g. Kenya, Ethiopian, or Yemen. Thanks! I will try to find another organic African coffee—Vicki.

Coppola's Pasta Sauce—the kind with the olives is amazing! Also organic since my dad's roommate would not have eaten it. I have not brought in this product because it is almost \$2.00 more expensive than our most expensive pasta sauce, and I don't think it will sell. If I get more requests for it, I will give it a try—Vicki.

Chantra Melior Medical Fund Update

By Erika Cunningham

Hello, it's me Erika. Welcome to February. If the promise of January's weather comes to fruition in February (you know, that strange "non-winter" winter some call El Nino), you're probably looking for something fun and indoors (to avoid the mud) to do. You're in luck. A bunch of us have gotten together an Aquarian Birthday Party for you to kick up your heels at.

We're having the first ever Aquarian Birthday Party/Silent Auction/Snack Potluck. What?! When: February 8, 2003, 6:00 to 10:00 p.m., at the Unitarian Church in Moscow. WhoohWhoo!!! Come boogie your butt off (remember the decadence of the holidays? Time to get movin'!) We'll have the swing/bluegrass sounds of Blackberry Jam, and the world celebration rainbow rock of Sagin' Time to scoot around the dance floor to. The party is a snack potluck, so bring a munchie, something to eat or non-alcoholic to drink, and we'll provide something to eat on and with, and something to drink out of.

If February isn't enough reason to get you out of the house with your dance shoes on, then how about another great reason. This party is just one in a series of fundraising events put on by the Chantra Melior Medical Fund People. They are the people hoping to help Chantra and her mom, Annie Hubble, with some outrageous medical bills. Several months ago, Annie approached me with an idea to help her raise a bit of extra money to help out with the cost of helping Chantra with her problem of endometriosis. I thought, "Sure I'll help." Well, a bunch of other people said they'd help too, and the next thing you know, there's over \$6,000 in the bank!



Alright, it didn't happen over night, and many (and, I mean, many) people have helped and continue to call every day with offers of items to auction, time to give, ideas to make money, etc., but it does seem to be adding up unnaturally fast! (In my experience, money does not pile up easily.)

We have a goal, around \$15,000, so we do have a ways to go. And that's why we're having the Aquarian Birthday/Silent Auction, which, as I said, will be held on Saturday, February 8 at the Unitarian Church from 6:00 to 10:00 p.m. Because it's both a party and a fundraiser, a \$5.00 donation is requested at the door. In addition to the snack potluck, there will be a cool Silent Auction downstairs! Please come and help celebrate.

There are lots of ways to help, aside from coming to the party, that is. There are donation cans at the Moscow Food Co-op, Book People, and Insty Prints. You can make a donation at First Bank, on the corner of Third and Jackson, to the Chantra Melior Medical Fund account. You can call me (882-0191) or Annie (882-9793) if you have something to donate for the Silent Auction (or even for the White Elephant Auction slated for later this spring). In addition to the Aquarian Party, more events are coming; more local bands have donated playing time (Oracle Shack, Steptoe, Potato Head) and local people have donated their efforts, arts, creations, care, and attention. Tune into next month's newsletter for the next exciting event!

Erika Cunningham is a Massage Therapist and Yoga Teacher and a longtime lover of the Moscow community.

2% Tuesdays: IdEEA

By Ashley Martens

Learning how and why to organic garden, planting trees for wildlife, seeing a Cedar Waxwing for the first time, watching a lynx chase down a snowshoe hare, learning about weather patterns and our effects on them – all of these are forms of necessary, crucial environmental education in our world today. At the Idaho Environmental Education Association (IdEEA), we believe that education about the environment clarifies our understanding of the world and our roles in it. Providing such education is IdEEA's mission.

IdEEA strives to connect Idaho teachers and students through education with resources to help them better understand their relationships with and impacts on the environment. We hope, as does the Co-op, that this will result in healthful consequences to both the consumer (teachers and students, in our case) and the environment. In fact, studies have shown that using the "Environment as an Integrating Context" (EIC) for learning boosts test scores while at the same time increasing sense of place. IdEEA is facilitating this interdisciplinary, hands-on, minds-on, grounded-in-the-real-world teaching framework in eight schools across the state. The Renaissance Charter School in Moscow is one of those schools. We hope that the EIC program will result in healthful consequences in our community and in seven other communities in Idaho.

IdEEA's roots are growing deeper in the Moscow community. We have many members that live and

teach in the Palouse region. Two board members, Greg Fizzel and Steve Hollenhorst, live in the Moscow area and are helping our organization to grow in this part of Idaho. IdEEA hosts an online clearinghouse of environmental education (EE) resources and an annual EE Summit. In these ways, we are building communities of environmental educators throughout the Moscow community and throughout the state. Like the Co-op, we strive to provide informational networks and a sense of community for our constituency.

Two percent of proceeds from Co-op sales on Tuesdays in February will be used to support the organization and the presentation of the March 2003 Idaho Environmental Education Summit in Idaho Falls. The Summit's theme for this year is "Deep Roots, Abundant Fruits." IdEEA will provide field trips and workshops for teachers to learn about a variety of environmental education topics including schoolyard gardening and organic farming. In addition, Moscow author Mary Clearman Blew will be joining us as our keynote speaker to discuss "Paradise Reinvented" – connecting to place through writing. The summit will be a unique, enjoyable, and priceless opportunity for educators across the state to gather together and strengthen their EE teaching practices, background knowledge, and techniques as well as to build a community of environmental educators.

For more information about IdEEA or the ID EE Summit, please contact Ashley Martens at <ashmartens@yahoo.com> or Donny Roush (Executive Director) at <donny@idahoe.org>.

Ashley Martens is a former IdEEA board member.

February Staff Profile: Sara Robson

By Carol Spurling

Get yourself invited to Sara Robson's house for dinner, and you'll find yourself immersed in an eclectic Eastern experience. Thai soup, Nepalese style rice, lentils, and curry comprise the menu. "Because I'm an eclectic kind of person," Sara said. "Pie for dessert. But you wouldn't really need a salad with all of that."

And though you wouldn't be forced to, you would be encouraged to eat your rice and lentils and curry with your hands, as the Nepalese do. Clearly Sara's been somewhere most of us have not.

Sara has been stateside less than a year since her two-and-a-half-year Peace Corps stint in Nepal ended last spring, and she's still adjusting. "I traveled around for a few months afterwards. Europe was a good reintroduction to Western culture. I had to spend money, for one thing," Sara said. "In Nepal you just don't."

The land, her host family, and the villagers there are still in Sara's heart. She brought her Nepal scrapbook to show me her bedroom window's view of mountainous terrain and pictures of people she grew to love while she was working among them.

Sara knew as a youngster that someday she wanted to join the Peace Corps, which might explain why she got so much out of what is a notoriously challenging and sometimes disillusioning experience.

"Overall my stay was amazing. Above all, the hardest thing I had to do was say goodbye to my host family and my community. And one of the most frustrating things was learning the language and basic communication," Sara said. "But the fun part was walking to the river near my village, teaching the kids, and birdwatching." Her work there included teaching environmental education, doing kitchen garden training, and even helping porters (workers in Nepal's busy trekking industry) learn some basic English.

Working outside has always been Sara's preference; one of her past "odd jobs" was working as a firefighter at Priest Lake. Before leaving for Nepal, she worked for the noxious weed board

in Whitman County; upon her return, she worked for Crossroads Nursery and then began volunteering at the Co-op. "There is such a network of neat people at the Co-op," Sara commented, explaining how her work at the Co-op has helped her boyfriend hook up with folks working with straw bale buildings.

She was hired as produce assistant at the Co-op in November, and when we talked in January, was busy



filling in for Dani, the produce manager, who was away on vacation. "I'm doing more ordering and learning a lot. It's a continual learning thing," Sara said.

Learning appears uppermost in her priorities. She is looking forward to taking a noxious weed class at the University of Idaho, and eventually earning her Master's Degree, and perhaps teaching. She has a B.A. in Natural History from the University of Montana.

Sara grew up in Coeur d'Alene and came back to Moscow after Nepal because her boyfriend Peter lives here. "We made it through the three years," Sara said, sounding both proud of and amazed by their fortitude during the long separation.

I'm willing to bet that this same fortitude, along with the positive attitude that got her to Nepal and helped her make the most of her time there, will serve Sara well wherever she goes in the world.

Carol Spurling is a bookseller and writer who is finding herself inspired and encouraged by the Co-op staff she interviews for these profiles.



Our Unique Bakery

By Amy Richard,
Deli/Bakery Manager

*"Bread deals with living things,
with giving life, with growth, with
the seed, the grain that nurtures.*

*It's not coincidence that we say
bread is the staff of life."*

—Lionel Poilne

Why should you buy bread from the Co-op? Is it any different from the other bakeries and supermarkets in town? Yes. Take a look at the ingredient list on any of our breads. There is no hydrogenated

anything, no artificial colors or flavors, no unpronounceable additives. We use organic flours, organic milks, organic fruits, seeds, and nuts. Real food made by real hands of people in our community. Joseph, Michelle, Eric and Aly – good people who work very hard to make the best bread they can.

Why should you buy bread from the Co-op? Because you care about your health. You won't accept pesticide-laden, bleached white bread full of additives and questionable ingredients. You care about your environment and your community. Oh, and because it's delicious!

How the Election Process Works:

There are four candidates standing for election to four open positions on the Co-op Board of Directors. The terms of office are for 2003-2006. Ballots will be mailed to all Co-op members during the first week of February. All members may vote through February 28. Ballots should be placed in the labeled ballot box at the Co-op. Votes will be counted on March 1. The new slate of directors will be announced at the Annual Membership Meeting scheduled for March 27.

Board Candidate Statement

Theresa Beaver



I moved to Moscow in 1991 and since that time the Moscow Food Co-op has nurtured me through the healthy food it offers and through the sense of community I feel every time I enter the store. I now feel it is time for me to give something back to the Co-op by serving as a Board member.

Like the Co-op, I have a strong interest in the local food system. I am interested in doing whatever I can to help support and promote an increase in the number of local small acreage farms. I believe this can be accomplished by increasing the community's awareness of the importance of buying locally produced food whenever possible.

Board Candidate Statement

Mark Mumford



I am a candidate for re-election to the Co-op Board of Directors. I became a member of the Board in 2000, shortly after the Co-op moved to its present location. During these three years, the Co-op has experienced phenomenal growth, thanks to the work and dedication and talents of the Co-op staff and management and the commitment of Co-op members. It has been a pleasure serving on the Board during this time and participating in the Co-op's success.

