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January 2003

**FREE!**  
Please take one.

# Community News

The monthly newsletter of  
the Moscow Food Co-op



## It's Your Co-op's 30<sup>th</sup> Anniversary!

By Kenna S. Eaton

As far as we know the Moscow Food Co-op opened its doors in September of 1973 as the Good Food Store. Sales for the first month were \$126.88, but by the second month sales had grown to over \$1,000. Obviously this community needed and wanted a store that could supply them with the "good stuff": lentils, beans, peanut butter and cheese in bulk, whole-wheat flour & noodles and a few other items. The first location was very small, basically a hole in the wall, down an alley and behind Main St. Although our beginnings were humble we were part of a larger movement across the country.

With the "back to the land" movement, Hippies were looking for good places to live far from the madding crowds and North Idaho was only one of many places that people came to. And once here they wanted access to the natural food staples as well as an opportunity to change the world in a positive way.

The resurgence of consumer co-ops became a national movement classified as the "New Wave." Co-ops had their beginnings over 150 years ago, with a second wave coming out of the Depression era and the demand of people to have a business that would meet their needs whether it was for power or telephone service, a storehouse for their crops, insurance or a grocery store. Co-ops then fell out of vogue until the late sixties when folks realized they could both own a business that met their needs and run it their way,

which for many of them meant including the new politics of "food for people, not for profit." Ultimately this tenet meant that many new wave Co-ops were started with more enthusiasm than capital, and more ideals than management skills, so many of the 3,000 or so were out of business by the end of the century.

Today there are approximately 300 natural food consumer Co-ops still in business in America. All of them have had to change with the times but all of them have been able to remain values-based. While we no longer believe that making a profit is a bad thing, we do believe that what we do with the profits of our businesses is important. The profits are put back into the business or into the community, making co-ops a valuable part of any town, versus going home in one person's pocket.

While this Co-op faced similar challenges during the past three decades, we were able to beat the odds. A mixture of dedicated staff and members, willingness to change with the times and to learn the skills needed to run this business enabled us to stay alive. Having been a part of that growth I feel strongly that we did what needed to be done, made the necessary changes and still managed to retain (most

(See *It's Your Co-op*

continued on page 3)

[www.moscowfood.coop](http://www.moscowfood.coop)



## Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Community News

## 2% Tuesdays: Latah County Human Rights Task Force

By Joann Muneta

One of the first actions of the Latah County Human Rights Task Force was to join in a march from Coeur d'Alene to Hayden Lake, Idaho in 1989 to show opposition to a national meeting of Neo-Nazis at the Aryan Nations Church Compound in North Idaho. The Task Force has been "on the march" ever since, with activities that include an annual Human Rights Community Breakfast, the Rosa Parks Human Rights Achievement Awards, the Martin Luther King Jr. Art & Essay Contest, rallies and celebrations in Friendship Square, educational programs for area schools, referral assistance for victims of discrimination, collaboration with the University of Idaho and Washington State University, and participation in state and northwest human right projects and conferences.

The Task Force was organized in 1988 after a state-wide study showed that 70% of Idahoans considered themselves prejudiced against one or more minority groups. At around the same time, Richard Butler organized the Church of Jesus Christ of Aryan Nations in Hayden Lake with the goal of creating an all-Aryan, all-Christian haven in North Idaho, while spreading the hate-filled messages of Neo-Nazism. Clearly something had to be done!

The mission of the Task Force is to encourage sensitivity towards minority groups and to promote tolerance, acceptance and harmony based on respect for everyone's civil, human and social rights through programs of education, advocacy and referral assistance. The group is open to anyone who wishes to help in promoting this mission. There are about twenty active members and over 200 who join by paying annual dues of \$6.00. The group also seeks organizations and business members who pay dues of \$25.00.

The annual Martin Luther King Jr. Human Rights Awards Breakfast, which this year takes place on Saturday, January 18, was started in 1991. This event is presented with the assistance of students from Moscow Junior High School and Moscow High School and features entertainment, good food, a guest speaker and the presentation of two Rosa Parks Awards for outstanding service and dedication to human rights in our local area. Representatives of educational, religious, business and university groups gather with citizens of all ages to affirm their belief that justice and tolerance are vital cornerstones of our community.

The Task Force believes that human rights are everyone's concern, and we are grateful for the support of the Moscow Food Co-op, which has chosen this group to receive the Tuesday 2% donations for January 2003. The funds will be used for educational projects benefiting our local schools. The Task Force can be contacted at Box 8613, Moscow, Idaho, and tickets for the Breakfast are available at BookPeople of Moscow.

*Joann Muneta is the chair of the Latah County Human Rights Task Force.*

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# Life in the Kitchen

By Amy Richard, kitchen manager

The deli grows. It morphs and changes with the personalities within it. The kitchen employs 25 different personalities all giving part of themselves to the creation of our food. Excellent food, this cake holding a bit of joy, this bread holding a bit of sadness for a dear friend, this cup of soup holding a calm enjoyment of life. A relationship between a person creating food and a person receiving food with all our human complexities mixed in. It's a beautiful thing and an important thing. Eating food mass-produced by machines far away holds none of this nourishment—only calories, fat grams, carbohydrates, protein and less than 2% of much else.

*"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are." —Adelle Davis*

## Your Deli Suggestions and Comments:

*Vegetarian Sushi—Maybe there is and I miss it in this case – perhaps more?*

The Co-op will be offering our own delicious sushi, handmade by our own new sushi cook, Aly! Look for it on Fridays!

*More meat and fish in the deli. Meat should be a regular option.*

Each day the deli offers two different kinds of meat sandwiches and on Saturdays for lunch we offer a seafood lunch special with seafood from The Fish Folks. Since we only sell "clean" meats our selection are sometimes limited, but I will keep my eye out for anything new available. Clean meats from Applegate Farms contain no antibiotics or hormones, are fed no animal by products, and are kept in a spacious natural environment.

*Sell balls of pizza dough—the same stuff you use for your pizza in the deli case—so customers can make their own pizza at home.*

Good idea. We'll try to bring it in when we have room.

*You should try making enchiladas the traditional way with corn tortillas—they work so much better!*

Sounds good; I'll pass on your

suggestion to the cooks.

*How about selling 1/2 sandwiches? I love your sandwiches but they're pricey and I can't eat a whole one.*

We'll try it out.

*Please do not package your items in non-recyclable clamshell containers. Personally I won't buy them.*

Not buying them is an excellent way to cast your vote, and I will be searching for better options. We do offer paper pagoda boxes that are recyclable, and recycled plastic containers too.

*The banana-walnut cookies were amazing! My bread was soggy on my falafel sandwich on 12/19 but great sauce!*

Thank you for your compliments and sorry about your bread!

*Your food is so amazing. It would be great if you could select favorites and put a cookbook together (on recycled paper of course). Half of proceeds could benefit research/ support for organic farming.*

Thank you! That is a great idea that I would like to pursue. If you are interested in volunteering to help please talk to our volunteer coordinators or me.

## A New Menu!

By Amy Richard, Kitchen Manager

Always wondering when the deli will be making your favorite lunch special? Well, wonder no longer, the deli now has a menu available for lunch and dinner specials. Every 2 weeks we will publish a new menu that you can take home and stick on your fridge so you'll always know what delicious things are being served up at the deli.

This month try the Smothered Burritos with homemade New Mexico Red Chile Sauce & Guacamole on Thursday, or the Macedonian Sweet and Savory Strudel on Sunday. There are so many yummy things to choose from.

Lunch is served at 11:30 a.m., dinner at 4:30 p.m. and on Saturday come enjoy brunch at 8:00 a.m.!

Menus are available at the Co-op, BookPeople, and the Wine Company. Pick yours up today and you'll always know what's cookin' at the Co-op!

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

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

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## January Menu

Making delicious, wholesome foods  
Moscow Food Co-op Deli  
221 E. Third St. 882-8537 Open 8-8 everyday!

LUNCH 11:00

Macedonian Sweet and Savory Strudel Great For Brunch Or Lunch!	Sundays	Savory Baked Tofu with Mashed Potatoes and Gravy *Steamed Organic Vegetable On The Side
Hot Grilled Sandwiches	Mondays	Spagetti With a Homemade Portabella Mushroom-Tomato Sauce
Stuffed Manicotti with Ricotta, Veggies And Parmesan	Tuesdays	Samosas Served with chutney and a yogurt sauce
Szechwan Sweet and Sour Stir Fry Over Rice Noodles	Wednesdays	Twice Baked Potatoes Stuffed Potato Skins With Sharp Cheddar, Chives And Roasted Red Peppers *Steamed Organic Vegetable On The Side
Smothered Burritos With Smoked Turkey or Spicy Tofu Homemade New Mexico Red Chile Sauce & Guacamole	Thursdays	Spanakopita Spinach and Feta in a Flaky Phyllo Crust
Spicy Thai Peanut Stir Fry	Fridays	Gourmet Pizza by the Slice
Whole Grain & Apple Pancakes with Orange Sauce Biscuits and Gravy Home Fried organic potatoes tofu scramble	Saturdays	Gourmet Lasagna *Steamed Organic Vegetable On The Side

Dinner 2:30



## It's Your Co-op

(continued from cover)

of) our ideals. So this year we're gonna celebrate!

Starting in January we will be holding a "Re-membership" drive. Much like renewing your wedding vows, you will be offered an opportunity to re-invest into this business. (Look for Laura's article elsewhere in this newsletter for more information). In February we will be holding our annual Taste Fair. This is a great chance for you to sample many of our excellent food items, win prizes

and generally have a good time eating! (Our favorite pastime.) In March we will hold a MAD day. Our Member Appreciation Day offers all current members savings up to 10% on their purchases that day. Throughout the rest of the year we will be holding lots of fun events including a 30<sup>th</sup> celebration party in September. Look for articles in the newsletter and flyers throughout the store to alert you to our next event.



## Personal Care Corner: An Overview of Homeopathy

By Carrie A. Corson

The basis of homeopathy is the principle of "like can cure like." That is, an illness can be treated by a substance capable of producing similar symptoms to those being suffered by the patient. This principle dates back to the Greek physician Hippocrates in the 5<sup>th</sup> century, BC. Hippocrates is considered the seminal figure in the history of medicine because he was the first person to think that disease is the result of natural forces, not divine influences. Central to his beliefs was the idea that careful observation of the symptoms specific to an individual and of that person's reaction to disease should be taken into account before reaching a diagnosis. He also believed that the patient's own powers of healing are essential to choosing an appropriate cure and should be encouraged.

200 years ago, German doctor and chemist Samuel Hahnemann (1755-1843) rediscovered this principle and is considered the founding father of the current system of homeopathy. It was through Dr. Hahnemann's studies that the system of making homeopathic remedies was discovered. Because some of the remedies used were actually poisonous, Dr. Hahnemann developed a technique of diluting the remedies to such a degree that they were no longer harmful when taken internally. In treating patients, Dr. Hahnemann found that studying symptoms or building a "symptom picture" of that patient was very important in determining which remedy would be most effective. Once he had established a symptom picture he would match it to the drug picture of various sub-

stances. Only when he had established the closest match would he prescribe a remedy. He found that the closer the match, the more successful the treatment. During his lifetime Dr. Hahnemann perfected his method of dilution until his remedies caused no ill side effects whatsoever and would "prove" the efficacy of about 100 homeopathic remedies.

Homeopathic remedies are made using plant, animal and mineral extracts and diluted in varying degrees in order to avoid unpleasant side effects. Extracts are dissolved in an alcohol/water mixture that contains approximately 90 percent alcohol and 10 percent distilled water (this ratio may vary depending on the substance). This mixture is left to stand for 2-4 weeks, shaken occasionally, and then strained through a press. The resulting liquid is known as the 'mother tincture' or tincture.

To produce different remedy potencies, the mother tincture is diluted in an alcohol/water mixture according to one of two scales, the decimal (x) and centesimal (c). Between every stage of dilution the tincture is 'succesed' (shaken vigorously). In the decimal scale the dilution factor is 9 drops of alcohol to one drop of mother tincture (referred to as 1:10); and in the centesimal, it is 99 drops of alcohol to 1 drop of mother tincture (referred to as 1:100). The number of a homeopathic remedy shows how many times it has been diluted and succesed. For example, Allium 6C has been diluted and succesed six times. In the homeopathic system, the more dilute a remedy is, the stronger it is considered to be. So a 12C or 24X dilution is considered stronger and to act more deeply than less-dilute

potencies of 6C, 6X, 12X or 30C (these are the potencies most often found in retail stores).

Once a homeopathic remedy has been diluted beyond 12C potency, it is unlikely that a molecule of the original substance still remains. This is the main reason why homeopathy is viewed with such skepticism by many orthodox medical practitioners and scientists. However, homeopathy continues to be studied and practiced. In 1995 a team from Glasgow University succeeded in proving, in controlled trials, that 30C potencies of pollen and house dust mites were more effective than placebos in treating hay fever and asthma, respectively.

