

July 2003

FREE!
Please take one.

Community News

The monthly newsletter of the Moscow Food Co-op

Hot Off the Grill

By Kenna Eaton, general manager

Photos by David Hall

Hot Off the Grill, our Tuesday summer BBQ dinner and music event, has already become a Moscow institution. We have been selling out all our burgers, and we've been hearing nothing but good comments, so the Co-op patio has become the place to be on Tuesdays.

People are coming for the food. We offer burgers, hot off our own BBQ, and our potato salad, plus other great outdoor food options every week. The burgers are either vegetarian Boca Burgers or the locally-grown, grass-fed, antibiotic-free beef from BCR. Either burger is only \$3.50 each, with the burger-and-potato-salad-plateful for \$5 (or you can make it a cheeseburger for an extra quarter). A



great Co-op meal for five bucks, how can you go wrong?

People are coming out for the music too. Acoustic musicians of all kinds have signed up to play for us. The musicians use the bike shack at the edge of the patio as a stage.

This Tuesday evening BBQ idea, which we named "Hot Off the Grill," is brand new—the first night was June 10. (We rejected a few other names for the event, like "Tofu and Tunes" or "Dead Meat, Live Music").

Please join us. Every Tuesday this summer (weather permitting), from 5 p.m. to 7 p.m., on the patio facing the Post Office building to the south side of the Co-op, you can expect to buy a delicious dinner and enjoy some great acoustic music. See you there.

Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

Community News



Welcome!

By Laura Long,
Membership Director

This is the forum that I use monthly to talk about member benefits, co-operative principles, and upcoming Co-op events, and this month I was a bit stumped. It's summer, and that usually means that things slow down a bit around here, so I was wondering what to let you all know about. Then while I was shopping last night I realized that one of the most lucrative benefits of membership often goes unmentioned, and yet it's really useful and can save you a lot of money.

"What benefit is that?" you ask. Well, special ordering, of course. Do you realize that if you are a member of the Co-op, you can save 10% off on any bulk or case special order that you place? What some members may not realize is that this discount can be combined with the member prices on sale items, and a working-member's discount. This can add up to quite a savings. For example a quart of Pacific Foods Vanilla Rice Milk regularly costs \$1.69. In June it was on sale for \$.99 a quart, and when I special ordered a case of it the cost was \$.89 a quart. When I combined that low price with my 18% discount because I'm a working member, the total price that I

paid was \$8.77 a case, that's only \$.73 a quart! That was an incredible savings for my family.

If you are interested in placing a special order, please let any cashier know, and they will gladly help you. But be prepared to show a current membership card, because this great benefit is for current members only.

I also want to remind all you new and renewing members that we need your current mailing address when you join. This will enable us to send you your new scan-able membership card in a month or so, as well as send you your Board of Directors election ballot and other fun reminders and notices throughout the year.

I want to reassure you that Co-op never has and never will give or sell your personal information to any other organization or company. It is our commitment to you to protect your privacy, and maintain your good faith in our community-owned grocery store at all times. Thank your for your continued support these past 30 years!

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

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What a Pain in the Neck, Kenna!

By Bill London

It all started with a bushel of watermelons. Our beloved Co-op General Manager, Kenna Eaton, was doing the actual work of moving food (as she often does) and she lifted the wrong box of melons.

A disk in her neck was herniated. Sounds horrible, and in fact, is worse. Constant pain and numbness in the arms, and lots more bad stuff. Luckily, there is a solution: surgery, and the removal of the offending disk and replacement with donor bone and a titanium plate.

And that is exactly what is scheduled for June 24. (As of this writing, that is her plan.) Kenna expects to stay overnight at the Kootenai Medical Center at Coeur d'Alene and then return to Moscow on June 25. She was advised to begin limited activity immediately following the surgery. So, she expects to start walking around right away.

Kenna expects to be back at work on July 8. Maybe she won't be smiling as often as usual (or maybe more often, depending on the drugs

she is given). And perhaps she won't be heaving around crates of melons right away. But, she'll be back, and pain-free, too.

Just in time for all of us to tell her how much we missed her and how glad we are to see her again. Cards and/or words of encouragement may be sent to Kenna in care of the Moscow Food Co-op, 221 East Third Street, Moscow.

Bill London edits this newsletter and believes that Kenna is just the greatest manager a Co-op ever had.

R & R OFFICE EQUIPMENT

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The Second Annual Co-op Swimming Party!