In the midst of this success, the Co-op faces a challenge: how to maintain our growth; how to plan thoughtfully and responsibly for the Co-op's future; and, in this process, how to best serve Co-op members and our community. I am a candidate for re-election to the Board because I would like to continue in the planning process the Board has begun, and to continue to direct the Co-op on its path of continued success.

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 Recipes - Nutrition - Food Reviews - Wine
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 - Cuisines - Conservation - Business Partners
 - Profiles - Schedules - Board - Recipes
 - Nutrition - Food Reviews - Wine Reviews

Board Candidate Statement

Mike Forbes



Hello. I'm Mike Forbes. I was appointed to the Board of Directors one year ago after a position was vacated. My term is up, and I'm running for the position again. As a Board member, I've been active with the payroll task force and finance committee. I enjoy these roles because I have a strong interest in worker livelihood and local economic issues.

I moved to Moscow four years ago to live and work at a local farm while also working as a firefighter for the city of Spokane. I'm still a firefighter and my wife, Lahde, and my son, Owen, and I live north of town in an old farmhouse we power with wind and solar energy. I have a passion for alternative energy sources and hope to help educate others on the benefits of renewable energy in the future.

I've been a member of different co-ops for about 10 years now, and I believe in the community they create and support. Providing good products and food, a place for people to work where they are treated well and paid fairly, supporting local farmers and merchants, and being an active part of the community are all roles that I see important for our Co-op. How you implement these roles takes work from the staff, members, community and the Board of Directors.

I will bring an open ear to listen to all involved with the Co-op and a voice to express my opinions when needed.

Board Candidate Statement

Bonnie Hoffmann-Boyd



To all my fellow Co-op members: My name is Bonnie Hoffmann-Boyd, and many of you may know me already as the Secretary of the board of directors for the last three years. Others of you may remember me as a cashier seven years back when the Co-op was still at the old KFC. I originally became a board member because I felt that some of my past experiences could be useful in helping the Co-op continue to move in a positive direction.

Because I enjoyed the experience of being a Board member and deeply believe in the philosophy, the staff and products, I am asking once again for your support for the next three years. During my tenure, I served on the finance committee, and I feel that we have made some great strides. I would like the opportunity to be part of the ongoing effort to meet and hopefully exceed your expectations. I feel that with my knowledge of finance and budgeting I would continue to be an asset to the collective effort of the board, the staff and the membership.

I would like to add that, although it would be an honor to be on the board again, I also recognize that new blood, fresh ideas, and a variety of talents are important in assisting to shape the future of the Co-op.

So, on election day, vote for whomever you think would benefit the Co-op and its members, whether that be me or someone new. Either way, I will remain, in some fashion, dedicated to the Co-op, as I have for the past fourteen years.

HOT LUNCH
for Grown-Ups
 The Moscow Food Co-op
 Deli offers healthy
 hot lunch specials
 every weekday

Co-op Helps African Villages Get Bicycles

By Dave Peckham and Sunni Rodgers

Last spring, the Co-op donated to the Village Bicycle Project (VBP) through its 2% Tuesdays for non-profits program during the month of April. A total of \$638.42 was raised, enough to enable the Co-op to sponsor two VBP bicycle workshops.

Usually a Peace Corps volunteer living in the village requests our assistance and organizes the event. Twenty people who are able to pay half the normal price of a bicycle, attend a one-day workshop on bicycle maintenance and repair. In return, they get a bargain bicycle, along with some skills to help keep it running.

In late November, VBP trainers George Aidoo and Samson Ayine journeyed to the village of Liati Agbonyra for the first of two workshops sponsored by the Moscow Food Co-op. They spent the first half of the day working with Liati's bicycle repairers, performing major repairs on the fleet of 20 bikes that were to be distributed the following day after the workshop. George and Samson were able to teach the local repairers a few of the details about the newer bikes.



Kwami Fie has about a 10 mile commute to and from his mango farm. He has been riding a heavy old one-speed bicycle to work for many years. The one-speed is difficult to ride in the mountainous terrain. Kwami is now able to ride to and from work with ease, and has cut his transport time in half.

The day-long workshop focused on maintenance, how to make minor adjustments and repairs, and how to avoid small problems from becoming destructive. A set of tools was given to the village for everyone's use.

The majority of people living in Liati Agbonyra are subsistence farmers, which makes it difficult for them to earn a stable income. Most villagers farm yam, cassava (tropical tubers), palm nuts, maize, and a small amount of local vegetables. It is our hope that these bicycles will help rural people become more productive, enabling them to stay in their villages and continue working their land. If Kwami (see photos) can expand his mango farm, maybe there will be enough work and income to employ his grandchildren. If Emmanuel can make enough money from his kente weavings, he will spend some of that money supporting local growers.

Many Africans are forced off their farms today by low prices for agricultural goods. The politics of globalization prohibit small countries like Ghana from protecting their produce against imported commodities, while forcing them to allow unrestricted access to America's subsidized agricultural goods. Consequently, American rice is cheaper today than Ghanaian.

The gap of wealth, indeed the Grand Canyon of wealth and consumption difference between the average American and the average Ghanaian, is mind boggling. In Liati, just 120 miles from the international port, bike mechanics are unfamiliar with the advanced technology of the bicycles that we THROW AWAY! It's unbelievable until you've seen it yourself. They go to what we would consider incredible lengths to keep an old bicycle running. People sew up blown-out inner tubes and splice together several pieces of old chain to make one usable. Blacksmiths spend half-a-day making one replacement fork drop-out. All of this can be explained economically; income is so low and parts so (relatively) scarce and expensive that delicate, painstaking repairs of "junk" is worthwhile. This is recycling at its finest.

Liati Agbonyra's main road, which leads to Hohoe, the district capital, has recently been paved. However, most of the farms, surrounding villages, and schools are off the paved road and on



Emmanuel Opeku, at his loom, bicycle parked nearby. He has recently graduated his apprenticeship as a kente weaver and is now trying to survive from his own weavings. His main purpose for the bicycle is to ride to a village about 17 miles from Liati to sell his work. By riding his bike, he is able to save what he would make off of two kente strips.

dirt roads. Transportation on the Hohoe road is frequent, but expensive for the average villager. Transportation off the main road is infrequent, unreliable, and too expensive for constant use.

You can help the project in many ways:

- ◆ By sending donations to Village Bicycle Project, c/o PCEI, Box 8596, Moscow, ID 83843. A gift of \$350.00 will fund and sponsor a workshop, awarding 20 discounted bikes to villagers somewhere in Ghana. A \$25.00 gift will cover the cost of subsidizing one bike.
- ◆ Donate good used bikes, especially mountain bikes, or parts
- ◆ Donate storage space, which empties out in March and September
- ◆ Help process bikes for shipment, transport them to Seattle.
- ◆ Organize a slide show of the project to your group.
- ◆ Project totals through January 30, 2003:
 - ◆ 2,049 bikes sent to Ghana in five shipments
 - 29 workshops held
 - 378 discounted bikes distributed
 - 464 repair trainees
 - 900 bicycle repair tools test-marketed

Dave Peckham is founder of Village Bicycle Project and a former Peace Corps volunteer in Gabon, who's spent four years in Africa away from his Moscow home. Sunni Rodgers is a second-year Peace Corps volunteer in Ghana and organizer of VBP's program in her village of Liati Agbonyra.

Letter to the Editor Village Bicycle Project

Greetings from Ghana! My name is Sunni Rodgers, and I am a Peace Corps Volunteer in Liati Agbonyra, Ghana. I have been living in this village for over one year now, and everyday I experience the transportation problems the villagers face. When I heard about the Village Bicycle Project, I knew this village would benefit immensely. Due to your sponsorship, 20 villagers are now able to stop relying on infrequent and expensive transportation. They have been able to decrease transport time to and from work, which has helped free up time for secondary work.

The Village Bicycle Project was a huge success, and each beneficiary continues to praise the program. Through your generous contributions, Kwami Fie, a 63-year-old farmer, is now able to reach his mango farmers [sic] in less than half the time, allowing him to make time to expand the farm. Emmanuel Opeku, a 19-year-old kente cloth weaver, rides his bicycle to surrounding villages to sell his cloth. Richard Abobu uses his bicycle to pick up carpentry supplies, and Wolanyo rides to Senior Secondary School in the next village everyday.

I thank you, and the village thanks you for all your support with the Village Bicycle Project. We hope to work with you again.

Thanks,
Sunni Rodgers

Co-op Business Partner: Paper Pals Scrapbook and Stamp Studio

By Sarah Walker

When Karen Lien transformed an old classroom at Pullman's Gladish Community and Cultural Center into a working studio for scrapbookers, she used the same technique she offers in her workshops: taking something plain and decorating it to make it interesting and fun. Instead of ABC, marching across the top of the walls above the blackboards, the words "Laugh, Dream, Love, Create" are artfully lettered in that space. They express the perfect mission statement for Karen's well-stocked work space for crafty scrapbookers, collage artists, art stampers, photo album makers, or anyone who just likes to work with paper but doesn't have all the tools.

Paper Pals is a combination working studio, classroom, and store. Customers can use the space and equipment to make anything out of paper, like note cards, stationery, or scrapbooks to commemorate a special event or person. Workshops are announced in a monthly newsletter. There are all kinds of classes in techniques like dry embossing, domino art, or shrink plastics (to name a few), and a retail store called the Paper Pantry where you can buy neat stuff like mulberry paper, beads, ribbon, starter kits, or order stamps to take home. Ideas to get you started cover one wall: cards, stationery, tags, decorated Chinese take-out boxes.

Karen loves her new enterprise, "This is everything I wanted to do; it's the perfect job," she glowed as she

gave me the tour. Neatly arranged are a large collection of rubber stamps (we're talking over a thousand different rubber stamps), a well stocked library of idea books, paper punches, decorative scissors, templates, and some tools I'd never seen before like a corrugator (Cool!) or a Sizzix mini die-cut machine. She snapped out a perfect dragonfly for me. I also learned about two Idaho companies that make rubber stamps. Rubber Moon Stamps is in Hayden Lake, and Appaloosa Art Stamps is in Moscow.

It's not just about getting to use fun tools, though; it's also about having your own space to get crafty without having to put everything away before you're done. "Space is a very sensitive issue for scrapbookers," she stated, pointing out the big clean work tables. "Each person gets their own space, to spread out all their stuff..". It's also about having the time, and on Fridays and Saturdays, Karen stays open until 10:00 p.m. so parents can have some creative time after the kids are in bed.