Despite the skepticism, Homeopathy is gaining popularity as an alternative treatment to many common ailments. One reason for this popularity is that homeopathic remedies are considered safe for use by anyone including babies, children, lactating women and the elderly. Many holistic veterinarians also recommend in some treatments for animals. In addition, there are no known drug interaction risks between homeopathic medicines and traditional pharmaceutical medicines.

Homeopathic remedies can be found both in single ingredient dilutions and formulated remedies. They are often found in the form of lactose pellets or tablets, which readily dissolve in a person's mouth. Combination remedies are considered easier to use for those not as familiar with homeopathy. These combinations may be helpful for a wider variety of symptoms than single remedies, which are quite specific in the symptoms that they may be useful for.

Remember, always check with a health care professional before adding any product to your treatment regimen.

### Sources:

The Smart Guide to Homeopathy. (Boiron Company, pamphlet).

Homeopathy, The Principles and Practice of Treatment. Drs. Andrew Lockie & Nicola Geddes. (D.K. Publishing, 2000).

Homeopathy A-Z by Dana Ullman, M.P.H. (Hay House, Inc., 1999).

Essential Homeopathy. What it is and what it can do for you, by Dana Ullman, M.P.H. (New World Publishing, 2002).

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

**New Session Runs  
January 13 -  
March 14**

*Happy Holidays!*

*Daytime and evening classes  
Classes fill quickly so register early*

Schedules available on the yoga center door.	10% discount for full-time U of I & WSU students.
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# Moscow Food Co-op Fact Sheet

## Mission Statement:

The mission of the Moscow Food Co-op is to provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for healthful consequences to both the consumer and the environment. The Moscow Food Co-op provides an information network that fosters progressive social, political, and ecological change. The Co-op strives to provide a sense of community for its constituency and right livelihood for its staff. Our goal is to continue these services.

## History:

1973: Rod Davis, Jim Eagen, Katie & Dave Mosel open the Good Food store on Second Street in Moscow. First month's sales: \$126.88. Second month's sales: over \$1000.

1974: Co-op incorporates with 25 new members. A Community Action Agency grant helps the Co-op.

1975: Store moves to new location on South Main Street in Moscow. Name officially changes to Moscow Food Co-op.

1976: Co-op organizes Farmers' Market. (The market eventually is given over to the Arts Commission.)

1978: Co-op moves again, to 314 South Washington. First year Co-op participates in Renaissance Fair.

1980-1982: Co-op faces stiff competition from area supermarkets. Managers are sent to business seminars, and volunteers receive more training. Co-op gets aggressive about broadening its appeal: cookware; socks, coffee and vitamins are sold.

1983: Sales slowly increase.

1984: Store remodeled: new paint, new floor tile and new floor plan.

1985: New management system adopted, from co-coordinators to a General Manager w/assistants. Co-op loses investment in Equinox (regional wholesaler) due to Equinox's collapse.

1986: Co-op faces financial difficulties. Members chip in and make a difference. A new produce cooler is purchased.

1989: Co-op moves to 310 W. Third Street, former home of Kentucky Fried Chicken, gets its first parking lot and business increases 40%.

1990: Co-op opens its own bakery. Second cash register is added.

1991: Co-op gets new, large walk-in cooler and the annual holiday bazaar is started.

1992: Staff increases to 20 and sales break \$100,000 for December. Offices are moved upstairs.

1993: Co-op celebrates 20<sup>th</sup> anniversary. Staff and shoppers feel very cramped at present location; Board begins the search for a new facility.

1994: Staff resets entire store, brings in paint & new fixtures in an attempt to create more space.

1996: General Manager is sent to Consumer Co-operative Management Institute to increase knowledge and upgrade business skills.

1998: Co-op celebrates its 25<sup>th</sup> anniversary with a Taste Fair and a party. Negotiations are successful for a new location and Co-op members lend the store over \$77,000 to remodel & relocate.

1999: Co-op re-opens in its new location at 221 E. Third Street, with increased sales floor, increased kitchen space and a loading dock. Sales grow 38% in first year.

2000: The Co-op continues to grow and prosper in its new location with sales growth of 15%. The Co-op adds an indoor seating area for the deli.

2001: Co-op becomes financially stronger and starts to take a more active role in the community. Working with other Co-ops in the NW, MFC begins a joint buying and advertising program to bring in better deals for its members (CapWest) and sales grow.

2002: Sales for the Co-op continue to grow at 20% for the year. Co-op is able to start 2% Tuesdays: a grant program to award 2% of sales from Tuesdays in one month to a local organization. Co-op purchases and installs a POS (computerized) checkout system using touch screens and perpetual inventory control.

The Co-op currently employs about 50 employees: 13 full-time (30 hours or more per week), 37 part-time. Wages for staff totaled \$423,968 in 2001, not including health benefits. The Co-op also thrives because of help from our members. Members volunteer their services to the Co-op in return for a discount on their purchases. In 2001 the Co-op gave out \$60,047 in discounts to members, volunteers and staff.

## Facilities:

Co-op holds a 7-year lease with an option to renew for 5 years. Over 7,000 square ft with 5,500 square feet of retail space

## Structure and Organization:

The Members elect a 7-member Board of Directors by ballot for 3-year terms. The B.O.D. hires the General Manager who is responsible for daily operations. The Board is responsible for long-range visioning and planning.

# Eyewitness to Co-op History

By Karen Young

Once upon a time, very long ago, before most of you were born (about 1978), there was a little, tiny food co-op located on busy Highway 95 (Main Street) in Moscow, Idaho. The store was about 15 feet wide, maybe 35 feet long and reverberated frequently to the sirens of fire station located directly across the street. When the sirens weren't operating, the rumble of heavy trucks passing ten feet from the door kept the Co-op rocking.

The walls were white within, the buckets were white and contained a variety of grains, beans and granola. The most striking feature was the triple price tag scrawled on every bucket — a price for working members, for non-working members, and for non-members, plus sometimes, for fun, extra prices for members working varying numbers of hours.

The Co-op Board of Directors had decreed that no items would be sold in wasteful packaging. For this the mealy moths were extremely grateful, and took up residence in the white plastic buckets at every opportunity. This required frequent store closures to evict the small, spry moths and their wormy progeny.

The store was supplied weekly by a truck from Equinox Food Exchange of Springdale, Washington (a town between Spokane and Colville). When the truck was running, when the roads were clear, when their shipments were arrived. At delivery time there was a bustle of activity as word spread up and down Main Street: Time to unload the truck!

A cadre of loyal souls, some of whom are still hobbling around this town (Rufus T. Firefly and Dave Peckham, to name two), would show up and drag bags and boxes into the store, leaving them piled high for the coordinators to sort and store.

Being a coordinator at the Moscow Food Co-op was my dream. I wanted to unload those bags, price those buckets, ring up those sales, talk to the friendly people in Birkenstocks (few others dared brave the pricing system and mealy moths). Fortunately for me, the coordinators Mallen Kear and Janet (Hillary) Daily, decided they wanted to pursue other careers about the time I arrived, and I got the job (both of their jobs). The pay was meager, \$3.00 per hour for 30 hours a week, benefits were nonexistent, but the work was all consuming and infinite. In an average week, I probably put in 80 hours and had time to think of nothing else (except Evergreen Center for Natural Healing, which I was also running - I don't think I slept).

The Co-op was in serious financial trouble. An accountant had left town with a undeclared \$6,000 deficit on the books, and our average daily sales were miniscule. I had a vision of a Co-op in a larger store on a quieter street, with a clean, friendly atmosphere, items in packages and elegant bins, a cold storage room, and simpler pricing. When I discussed this with the Board at our monthly potluck meeting they were encouraging and told me to go right ahead, except on the packaging, and then they proceeded, month after frustrating month, to nix every new store location floated across the wheat-grass salads and chips. Subversively, I rented the storefront at 312 S. Washington and told the Board about it later. After considerable fuss, we moved (and so did Highway 95).

The new store had a blue-green carpet, hard to clean but easy on the eyes and feet. Helpful volunteers built bins and Bob Thyberg built a cold storage room. We acquired more coolers and started carrying more fruit, vegetables and dairy products. In a few small corners, I began stocking tiny packaged items, including things like Wha Guru Chews which were popular immediately.

We simplified the pricing system and hired another coordinator, David Cook, a former Equinox member and a businessman. In our spare time, we actively supported and participated in the Moscow Renaissance Fair, a Community Garden (located where the new wing of the Moscow Library is now), and helped Linda Pall get the Farmers' Market rolling. Business increased and the Moscow Food Co-op became — eureka! — solvent.

One weekend in August of 1979, I went off to the woods for four days and remembered that I had another life besides Karen Young, Co-op Coordinator. On my return to Moscow I gave two months' notice. Not long thereafter, Mary Jo Knowles took over, eventually moving the store to the old Kentucky Fried Chicken building. Seven years later, Kenna Eaton began her long and useful run as coordinator and moved the store to the old IGA.

Now that the Co-op pays a living wage and benefits, good people stay longer and the store has become central to life in downtown Moscow. My only complaint is that all my favorite people shop or work there and it is hard to make a quick run in and out for a bowl of soup. I'm a busy acupunctureist now, and don't always have time to socialize. So, please forgive me when I rush by you with my Co-op deli lunch. I can't wave, I'll spill the soup.



# Memories

By Bill London

This thriving Co-op bears little resemblance to the tiny natural food store opened in Moscow with some grant money, a bunch of good vibes, and lots of idealism, thirty years ago. But that tiny store did blossom into this \$2 million-per-year downtown anchor store.

One of the reasons for that success was the willingness of dozens of people to volunteer for free or work for slightly more than free. These people wanted to keep this Co-op open. They wanted to build a supportive network for local organic producers, establish a counter-cultural center here, or share the gospel of natural foods. Whatever their reasons, they made real sacrifices to keep this store open.

As part of our 30<sup>th</sup> Anniversary celebration, we will be publishing the recollections of these

Co-op founders. In this issue, we offer the memoirs of Karen Young and Sandy Ogle Cruise. We encourage others—former staff, board members, and volunteers—to tell us about your Co-op experiences.

Send that memoir by email to <london@moscow.com> and include information about what you did for the Co-op and when, what you are doing now, and any funny stories, anecdotes, and examples of rampant weirdness that you can remember. Pictures are welcome, too, but do contact us before sending them. Please keep the stories to about 600 words and send them in any time between now and September of 2003.

*Bill London joined this Co-op upon moving to Moscow in 1984, and began this newsletter in December of that year.*

We never asked for ID, and we accepted checks. In my time there, I can only remember one bounced check, and that was from a well-known, regular shopper who just messed up his checking account. We called him up and he wrote another check and all was well. We managed to run in the black almost every month I was there, and we were slowly, slowly, slowly building up capital reserves.

One of the biggest things I did for the Co-op, in my opinion, was to make it respectable for the “regular” people of Moscow. I was a Moscow native, well known to established members of the community as “Ruth Morton’s daughter” (which is kind of scary because that is Mom’s maiden name and she’d already been married over 40 years by then!!). At any rate, I think people who would not normally have shopped in a “hippie” store were drawn in and found the Co-op to be filled with unique and delicious foods not regularly available, and staffed with regular people whom they knew.

Being part of the Moscow community came in handy in the spring of 1976 when we decided to go to the City Council for permission to sponsor an open-air Saturday Farmers’ Market. A previous manager had tried to get a farmers’ market going in 1975 but it was not successful. (I cannot remember why.)

Anyway, I went to the city council and asked for permission to use the parking lot of the old post office for a Saturday morning farmers’ market, free of charge. (The building to which I refer is now the City Hall at Third and Washington, across from Marketime Drug and the current Co-op location.) The City Council was very reluctant to give us permission to hold a farmers’ market every week during the summer—they feared expensive trash clean-up, uncontrolled crowds, etc., etc., etc. But clean-cut, well-spoken me made all kinds of promises that we would control the hours, clean up after ourselves, police the area, always have a staff person on hand (usually me or Phil, I think), and in general be completely responsible.

And we did, and it was a total success. The Moscow Farmers’ Market has continued on to this day. By my count, this year, 2003, will be the 28<sup>th</sup> annual Moscow Farmers’ Market. (I did not count the 1975 version, although

it did exist, and the Co-op sponsored it, and its failure spurred our desire for a successful market in 1976, so I guess it is possible to go ahead and call the 2003 season the 29<sup>th</sup> annual Farmers’ Market.)

As long as we are talking about what made the 1976 farmers’ market a success—the biggest reason we were successful is that we got an anchor vendor. The Wilson brothers, who owned and operated Banner Ranch down-river from Clarkston, were our anchor. Each week Rafe and/or Joe Wilson would come up with a pick-up truck and trailer full of their produce, especially the peaches and tomatoes from their orchards and fields. Their produce was wonderful, and they would usually sell out, or nearly so, each week. Anything left over they would bring by the Co-op on Saturday afternoon, and we would sell it on commission. It was a wonderful relationship—we provided a much-needed local outlet for them, and they provided a much-needed steady supply of seasonal produce for us. The rest of our vendors were usually much smaller—people like my sister-in-law and me, who would sell an extra couple of bunches of onions, or a few pounds of green beans from our gardens, from the back of her pick-up. We would sell out by 10 a.m. or so, and then take our earnings and go off to the yard sales.