Laugh, dream, love, create. All are welcome. "Mom & Me" is scheduled every second Sunday for kids six and up (there's a small kitchen for snacks). Birthday parties can be arranged. There are monthly thematic "crops" (like quilting bees). February's Crop will be on the 22nd with a heritage theme. Karen thinks of all the details and has lined up a



Karen Lien of Paper Pals Scrapbook and Stamp Studio, our newest business partner.

speaker on genealogy and a scanner to use.

Ideas just flow from Karen, and her layouts have been featured in magazines like "Ivy Cottage Creations" and "Memory Makers Magazine". Look for her on public TV in the show called "Scrapbooking Memories".

Her dream? To find space for Paper Pals right in Moscow where her family can drop by, the Co-op is a short walk, and her home up the street. Karen and her husband Dave and their sons Ryan and Jared moved to Moscow two years ago from Klamath Falls, Oregon, where she had her own rubber stamp studio. Her three favorite things about Moscow? Great schools, the pool, and the Co-op. She is "thrilled" to become a Co-op business partner, a network her family uses regularly.

For Co-op members, Paper Pals offers the first hour of studio time free and a 33% discount off Open Studio time.

You'll find Paper Pals Studio in Room 108 of Pullman's Gladish Community and Cultural Center at 115 NW State Street. Just follow Main Street two blocks uphill from the Colfax intersection. Karen's phone is (509) 332-0407; email <paperpals@hotmail.com>. Her email address is <www.paperpals.com>. Hours are Monday through Thursday 9:00 a.m. to 3:00 p.m., Friday 9:00 a.m. to 10:00 p.m., Saturday 3:00 p.m. to 10:00 p.m., Sunday noon to 5:00 p.m.

Sarah Walker is curious to see if her husband reads her columns, so she's going to say right here in print that she got a neat raven stamp for him at Paper Pals!

Letter to the Editor:

(Editor's note: Kim Tukcha, and her husband Don, made kim chee and other Korean foods that were served at the Co-op Deli. They recently moved to Korea, and Tukcha emailed this letter to her Co-op friends.)

Our life here! It's so good for me. So far, it's been kind of too busy. Right after we arrived here, school started. Don and I taught at the same school. We made friends Koreans, Americans, Canadians, here including couples of Korean-American, Korean-Canadian. It is Winter vacation now. Colleges in Korea have long winter vacation from middle of December to February. But not for me. Don starts his class next week after one-month vacation. I am teaching winter classes so far.

So, since I came here, I haven't had a long vacation yet. My class will finish 7th of February. I can have three weeks off from school before the new semester starts in March. I taught 10 hours last semester. Pay is good too. One hour is about \$30 to \$35.

I am surprised how fast things are changed by different space in some way. I sometimes feel amazed by different experience. I appreciate things around me. Mostly I am happy.

Taemin is very well. He is adjusting here pretty well without a big problem. He has a couple close friends and looks like he's getting along with his classmates. His teacher said he has talents and good for him. He is staying in his uncle's since December 27. He is spending time with his

father's side family. I miss him a lot now. Tomorrow or Saturday we will pick him up. His uncle has three boys. One is one year older than Taemin and the others are twins one year younger than Taemin. Those three cousins are good friends with Taemin. I think Taemin also misses us now.

Don got a new modernized Korean traditional clothes and a new pair of pants from my mom. Both made by professional tailors. They look wonderful on him. He is happy about that. He said he never had pants well made like that. He is a lovely son-in-law for my mom. When we visit my parents, my mom provides all kinds of yummy foods for us. Don loves those. They just talk by smile and gestures. Doesn't sound lovely?

We will go to my parents tomorrow, Saturday. Actually, we have visited them every other weekend. We planned before to bring very fresh oysters to my parents. You know what? Here, the city where we live, is near to the sea. Lots of seafood and so cheap and fresh. For \$5.00, you can buy over 50 oysters!! We used to buy \$6.00 for 12 oysters from the nice fish folks in Moscow. Usually, 24 oysters. We like oysters. Now, we put oysters in the soup!

It's Friday afternoon. I want to do many things; first, being relaxed.

We will visit U.S. this coming summer and next winter. I am sure we will stop by Moscow. Of course, we will meet again. Exciting already.

Customer Profile: Emma Kitterman

By Eva Jo Hallvik

"Who here wants to be interviewed?" I asked, and Emma Lucille Kitterman made it very obvious that she was the one to be interviewed that day. "What is an interview?" asked four-and-a-half-year-old Emma Lu, as she said that I could just call her Lucille if I wanted. And after I explained what an interview was she said, "Hmm, it's just like a meeting."

"When is your birthday, I asked," and she first replied, "May 5," and I said, "Hey, that is my birthday," and then she said, "Oh, yeah, it is May 2." "Yes, everybody gets their own birthday," I said, and she agreed.

By this time, Emma has grabbed her favorite game to play – Monopoly Junior. She is the red car. And as she is bouncing around to set it up. I ask her why she thought it was going to be so neat to be interviewed, and she stops and looks at me, panting and said that she is too out-of-breath to answer me right now. I would be out-of-breath, too, if I allowed my body to bounce around as much as this little girl. It is really quite amazing the amount of energy a little kid such as this is gifted.

What I got out of Emma before she bounced into doing something new were some very interesting facts. There are so many different kinds of customers here at the Co-op, and some have a lot to say about the Co-op, while others are just interested in bouncing about their lives playing

games of Monopoly and eating ice cream. Emma's favorite kind of ice cream is chocolate chip. I am pretty sure of this; although, it is the chocolate chip ice cream that she just finished, and she wouldn't really commit to if it were not her favorite. I am glad to see that I am not the only one that doesn't like to commit to things haphazardly.

The thing that Emma wanted to tell me about the most was her "Scooby Doo Nutcracker" video. The characters are: Velma who reminds her of her mom because her mom wears glasses sometimes; Fred who reminds her of herself because he is blonde like she is; Shaggy who reminds her of her dad because he has whiskers like Shaggy; and Scooby Doo, who reminds her of "Dog," who I think Emma said is in the big kids' Scooby Doo. I am guessing that "Dog" is the character that plays Scooby Doo – maybe she saw this on a behind-the-scenes DVD interview or something?

When I asked her what the most important thing she gets from this Scooby Doo video, she proceeded to break out into song: "Scooby, Scooby Doo where are you, we need some work from you know. Scooby, Scooby Doo where are you, we need some help from you now." I think you all know the song. (It seems to come out of nowhere and permeates my body, and I remember years of cracking mysteries with this character ev-



eryday after school.) And to think that that music is what little Emma comes out with being the most important thing that she gets out of this precious Scooby Doo Nutcracker video.

I remember one day taking a walk with Emma last spring, and she accidentally fell and scraped her knee. The scratch wasn't too bad, but it did elicit a strong reaction. But her clever mom pulled the magic Scooby Doo band-aid out of her daypack and, presto, the rest of the walk was tear-free and full of good ol' Scooby Doo adventure.

Hmmm, some more interesting facts: Emma goes to Moscow Day School in the pre-kindergarten class. Her favorite thing to do there is to play with Legos. The last thing that she

learned in school was about the weather. "What did you learn about the weather," I naively asked, and she confidently replied, "It is cloudy and sunny and snowy and rainy." "Yes," I agreed, "and sometimes all in one day." She said, "But usually it happens on different days."

Emma Lu's favorite thing at the Co-op is the Coconut Pops that she usually gets to eat after lunch. And I am pretty sure that is when she usually does her shopping at the Co-op with her mom. "And what is the last thing that you would like to say here, Emma," I sheepishly ask. "I like pies," says Emma Lu.

Eva Jo Hallvik's favorite pie is pumpkin pie. Emma's favorite pie is frozen blueberry.

Letter to the Editor

For the third straight year, The Co-op participated in a holiday "sharing tree" to benefit the Humane Society of the Palouse (2019 White Avenue, Moscow). The tree, located at the front of the store, was adorned with ornaments, each of which listed an item needed by the Moscow shelter. Participants selected and purchased an item, and then either left it under the tree or delivered it to the shelter. The shelter received many donations, including dog/cat food, towels and blankets, toys, treats, cleaning supplies, and financial con-



tributions. All donations went directly to the Moscow shelter, where talented and hard-working staff and volunteers tend to the physical, emotional, and medical needs of homeless Palouse animals.

The Humane Society of the Palouse would like to extend a heartfelt thank-you to the Co-op for displaying the tree and to the many generous Co-op members and employees who participated. The shelter depends heavily on such donations, and your ongoing support is greatly appreciated.

Stephanie O'Bryan, Humane Society Board of Directors

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Gardening

Growing Tomatoes on the Palouse

By Patricia Diaz

I was recently asked to do an article on growing tomatoes in our area – what kind(s) to buy and what the secrets are for a high yield. Our spring season is often wet and cold, making tomato growing somewhat difficult. After a very long phone journey, I finally ended up talking to Scotte Heckt, an Advanced Master Gardener from Moscow. He was a wealth of information, and I think we've solved the tomato-growing problem.

Most people buy the "early" varieties of tomatoes since the growing time is considerably less than the longer-growing varieties. Unfortunately, according to Scotte, the early varieties don't have the wonderful full tomato flavor associated with the longer-growing varieties. The tomato that we see everywhere at the nurseries in the spring, Early Girl, (and the one that I've bought for years) is a heavy producer, but has a tough skin and not quite the full flavor that is so desirable. Scotte named a few other early varieties that you can try: Oregon Spring which is very early and is a smaller tomato and one that Burpee Seed Co. developed called Fourth of July, which is early. The University of Idaho has also developed a couple of varieties, namely Latah and Bonner

County, which are 60-day tomatoes and have a decent flavor. Scotte said that any tomato which has a growing time of under 50 days will probably not have much flavor.

The most important thing to remember, according to Scotte, is that if you chose an "early" variety, you are going to sacrifice flavor. There are, however, some things that you can do to have the all-around best tomato and not be locked into buying an early variety. One is to purchase tomato plants that have been started earlier in greenhouses or start seeds yourself at home. Two of the older varieties that Scotte thought are good to plant are Brandywine and Caspian Pink (which has an even better flavor than Brandywine). These are 100-day tomatoes while the early varieties are usually 60-day tomatoes (or less). If you plant these, you must get that head start by purchasing plants or creating your own so that you can take advantage of the maximum amount of outside growing time.