Over a 30-year time period the Co-op has grown and evolved and turned into a well-run, mid-size business. I am so pleased to shop there when I am in Moscow, for even with the changes and the growth you have managed to preserve the essential free spirit of the store that began so long ago.

As for me, I now live in Boise, Idaho, in a nice house in a nice subdivision and I drive a Subaru Legacy wagon. I work as a data analyst for Blue Cross of Idaho. All terribly middle class.

## Eyewitness to Co-op History

By Sandy Ogle Cruise

I am a Moscow native. After I graduated from the U of I in 1971, I joined the Peace Corps and served three years in Venezuela. After finishing my Peace Corps time, I did a few other things before ending up back in Moscow in the summer of 1975.

I looked around for a job that would allow me to continue serving my community and thought myself very lucky to find a job as one of three half-time managers of the Moscow Food Co-op. My salary was \$200/month. I worked at the Co-op from about September 1975 until October or November of 1976. (I then moved to Pocatello, which is a completely different story.) The Co-op’s location was on Main Street, across the street from the fire station, and right next to my friend Darryl Bozet’s music store.

My co-managers were Phil Sawatsky and Janie (whose last name I have forgotten). Phil managed the storefront in the mornings, I managed the afternoons, and Janie kept the books.

As storefront managers, Phil and I placed orders, coordinated volunteer labor, trained people to run the cash register, kept the cheese cooler full of cut and wrapped cheese, kept the flour containers full of Joseph Barron’s organic flour, warmed five-gallon cans of honey with a heating tape so we could refill the honey barrel, and in general kept everything going, one way or another.

As I look back on it, pretty much nothing we did would be acceptable in today’s regulated world. With one exception—I shop at the Boise Food Co-op a lot, and they still do the herbs and spices the same way we did 30 years ago—gallon glass jars from which a customer can serve herself.

At the Co-op we did not allow shoppers to run lines of credit (except for ourselves and probably a few board members), but we did allow members who knew what they were doing (or who we thought knew what they were doing) to check themselves out.

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# From The Board

By Patrick J. Vaughan

Happy New Year everyone! I hope you marked the recent clear and cold winter solstice with its large, illuminating (but waning) moon, and enjoyed a meaningful accompanying holiday season. As we prepare to meet the coldest part of the winter we at least do so with the knowledge that each day is bringing us closer to those first crocus, tulips and daffodils.

Speaking of meaningful celebrations, sometime this year we will celebrate the 30th anniversary of the Moscow Food Co-op. You know, at the risk of dating some of us, I have to point out that our Co-op is a multi-generation community. I mean, it has always been a store where a diverse group of customers shopped, including folks of all ages. But we now enjoy seeing some of our kids who have become young adults choose to become members, volunteers and even staff. I think that is a healthy (pun intended) sign and a significant one. I am optimistic when succeeding generations see the importance of the interrelationship between food – health – environment. I think it is clear that the choices we make in these areas also affect, and actually shape, the community in which we live.

Our food co-op is certainly a robust business (over \$2 million in business this past year). Could the found-

ing members in 1973 have envisioned what it would become? Would early members still be proud of what we have become? I can't answer for them but I think it would be good to not only celebrate this year but to ask those questions of ourselves.

We can always do better, but I am pretty proud of our Co-op. I see us remaining true to some timeless values we espouse. We remain democratic with members selecting directors and approving significant initiatives at annual meetings. The store offers natural products, and supports local organic farmers as much as possible. You members have been giving back to the community in generous amounts, supporting important needs. Our managers have prioritized taking care of staff first when we have financial success. Our Co-op is an energetic and progressive source of community education forums.

We will be asking for your ideas and input to create the best and most meaningful celebration to mark 3 decades of cooperative principles in action on the Palouse. I would love to be part of the next 30 years. What do we want the Moscow Co-op to look like in 2033? Frankly, I don't think that I can envision that. But I am confident that we know some timeless values that will take us there.

## Apply for Moscow Renaissance Fair Booths!

by Dave Peckham

Spring must be on the way because applications are now available for craft and food vendors for this year's 30th annual Moscow Renaissance Fair. The participation of artisans with unique and high-quality handmade wares, as well as delicious foods from community groups, are vital parts of this festival, which will be held Saturday, May 3, and Sunday, May 4, 2003, at East City Park in Moscow.

More than 30,000 visitors are expected to attend this year's celebration of spring, enjoying live music, children's activities, handmade crafts, great food and more. Being the 30th anniversary, this fair is sure to be a really special one, with a large parade featuring past kings and queens, special musical guests, an appearance of our first stage (the fire-breathing dragon truck), and many other special events. Festivities will span both days from 10 a.m. until dusk, and admission is free to the public.

The Moscow Renaissance Fair is a juried event; with 135 10'x10' booth spaces for artisans. Vendors are encouraged to apply early, as booth spaces are assigned at the discretion of the Fair board and special location requests are handled on a first-requested basis. Only original work designed and crafted by the artist may be sold. Please, no imported wares, commercially assembled or "kit" type items. There are also special categories this year for service providers (massage, fortune tellers, body art, etc), wandering vendors, and crafts demonstrators.

Food vendors must be non-commercial, non-profit groups providing food service as a fundraising activity. Food providers will also be juried, in a food-sampling event. Space is limited to 20 booths, so apply early! The application deadline for both crafts and food is February 28.

Watch the web site, the food and crafts booth guidelines and application



## Welcome!

By Laura Long

xHappy Birthday Moscow Food Co-op! This year is our 30th anniversary, and we are excited. It's quite a feat to remain such a successful business for so long in our changing times, but the Co-op has adapted to the wants and needs of it's members over the years to become the diverse business it is today. I read the original article about the Co-op that printed in the paper in 1973, and it struck me how much we have changed, and yet how much is still the same. The original core group vowed to sell no supplements or meat products, and yet our freezer is full of organic sausage and chicken and a full range of herbal and vitamin supplements can be found as well. And yet, we are still staffed by a dedicated group of individuals whose main goal is to bring local and organic foods to the Palouse.

And, most importantly of all, we surely couldn't have done it without the continued support of members like you. And as a special "thank you" I have a couple of fun things planned for members this month. If you would like to pay off your lifetime membership fees in the month of January, the Co-op will give you one of our new Co-op Totes. We have a new logo for

our 30th anniversary, and after much demand from our shoppers, re-usable grocery totes have been ordered. Just ask any cashier how much you owe, and they will be able to help you with your renewal. And for those of you who are joining for the first time, or would only like to pay the yearly rate, your name will be entered into a drawing for a cast iron wok, bag of rice, and a selection of products from our ethnic foods section.

"But wait. I'm already a Lifetime member, but I'd really like to keep helping," you say. Well, for you I have a very special idea. Why not "re-membership." Just like married couples that reaffirm their wedding vows at special anniversary dates, why not reaffirm your commitment to the Co-op by joining again. It's not required, of course, but all those membership dollars go into the capital account and help us buy new equipment like ovens, bulk bins, and freezers just to name a few of the items on the Co-op's wish list.

So, in 2003, do what you can to help your Co-op—whether it's volunteer work, paying membership dues, or bringing in a friend. It will all help to keep us going strong for another 30 years!

forms will be coming soon: <[www.moscowrenfair.org](http://www.moscowrenfair.org)>.

For crafts you can email Carol Hill, Crafts Coordinator, at <[crafts@moscowrenfair.org](mailto:crafts@moscowrenfair.org)> or call her at 208-882-9727. Food Booth Coordinator is Becky Chastain, <[bchastain@moscow.com](mailto:bchastain@moscow.com)> or 208-883-3485.

*Dave Peckham is a long-time Co-op member and this year, the publicity coordinator for the Moscow Renaissance Fair.*

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## Ready, Set, Grow! (Part 1)

By Dani Vargas,  
Produce Manager

It is coming to that time of the year when we have our annual Local Growers Meeting. I do have a correction that needs to be made from last month's newsletter announcement: **The time for the meeting is from 2 p.m. to 4 p.m.** (not 3 - 5 p.m.).

We will meet January 18<sup>th</sup> here at the Moscow Food Co-op from 2 p.m. - 4 p.m.

During this meeting the produce department staff, a deli department staff member, and any interested local growers all come together to plan the up-coming growing season. We discuss the guidelines required for supplying the Co-op with fresh local organic produce. The growers come together and figure out who should grow what. Some growers have their specialties such as George and Sue's Carrots while other growers are interested in trying their hand at anything. The produce department talks about their needs and so does the Deli Department. In the end we come away with a plan for the upcoming season.

If any of you are interested in attending, you should come. We are always excited to meet more growers who are inspired by organic farming.

If you have any questions prior to this meeting please contact me: Dani Vargas (208) 882-8537. I may be reached Tuesday - Saturday 7 a.m. - 3 p.m. I am looking forward to this year's meeting—last year was a blast and this year should be too!



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## The Volunteer Program

Annie Hubble and Janna Jones

I hope all of you had enjoyable holidays. As you read this, we will be at the start of 2003. May the year bring you peace and joy. Volunteering seems to me to embody the spirit of kindness and thoughtfulness that this world so needs. Thank you all for helping. We live in an amazing community, and you Co-op volunteers are definitely part of what makes it such a great place in which to live.

Some of you may have noticed that we are recruiting new volunteers in a different way. We welcome new applicants, and, as usual, ask that you fill out the application form (they are to found on the bulletin board at the front of the store)

and leave it in the envelope on that same board. Every couple of weeks we will hold an orientation, where we will explain the Co-op's volunteer program - its history and philosophy - and also do a tour of the store. This will give us a chance to meet applicants and to get to know them a little, thereby helping us match would-be volunteers with jobs.

We cannot promise jobs as there are always more applicants than positions available, but we will do what we can to place people.

Thanks again for all the ways in which you help the Co-op.



## Front End Managing

By Annie Hubble

I would like to take this opportunity to thank all the cashiers for their dedicated work. I inherited a great crew when I became manager, and have since hired other wonderful and generous employees. Each person brings something unique to the Co-op. I was a full time cashier for many years, and still help out at rush hours. I love the social part of it, and am happy to see the many regulars who come past the registers, but I also know that it is sometimes challenging work, with spur of the moment decisions to make, customers to help, and all the time accurate and detailed day sheet and register procedures needed. Thank you, cashier team, for your cheerful and hardworking presence.

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# Nutrition Q&A: Vegetarians and Calcium

By Chelsy Leslie, RD

**Q:** I heard that too much protein in our diet can cause calcium to be pulled from our bones! Is this true? Does that mean that vegetarians need less calcium because they eat less protein?

**A:** It is no secret that calcium is essential for building strong bones and



minimizing bone loss. The Dietary Reference Intake (DRI) for calcium for both men and women is 1300 mg for age 18 and younger, 1000 mg for ages 19-50, and 1200 mg for age 51 and up. These levels are considered adequate for the majority of the US population. However, individual calcium needs vary depending on many factors including diet, lifestyle and genetics.

Protein is one dietary component that affects calcium balance in the body. Low and excess protein can both be detrimental to bone health. Protein is required for building, repairing, and keeping bones healthy and strong.

Excess dietary protein may be bad for bone by causing calcium loss.

When protein is broken down in the body, acid is produced. The body compensates by buffering the acid through a complex process that involves the release of calcium from the bone. The calcium is then excreted in the urine. The higher the protein intake, the more calcium is lost. Protein-containing foods vary in the amount of acid they generate. Although animal proteins are commonly assumed to produce more acid, this is not always true. Fish, meat, poultry, cheese, and many grain products have a high potential renal acid load (PRAL), a measure of acid production. Milk and yogurt have a low PRAL. Fruits and vegetables have a negative PRAL, meaning they supply alkali that can help buffer acid.

Based on protein's effect on calcium balance, a diet lower in protein may have lower calcium requirements than a high protein diet. Although vegetarians tend to consume less protein than meat-eaters, most still eat above the amount considered adequate—especially if dairy and/or eggs are included in the diet. The standard recommendations for calcium are most likely suitable for vegetarians as they usually eat plenty of protein.

Rather than ask, "Do vegetarians need less calcium?" the question should be, "Should people with high protein diets consume more calcium than is recommended?" The answer to that question is, "Yes." To offset the loss of calcium in the urine caused by processing protein, a high calcium intake can protect bone health. However, too much calcium can also be detrimental and intake should not exceed 2500 mg per day.

It is important to keep in mind that protein is only one part of the picture. Other dietary components affect calcium as well. For example, a high sodium intake can also cause calcium to be excreted in the urine. In addition, while a vegan diet may be lower in



protein, it is usually high in oxalates and phytates. These compounds are present in some plant foods and they bind calcium so it cannot be absorbed. Foods high in potassium, such as fruits and vegetables, help to buffer acid that is produced and reduce the amount of calcium lost in the urine.

To protect your bones, consume a diet adequate in protein (0.36-0.45 grams of protein per pound of body weight), high in fruits and vegetables, moderate in sodium, and high in calcium. Good sources of calcium include milk, yogurt, fortified soy or rice milk, tofu processed with calcium sulfate, calcium-fortified orange juice, collard greens, kale, mustard greens and blackstrap molasses. In addition to eating well, physical activity in your daily routine can help to strengthen bones.

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

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

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## Newsletter Correction:


In the December issue, on page 9, we inadvertently included an ad for a stress reduction class taught by Susan Simonds. That was an old ad and the class is not available. Our apologies.

—The Editors



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# Volunteer Profile: Nancy Draznin

By Chris Stordahl

Alright, get your pencils ready, it's time for a Pop Quiz!!!

1. What is a Doula?
2. How many types of Doula are there?
3. Define and give examples of the different types.
4. What does the acronym ALACE stand for?
5. Why am I asking these questions and what do they have to do with a profile of a Moscow Food Co-op volunteer?

The answers to these and more questions will hopefully be found in the paragraphs to follow.

Nancy Draznin was born in Evanston, Illinois. She left at eighteen to attend Rutgers University. There she received her BA in English. Moving on to Columbia University, she completed her MFA. After all of this intense study she decided to travel a bit. A bit... let's see... India, Nepal, Israel, England, France, Portugal, Spain, Scotland... Like I said, "a bit." I asked her what her favorite place was. She said that of all the places she's been to, if she could go back to one she would chose Ladakh, India. She described it as a harsh Tibetan plateau. (Sounds... nice.) But, "the people just seemed to be delighted with life." Wow, I would like to visit a place where people can just be delighted with life.

Well, after her travels, she returned to New Jersey. There she met her husband, Ken. He had family in

Portland and they moved to the Northwest. They came to Moscow so Ken could finish his degree in Anthropology. He decided not to, but they stayed anyway. He did eventually decide to go to law school and is now practicing in Lewiston and Lapwai. They have three kids, Rachel, 12, Sam, 9, and Sophia, 6.

This leads into Nancy's chosen profession. English professor? Ah, no.

Nancy chose for her first child to have a home birth. She said that as she was preparing for the occasion, she discovered that she had an interest that went beyond her current situation. She has been a Childbirth Educator, a Doula and is now a Midwife. She is a member of ALACE (Asso-



ciation of Labor Assistants & Childbirth Educators). As a Childbirth Educator she has taught classes at Pullman Memorial Hospital. Helping Moms and Dads-to-be create a safe space within the hospital environment has been of great importance to her. "It's different at home. You're in your space, it's safe."

Okay, a Doula is a birth companion. There are two types of Doula: prenatal/birth/postpartum and just postpartum. I have a personal reason for needing to explain what a Doula is. When I was pregnant with my second child, I remember talking with another expecting mother. She was talking about meeting with her Doula. She said it in such a way that I felt I should know what she meant. Well, I didn't and felt I would be thought stupid if I asked, so I didn't. I am now proud of the fact that I have chosen no longer to live in ignorance. Yea!

As I said, Nancy is now a midwife. I completely got the feeling talking to her that she is living her passion. She is doing what she is meant to be doing. "How lucky!" I told her. "Not many people get the chance to support themselves doing what they re-

ally love."

"Well," she said with a slight smirk, "I wouldn't say that it exactly supports us." She did say that her husband is very supportive of what she does.

So, even with helping others bring new lives into the world, chauffeuring her own children to ballet (at the Graham Academy in Pullman), Cub Scouts, and gymnastics, Nancy still finds time to volunteer here at the Co-op. Presently, she is a Deli aide. But, she has been volunteering here on and off for about 10 years. Some of her past incarnations have been: Cheese cutter, bulk packager, recycler, milk runner (ahh, Stratton's!), and she has written for the Newsletter on occasion as well.

What does she like best about volunteering?

"Hmmm... the discount's great! The people are great, too." Nancy likes working in the deli because she gets to see, meet and talk to people. That seems to make the work easier.

*Chris Stordahl... has recently rediscovered that time passes too quickly and is too easily wasted when one focuses only on the outcome of events. A simple reminder to her and others: be here now!*

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## Staff Profile: Alicia Tate

By Carol Spurling

Before I even knew Alicia Tate's name, I knew she was a voracious reader and a mother of strong convictions. She and her four-year-old daughter Tèa ('Tay-ah') came into the bookstore where I work and I complimented them on their stack of excellent choices.

"We don't watch any TV at our house," Alicia explained.

That's not to say that Alicia never watched any television herself as a child: her phone answering machine treats the caller to the theme song from "Fat Albert," which of course brought back fond Saturday morning memories for me, too. Popular and consumer culture does have a way of sneaking up on a person. Alicia has tried to shield Tèa as much as possible but as her little girl grows up it gets more difficult.

"She knew exactly where the Barbies were in the store," Alicia marveled. "I keep telling my parents 'no TV!' for Tèa at their house."

Alicia has a great sense of humor about it all, though, and is grateful that her parents are available to spend time with their granddaughter. It is the main reason she moved to the Palouse.

Alicia grew up in East Lansing, Michigan, and went to school at Central Michigan University, obtaining her BA degree in Art. Her parents moved here in 1998 when her father got a position as a dean at Washington State University.

"They moved when I was pregnant. We came out to see what it was like in June of 2001, and ended up staying. It's really nice to have my parents so close."

Tèa's father, Joe, also moved to the area, and although he lives apart from them, he helps raise Tèa too.

Alicia works as an assistant in the President's Office at WSU, and joined the Co-op team as a part-time cashier in September, to fill in her available hours and help with the food bills.

"I'm a single mom and I don't make a lot of money but I want to feed my daughter well, so the food discount is a bonus. Also when we go to a regular store I come out stressed-out. Tèa is saying 'I want this and I want that.' At least at the Co-op even the candy is a little healthier. And if she runs off at the Co-op I know she's okay and we'll find each other."



The Co-op's social scene is another bonus for a busy woman, Alicia said. Aside from her two jobs, at the time we talked she was studying for the GRE.

"I don't have time for a social life, so being at the Co-op is a kind of social life for me."

She hopes to enter graduate school in library science or something similarly "marketable."

"I want to have options when I get out of graduate school. All my best friends in college were English or Art majors, and now we're all working at co-ops and coffee shops," Alicia said, laughing.

Maybe there's some master's thesis material in there somewhere.

Alicia's pile of reading material at home, not counting the GRE study manuals, currently includes a new Paulo Coelho book, *Valkyries*, *Boomeritis* by Ken Wilber, and *You Are Being Lied To* edited by Russ Kick.

She loves to do beadwork, too, "when I've got time without someone crawling on me," she said.

Alicia spends as much time as she can with her daughter, who just entered the Montessori school in Pullman. Tèa is getting old enough to have her own social life, though.

"She loves other kids and is always talking on the phone. She wants a sibling but I'm not in a position to help her out with that right now," Alicia laughed.

*Carol Spurling majored in English. She thinks this explains a lot.*

## Co-op Business Partner: Hodgins Drug

By Sarah Walker

Hodgins Drug is a landmark in downtown Moscow, and manager Pam Hays intends to keep it that way. "You don't change institutions" she says, and hopes to someday have time to restore the original brick on the outside of this 110-year-old store. But time is what this lively young manager doesn't have enough of, because Hodgins Drug is a bustling place.

Educational toys, fine scale models, hobby supplies, electric trains, games and miniatures, says the sign out front, and inside, there is all that plus a regular pharmacy for prescriptions. "Moscow is full of drugstores, and you have to have a niche," states Pam, and Hodgins' unique angle is its stock of educational toys. "The two things I try not to buy are brand name toys (like Spiderman), or toys that use batteries," she specifies, and instead she looks for products from Playmobile, Brio, Binary Toys, and others.

Hodgins Drug dates back to 1890, when Roland Hodgins started it as a drugstore in Genesee (because then, Genesee was bigger than Moscow). In 1910, the University of Idaho came to Moscow, and Mr. Hodgins moved his store here. In those days, the University bookstore and a music store used to be at Hodgins.

The store remained in the Hodgins family until the mid-1960s, when Pam's family became the new owners. Her father Bob owns it today, and he introduced educational toys. Today, Pam works hard to keep up with the latest products in this genre — by reading trade journals like *Ed Play*, and by consulting experts: teenagers. She loves to hear about new toys or games, and Moscow's flow of students keeps her informed. There are many things to choose from in this fascinating store whose crowded shelves hold games, gifts, and gadgets you may not see elsewhere. And for special requests from kids, they'll turn on the train: an old 'G-gauge' train that runs on a track suspended right over the counter.

Then there's the downstairs section of Hodgins. The sign at the top of the stairs reads "Welcome to the Basement of Dreams" and that's where they sell what Pam calls the "big boy toys." This part of Hodgins is dedicated to models and hobbies plus another feature of Hodgins that's sort of an institution within an institution: Grog.



Grog? Yes, Grog, a nickname for John Tokle, who worked here for many years. His nickname comes from one of his favorite cartoon characters in 'BC.' Grog specialized in World War II ship models, and some of his best works are displayed in a special case at the bottom of the stairs. Grog's name brings a smile to the faces of the fellows who run the downstairs hobby and model department today. They showed me framed articles and memorabilia to this well-known character. Among the memorabilia are a few framed copies of his all-time favorite Gary Larson cartoons.

Pam feels that downtown merchants need to stick together, while each offering customers their own unique products and atmosphere. She supports the Co-op as part of this important diversity, and has been a business partner since the Co-op was on 3rd Street. Pam's approach to running a downtown, community-oriented, Moscow business is similar to what we find at the Co-op: she's proud that she knows many of her customers on a first-name basis, and she goes the extra mile for customers with special requests. She loves her job and especially, "I love hearing children in the store." Pam is also a licensed hearing aid dispenser and support fitter for health needs like back braces.

Hodgins offers a 10% discount for Co-op members (for everything except prescriptions) and has been located at 307 South Main Street for over 90 years. Stop by Monday through Saturday, 9-6, or Sundays 12-5.

*Sarah Walker is a former Forest Service Wilderness Ranger who lives near Peck, Idaho. She visits the Basement of Dreams to track down glider parts for rural neighbors when she ventures to the bright lights of Moscow.*



## Customer Profile: Henrienne Westberg

By Eva Jo Hallvik

"I didn't think that I would be good for you to interview because I am not a... well, I am a non-traditional co-oper," says Henrienne Westberg, who I see in the Co-op almost everyday for lunch. Well, almost everyday that I am in there for lunch; which is very often my habit. Henrienne and I have something in common—which I believe we share with many other people of the Palouse—we love the good food that the Co-op deli puts out fresh, everyday.

Henrienne nods with a thinking smile as I look back at her questioningly and ask "and what is a non-traditional co-oper then, Henrienne?"

As she acknowledges her love of lunch at the deli she says "Well, I don't do most of my shopping here at the Co-op, I mean, I, uh, well, ya' know I just don't do most of my shopping at the Co-op, but I love it here, and I love my lunches here, and I appreciate the good, healthy, alternative food that it offers. You know, I am lucky, I can eat anything and not have it affect me, but so many people have sensitivities to so many different things and the Co-op serves these people; I mean where else could they go?!" Henrienne was looking at me steady and serious with her natural soft and gentle manner as she was telling me her feelings about the Co-op. "I have known and shopped



at the Co-op since practically the beginning when it was in the small little shop around the corner; I've known Kenna (Eaton, the manager) since then. You see we (her family) are small, traditional wheat and lentil farmers that live just outside of Moscow."

I asked her what is a small traditional farm, how big? She says that they "have an average-size Palouse farm and we raise Black Angus beef, winter wheat, and lentils mainly. We eat a lot of lentil in our house, oh we eat a lot of lentils," she was lamenting for a moment.

"What is your favorite lentil recipe?" I ask, and right away she answers "Lentil Confetti Salad." I prompt her to explain and she says "it

is made mainly with red chief lentils that are a bright orangey red, and rice so it looks like red and white confetti. And you can add anything that you have around to it; like red and yellow peppers, shallots, finely chopped celery, whatever; that's what makes it so great." The Pea and Lentil Commission has the recipe on one of their 3x5 cards. This recipe is one of the mainstays. The Pea and Lentil Commission is located on the Washington and Idaho state line, and Henrienne reminded me that they have done a lot of work on recipe and product development and you can stop by there to pick up some recipes.

Henrienne first moved here in 1976 and later graduated in Wildlife Habitat. She dreamily went back to her work that she did in the early 80s. "I did a moose study in the Gospel Hump Wilderness Area in '81. It was my job to identify all of the plants that were in the areas that the moose were identified to be in by a tracking collar. It seemed to be that the moose really like the Western Yews; it would look like a gardener was coming in religiously and pruning these small trees back into hedges."

I could tell I lost her for a moment out of the middle of the crowded Co-op eating area and she was out living in the woods, then she continued, "I also worked in the Sierras in the high mountain meadow transacts." (She defined for me that transacts just means areas.) "I was there to determine the carrying capacity for range animals, a sort of forage analysis that would work to help set the appropri-

ate limits of livestock to graze in those areas. I was given a pick-up, a trailer, and a great Tennessee Walker horse for my stay and transportation."