There are two things that you can do to ensure that your tomato plants have a high yield and aren't affected by the cold in the spring. First of all, purchase a red plastic mulch; one brand name is called Higher Yield

Tomato Mulch (one roll measures 18' by 25'). This will hopefully be available at Prairie Bloom Nursery when they reopen or you can order it online at <www.mrtomato.com> or from a good seed company. Then purchase another product like the one that goes by the name of Walls o' Water (available locally at Tri-State), one set for each plant. There is also a new product called Kozy-Coats which is similar to Walls o' Water and comes in red.

Apparently, red reflected on plants "fools" them into believing they are overcrowded; they will then grow more vigorously. Red also promotes photosynthesis. Put the plastic mulch down in the area where you want to grow tomatoes (full sun, of course) and then cut a small hole where the tomato plant will go. Plant your tomato plant. Next, cut the bottom out of a five-gallon bucket and place it over your tomato plant. Arrange the Walls o' Water around the bucket and fill each "tube" with water. (If you're not familiar with Walls o' Water, they are an arrangement of plastic tubes with the top end of the tubes open. You fill the tubes with water, and they surround your tomato plant, creating extra warmth and protection.) Then remove the bucket and go on to the next plant

and repeat. If you've ever tried to fill the Walls o' Water without the support of the bucket, you'll realize what a splendid tip that is! These two products, the mulch and the Walls o' Water, will speed production time by about two weeks and increase your production by three times, according to Scotte.

Scotte said he likes to plant a tomato variety called Super Fantastic. It has a better flavor than Early Girl and no tough skin. It will grow to about 7' tall so it will need to be staked. He takes 6' stakes and arranges them like a bean teepee. And he emphasized that two plants are enough for most families. All of this invaluable information came from Mr. Heckt. He welcomes inquiries at his email address, which is <Scottehecktgrdnr@yahoo.com.> He also encourages everyone to contact the Latah County Extension Office, 885-6639. The coordinator is Larissa Morton, and she can direct you to the person who can best help with your question/problem. There are over 60+ master gardeners in the area who want to help, and Scotte encourages us to take advantage of this great resource. Many, many thanks for all the help, Scotte!

Pat Diaz lives out by Dworshak where the snow seems to linger longer than places closer to Moscow and Pullman. She is, therefore, really excited about these tomato growing tips! Maybe she'll get more tomatoes than the number of plants she has this year.

Digging Potatoes: The Hunter-gatherer in the Garden

By Suvia Judd

In the middle of the night on December 30 of last year, I was out digging potatoes by flashlight. A warm moist Chinook wind had come up from the southwest and thawed out the lightly frozen ground. After evening chores, we thought, "Let's dig some potatoes." With the squash vines withered away and the ground exposed, we could see where the potatoes were supposed to be. We dug in the spading fork and began turning the ground, and soon the pale side of a Kennebec appeared. After a while, we moved our hole and began turning up the rosy-skinned Red Golds. As our little pile grew, we moved it to a piece of old cardboard, for ease of carrying. To one side, we made a pile of the little potatoes that are too small to be keepers, in the fishing sense: those that we would throw back, i.e. tuck back in the compost to surprise us at the end of another season.

I find a deep satisfaction in digging potatoes. I have pondered over

the thrill I get as each forkful of soil is turned, and I wait with a gambler's anticipation to see if treasure will come to light. It is something like the gratification of getting three matching numbers on a scratch ticket but way, way better.

The thrill of potato digging reminds me of childhood Easter egg hunts, of hopping through my mother's rock garden and perennial beds trying to outguess the hider-of-eggs, and feeling the satisfaction of finding the purple egg behind the crocus flowers, the soft red egg disguised against a terracotta flowerpot. Besides the thrill of the instant your eye picks out that green egg under the violet leaves, there is the pleasure of picking up that cool, smooth, not-quite-round egg in your hand and nesting it in the egg box you are carrying.

Berry picking also has something in common with digging potatoes for me. I remember going out with the

metal measuring cup early in the morning to pick wild blueberries for pancakes. After the pleasure of finding a patch still thick with berries, there was the feeling of the first ripe berry between your thumb and two fingers and the plink as it hit the bottom of the cup. Then the feeling of acceleration, as the cup began to fill, and the hunger pangs and thoughts of pancakes began to grow, and then the feeling, "Why stop now. There are more berries; pick more, pick more."

I have decided that all this "gathering behavior" must be hardwired in somehow. The anthropologists have finally recognized the importance of the gatherers in hunter-gatherer societies, so the hunters no longer get all the credit and glory as providers of food, but if anyone is researching the perceptual psychology of the gatherer, I haven't read about it. I am sure, however, that there are verifiable stages in the gathering enterprise:

First, there's the urge to seek a promising place to go gathering and the satisfaction in finding it, then the visual satisfaction in finding a laden branch or turning over a particularly productive potato hill, next the tactile thrill of feeling the blueberry or huckleberry between your fingertips or grasping the potato in the soil and lifting it out of the ground, and finally, the covetous pleasure of watching your basket fill.

And then of course, if you bypass the basket, there is the thrill of stripping a berry bush bare and putting it all in your mouth! Think what this means. If this is hardwired in, you can bet the snack food companies know all about it. Can't eat just one? It's not the brand; it's the biology!

So, next time you sit down in front of the tube for football or Masterpiece Theatre, bring a bag of Co-op dried blueberries...hand to berry to mouth, hand to berry to mouth....

Suvia Judd gathers mainly in her garden in Moscow.

Activism From the Home Front

By Lisa Cochran

Last month, I suggested activities that parents can do with their children to promote world peace and make changes to existing social challenges. Two suggestions I gave were peace marches and vigils. But walking the streets or gathering in groups may not be your style. No problem. There are some online activities you can join such as MoveOn.org. This website allows you to be a part of democracy in action and is designed to bring busy, but concerned people into politics. Like any grassroots movement, MoveOn.org was created to build advocacy groups and bring their collective voice to the political table. Though becoming politically active online is a relatively new concept, electronic advocacy is the ideal way to make political action easily accessible and incredibly flexible. Obviously, the more options we all have to be part of the democratic process, the more people will be involved.

Using special software, MoveOn.org has a mechanism in which members have a voice to propose issues that are important to them. Ideas are shared, and others can comment or build on them. Once large numbers of members share a unified direction, then the most strongly supported ideas, along with information and tools to maximize impact, are implemented. Issues change depending on what is most important to people at a given time. Once one battle is fought, then if it is appropriate, they move on. Because there are so many burning issues at any given time, it is impossible to give all issues equal intensity. The process used by this group ensures that issues do not fall by the wayside due to spreading energies and resources too thin.

MoveOn.org has a nationwide network of more than 600,000 online activists and boasts some very impressive success stories. By being able to generate more than 250,000 phone calls and send a million emails to Congress during the Clinton impeachment process (which was slower than molasses and cost taxpayers millions of dollars), a clear message against impeachment and for quick resolution came across. A MoveOn.org spokesman states, "Using email and the web, we focused a broad and deep consensus in the American public into action." Right now, the focus is on peace.

Like it or not, the Internet is a part of our culture; schools are wired, and our children are becoming expert virtual travelers in the pursuit of infor-

mation and knowledge. The Internet is also another tool that can be used to promote positive change and even peace. Sharing your online involvement toward this end is an exciting contribution to your kid's education.

Finally, there is something all of us can do right now using just the telephone. If you oppose the war in Iraq, call President Bush and tell him so. The president has said that he wants to know what the American people are thinking. Let him know. Time is running out. The White House has an "opinion line" at 202-456-1111. The line only accepts calls from 9:00 a.m. to 5:00 p.m. EST, Monday through Friday. A machine will detain you for only a moment and then a pleasant live operator will thank you, after you've said, "I oppose" or "I approve." It will only take minutes. Note that the weekends are closed for calls. A single phone call equals 10 to 20 people who didn't call; please pass this information on to friends.

The opportunities for each of us to make a difference in the world our children will inherit grow as the avenues for personal expression widen. It is easier now than ever to make your mark for all of our tomorrows.

Lisa A. Cochran is a longtime Moscow resident

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Revising the Old "To Do" List

By Carol Price Spurling

Simplicity. Say the word out loud in a mixed group at a party, and some folks will probably nod their heads earnestly. Oh yes, we've simplified. Others might look bored: are people still talking about that passé trend? Others (who probably don't belong to the Co-op) might look perplexed. Simplify? Since when is life simple?

My own introduction to the topic came in the mid-1990s, after college. First, I read the popular and accessible "Simplify Your Life," by Elaine St. James. I took some of her advice, much of which was easy to do since I never had much money. I stopped subscribing to magazines, stopped filling my house with high maintenance houseplants and other clutter, banned the words "I'm busy" from my vocabulary.

Then I tried to delve more deeply into the topic, reading "Voluntary Simplicity" by Duane Elgin. I vaguely recall getting about 3/4 of the way through and deciding to simplify my life by not trying to finish this important (but dense) book.

But I worked at it. In addition to doing all the typical "living lightly but richly" things, like recycling, cooking from scratch, joining the local co-op, and having a garden, I kept telling myself that one of the ultimate ways of keeping life simple was to not have children.

Children are messy in so many ways, I thought. My house and life would never be tidy again!

Still, it turned out to be a complication I could not resist. Now, I'm the mother of a two-year-old boy. And I've found that having a child makes it easier, not harder, to keep life simple.

For one thing, my house has never been cleaner. There's nothing like a little guy unafraid to eat dead box elder bugs or pine needles to motivate you to vacuum and straighten up more frequently.

Most importantly, my priorities are now crystal clear. And my needs are indeed few.

Posted on the refrigerator is a reminder list: "REED (and Walt and Carol) NEEDS: Good food. Good sleep. Free time to play. Outdoors time. Lots of books read to him. Kisses and hugs."

This reminds me of a "to do" list my husband Walt once saw in his housemate's bedroom, long ago: "Shop. Sleep. Sex."

Who needs a reminder list for

things so basic? But then again, ask any parent. Are you getting enough sleep? (Not to mention the last item on that list.) Is your child getting enough free playtime? Maybe these are the things we should make lists of and forget the wall-size day planner with color-coded notes for every member of the family.

Now that I'm a parent free time is so precious and rare that when it happens, I know exactly what to do with it. I write. I read. I walk the dog.

No hassling my husband about whatever little thing he's done lately that drives me crazy. We have a child to rear, and he needs us to be good partners for each other. (This priority is still the easiest one for me to forget, as my husband can attest.)

No heart wrenching search for a qualified caretaker for Reed. We agreed unanimously to each work part-time so we can each spend as much time with him and each other as possible.