I could now almost see her riding through the Sierras in the sagebrush and manzanitas and large rocky boulders. And oof, reality, a check on her watch and she is late for a meeting.

Henrienne works for the City of Moscow in the Finance department, accounts payable, "I pay all of the city bills," she says. "I cut a lot of checks today." She added as she was picking up her lunch plate, "my whole office loves the Oaties here. In fact we even wrote a poem for the newsletter about 1 1/2 -2 years ago called the 'Ode to Oaties'."

I asked if she wanted me to make sure I communicate anything in particular for this article and she stopped again soft and serious and reiterated how important that she feels the Co-op is for this area because of the growing number of people these days with food allergies that are limited to what the can eat.

"And I can come in for a good, quick lunch in the middle of the day and go back to work without feeling bloated and weighed down." She smiled and thanked me as she rushed off for the rest of her day paying city bills.

Oh yea, a new year wish from Henrienne, very thoughtfully put is, "All I can think of is wanting to be at peace, it is a pretty big worry right now."

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*Eva Jo Hallvik is an activist for freedom, peace, and love.*

## Moscow Civic Association

By Crysta Falcon

The Moscow Civic Association has been anything but quiet over the last month. Since the association's first public meeting on December 3, the board and subcommittees have been very busy finalizing bylaws and articles of incorporation for our 501 (c)4 non-profit status, discussing communication concerns and solutions, planning future general meetings, deciding a course of action on the city council candidate issue, and appointing officers.

At the December public meeting, board members provided an update on subcommittees and non-profit filing status. The City of Moscow's Public Works Director, Mark Cook, was the guest speaker. He gave a brief report of a recent Moscow traffic survey and consequent planning of circulation materials and spoke about the Naylor Farms water application issue.

According to Cook, both Moscow and Pullman have filed a protest with the Idaho Department of Water Resources. The Moscow Civic Association has also recently filed an official protest. Cook also addressed the potential Phase II EPA designation and fielded a number of questions about it. If you would like more information about Phase II compliance, you may view and download a PDF file at <http://www.epa.gov/npdes/pubs/comguide.pdf>.

After the speaker's presentation, we broke up into our four subcommittees, and many people signed up as new members.

At board meetings following the public meeting, the directors are completing some of the association's administrative requirements. We are finalizing organizational bylaws. The

official paper work to be filed with the Internal Revenue Service has been handed over to a lawyer and will be sent out as soon as it is checked and returned. Officers have been elected and they are as follows: President, Lois Blackburn; Treasurer, Jennifer Swanberg; Secretary, Amy Mazur.

The agendas for our association's public meetings are a collaborative effort by the board. The line-up for the next few months is as follows: January - Transportation; February - Education, Potluck Dinner and Contra Dance; March/April - Local Government Processes and Candidates' Forum.

Following the last public meeting, the board of directors immediately began planning the January public meeting. As a result of public interest in the future Highway 95 Bypass and

the decision to move Highway 95 onto Paradise Ridge, the Moscow Civic Association has decided to focus on highways and transportation at the public meeting on Monday, January 13 (7 p.m., in the 1912 Center, Moscow). The goal of the meeting will be to bring accurate information from unbiased experts about transportation planning, impacts (economic, environmental, noise, safety, etc.) and courses of community involvement in the planning process.

The Moscow Civic Association hopes to see a large turnout at this very crucial meeting: January 13, 7:00 p.m. at the 1912 Center.

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*Crysta Falcon is a member of the Moscow Civic Association Board of Directors.*



# Gardening

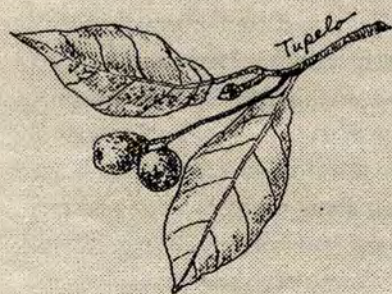
## Top Ten (Unusual) Trees for Cold Winter Areas

By Patricia Diaz

Many of us wish we could grow some of the more unusual and beautiful trees like dogwood, Japanese stewartia, and Asian pears. While they flourish in the Lewiston/Clarkston valley, it's pretty difficult to winter over some of the beautiful flowering trees. Dick Rifkind, from Kingston, Idaho, has come to the rescue, however, and has developed a line of trees that are easy to winter over. He has the largest selection of rare and unusual trees in the Inland Northwest. His secret, he says, is to sell trees grown from seed instead of cuttings.

Mr. Rifkind was a California lawyer who had a wholesale nursery on the side and decided he liked the nursery business far more than being a lawyer. So he settled in northern Idaho and started his own nursery in Kingston in 1992, after noticing that most nurseries carry the same limited stock. He got his love for horticulture, especially deciduous trees, from his father, a federal judge who, too, was crazy about horticulture. He says that he likes the seasonal changes, the flowers, the colors, and the stages of growth that you see in deciduous trees.

His customers come from around Idaho, western Montana, and eastern Washington to purchase his trees. He also teaches at North Idaho College in Coeur d'Alene and has a newsletter featuring the Gabby Gardener. For more information, write the Bumble Bee Nursery, 4583-B Old River Rd.,



Kingston, Idaho, 83839, or call 208-682-4418.

The top ten trees that Mr. Rifkind recommends for our area include:

**Chinese scholar tree (*Sophora japonica*)** – a fast-growing tree with lacy foliage. Older trees have pale yellow

low spikes of flowers in midsummer.

**Flowering crabapple (*Malus* species and hybrids)** – He has new varieties that are disease-resistant and keep the fruit on the tree better (less mess, probably the number one reason people don't plant the beautiful crabapple).

**Japanese stewartia (*S. pseudocamellia*)** – This tree has beautiful white, camellia-like flowers



in early summer. In the fall the leaves turn beautiful colors of reds, pumpkins, and purples and the winter bark has incredible cinnamon and silver patterns on it.

**Katsura (*Cercidiphyllum japonicum*)** – This tree has beautiful red or yellow foliage in the fall and is a heathery cloud of new growth in the spring.

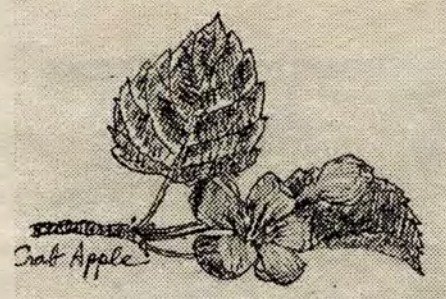
**'Nijisseiki' Asian pear (*Pyrus 'Twentieth Century'*)** – The fruit of this tree tastes like a pear, yet has the crunch of an apple.

**'October Glory' red maple (*Acer rubrum*)** – This tree has been featured in this column before and with good reason. It is probably the most glorious of the red maples.

**Red oak (*Quercus rubra*)** – The red oak's leaves turn beautiful bright orange in the fall. It is a fast grower, about 18-24 inches per year.

**'Satomi' dogwood (*Cornus kousa 'Satomi'*)** – This tree has pink flowers that last from May until late June. It is by far the best dogwood for cold areas.

**Sourwood (*Oxydendrum arboreum*)** – This beautiful tree blooms in the fall when nothing much else has flowers. The tree grows to about 25 feet and has beautiful lily-of-the-valley-type flowers. The leaves usually turn red then too.



**Tupelo (*Nyssa sylvatica*)** – This tree's shiny leaves turn a brilliant scarlet in the fall, unmatched even by the glorious red maple. It grows about 18 inches a year in any soil, even standing water.

### Book Review: Gardening in the Inland Northwest by WSU Press

By Patricia Diaz

A new book put out by WSU Press features WSU's Extension gardener Tonie Jean Fitzgerald from Spokane. In this book, she starts out with the basics about our unique soils and climates then progresses to the specifics of planning and planting a vegetable garden, including how to raise transplants from seeds and which varieties are best for our area.

Other chapters include pest control for both diseases and pests (including how to limit pesticides in your garden), fruit production, etc. The book is illustrated with line drawings instead of photos, making it "delightfully artistic." She also includes tips on how to ease aching gardening backs. For more information on this book, contact WSU's Bulletin Office at 800-723-1763 or 509-335-2857.

Pat Diaz lives about an hour east of Moscow on 11 acres near Dworshak Reservoir. As of press time, there is NO SNOW, a most unusual occurrence out there. She's dreaming of next year's garden while smuggling up to the cozy wood stove.

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## Ag Courses for Small Acreage Farmers

By Theresa Beaver

Are you interested in starting a small farm or ranch business, but don't know how to get started? Agricultural Entrepreneurship may be the class for you. This University of Idaho class is open to students from both UI and WSU. It is also open to community members for continuing education units. The class fee is only \$120, and the required notebook, full of valuable information, is \$55.

The focus of the class will be agricultural enterprises, but the small business management principles will apply to any type of enterprise. All aspect of business planning, marketing, finances, and legal issues will be covered. Writing a business plan will be accomplished through a series of manageable steps. Students will gain insight from guest speakers who are small business owners, economic advisors, bank representatives, accountants, and small acreage farmers. This course will change the way you look at business and give you the confidence to pursue your goals.

This course is offered as part of a Cultivating Success Certificate Program being developed cooperatively between the University of Idaho, Washington State University and Rural Roots. Other courses in the certificate program are Small Acreage Farming and Ranching and Science, Society and Sustainable Food Systems, both taught in the fall semester. Also offered will be a summer on-farm apprenticeship, available to students who take the Small Acreage Farming and Ranching and Agricultural Entrepreneurship courses.

Related courses offered this winter at Washington State University are Sustainable Agriculture and Organic Gardening and Farming. These courses may be taken individually as electives, or as a group of 18 units for the Certificate of Completion option. All of these courses are cross-listed between University of Idaho and Washington State University for academic students, and open to community members throughout the region.

For information about the program, or to reserve your seat in the next course, contact Theresa Beaver, email <tbeaver@uidaho.edu> or phone 885-7787.





## Movie Review: The Princess Bride

Reviewed by Shannon and Amos Soignier

The Princess Bride is a sweet, romantic movie based on a 1973 book by William Goldman, who also wrote the screenplay. The movie starts out with a caring grandfather (Peter Falk) who convinces his reluctant flu-ridden grandson (Fred Savage) to turn off the video games and let the old man indulge him with a story. The plot then launches into the classic romance story line as a poor but beautiful farm girl Buttercup (Robin Wright) meets and falls in love with an even poorer, but yet very handsome, farm boy Westley (Cary Elwes). As is the case with all true romances, Westley feels compelled to abandon Buttercup and take to the seas to earn her love by acquiring a nice little nest egg for the couple to retire with, but these things never go well and Buttercup is devastated to learn that Westley's ship was attacked by the Dread Pirate Roberts (who incidentally is also played by Cary Elwes).

Crushed by the weight of love lost, Buttercup reluctantly agrees to move out of the farmhouse and into the king's palace by marrying Prince Humperdink (played by Chris Sarando). However, the wedding is not to be because Buttercup becomes the target of a kidnapping plot by three bumbling terrorists: the brain of the operation Vizzini (Wallace Shawn); "the steel" Inigo Montoya (Mandy Patkin); and "the muscle," Fezzik the Giant (played by real life giant Andre the Giant).

The action quickens when the three terrorists are chased and ultimately thwarted by the hero Westley, who, while serving as the evil Dread Pirate Roberts, had managed to accumulate that nest egg he went searching for. Westley and Buttercup reunite and the only thing standing in the way of the white picket fence for our lovers is one jealous and powerful Prince, who happens to possess all the

common tools of state oppression at his fancy. Separated again by the Prince's guards, their love not to be denied, Westley joined forces with Indigo and Fezzik to thwart the evil Prince's dream of sacrificing Buttercup to rally his country for world domination at the very last minute. Before escaping into the perfect sunset, our lovers share one final perfect kiss as the story closes with young Fred Savage requesting his grandfather's presence tomorrow to read to him another story. Quite touching!

The Princess Bride is rated PG and is the perfect movie for the kids or when you are alone with your honey on a chilly winter day. It is extremely well accepted by almost everyone that has ever seen the movie and definitely goes down as a classic. This movie can be rented at Howard Hughes and Videoland.

*Amos and Shannon have lived in Moscow for three years and do all of their shopping at the Co-op.*

## Book Review: On All Sides Nowhere,

by Bill Gruber

Reviewed by Bill London

Bill Gruber and his wife moved to rural Benewah County, Idaho, in 1972, inexperienced in all the necessary skills but filled with a desire for solitude, simplicity, and natural beauty. In 1979 they left, after turning their 40 acres into a homestead (and after regularly commuting the 50 miles to Moscow and then later to Pullman for graduate studies). More than 20 years later, he summarized his experiences and insights in this short, quick-reading memoir entitled *On All Sides Nowhere*.

His book is light and comical as it gently pokes fun at his own ignorance and at the oddness of his neighbors, but it is also deep and honest in his examination of lessons learned and soulful connections established. But perhaps this book worked so well for me because of the commonalities between their lives and ours. We also moved to Benewah County, but we lived about 20 miles northeast of Gruber's home. Gruber lived on Alder Creek, in the Benewah Valley, and we bought land midway between St. Maries and Santa. We moved there in 1975 and left in 1984, after turning our 20 acres into a homestead.

We both still own our respective properties and return to visit them during the summers. And for all of us, our time living on the land and with the seasons was satisfying and meaningful.

Though he avoids any description of the wife and children who shared his life there, Gruber does a great job of capturing the essential quirks of the people who choose to live in these remote and impoverished areas. For example, his neighbor Lowell Radke's attic was covered with black soot—not because a fire had burned there, but because Radke had only enough chimney blocks to get through the ceiling, not through the roof. So there he stopped, and decided the smoke could find its own way out.

Gruber recounts tale after tale about the generosity and can-do spirit of his neighbors, and fills out his twelve chapters with a context to give those antics real meaning. The years at Alder Creek were full of meaning, he decided. In a sentence that could summarize my Benewah County experience as well, he notes at the end of his introductory chapter: "...the seven years I lived in Idaho were half magical and yet more real than anything else I have ever seen or done."

*On All Sides Nowhere: Building a Life in Rural Idaho*  
By: William Gruber. Publisher: Mariner, 126 pages, \$12, paperback. Available at BookPeople of Moscow.



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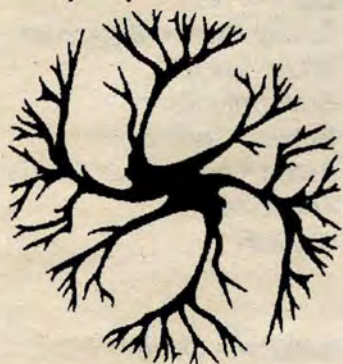
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To learn more about the Co-op's Business Partners, check out the listing of all partners in this newsletter and read about these businesses at

<http://www.moscowfood.coop/partners.html>

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# Cooking

## The Best Partner for Mashed Potatoes

By Jen Hirt

How about that word 'loaf'? It sound just right paired with the word 'bread,' but in other unions it is not so appealing — meat loaf, ham loaf, Jell-O loaf. Long before I was a vegetarian, I cast doubting glances at meat loaf and other loaves. I just wasn't sure about these concoctions, these strange meldings of meat and eggs and crumbs. Thus, I scoffed at a duo of "lentil loaf" recipes from my *Vegetarian Times* cookbook, but the more I thought about those recipes, the more I realized I had an unfulfilled longing to make a nonmeat loaf. After some tinkering with the original recipes, I came up with this tasty version. If you are not into beans and couscous, use lentils.

I have to advise that this dish be partnered with yummy mashed potatoes and vegetarian gravy. Hains offers a delicious veggie gravy packet, available at the Co-op. It is flavored with mushrooms and spices, and it is very, very good. Bean loaf alone is fine—a bit dry, a bit beany, even with the garlic and spices—but when I hooked it up with some fresh mashed potatoes and a little pool of gravy, it was an awesome dinner. Think warm, filling, healthy comfort good.

My *Vegetarian Times* cookbook says this recipe is also suitable for camping. Make the loaf a day ahead of time, slice it, and wrap the slices in foil for a filling meal on the trail.

### Bean Loaf

2 cups dry couscous or couscous mix (such as Southwest Couscous, or any boxed couscous mix)

1 can black beans

1/2 cup bread crumbs

1 tsp. oregano

1/2 tsp. thyme

1/3 tsp. marjoram

2 cloves garlic, minced or pressed

1 egg

1/2 tbsp. ketchup

2 tbsp. tomato sauce or tomato paste

Preheat the oven to 400°F.

Prepare the couscous as directed — usually, this means pouring 2-3 cups of boiling water over the couscous in a large bowl, allowing it to absorb for a few minutes. (The Co-op has stocked an excellent Southwest Couscous in the bulk section, so if they still have it, use it. Otherwise, plain

couscous or boxed couscous would work. If you opt for plain couscous, you may want to add some cumin or garlic powder to taste.)

After the couscous has absorbed all the water, mix in the beans (drained and rinsed, but reserve a bit of the bean liquid). Add in the bread crumbs, the herbs, and the garlic. Stir well.

In a small bowl, whisk the egg with the ketchup and about a teaspoon of the reserved bean liquid. Stir this into the bean and couscous mix. Add more liquid if the mix seems too dry.

Spray a 5 x 9-inch loaf pan with nonstick spray. Spoon the mix into the pan, and pat it down evenly. Bake uncovered for about 30 minutes, until firm but not dry. Brush with the tomato sauce or tomato paste. Bake another 5 minutes, until the top darkens and looks savory.

Remove from oven and let it sit for 15 minutes to finish cooking. Slice and serve. The loaf should come out clean from the pan, retaining its shape, or you can just slice and serve it directly from the pan.

### CO-OP BAKERY SCHEDULE

#### EVERYDAY

Muffins, S cones, Cinnamon Rolls, Croissants  
Fruit Bread, Coffee Cake, Bakers' Choice Bread

#### SUNDAY

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

#### WEDNESDAY

Daily Wheat  
Crusty French Baguettes  
Cornell White  
Seeded Sour  
Bakers' Choice  
Sweet Black Rye  
Focaccia  
Norwegian Farm Loaf

#### MONDAY

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

#### THURSDAY

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

#### FRIDAY

Daily Wheat  
Crusty French Baguettes  
White Spelt  
Buttermilk Bran  
Bakers' Choice  
Rst'd Red Pepper & Asiagc  
Focaccia  
Challah

#### SATURDAY

Pesto Cheese Rolls  
Daily Wheat  
Crusty French Baguettes  
Spicy Corn Loafettes  
Sour Rye  
Country White  
Kalamata Olive  
Seeded Sour  
Bakers' Choice  
Sprouted Wheat  
Sunrise Sourdough

All available online at  
[moscowfood.coop](http://moscowfood.coop)



# Japanese New Year's Cuisine

By Jackie Miyasaka

My love of cooking began 15 years ago when I first tasted Japanese food. Although I had never been particularly interested in culinary pursuits, Japanese food changed this. I liked the food so much that I felt compelled to learn how to make it. I learned a great deal while I was living in Yokohama and later from my mother-in-law in Kyoto. I have since branched out to Korean and Chinese cooking as well, but I intend to focus on Japanese cooking in the newsletter this year. Because Japanese food is closely linked with the seasons, this column will provide information about seasonal ingredients and various ways of using them in Japanese cooking. The column will also describe how to cook with certain "obscure" Japanese ingredients available at the Co-op, such as *umeboshi* and sea vegetables.

I thought it would be interesting to start with Japanese New Year's cuisine. The New Year is considered the most important holiday of the year in Japan and is celebrated for three days from January 1 through 3. It is a solemn, yet joyous, holiday spent primarily with family, and it is regarded as an opportunity for a fresh start.

On New Year's morning and for the first three days of the New Year, people eat *osechi-ryori* (Japanese New Year's cuisine). Originally, the term *osechi-ryori* referred to the meal served at *sechie*, banquets held by the imperial court during the Heian period (794-1185) to celebrate the transition from one season to the next. The custom of preparing *osechi-ryori* specifically for New Year's began when these foods were offered to the

*toshigami* (literally "year god"), the deity believed to pay an annual visit to people's homes on New Year's Day. The dishes were to be prepared before the New Year, when the *toshigami* descended to the mortal world. Since then, the custom of making *osechi-ryori* in advance evolved as a way to give family cooks a break during the holidays, though it does require a week's worth of labor-intensive preparation before the holidays. Nowadays, in fact, many families order *osechi-ryori* from restaurants and supermarkets for delivery on New Year's morning.

Typically, *osechi-ryori* contains 20 to 30 items of food elaborately arranged in a three-tiered set of lacquered boxes. The menu varies by region, but common traditional favorites include *kuromame* (boiled black soybeans), *kazunoko* (salted herring roe), and *kuri kinton* (mashed sweet potatoes with chestnuts). Dishes like *namasu* (julienne carrot and white radish marinated in sweetened vinegar) lend color to the assortment. Many of the foods carry symbolism appropriate to the New Year. For example, the soybeans represent a prayer for the ability to work hard, while the herring roe represents a wish for many progeny.

Alongside *osechi-ryori*, an essential part of the Japanese New Year meal is *ozoni*, a hot soup that contains *mochi* (steamed sticky rice that has been pounded and formed into rice cakes). The custom of eating *ozoni* at New Year started in the 15<sup>th</sup> century when people took *mochi* that had been offered to the "year god" and simmered them in fresh water over a

new flame along with food from the sea and the mountains to make a soup thought to provide power for the coming year.

The word *ozoni* means literally "mixed simmering," which is indicative of the soup's origins. The soup base can be kelp stock, fish stock, miso-flavored broth or good chicken stock. To this are added winter vegetables such as spinach, daikon radish, potato, carrot, and/or a source of protein such as chicken, duck, shellfish, or fish. The choice of ingredients illustrates regional differences and family preferences. For example, in eastern Japan the soup is transparent, while in western Japan it contains white miso. The recipe below is just one of many possibilities. Be creative and treat yourself to this very traditional Japanese New Year's Soup on a cold winter's day!

## Ozoni (Japanese New Year's Soup)

Serves 5

- 5 medium shrimp, peeled and deveined
- 15 round slices daikon radish, around 1/8-inch thick\*
- 10 round slices carrot, around 1/8-inch thick\*
- 15 stalks spinach\*
- 3 shiitake mushrooms, sliced\*
- 5 Japanese (or 15 Korean) rice cakes\*\*
- 5 cups water
- 2 pieces of kombu (kelp), each about 7-inches long\*
- 1 cup bonito flakes (dried fish, available at Asian markets)
- 1 teaspoon salt\*
- 1 teaspoon soy sauce\*

Soak kelp in 5 cups of water for 30 minutes. Heat water until boiling and then remove kelp. Pour 1/4 cup cold water in soup to cool it down. Add bonito flakes to soup. The bonito flakes will sink. When they rise to the surface again, turn off the heat. Strain soup. Add salt and soy sauce.

In a medium pot of boiling water, add pinch salt and cook the shrimp until pink and cooked through, 2 to 3 minutes. Drain the shrimp and let them stand in a bowl.

In a medium pot of fresh boiling water, cook the daikon, carrot and mushroom slices 3 minutes. Add the spinach for the last 30 seconds. Drain and set aside in another bowl.

Place rice cakes in a microwave oven-proof dish, cover with plastic wrap, and cook at medium power for 2 minutes. If you do not have a microwave oven, boil the rice cakes with the daikon, carrot and mushroom slices.

Divide rice cakes, shrimp, daikon, carrot, mushrooms and spinach among 5 soup bowls. Pour soup over the ingredients in each soup bowl.

\* Items available at Moscow Food Co-op

\*\* These are not the crunchy rice cakes eaten as snacks, but steamed sticky rice that has been pounded and formed into cakes. If Japanese rice cakes (2 x 3 x 1/2-inch) are not available, use 15 smaller Korean rice cakes (1/8-inch-thick disks). Korean rice cakes are available in the frozen food section at the International Store of Asian Groceries in Pullman.

Jackie Miyasaka moved to Pullman with her husband last summer and works as a Japanese-English translator.

Nancy Draznin, CCE, CLA (208) 224-6965

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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](mailto:london@moscow.com).

## News from the West

By Auntie Establishment

For those who have been in a hermitage, hibernating, or hiding under a rock in Helmer, the big news this December has been Trent Lott's resignation as senate majority leader following remarks he made suggesting that the United States would be better off today if Strom Thurmond and the segregationist Dixiecrats had won the presidential election of 1948. Many have expressed surprise and even amazement at Lott's tribute to Thurmond. Lott's defenders claim that he's not a racist, that he "misspoke," or that his comments were taken out of context. As a native Southerner and a long-time student of American politics, I have to wonder what exactly people are surprised by—Lott's remarks, the negative reaction to them, or the fact that he would say aloud what so many of his constituents privately believe?

Strom Thurmond, who celebrated his 100<sup>th</sup> birthday on December 5<sup>th</sup>, is not just the longest-serving Senator in American history; he's a living fossil of the Jurassic racial politics that have governed the South since Reconstruction. When the Democratic Party began taking those first incremental steps toward guaranteeing civil rights for black Americans, Thurmond ran against Harry Truman on a segregationist ticket. Later, he became the first prominent Southern politician to bolt to the Republican Party, a trend the GOP has exploited in every election since Richard Nixon's landslide win in 1972. The sad truth is that racial politics work in the South; pandering to white bigots pays off. When the Party of Lincoln became the Party of Strom, Trent Lott became inevitable.

Though I have lived in Idaho for more than ten years, I was born and

raised in North Carolina. My ancestors lived in the state when it was still a colony. I attended college and graduate school in Raleigh, the state capital, and my sisters, my mother, and my grandmother still live there, as do most of my assorted aunts, uncles, and cousins. I visit them all at least once a year. I know the South, so you can take it from me—*Gone with the Wind* is not gone with the wind. It ought to be, and I wish it were, but it isn't. Opponents of affirmative action like to argue that the inequities created by slavery and Jim Crow have long since disappeared, and that we no longer need racially-aware policies to promote fairness and diversity. I say to them, "Honey, if only." I worked on three campaigns to unseat North Carolina's resident dinosaur, Jesse Helms. I hammered in yard signs, wrote letters to the editor, and besieged friends and relatives. All to no avail. Jesse always garnered around sixty percent of the white vote;

just enough to squeak back into office.