No agonizing over a hectic or less-than-hectic social life. Now I'm happy to have a cup of tea with a mother friend while our children play with blocks. A night out with my husband has become a romantic treat.

No navel gazing about my mission in life. Right now, it's to be a better partner to my husband and a good mother to my son.

I have other goals, it is true. I want my own bookstore. I want to write a book. I want to get my doctorate. I want to live in Paris. I want to run a bed and breakfast. I want to be able to afford comprehensive health insurance.

Women have been told for so long that we can do everything we want. I am learning, along with lots of other mothers, that we can do it all, just not all at the same time.

So, I'll work on these other goals slowly, at a pace I can sustain, while savoring every moment of joy during my son's brief childhood. Reed went down a hill on a sled by himself for the first time at New Year's, his face lit with glee. So, this month we're planning to go sledding in the park as often as we can. A cup of hot chocolate afterwards sounds good, too.

Carol Price Spurling grew up in Iowa, earned a M.A. in Literature from the University of Montana in 1992, and after living in Alaska for five years, moved to the Palouse in the fall of 2001. She works part-time at Brusled Books and lives in Moscow with her family.

Food to Boost Brain Power

By Chelsy Leslie, RD

Do you often find yourself forgetting phone numbers, names of people you have known for years and where you put your keys? We often blame age and genetics for memory lapses, but the problem may be related to something as simple as how we eat. Long before we notice any physical symptoms of poor nutrition, our thinking, memory, personality and intelligence can be affected. So feeling well doesn't necessarily mean your brain is working at its best. To keep your brain healthy, follow these brain-boosting tips:

1. Eat breakfast. Breakfast eaters remember more, react quicker, are more creative throughout the day, make fewer mistakes and are more alert than breakfast skippers. The brain is a very active tissue and uses 20 to 30 percent of the calories consumed each day. Breakfast is essential for providing the fuel the brain needs after fasting all night. A high carbohydrate breakfast is the best way to supply energy to the brain because it uses only glucose (a simple carbohydrate) for energy. A high fat breakfast can leave you feeling fatigued and less imaginative. Include fiber and a small amount of protein to help you stay full for longer.

2. Keep lunch light. A high-fat or high-calorie lunch (more than 1,000

calories) can leave you less alert. Although carbohydrates can help jump start your day at breakfast, a lunch high in carbohydrates may make you sleepy and less able to focus, especially if you choose foods high in sugar. Eat whole grain carbohydrates, such



as whole-wheat bread, along with a little protein, a piece of fruit, and vegetables to keep you going.

3. Avoid low calorie diets. Low calorie diets may affect memory, attention, and reaction time. The best way to lose weight is to do it gradually (no more than two pounds per week).

4. Include fish in your diet. Fish is low in saturated fat and a good source of omega-3 fatty acids. One kind of omega-3 fatty acid, docosahexaenoic acid (DHA), is important for the membranes of nerve cells and helps transport nutrients into the cell. DHA also regulates compounds that affect brain function.

5. Eat five to nine servings of fruits and vegetables everyday. Antioxidants in fruits and vegetables help neutralize or inactivate free radicals, molecules that can damage brain cells. Vitamin C, beta-carotene, and vitamin E are a few of the antioxidants that keep the brain healthy. Good sources of vitamin C include green pepper, oranges, strawberries, and broccoli. Beta-carotene can be found in dark green leafy and orange vegetables and fruits such as carrots, spinach, apricots, collard greens, and cantaloupe. The best sources of vitamin E are

wheat germ, almonds, and safflower oil.

6. Choose plenty of iron-rich foods. Iron deficiency is the most common nutrient deficiency in the United States. Iron deficiency can contribute to shortened attention spans, lowered intelligence, poor coordination, and inability to concentrate. Iron helps transport oxygen to brain cells. A lack of oxygen can cause cell functions to slow down and stop. If you are tired, irritable, and cannot think clearly, you may want to have a blood test done to check your iron. Good iron sources include lean meats, beans, and iron-fortified cereals. To boost iron absorption, eat a high-vitamin C food along with your meal.

In addition to eating well, be sure to get plenty of rest, limit stress and be physically active everyday to boost your brainpower!

Source: "Food and Mood: The Complete Guide to Eating Well and Feeling Your Best," Elizabeth Somer, MA, RD

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

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

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Cooking with Daikon

By Jackie Miyasaka

The Japanese giant white radish is commonly known as daikon, "dai" meaning large and "kon" meaning root. The name is indicative of its size, which ranges from six inches to three feet depending on the variety. The variety that we usually see in the United States is a one-foot-long radish that is two to three inches in diameter.

The daikon is said to have originated in the Mediterranean and reached Japan by way of China, along with rice cultivation methods, nearly 2,000 years ago. Today, more land in Japan is devoted to the cultivation of daikon than any other vegetable. Perhaps this is because daikon is one of the best vegetables for storage. Unbruised daikon will keep for at least four months in a cool root cellar. Traditionally, therefore, Japanese would reserve one-third of the crop for storage and preserve the remaining two-thirds by pickling and drying. Pickled daikon and reconstituted daikon dishes would ensure a source of vitamin C for farmers throughout the dead of winter.

It is not hard to imagine, then, that the daikon appears in one form or another at almost every Japanese meal. It is an extremely versatile vegetable, and everything is utilized, from the top green leaves to the root. Unfortunately, the leaves, which are a good source of vitamin A, are often cut off before daikon reach the supermarket

shelf. However, if you are lucky enough to find whole daikon with the leaves still attached, they may be cut into bite-size pieces and then stir-fried or used in soup or salad.

The root itself is low in calories and rich in digestive enzymes and vitamin C. One serving of daikon provides roughly one-third of the body's daily vitamin C requirement. The flavor is slightly different depending on the part of the root. The top thickest part of the root is sweeter and thus best used raw. It may be cut into match-like strips and used in salads, or it may be finely grated (grating in a circular motion on a porcelain grater works best, but the smallest spike-like side of an ordinary metal grater will also do), sprinkled with soy sauce and spooned over fried foods, grilled fish, or even steak. The bottom part of the root, which is more pungent, is good for stir-frying, simmering, and pickling. This is the part that is perfect in the much beloved hot daikon stews of winter. (In fact, as the weather becomes cooler, the daikon's flavor becomes less sharp and sweeter.) When you buy daikon, choose a hard, moist root that is without cracks, unwrinkled, and heavy for its size. Keep uncut daikon in a plastic bag in the refrigerator. After cutting the root, wrap it in plastic wrap. Use daikon within one week of purchasing. Upon cutting, daikon should be crisp and juicy, like an apple.

Rice Stew with Daikon

(*Daikon Zosui*)

Serves 5

- 2 ½ cups cooked short-grain rice*
- ¾ cup shiitake mushrooms*
- 1 ½ cups daikon (about a four-inch-long chunk), sliced as directed*
- ¼ cup carrots, sliced as directed*
- ½ cup Wakame, soaked five minutes in cold water to cover, then chopped into one-inch long pieces (discard soaking water)
- 5 cups fish stock (if unavailable, use chicken or vegetable stock)*
- 1 teaspoon salt*
- 2 ½ tablespoons soy sauce*

Peel the daikon and carrot, and slice into two-inch-long by one-half-inch wide ribbons that are no more than one-eighth-inch thick. Thinly slice the shiitake mushrooms also. Heat the stock in a soup pan with the daikon and carrot, and cook until the vegetables have softened, around 10 minutes. Add the cooked rice, mushrooms and wakame, and bring to the boil again, stirring occasionally. Stir in salt and soy sauce. Eat hot. Partners well with Daikon Pickles. (Note: Be careful not to cook the rice too long; otherwise, it will end up the unappetizing consistency of glue.)

Quick Daikon Pickles

- 1 ½ cups daikon, sliced into match-like strips*
- ½ cup hothouse cucumber, seeds removed, sliced into match-like strips
- ½ teaspoon freshly minced lemon peel*
- Piece of kombu, around 4 inches long and 1 inch wide*
- 1 teaspoon salt*
- Soy sauce, to taste*

Put the daikon and cucumber into a plastic bag. Break the kombu into one-to-two-inch slivers, and add to the plastic bag. Sprinkle with salt and lemon peel. Close plastic bag. Work salt into vegetables by squeezing them in the plastic bag. Lay the bag flat and place two 16-ounce cans on top of the closed bag, spreading the weight over the vegetables inside. Let stand two hours. Remove vegetables from bag. Gently squeeze out water. Sprinkle with a little soy sauce. Enjoy with rice.

* Items available at Moscow Food Co-op

Jackie Miyasaka lives in Pullman with her husband and works as a freelance Japanese-English translator.

Pinto Cornbread Bake

By Jen Hirt

The elusive legumes – how to eat more of them? Seems I am continually searching for a bean-based recipe that isn't chili, tacos, burritos, or enchiladas. Those four dishes are very tasty and wide open to unusual additions and alterations, but it can't hurt to add one more bean option to the repertoire.

This recipe was a pleasant surprise. I spotted it on the back of a plain old pinto bean bag from the store. I substituted my favorite cornbread recipe, from Mollie Katzen's *Still Life with Menu*, and adjusted the seasonings, but this is pretty much the original recipe. The taste is a mix of savory cornbread and rich pinto beans. The tang of tomatoes, chilies, and seasonings, plus the melted cheese, is simply delicious.

I used dried beans, soaked overnight and simmered for a couple hours, but canned beans will work just as

well. Pinto Cornbread is very filling. It's a dinner all by itself, and it made a delicious reheated lunch. This recipe can easily go vegan – eliminate the cheese, and use soy milk, soy margarine, and an egg substitute instead.

Pinto Cornbread Bake

Serves 4-6

For the cornbread:

- 1 cup cornbread
- 1 cup white flour
- ½ teaspoon salt
- 2 tbsp. brown sugar
- 1 teaspoon baking soda
- 1 cup buttermilk
- 1 egg
- 2 tbsp. melted butter

For the pinto bean filling:

- 3 cups cooked Pinto Beans (if you are starting with dried beans, soak 1 cup of beans)
- ½ a medium onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp. olive oil
- 1 tbsp. flour
- a small can (4 oz.) of diced chilies
- a 14 ½ oz. can of diced tomatoes

1 cup shredded cheddar cheese
a dash of seasonings of your choice – cumin, garlic powder, red pepper flakes, etc...

First, prepare the cornbread batter in a large bowl. Combine the dry ingredients. In a separate bowl, whisk the wet ingredients. Make a well in the center of the dry ingredients, and slowly stir in the wet ingredients. Stir until just barely mixed. Set aside. Preheat the oven to 400.