If Strom Thurmond is the T-Rex of Southern politics, Jesse Helms is the mega-mouth shark—not so much the grandstanding carnivore as the untiring predator. The only legacy he'll leave when he retires at the end of this year is a set of evil teeth marks in the ass of human decency. I'd like to believe that Trent and Strom and Jesse are the last of dying breed, soon to be wiped out by time and tide, but their extinction would require a meteor strike much bigger than the one that destroyed those other dinosaurs. It would require a lengthy, honest, no-holds-barred discussion of the GOP's Southern Strategy, and I don't see that happening anytime soon. Not while they're still winning elections.

*Auntie Establishment is the pen-name of Moscow fiction writer Joan Opyr. Questions, comments, and column ideas you don't mind having stolen should be sent to [auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com)*

## Where is Our Water Going?

By Dianne French

On August 12, 2002, Ralph Naylor Farms LLC applied for Water Right #87-10022 for a 672 acre parcel of land north of Moscow. The corporation wants twelve cubic feet per second (cfs) of water to be used between March 15 and November 15 each year for irrigation—and 2.35 cfs to be used throughout the year for industrial purposes. That's a potential for 2.4 billion gallons per year of pumping.

In 1992, the Palouse Basin Aquifer Committee (PBAC) signed an agreement with the Washington Department of Ecology and the Idaho Department of Water Resources (IDWR) in which both state agencies agreed that, "Issuance of new permits to appropriate ground water and approval of applications to change existing ground water rights will be guided by the withdrawal limitations in the (PBAC) plan."

In this case, PBAC was not immediately notified of Naylor Farm's application because IDWR requested additional information from the applicant. Once received, that information will be forwarded to PBAC for their recommendations. Decision-making

authority rests with the state agency, but PBAC's response will be made part of the official record.

The IDWR sent a request to Naylor Farms on December 6, 2002. The applicant has 30 days to submit plats of wells and springs, techniques to reduce impacts on other water right holders, information on surface and ground water supplemental sources available, current financial statements, specifications and construction costs (Idaho Code, Section 42-203A, Rule 040.05). The initial burden of proof is with the applicant to demonstrate they will not have an adverse impact. If they cannot, a permit would be unlikely.

When an application for permit is protested, the matter will likely be resolved in one of three ways: 1. The application is withdrawn; 2. The protest is withdrawn; 3. A hearing is held and IDWR renders a decision based on the hearing record.

Geological records of the area indicate that the farms may lie over granite, rather than the Wanapum or Grande Ronde basalt. But since the granite-basalt interface is a likely area where Moscow Mountain runoff may

recharge our aquifers, removal of large amounts of water from the granite could adversely impact our aquifers.

According to Bob Haynes of IDWR, the protest period closed on October 21. But since timely protests were filed by the City of Moscow and the City of Pullman, parties wishing to have status as full participants still have an opportunity to "request leave to intervene" which requires a \$25 fee, involves developing testimony and evidence to present should the matter go to a hearing, and gives the opportunity to cross-examine witnesses providing testimony.

To date, two petitioners are seeking to intervene. The first was Moscow resident Kelly Moore, a board member of the Moscow Civic Association. The second was the Latah County Commissioners.

It is not necessary to pay \$25 and become a legal intervenor to provide input in this case. If anyone wants to provide comment to IDWR, this can be done by email or regular mail. The process is now in an "informal" stage, but may be moving toward the "formal" stage.

Here are some websites for background information. The internet address for Idaho Code that governs

IDWR's considerations in taking action can be found on the web at <http://www3.state.id.us/cgi-bin/newidst?scid=420020003A.K.> The Internet address for IDWR rules of procedure and how to request leave to intervene are at: <http://www2.state.id.us/adm/adminrules/rules/idapa37/0101.pdf>. Rules regarding water rights can be found at: <http://www2.state.id.us/adm/adminrules/rules/idapa37/0308.pdf>.

Letters can be sent to: Bob Haynes, IDWR, Coeur d'Alene-Northern Regional Office, 1910 Northwest Blvd, Suite 210, Coeur d'Alene Idaho 83814, or emailed to [bhaynes@idwr.state.id.us](mailto:bhaynes@idwr.state.id.us).

In messages to IDWR, please include the Water Right Application number 87-10022 and Ralph Naylor Farms LLC on your correspondence.

Additionally, send copies of your correspondence to PBAC at PO Box 443011, Moscow ID 83844-3011, or [pbac@uidaho.edu](mailto:pbac@uidaho.edu); and the City of Moscow at PO Box 9203, Moscow ID 83843, or [mcook@ci.moscow.id.us](mailto:mcook@ci.moscow.id.us); or the City of Pullman at 325 SW Paradise, Pullman WA 99163, or [mworkman@ci.pullman.wa.us](mailto:mworkman@ci.pullman.wa.us).

*Dianne French is a founder and coordinator of the Palouse Water Conservation Network.*



# Political Commentary

## Food Politics: Invoking the Precautionary Principle

By Kelly Kingsland

This month I have decided to write about labeling Genetically Engineered (GE) foods, and the controversy that surrounds the issue.

While the recent Oregon initiative to label received international attention, it is only a microcosm of what is going on worldwide. Grassroots resistance to GE foods is massive, while corporate insistence on systematically inserting them into our food chain persists. The campaign to label in Oregon is certainly an example of the way corporate agendas are manipulating democracy. A biotech coalition, including corporate giant Monsanto, spent 5-6 million dollars campaigning against the initiative—40 times more than the grassroots pro-labeling campaign. And in the end, the money took the vote, with approximately 70% against labeling, and 30% for it.

So, what is at stake? For those who question the safety and sustainability of biotech foods, labeling is imperative. According to GEAN (Genetic Engineering Action Network), "Prior informed choice is essential to a democratic and accountable food system. Therefore the mandatory, clear, accurate, complete labeling of all products...containing or consisting of GE organisms should be required."

Ultimately, pro labeling advocates feel that consumers deserve to know whether they are buying and ingesting genetically modified organisms. In addition, it is argued that labeling is essential in order to trace any health problems that occur as a result of this consumption.

On the other side of the issue are the biotech companies, eager to grow and market their newest products. From them we hear echoes of the green revolution wherein many of these same corporations claimed the demise of hunger through industrial, petroleum-ridden agriculture. The green revolution is now seen as a complete failure, as the stated goal of alleviating hunger has not been obtained. Meanwhile, industrial agriculture claims the environment, our rivers, fish, and our health as its victims. Biotech companies are now billing Genetically Engineered foods as the next savior of the masses, but many see them as a mere continuation of past destructive corporate practices.

And destructive they are. Many of the biotech crops have petrochemical-resistant genes bred right into them. So the very companies that produce chemicals like Roundup™

are now giving us "Round-up ready" crops. The repercussions of which are astounding, possibly the least of which is the chemical-dependant relationship written into the contract between farmers and GE seed/chemical producers. According to Luke Anderson, "Herbicide-tolerant crops perpetuate and extend the chemical pesticide era and its attendant human health and environmental toll."

Certainly, little to no research has been done on the long-term physical and environmental health effects of these crops. Generally, GE foods are suspect to most of the world population. And while many countries have banned or at least insisted on labeling, the U.S. fails to adequately confront the issue. This doesn't say that we are apathetic; in fact, survey after survey has found that 85-93% of people in America want GE foods labeled, and 65% of Americans are concerned about the safety of these foods. The Organic Consumers Association states, "If genetically engineered foods are safe, then it should be the responsibility of the biotech industry to provide enough information to consumers so that they willingly purchase the labeled products."

Biotech companies feel that labeling singles GE products out and causes ill-founded fears regarding their safety. They hide behind the concept of "substantial equivalence" claiming that GE foods are "equivalent" to foods produced in more traditional ways, and that labeling would be illegal, and impose unfair trade barriers. Julian Edwards, director general of Consumers International points out that "one of the ironies of this issue is the contrast between enthusiasm of food producers to claim that their biologically engineered products are different and unique when they seek to patent them and their similar enthusiasm for claiming that they are just the same as other foods when asked to label them."

On the other hand, pro-labeling advocates like Gary Paul Nabhan advise using the precautionary principle: "A fundamental element of medical

and biological ethics that encourages society to assess the pitfalls of an unprecedented action or novel product before unleashing it on the world." In many ways it is too late to invoke caution, as at least 70% of processed foods on U.S. grocery shelves already contain bio-engineered ingredients. Millions of acres of GE crops are currently being grown around the world, and in America one fourth of our farmland is being used to produce GE crops.

Biotech corporations claim that the cost of segregating GE crops from traditional is prohibitive. This argument was used in Oregon, with the anti-labeling coalition citing that a labeling law would cost an average Oregon family about \$550 a year. Proponents of the bill claimed that the cost in countries that have moved to labeling has been minimal.

What is at stake is the consumers right to know. For now we can use the "Organic" label to ensure that we are not buying GE foods, but in all other arenas GE foods can, and probably are, present. Generally, non-organic corn, soy, canola and milk are all likely to contain altered genes. Specifically, GE organisms can be found in tortilla chips, baby formulas, veggie burgers, drink mixes, corn syrup and the like. Because we don't know the impact of producing and ingesting these products, there is no measure for informed choice. Without labeling we have no power as consumers to check the industry and demand responsible practices.

For this article I read Luke Anderson's book *Genetic Engineering, Food, and our Environment*; and Gary Paul Nabhan's *Coming Home to Eat*. I also visited the following web sites: Organic Consumers Association at <[www.purefood.org](http://www.purefood.org)>, and Genetic Engineering Action Network at <[www.geaction.org](http://www.geaction.org)>.

*Kelly Kingsland prefers to eat her food "unplugged," unadulterated, and free of pig genes.*

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# Fundraising Success for Chantra

By Erika Cunningham

Thank you, Moscow community, for your support for Chantra Melior and the fundraising efforts for her medical needs!

Our first event was December 19 in Tim and Roberta's attic. We gathered, made plates of some luscious goodies brought by friends and provided by the Co-op Deli, and then sat to listen and sing with Dan Maher. As usual, he made the gathering light and intimate, with a good amount of Dan Maher humor splashed about.

After a while it was time to draw the names of the winners of the raffle prizes. Here's a huge thank you to those who donated items. As the person soliciting the prizes, my task was made very simple by everyone's generosity. People were extremely willing to give. Here are all the winners and their loot!

- Karen Young won the Moscow Yoga Center gift certificate.
- Karen and John Hausdoerffer won a gallon of olive oil from the Wine Company of Moscow.
- Kevin Walker won a gift basket from the Co-op.
- Patrick Venzke won 2 mugs and a coffee card from BookPeople of Moscow.
- Matthew Pollard won a gift certificate from The Red Door.
- Gina Gormley won a massage from Laurie Cortright.
- Lahde Forbes won a massage from Erika Cunningham.
- Allie Bean won a gift certificate from the Wine Company.
- Karen Schmidt won a garlic braid from Affinity Farms.
- Krista Kramer won a gift certificate from Wheatberries Bakeshop.
- And lastly the Grand Prize: a night's stay, 2 massages, dinner and a sauna all on Moscow Mountain in a beautiful cabin, goes to Michael Feise.

Congratulations everyone, and thanks so much for participating! The fund is growing by leaps and bounds. Before our first event even took place, we had raised \$2000! The concert night in the attic, our first event, raised \$400.00 alone. But wait there's more. We are now—thanks to donation cans around town, thanks to donations of gifts, and thanks to Dan Maher for donating his time—at \$5,300!

We have lots of events planned, and many ways you can donate. There are donation cans at BookPeople of Moscow, the Co-op, Insty Prints and Tie-Dye Everything.

And please join us at our next big

fundraising event for Chantra: an Aquarian Party, when those born under the sign of Aquarius (like Chantra's mother, Annie) will host a big party at the Unitarian Church in Moscow, from 6 to 10pm, on Saturday, February 8. There will be live music, feasting on potluck snacks, and a silent auction—all for a minimum \$5.00 donation.

As of this writing (at the end of December), we already have two dozen silent auction items so far. If you would like to donate items for that auction, please telephone Erika Cunningham at 882-0191, or Eva Jo Hallvik at 301-2246.