In a pot or pan large enough to eventually hold the beans and tomatoes, sauté the onion and garlic in the tablespoon of oil over low heat until soft, about ten minutes. Sprinkle the tablespoon of flour, stir well, and add the chilies. Being a lightweight in the chili arena, I did not use the entire can, and the recipe turned out fine. Add the entire can of tomatoes, liquid included. Stir well, and last of all, add the beans. Keep the heat on low.

With a potato masher or the back of a fork, mash the mixture a little bit. You might also add a couple tablespoons of water, depending on how

much liquid was in the can of tomatoes. The goal is to have a slightly moist and sticky bean concoction that will spread well over cornbread.

Spray a casserole dish with non-stick spray. Spread enough of the cornbread batter to cover the bottom in an even layer. Reserve at least 1/3 of the batter for later. If the bottom layer of cornbread seems thin, or if it doesn't reach the edges adequately, don't worry – it will spread nicely as it cooks. Next, sprinkle 2/3 of a cup of grated cheese on the cornbread. Then, spread all of the pinto bean filling. Sprinkle with your choice of seasonings. Spoon the remaining batter on top, like little islands of cornbread. Sprinkle with the remaining 1/3 cup of shredded cheese.

Bake, uncovered, for 30 minutes, or until the cornbread on the bottom is done and the cornbread on top is golden-brown.

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

Moscow Renaissance Fair

Poster Contest

By Dave Peckham, Fair Publicity Coordinator

Artists are invited to submit designs for the 2003 Moscow Renaissance Fair Poster Contest. First place winner will receive a \$200 award for the design. Second place will receive a \$100 award, with the work being used as the cover for the program guide.

Entries must be no larger than 17 inches by 21 inches, and freehand, original artwork. No computer-generated designs will be accepted this year. A four-color printing process will be used to print the posters. The Renaissance Fair theme is "A Celebration of Spring." Artists of all ages are encouraged to submit artwork.

Designs must include the words: "30th Annual Moscow Renaissance Fair, May 3 & 4, 2003, East City Park". Also, the words "Moscow Renaissance Fair, PO Box 8848, Moscow, Idaho 83843, www.moscowrenfair.org" must appear in small but legible lettering or typeface at the bottom of the poster. Designs may also include optional text: "Featuring children's events, great food, and the finest craftspeople and musicians from the Northwest". Poster text should be easily read from a distance of 10 feet.

Original artwork entries are due by 10:00 a.m. on Saturday, March 8, 2003, at Book People, 521 S. Main, Moscow, Idaho. Judging will take place at 12:00 noon, the same Saturday, March 8, also at Book People. The public is invited to attend the event.

Also, remember that craft and food booth applications are due Friday, February 28. Vendor guidelines and application information are available on our website at www.moscowrenfair.org. For further information regarding craft booths, email Carol Hill, Crafts Coordinator, at crafts@moscowrenfair.org or call 208-882-9727.

For more information regarding food booths, contact Becky Chastain, Food Coordinator, at foodrenfair@yahoo.com. First-time food vendors will be juried at the Food Tasting Party on Thursday, March 13 in the 1912 Building at 7:00 pm.

For any other information about the Fair, you may visit the website or contact Chris Pannkuk, Renaissance Fair Committee President at president@moscowrenfair.org or 208-882-9373.

Moscow Civic Association

By Lois Blackburn

The atmosphere was intense and electric at the meeting of the Moscow Civic Association on Monday, January 13. The meeting, which focused on future expansions or bypasses of Highway 95, drew a crowd of 95 people, in addition to the four panelists. Of the panelists, two were from the state of Washington, bringing information about the ways in which the Washington Department of Transportation (WADOT) and the City of Colville cooperated in the planning and building of a bypass, arriving at a consensus acceptable to all. Brent Rasmussen, a retired WADOT engineer who worked with Colville, is now a consultant who helps communities take charge of their transportation futures. His philosophy on relations between state engineers and communities brought noticeable, restless nodding of heads in the audience. His view is that the first step should be for the community to pinpoint its own needs and arrive at its own consensus. Only then does the community begin to work with the Department of Transportation. This was the procedure when Rasmussen began to work with Harlen Elsasser, the second panelist, who is Public Works Director of the City of Colville. Elsasser described a five-year planning process involving coordination between community task forces and city government, resulting in unanimous support for their plan and 13 million dollars of state and federal funding to date. The other two panelists represented Idaho. David Quisty, Project Development Engineer, represented the Idaho Transportation Department (ITD). He described current transportation projects in and around Moscow, including the eventual widening of Highway 95 between Lewiston and Moscow and a possible bypass, if further research indicates that it is needed. Representing Moscow, Philip Cook of the Moscow Transportation Commission, discussed local transportation proposals and enumerated aspects of a proposed bypass that will need at least two years of study before any planning is done.

The question-and-answer period revealed the subject of most urgent interest among most of the audience was the proposed re-routing of a portion of Highway 95 to route 10A along Paradise Ridge. Spurred by the Colville example of community-state cooperation, questioners pressed Quisty about the status of the 10A route. Is it a done deal? He replied, "Yes." Can citizens do anything about

it? "Sue us," replied Quisty. (There is a class action suit in progress.) Although audience members represented various points of view about the route of the re-alignment, they had in common a profound concern about the process by which the state made its decision. Several audience members described frustrated attempts to obtain information and/or provide input, and the general opinion seemed to be that the state had proceeded with little input from citizens. Mayor Comstock rose from the audience to comment that he had learned something about process from this meeting.

The next Moscow Civic Association meeting will be different from our previous meetings. We'll have a short meeting (20 minutes, we promise) and then a party, so we can meet, mingle, and dance. This will all happen on February 10, 7:30 PM, in the 1912 Building. During the first twenty minutes, Dr. Cynthia Bechinski, curriculum director for Moscow School District, will provide information about the newly-mandated state tests, ISATS, that will be required for graduation from high school. Her presentation, in response to requests by many Moscow parents and teachers, will explain the background of this situation and the possible impacts on Moscow public school students.

Following Dr. Bechinski's presentation, the Moscow Civic Association meeting will become a party. Steptoe will provide music, and food will be provided by potluck offerings from anyone who wishes to attend. The idea is that members or other persons interested in the Association should have a non-stressful Moscow celebration during which they can get to know each other, dance to good music, and eat good food. There will be a no-host bar offering beer, wine, and soft drinks.

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

Book Review

By Bill London

John Colapinto's book, *As Nature Made Him*, is an amazing tale of a life ravaged by the "helpful" hands of surgeons and psychologists, but it is also the true story of one person's extraordinary courage and how he rescued his own life back from the experts.

The book begins in August of 1965 with the birth of the identical twins Bruce and Brian. Eight months later, at their doctor's suggestion, the boys were taken to the local hospital for routine circumcisions. Bruce was the first, but the result was anything but routine—his entire penis was severed.


That initial accident was certainly horrible, but what followed was much worse: Bruce's parents were convinced by the medical establishment to castrate their son and raise him as a girl. This advice was based upon the reigning assumption of the era that a person's genetic or natural gender could be submerged and eliminated by societal forces. If Bruce were given female-like genitals and raised as a girl, he would become a she.

So Bruce was renamed Brenda, and given frilly dresses to wear. For several years, Bruce was the poster child for genetic reassignment surgeries, and thousands of such medical decisions were made based upon the success of Brenda's adaptation.

But the reigning medical authorities were forced to keep a secret: Brenda was not adapting. She knew she was a he. And after an astoundingly courageous battle with everyone, Brenda was able, at age 14, to begin to re-transition to maleness. He named himself David (because he was fighting an enemy as huge as Goliath), re-adjusted, ultimately married, and is the proud stepfather of three children. For the implications and lessons for all of us in gender issues and medical hubris, this book is worth reading. As an incredible story of a courageous kid caught in an impossible situation, this read is magnificent.

This book is available at the Moscow library and local bookstores.

Bill London edits this newsletter, and enjoys reading a chapter or two of a good book each evening.



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Political Commentary

Opinions expressed here are the writers' own and do not necessarily reflect the views of the Moscow Food Co-op, its staff, or board of directors. "The Community News" welcomes your comments; please send them to Editor Bill London at london@moscow.com.

News from the West

By Auntie Establishment

I've been racking my brain trying to think of how best to describe the mood at the University of Idaho these days. Here's what I've come up with: it seems to me that employees below the level of, say, president or provost feel like those teenagers in a horror movie who've just had sex. A quick dark fumbling and now the ax is going to fall. They have to be asking themselves, is this fair? Was it really worth it? If we'd known we were destined for the chop, we'd have had an orgy—or at least stolen some office supplies.

It's been more than two years since I worked in any capacity for the U of I. I left in the middle of 2001, when state finances still looked fairly robust. However, like the rest of Moscow, I have numerous friends, relatives, and acquaintances who are still employed (tenuously) by the university. I would not have described morale as chipper two years ago; more like guardedly pessimistic. Now, more than a year into the state's budget crisis, grim is the word. I would also suggest gloomy, morose, fearful, trembling, and miserable. Soon we'll have to use the word moribund, which, in case you're wondering, means dead. Like a doornail. Or the UI's mining engineering program.

The university faces a thirty million dollar budget shortfall over the next three years. In the face of shrinking state revenues, how will the budget be balanced? The new Idaho State Legislature, just like the old Idaho State Legislature, is dominated by conservative Idaho Republicans. Past experience suggests that they will care as much about the fate of higher education as Dr. Kevorkian cares about a ninety-three-year-old woman in a persistent vegetative state. Is the old girl still gasping? Good grief, try more cyanide.

It's progress of a sort that Governor Kempthorne has at last proposed raising taxes, though, unfortunately, the tax he wants to raise is the regressive sales tax. We'll balance our budget, once again, on the backs of the poor and the middle class. Unless you have a salary in the six-figure range, go ahead and change your name to Quasimodo.

The university will, as universities do, balance its budget on the backs of custodians, secretaries, lecturers and students. This doesn't mean that administrators will learn to vacuum and type—though I encourage you to continue to dream of the day. It means that one person will now do the work of three. The lecturers lucky enough to retain their positions will find themselves facing survey sections of a hundred or more, and students, paying more and more in tuition and fees, will get less and less in the way of goods and service. Undergraduates, particularly freshmen, will have a better chance of seeing Mother Teresa's face in a sticky bun than of encountering a real live professor.

I'm not an optimist, so when I need cheering up, I'm obliged to consult a professional. Even as I type this, my professional of choice (meaning the one I can afford) is charging me \$3.95 a minute. No wonder she's happy. Her advice? Just relax. Lie back and wait for a tall, dark, handsome stranger.

And hope he's not wearing a hockey mask.

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On the Water Front

By Dianne French

Having just read two interesting books, I feel the quest to help our culture to become more congruent with nature is possible.

In "Water Follies: Groundwater Pumping and the Fate of America's Fresh Waters," Island Press, 2002, author Robert Glennon "sketches the cultural use of water in the United States explaining how and why we are growing increasingly reliant on groundwater." From the bottled water industry's profit-hungry search for new sources of "spring water" to supplying water to ever-expanding suburbs, he gives examples of and discusses the myriad problems caused by groundwater pumping. From sinkholes to subsidence, to lack of recharge to aquifers, he covers human foibles of "greed, stubbornness and, especially, the unlimited human capacity to ignore reality."

Allowing citizens' limitless use of a common area inevitably produces "the tragedy of the commons." For resources available for the common good — such as groundwater — individuals tend to maximize their personal benefit to the detriment of the greater community.

Many states treat surface water and groundwater separately by law, even though the two are interrelated. States need to reconcile science, nature, and outdated laws. We must give up the notion of limitless resources.

States need to craft water conservation standards; establish minimum stream flows; halt unregulated groundwater pumping; consider extraction taxes on water pumped from within a certain distance of any river, spring, or lake; collect data (most states do not know how many wells are within the state, how much they pump, and what the effects are); require new pumpers to mitigate environmental impacts; and require citizens to pay the true cost of water. Water rates generally only reflect the costs of supplying the water, not for the water itself, which leads to wasteful behavior. None of us could survive without water. It should be valued accordingly.

In "The New Economy of Nature: The Quest to Make Conserva-

tion Profitable," Island Press, 2002, authors Gretchen C. Daily and Katherine Ellison discuss the vast amount of work Nature does for us (cleaning our pollutants from air and water, providing sustenance, flood control, and so much more). Some communities are beginning to utilize natural processes, sometimes saving thousands to millions of dollars annually. For example, New York City used a forested watershed to filter its drinking water rather than build a multi-billion dollar treatment facility, and it's working well.

Other examples include the Army Corps of Engineers undoing their work of forcing rivers into concrete channels, which allowed communities to build in floodplain areas. These expensive tax-dollar projects didn't solve some problems and created others. In its newfound wisdom, the Corps now realizes that rivers meander and occasionally flood for necessary reasons. By allowing this natural process, entire ecosystems (as well as their surrounding communities) are healthier and safer. Additionally, the floodplains allow rich nutrients to settle and feed plant life and also increase recharge to underlying aquifers.

I recommend these books to anyone interested in leading Moscow to a sustainable future. I'll leave you with a quote from Amy Vickers "Handbook of Water Use and Conservation," Waterplow Press, 2002. "Given the Earth's limited water budget, conservation is essential if we are to build a water trust, an endowment that generations to come can rely on for their own security and prosperity. By exercising greater stewardship to preserve our water supplies for the future, may we honor and revel in the glorious power of water."

Lastly, it is not too late to comment on the Naylor Farms water rights application. E-mail comments to <bhaynes@idwr.state.id.us> or mail comments to Bob Haynes, IDWR, Coeur d'Alene - Northern Regional Office, 1910 Northwest Blvd, Suite 210, Coeur d'Alene, ID, 83814.

Dianne is a co-founder of the Palouse Water Conservation Network and is currently serving as Chairperson of Moscow's Commission on Health and the Environment.

Peacemakers on the Palouse

By Nancy Collins-Warner

We are college students and retirees, ex-military and former Peace Corps volunteers, religious and agnostics; what unites us is that we are committed to peaceful solutions to conflict, rather than violent ones, be they private domestic disagreements or international conflicts. And we are an integral part of the Palouse community. The present and imminent threat of the United States declaring war on Iraq has brought us (back) out on street corners, into study groups, writing letters to our national leaders and kneeling in prayerful concern. The "Peace Movement" on the Palouse currently includes two regular vigils and campus study groups in both Moscow and Pullman evolving from the mid-January "teach-in" about war with Iraq held at the University of Idaho.

The Moscow Peace Vigil, which gathers in Friendship Square on Fridays between 5:00 and 5:30 p.m. and continues until 6:30 p.m., has been sustained for over a year. With as few as six and as many as 60 participants, over 200 different individuals have taken part. The Moscow vigil came together in response to the United States' official and militant reaction to September 11. Concerned individuals felt it imperative to do something that would provide a public statement suggesting alternative solutions and a more complex analysis of the causes of terrorism. Non-violence leaders were consulted, and the first vigil was held the day after Thanksgiving, 2001.

Asked what the vigil means to him, how it helps him in his commitment to stand against war in Iraq, Christopher LaPaglia said, "I have a one-year-old daughter. I had to do something. What kind of world is she going to have to live in?" As with most vigil participants, LaPaglia is concerned about how the mainstream media presents the issue and the lack of critical analysis. He cited Dr. Martin Luther King in saying that the destructiveness of war is too great, especially given modern techniques of warfare. "It helps my sanity to just stand there, to be stating with my presence that I don't accept the rhetoric," he said. "Things could be so much better." The format for the Moscow vigil, which includes banners and a full literature table, is to begin with lighting of candles. By 5:30, enough people are gathered to form a circle in which each person present has the opportunity to share thoughts and concerns; then individuals are invited

to enter a 20 minute period of silence, after which they again may be moved to speak. The contact person for this vigil is Sally Perrine, <sperrine@potlatch.com>.

The Pullman Silent Prayer for Peace Vigil has been meeting since the first week of October in 2002 on Fridays, 12:15 to 12:45 p.m., under the clock by the Library in downtown Pullman. "I realized I could not just prayerfully address the potential of war against Iraq in the solitude and comfort of my own home," said organizer, Nancy Collins-Warner. "I went to jail in protest of the war in Southeast Asia over 30 years ago and knew I had to be pro-active in this situation." The Common Ministry (K-House) at Washington State University agreed to sponsor this community-based gathering, originally scheduled to continue just through Thanksgiving week.

However, the "faithful few" (average of six people) who participate regularly decided they would like to continue. Each vigil begins with brief poetry or prayer, offered by local clergy or laity, then 20 minutes of intentional silent prayer or meditation is observed, followed by closing reflections from the vigil's leader. "The vigil was conceived during prayer, and it has been important to me that we continue with that focus," said Collins-Warner. "Ultimately, the challenge of war, in the current situation and all others, is a challenge to the human spirit." The Pullman vigil is ecumenical, non-denominational and welcomes all to witness to the power of peace. Nancy Collins-Warner is the contact, <nancycw@pullman.com>.

Nancy Collins-Warner was Youth Services Librarian at Neill Public Library in Pullman for 12 years. She is currently on sabbatical from a regular job, engaging in a time of prayerful discernment about her future commitments. She is an active member of St. James Episcopal Church in Pullman.

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It's "Home Sweet Home" in the Big Wild

By Leslie Einhaus

I initially got involved with the Friends of the Clearwater (FOC) as a means to work through my grief. My father passed away in September 2000. He was an avid backpacker, wildlife photographer and FOC member. I thought getting involved on a grassroots level would keep me connected to him on some level. And it has. Through FOC, I have also gained new friendships, added to my recipe file (thanks to the delicious entrees at our potlucks), heightened my own love of the land and become an spirited advocate for the Big Wild.

After a long stint as a life insurance agent, my dad spent the last decade of his life doing what truly made him happy – roaming the wild country of Idaho and Montana, taking photographs of the creatures and landscapes he loved. He also spent time debating with numerous Forest Service officials and politicians, writing plenty of appeals and letters to the editor and attending public hearings – always anxious to speak out for the preservation of places like the Clearwater National Forest.

I knew he did all of these things, but I wasn't aware of what an impact he made in this part of the country. I learned an important lesson.

A Clearwater district ranger approached me before a Friends of the Clearwater-sponsored event a year or so ago. After introducing myself to several people, the ranger stepped up, shook my hand, and asked, "Are you Bob's daughter?" I nodded, amazed. "I knew Bob. He was a good man. He called me quite a bit," he said, smiling. "We got into our share of disagreements over land management."

Just days after my father passed away, a fellow activist wrote a letter to the editor to the "Lewiston Morning Tribune." Kent Henderson wrote, "Bob Einhaus was one of those folks who come(s) to Idaho from somewhere else and fall(s) in love with the place. His devotion to his adopted state put many natives to shame. Idaho lost a champion."

I learned that everyday things, like chatting with Forest Service officials, writing letters and walking along the trail with family and friends, can make a difference and a lasting impact.

There are many people in Idaho and other states that love the landscape as much as my dad did, but for some

reason they are not willing to step up and save it. Developing a passion to protect the Big Wild is key! Without a dedicated contingent of supporters, the place will deteriorate. These places could eventually become part of a museum display with the exhibit reading: "What We Used to Have."


We can't let that happen.

The members of the Friends of the Clearwater are dedicated to not letting this happen in Idaho's Big Wild. After my first meeting with the group, I was in awe of their passion for the wild country. I attended snowshoeing trips, slideshow presentations, educational panels, a powwow and numerous potlucks. More and more I began to champion the cause with greater and greater fervor – hiking the trails, writing letters to the editor, and not just because my Dad did. I saw the story unfold myself – in the banter among members, in the river, in the treetops, and among the creatures that call the Clearwater home.

It is our home, too. We need to make sure it stays intact. The Idaho backcountry needs as many backers as it can get. Some of the smallest acts add up and make an impact. Go to it. Get on the FOC mailing list by calling 882-9755. Start making a difference.

Leslie Einhaus is a writer at the University of Idaho. She enjoys backpacking and snowshoeing in Idaho's Big Wild. Leslie lives in Moscow with her "kid," a Chocolate Lab pup named Bridger.

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Romancing the Seed

By Kelly Kingsland

Each year at the beginning of gardening season, I fall head over heels in love with seeds. While they are one of the most common pieces of our shared history as humans, seeds are also, individually, microcosms of our amazing planet. To me, one of the most amazing parts of a seed is its predictability. It is amazing that each tiny, outwardly insignificant, seed holds huge genetic

heritage that can be stored over long periods of time, and then once planted, grows into the exact destined potential of itself. Sure this process is common; it happens in abundance every spring. It is a part of nearly everything we eat, and maybe because of its commonness shouldn't be so amazing. But seeds are an intrinsic part of our heritage; they link our past with our future and should hold a center place on our altar of life. This is appropriate for our ancestors revered seeds. For more than 10,000 years, humans have worked at developing thousands of crop varieties to suit diverse climates and cultures. Seeds have been passed on through generations and taken as sacred cargo with immigrants. And while we may have lost that connection, relatives as recent as our great-grandparents knew the importance of seed. In fact, it was this simple tradition of passing seeds onto the next generation that inspired, in large part, the heirloom seed movement in the U.S. today.