Here's a partial list of the auction items we already have:

- massage gift certificates from Frank Pelfrey, Kelly Kingsland, Eva Jo Hallvik, and Glenda Hawley;
- gift certificate for chiropractic treatment from Moss Valentine;
- initial diagnosis and acupuncture treatment from Karen Young;
- certificate for live music concert from the Boogie Doctors;
- fine art from Janna Jones;
- ceramics from Linda Canary;
- a pencil sketch portrait by Ree Gale;
- wire/bead work and painted switchplates from Sandi Klingler;
- tie-dye from Arlene at Tye Dye Everything;
- childcare from Leanne's Kid Care;
- fine art from Pam Berger;
- a gift basket from Sharon Sullivan;
- a gift certificate from Kaleidoscope Framing;
- an African drum from Dave Peckham;
- a hand-painted scarf from Haiti from Nancy Casey;
- a book bag and book shelf from BookPeople of Moscow;
- a felt hat from Hillary Talbott;
- jewelry and a crocheted hat from Sharon Cousins; and
- a 1996 vintage Grateful Dead Collector's Edition bottle of Dead Red from Gina Gormley.

All of this is for one of our own who is in need. Life is good and generous here in Moscow. Keep up the flow as we head back to longer days and increased light. (Solstice was Saturday, December 21.) I can't help but feel that this is what it's all about. Thanks Moscow, my heart is full.

*Erika Cunningham is a former Co-op staffer, and now professional masseuse.*

# Peace is a Family Value

Lisa A. Cochran

December 10 marked the National Day of Protest. I walked in the local peace march that began on the UI campus. It was cold and drizzling but we had good support from cars driving by and folks joining us as we headed through downtown and over to the lawn of the Federal Building. A policeman was there, smiling, chatting and just hanging out. Members of the local media were interviewing some marchers. A good friend brought his 4-year-old along; it turns out that she was something of a veteran, walking in the footsteps of her father, who was out in the streets before many of the marchers were born. It struck me as I watched her little hands holding a sign, that seeing a child asking for peace has more power and impact than any adult could bring. After all, they have the most at stake. In today's changing military, they not only can lose their fathers, mothers, brothers, sisters, aunts and uncles, but then they are left to inherit the aftermath of war.

I regretted that I had not brought my own daughter to be present. I thought I was doing her a favor by letting her go to a friend's house to play children's games in the warmth of a cozy home on a cold winter's day. It struck me that by leaving her out I failed to give her an opportunity to have an experience that could be growth-enhancing. Though many experiences are family-based, community-based experiences are also essential by linking children into a broader support group. Grass-roots movements are a great way for kids, along with their parents, to get involved in fundamental issues such as human rights or world peace. It is also a great opportunity for kids to be part of an exercise in civil liberties and basic rights such as freedom of speech and peaceful assembly.

Another family activity for peace that you can be involved in is the ongoing Friday night Vigil for Peace from 5-6:30 in Moscow's Friendship Square. Started in November of 2001, folks from any and all backgrounds join together in the name of non-violence and peace. Participants stand with lit candles among colorful peace flags and intersperse silence with singing, sharing information and words of encouragement. A contact number for that weekly event is 882-7067. As always, dress for the weather and bundle up the wee ones.

Whether taking part in a march, a candlelight vigil, a prayer group or whatever, becoming socially account-

able is a gift not just to ourselves but also to our family. Like everything we do, providing strong role modeling and involving children whenever possible sets the stage for them to feel that they, too, can contribute in their own way. It is this sense of empowerment and connected-ness to a larger community that helps build self-esteem. And quality family time? You bet! Can you think of anything richer than spending time with your family promoting world peace?

For more information on anti-war activities, go to <[www.protest.net](http://www.protest.net)>.

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

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## Thanks to an Amazing Community

By Annie Hubble

On behalf of my daughter, Chantra Melior, I would like to thank the community for their wonderful support during the fundraiser so far. We are both so touched by the response from friends and acquaintances. There are far too many helpers to mention each by name, but special thanks to Bill London who persuaded me to 'go public' with my daughter's need; to Erika Cunningham and Eva Jo Hallvik for their unceasing work for the fundraiser; to Tim and Roberta for the use of "The Attic" for the Dan Maher concert; and to Dan Maher himself for donating his time; to Kimberly Wheelhouse who takes care of the bank account, and lets me know of its progress and keeps track of deposits and collection tins; and to all the incredible people who have donated so generously in one way or another. I am so honoured and lucky to be a part of this community.

Thank you all.



# Political Commentary

## Elk Summit: What is the Big Deal Anyway?

By Gary Macfarlane

In spite of the fact that elk are far more abundant in the Clearwater basin than wolverine, fisher, moose, lynx, wild Chinook salmon, or mountain goat, they are receiving considerable attention, including a special "summit" to figure out why there are not even more elk. This forum is sponsored by Idaho Senator Michael Crapo.

The main reason for all this attention? Money. Be it license fees, jobs for outfitters and guides, or a ruse for logging more of our national forests, money is the driver.

This Elk Summit is tentatively scheduled for Saturday, January 25 at Lewiston's Red Lion Inn. The day-long summit is open to the public. If you wish to attend, call Friends of the Clearwater at 208-882-9755 for information or to arrange transportation.

The Elk Summit will include several expert panel presentations. With some exceptions, the "experts" have been hand-picked, or their topics selected, to reach one of two conclusions, neither of which considers the big picture. Those who see the main value of the wild Clearwater as either a tree farm, game farm, or both, have posited two "causes" of what they see as a problem: a decline in elk in the upper Clearwater (never mind there seems to be an increase in elk in other parts of the Clearwater region) The first cause is predators; the second is loss of habitat.

One proposal is to kill more cougars, black bears and eventually endangered wolves. But this ignores some basic research on predator-prey relationships. Top-level carnivores like wolves or cougars "rarely, if ever," drive "prey to extinction." (*Continental Conservation: Scientific Foundations of Regional Reserve Networks*, Island Press). Furthermore, these predators play "a crucial and irreplaceable regulatory role" and their absence "appears to lead inexorably to ecosystem simplification accompanied by a rush of extinctions."

Loss of habitat is supposedly based upon the past few decades of fire suppression. The solution is to create more habitat through means including (here is where the money comes in) logging. (Prescribed burning is also

proposed but seems less preferred by the politicians.) Of course, logging would be done at taxpayer expense on the National Forests.

These logging proposals ignore the following facts: first, when this author queried the Idaho Fish and Game about long-term range and trend studies in the upper Clearwater, he was told there were none; second, the elk habitat today is a result of big hot fires, which logging won't replicate since the preferred forage, red stem ceanothus, needs hot fire for seed germination; and third, over the past three decades, the US Forest Service and the Idaho Fish and Game have burned a lot of shrub fields that were created by fires in the early 1900s with little evidence that it does anything for elk. In fact, it may deplete the already marginal soils in the area.

Conservationists have been skeptical of the whole premise behind both the logging for elk and the killing of predators for elk. We fear that the Elk Summit is somewhat a stacked deck, a train barreling down the track to some pre-formed conclusions that miss the big picture.

However, perhaps the premier expert on elk anywhere (the University of Idaho's retired professor Dr. Jim Peek) is scheduled as the lunch speaker at the elk summit. His topic: "What about the Land? What is best for Land in the Clearwater?" Fortunately, he will address the big picture. His presence, and that of a few oth-

ers, should give the summit more objectivity.

Questions about the effects of two-legged predators on elk, the fact the upper Clearwater is not as productive a habitat for elk as other areas, and the value of wildlands should be addressed. Allowing natural fires to burn in the remote, upper Clearwater, rather than putting out fires and then lighting them, would save money (to the US Forest Service's credit, they are moving, albeit slowly, in that direction). Industrial attempts at fixing problems we create often backfire, causing more problems than would have occurred had we allowed the problem to heal itself.

A big picture view also looks at long-term patterns. Historical accounts suggest the sheer number of ungulates in the early 1800s on the Clearwater National Forest, particularly elk, were far less than now. These natural cycles in wildlife may also play a role in maintaining overall land health. Aldo Leopold, the great conservationist, realized that killing the old wolf and seeing the "green fire" in her eyes die did not help the deer herd, hunters, or the land. "Thinking like a mountain" is something Leopold believed must occur for humans to take a long view. And an important part of that long view is having areas, like the wild Clearwater, remain untrammelled.

*Gary Macfarlane has been hiking in the wildlands of the West for over 35 years. Even his old brain*

*recalls some of the topical information used in this article that his range professors at Utah State University tried to stuff into his head.*



## LOCAL GROWERS MEETING

Anyone interested in supplying the Co-op with fresh local **ORGANIC** produce must attend this meeting. The meeting will be held **January 18th, 2003**, at the Moscow Food Co-op.

The time will be **2:00 p.m. - 4:00 p.m.**

The produce supplied to Co-op **MUST** be either Certified Organic or **Licensed Organic**. If you have any questions about this process, please call Dani Vargias (208) 882-8537 or email [produce@moscowfood.coop](mailto:produce@moscowfood.coop).

**SEE YOU THERE!!**



# Bulletin Board

moscow food coop  
221 east third street  
moscow id 83843

## Celebrating the birthday of Dr. Martin Luther King, Jr.

**Saturday, Jan. 18**

### Latah County Human Rights Task Force annual Martin Luther King Jr. Human Rights Awards Breakfast

9 – 11AM at Moscow Jr. High School. with entertainment, good food, a guest speaker and the presentation of two Rosa Parks Awards for outstanding service and dedication to human rights. Speaker will be former Lynwood, Calif., Mayor Paul Richards, a member of the Black Caucus of Elected Officials. He will speak about "Building the Beloved Community." Contact Joann Muneta, 208/882-3648. Tickets, at \$6 each for adults and \$4 each for students and children, are for sale at Bookpeople in Moscow.

### University of Idaho activities include:

- lunchtime video presentations Jan. 21, 22 and 23 in the UI Commons Cafeteria
- Jan. 23 evening address by Carl Mack, NAACP Seattle branch president
- Jan. 24 campus rally and teach-in
- Jan. 25 Associated Students of the UI community service project
- Jan. 30 community presentation by anti-hate activist Floyd Cochran, a former Aryan Nations member.

Contact Francisco Salinas, Multicultural Affairs director, 208/885-7716.

## Contra dance

**Saturday, January 18, 7:30 – 11PM**  
**1912 Center, 400 East 3rd, Moscow.**

Sponsored by Palouse Folklore Society. Caller Gary Miller, from Spokane. Music by Potato Head, from Moscow. \$4 for newcomers who arrive at 7:30 for instructions, \$5 for members, \$7 for non-members.  
www.palousefolklore.org  
509/332-8037

## Moscow Community Book Club Meeting

**Thursday, Jan. 30, 7PM**

Moscow Public Library, in the Carol Ryrie Brink room. January's selection is "Fast Food Nation," and copies, in print and on audio, are available through any branch of the Latah County Library District.

**Monday, Jan. 20**

### "A Day On, Not A Day Off" Dr. Martin Luther King Jr. Holiday Food Drive

7AM – 7PM, inside Pullman's Safeway. All canned and non-perishable food items will be donated to the Pullman Food Bank. Volunteers are needed. Contact Delaney, 509/335-7852.

**Wednesday, Jan. 22**

### Martin Luther King Jr. Unity March

The annual Dr. Martin Luther King Jr. Unity March, "Remembering the March from Selma to Montgomery: Bloody Sunday" will be preceded by a program at Pullman Baptist Church, 125 SE Spring St. Marchers will walk from the church to WSU's Compton Union Building. Contact Jeanne Bulgin, 509/335-2546, or Marshall Mitchell, 509/335-8888.

**Friday, Jan. 31**

### Community Service Project "Building T..."

1 – 4PM in W...  
Contact Dela...

**Friday, Jan.**

### YWCA of W... Contest Aw...

6PM in CUB C...  
Debi Robinso...

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

## Vigil for I...

**Pullman: Fr...**

The interfaith "Prayer Vigil for Peace," Fridays, 12:15 – 12:45PM, in downtown Pullman, will continue into the New Year. E... prayer offered by local clergy and laity, followed by 20 minutes of intentional silent prayer, closing with reflections from the leader. The vigil is weekly, snow or sun — come dressed for the weather. Sponsored by Common Ministries at WSU. Contact Nancy Collins-Warner, nancycw@pullman.com or 509/334-4688.

**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. 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 & 6:30PM Come and go as your schedule permits. Questions? 208/882-7067 or sperrine@potlatch.com

## Moscow Ci... public mee...

**Monday, Janu...**

- 1912 Center. T...
- will be the futu...
- the larger issu...
- transportation,
- transportation
- (economic, env...
- safety, etc.), a...
- involvement in
- www.moscowcivicaso.org

## Elk Summit

- Elk Summit, a day-long public forum to discuss increasing elk populations in the Clearwater region, is tentatively scheduled to begin at 8AM on Saturday, January 25, at Lewiston's Red Lion Inn. If you wish to attend, you can call Friends of the Clearwater at 208/882-9755 for information or to arrange transportation.

## Chantra Melior's Medical Fund Aquarian Party

**Saturday February 8 at the Unitarian Church in Moscow, from 6PM to 10PM**

- There will be live music, feasting on potluck snacks, and a silent auction — all for a minimum \$5.00 donation. More information from Erika at 208/882-0191 or Eva Jo at 208/301-2246

Submit non-profit announcements to [co-opnews@sourjayne.com](mailto:co-opnews@sourjayne.com) by the 25th of each month.

For additional events visit [www.moscowfoodcoop.org](http://www.moscowfoodcoop.org)