In 1972, Kent Whealy and his wife Diane received "family" seeds from Diane's terminally ill grandfather. It was the responsibility that these seeds carried with them, and the knowledge that much of our genetic heritage was being lost through industrial agriculture and genetic engineering, that motivated the foundation of Seed Savers Exchange. In 2003, Seed Savers is one of many organizations that are working toward preserving the diverse heritage of seeds that has nearly been forgotten.

Sadly, as with most of our natural heritage, seeds and the biodiversity that they hold need protection and conscious nurturing. While historically over 7,000 species have been farmed, currently just 30 species provide 90 percent of the world's calorie intake. According to Hope Shand of Rural Advancement Foundation International (RAFI), "the tendency to focus on a small number of species masks

the importance of plant species diversity to the world food supply." Biodiversity is important in this time of monoculture, genetic manipulation, and the economic consolidation of seed companies because it holds a spectrum of adaptations of resistance to disease and insects, as well as to climate variations and soil conditions.

Efficiency and ease of marketing have, over the years, caused seed companies to sell fewer and fewer varieties of seeds, leaving less popular, but no less valuable, varieties to go extinct. In addition, mass shipping and marketing requirements cause large-scale food producers to focus on a small number of varieties. Organizations like Seed Savers Exchange and Abundant Life Seeds are attempting to avoid the proverbial putting your eggs in one basket. For example, genetically engineering and proliferating one type of soybean out of the over 500 varieties that have been traditionally grown limits the response to disease and general adaptability.

The Irish potato famine is a historical example of this mistake. Traditionally, the Irish did not grow potatoes at all. But when potatoes were introduced from South America, they quickly became a mainstay. Unfortunately, just one kind of potato dominated the seed stock in Ireland — one that was not resistant to potato blight. Had the Irish planted more of the 3,000 diverse varieties of potatoes that originated in the Andes, including a few that had blight resistance, the famine might have been avoided. Narrowing the diversity of plants and producing only a few varieties of seeds for continued production is shortsighted and potentially hazardous.

According to Kent Whealy, "One of the best ways to combat the effects of a pest or disease outbreak is to plant mixed crops using traditional varieties with more variable characteristics." He goes on to say, "Now that vigorous F1 hybrids dominate the seed catalogs and crops can be tailored to our needs by genetic engineering, it is tempting to think that the old varieties are redundant." Kent warns, however, that these traditional open-pollinated varieties, and their wild relatives, will "always have a crucial role to play. They have indisputable qualities and a diversity in

their genetic make-up that cannot be replaced."

Yet while this knowledge is common, it is not likely that mainstream agriculture will take steps at reversing this trend. Many countries do operate "gene banks," but their focus in most cases is commercial, marketable varieties. Likely it is through grassroots efforts that genetic biodiversity

will be saved. Active visionaries like Seed Savers' Heritage Farm collect and cultivate plant varieties from around the world. Currently their collection includes 24,000 rare vegetable varieties.

And yet according to Sue Stickland, "It is important to maintain vegetable diversity where it belongs — in gardens and on farms." This way, crops will continue to naturally evolve. Growing open pollinated crops, from which seeds can be saved and recycled, rather than F1 hybrids, from which saved seed often "reverts" back to its parent variety, can, in addition, to maintaining diversity, help mitigate our potential dependency on seed companies. While we may not save seed each year, propagating open pollinators gives us that option. Optimally, we will all grow a variety of plants that are specifically adapted to our climate and bioregion. According to Seed Savers, within three years, plants have

begun to acclimate and adapt to specific climates and soil conditions.

Keep this in mind when ordering seeds for your garden this year. Explore the wide varieties of heirloom veggies available. Maybe you'll choose one that your great grandma brought over from the old county — one that you might eventually pass on to your grandchildren as a precious family heirloom. I have listed a few seed companies below that sell heirloom seeds. In addition, the Co-op stocks Seeds of Change and Garden City Seeds.

Resources:

Abundant Life Seeds

<www.abundantlifeseed.org>, (360-385-5660)

Seed Savers Exchange

<www.seedsavers.org>, (563-382-5990)

For this article, I read "Stolen Harvest" by Vandana Shiva, "The Fatal Harvest Reader" edited by Andrew Kimbrell, and "Heirloom Vegetables" by Sue Stickland. I also visited the following web sites: <www.heirloomgardening.com>, <www.mybackyard.com>, and <www.pccnaturalmarkets.com>. Check them out!

Kelly Kingsland will spend her spring loving each seed she plants

February Menu

Making delicious, wholesome foods

Moscow Food Co-op Deli

221 E. Third St. 882-8537 Open 8-8 everyday!

LUNCH 11:00 - 2:30	Spanakopita <small>Spinach and Feta in a Flaky Phyllo Crust Great For Brunch Or Lunch!</small>	Sundays	Stuffed Manicotti <small>with Ricotta, Veggies And Parmesan</small>	
	Louisiana Red Beans and Rice	Mondays	Baked Polenta <small>With Grilled Vegetables and Topped with Monterey Jack Cheese</small>	
	Mom's Macaroni & Cheese <small>With creamy Sharp Cheddar Sauce</small>	Tuesdays	Samosas <small>Served with cloutrey and a yogurt sauce</small>	
	Build Your Own Navajo Taco <small>Fry Bread with Seasoned Adzuki Beans and Cornish, Black Olives, Cheddar Cheese, Green Onions and Salsa</small>	Wednesdays	Egg Rolls <small>With Plum Sauce or Spicy Mustard</small>	
	Smothered Burritos <small>With Smoked Turkey or Spicy Tofu Homemade New Mexico Red Chile Sauce & Queso Quesadilla</small>	Thursdays	Eggplant Parmesan	
	Szechwan Sweet and Sour Stir Fry <small>Over Rice Noodles</small>	Fridays	Gourmet Pizza by the Slice	
	Breakfast Burritos Home Fried Organic Potatoes Tofu Scramble	Saturdays	Gourmet Lasagna <small>Stacked! With Veggies, Cheese and Cook's Choice of Sauce</small>	

"One cannot think well, love well, sleep well, if one has not dined well!"
-Virginia Woolf

CO-OP

Bulletin Board

moscow food coop
221 east third street
moscow id 83843

Aquarian Birthday Party/ Silent Auction-Snack PotLuck.

**February 8, 2003, 6-10pm, at the
Unitarian Church in Moscow.**

A benefit for the Chantra Melior
Medical Fund. Your chance to dance
— for a good cause. \$5 donation
requested for admission.

Moscow Civic Association

**February 10, 7:30 PM, in the 1912
Center in Moscow**

Public meeting opening with 20
minute presentation by Dr. Cynthia
Bechinski, curriculum director for
Moscow School District, on the newly-
mandated state tests, ISATS, that will
be required for graduation from high
school. Followed by a party open to all
at no charge. Live music by Steptoe,
potluck food, no-host beer, wine, and
soft drinks. An opportunity to mingle
and celebrate.

Live Swing: Loose Change

**February 13, 9-10:30pm, at the
Social Club in downtown Moscow.**

Special Thursday swing night with
Loose Change, sponsored by the
Swing Devils. Swing dance lesson at
8pm. \$3 or \$5/couple. Moscow Social
Club, above CJ's on N. Main St. All
ages welcome. www.swingdevils.org

Free music series at the Eastside Marketplace

Join us on Fridays:

Feb. 14, 6pm to 8pm: Lite Country with
Cathy Brinkerhoff
Feb. 21, 6pm to 8pm: Noi and Friends
Feb. 28, 6pm to 8pm: Vertigo Jazz

Co-op Art Gallery

The Co-op Art Gallery presents the
combined works of UI student artists,
Tatum Bolinger and Kasey Boeve.

**Opening reception Feb.14th at
5:30 to 6:30pm**

The exhibit will continue through
Mar.14th

Volunteer for the Latah County Adult Literacy Council

We help adults who wish to improve
reading, writing, math and/or English
as a Second Language skills.
If interested, please reply to
adult_literacy@yahoo.com, or call
882-2498.

The Almost Annual Taste Fair is coming!

**February 22nd from 10am to 4pm
at the Co-op**

A sampling bonanza, with free
samples of dozens of Co-op products.
door prizes galore
everyone is welcome

Start your list now

Plan ahead for all purchases at
the Co-op's Special Collections Library
Day March. Extra
discount, t

Special Collections Library
University of Idaho
Moscow ID 83844-2351

Vigil fo

Pullman

The inter
12:45PM,
begins w
intention
weekly,
Ministri
phone: 509/339-4000.

Prayer Vigil for Peace," Fridays, 12:15 –
public library in downtown Pullman. Each vigil
cal clergy and laity, followed by 20 minutes of
with reflections from the leader. The vigil is
ressed for the weather. Sponsored by Common
cy Collins-Warner, e-mail: nancycw@pullman.com

Moscow: Fridays 5:00 – 6:30PM

PEACE and JUSTICE MAKERS, gather on Fridays in the January darkness. Bring a
candle to symbolize your hope and the light that is Peace. Sometimes we are
quiet, sometimes we talk. We may have announcements, poems, readings,
musical contributions. Participants are of different religious faiths as well as of no
particular religious faith. They represent no particular political party, but join with
people worldwide committed to justice for all peoples and non-violent resolution
of conflict. Make a visible public statement with us. Every Friday, Rain, snow, cold,
hot ... Dress for the weather. FRIENDSHIP SQUARE, downtown Moscow, between
5 & 6:30 p.m. Come and go as your schedule permits. 208/882-7067 or
sperrine@potlatch.com

Renaissance F

Friday February
Booth (883-3485)
(882-9727) applic

Saturday March
Renaissance Fair
AM. Guidelines a
www.moscowren

Renaissance Fair
City Park:
www.moscowrenfair.org

The Vagina Monologues

**Thursday, Feb. 27 through
Saturday, March 1
UI Hartung Theatre**

UI student play, part of the national
movement to stop violence against
women. 885-6616

Join the Vision/2020 Listserv

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

Submit non-profit announcements to
co-opnews@sourjayne.com by the
25th of each month.

For additional events & information
www.moscowfoodcoop.com/