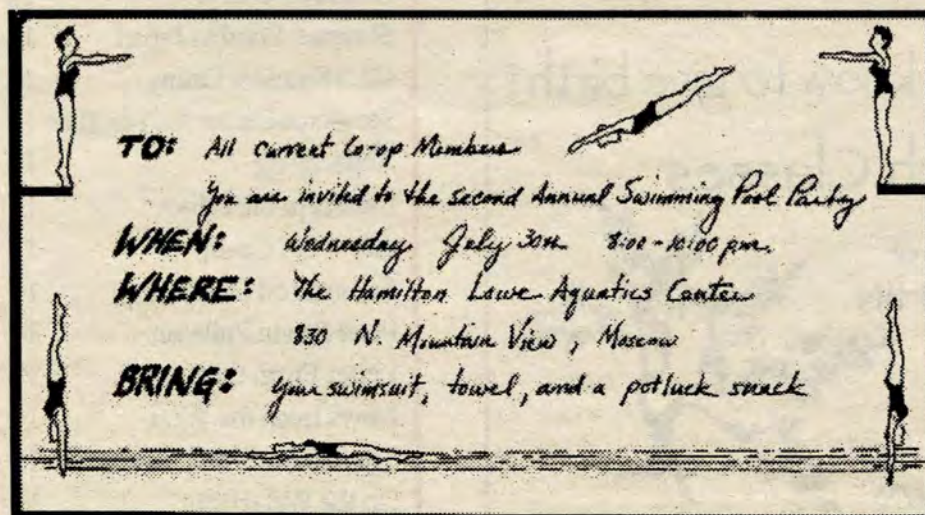
By Annie Hubble

The second annual Co-op swimming pool party will take place on Wednesday, July 30th, at the Hamilton-Lowe Aquatics Center, (830 N. Mountain View Road, Moscow) from 8 p.m. until 10 p.m. All current members of the Co-op, young and old, are welcome.

It was a lot of fun last year and I encourage you all to come. It was very relaxing to have the whole pool to ourselves. We swam, we slid on the

oh-so-cool and oh-so-fun slides, we ate delicious potluck snacks, we floated around on inner tubes, and it was a wonderful sight to see adults and children playing together in such contentment.

This is definitely a Co-op party not to be missed, so pack your swim suit and a towel, bring a potluck snack, (the Co-op will provide beverages), and come have fun.



TO: All current Co-op Members
You are invited to the Second Annual Swimming Pool Party

WHEN: Wednesday, July 30th 8:00-10:00 pm

WHERE: The Hamilton-Lowe Aquatics Center
830 N. Mountain View, Moscow

BRING: your swimsuit, towel, and a potluck snack

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

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

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

No, It's Not Your Imagination.

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

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

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

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Stayin' Outta The Kitchen

By Amy Richard, Kitchen Manager

Hot. Too hot too cook. Too hot to eat. Well, no, it's never that hot!

The kitchen staff has been creating great summer foods to help beat the heat and get the rest of us out of our kitchens!

The dessert bakers have been working hard and perfecting a new summer treat – ice cream sandwiches! Through many trials and grueling taste tests (hard work but someone's got to do it) we have come up with 5 delicious flavors: Chocolate Chip Cookies with Vanilla or Chocolate, Oatmeal Cookies with Vanilla, Chocolate Cookies with Mint Marble Fudge, and Chocolate Cookies with Strawberry. We fill our Co-op-made cookies with natural ice cream from Double Rainbow (chocolate & vanilla) or Soy Delicious (mint & strawberry). They are available at the deli counter,

and look for them soon in the freezer section. Try one and tell us what you think!

The bakers have been doing their part to help us get outside and enjoy the weather. For the last two weeks we've been perfecting the hamburger and hot dog buns. We started out a bit large, with an 8-inch hot dog bun big enough for almost 2 hot dogs laid end-to-end. Then we got a little small, barely big enough to cram one little dog in. Through many trials and some of Nick's little tricks we have come up with a really good hot dog bun. Joseph has been the hamburger bun chef—finding just the right size and dough.

Where can you get a fresh-made bun without a bunch of preservatives and who-knows-what-else? The Co-op. Everyday. Enjoy your summer and feel good about what you eat!



The Volunteer Program

By Janna Jones and Annie Hubble

Get out your summer schedule and enter CO-OP SWIMMING POOL PARTY on Wednesday July 30th from 8 p.m. 'til 10 p.m. This was an amazingly fun event last year and is not to be missed. It will take place at the Hamilton-Lowe Aquatics Center, (830 North Mountain View Road, Moscow). Just bring your swim suit, a towel and a potluck snack. The pool time is paid for by the Co-op as a treat for all our loyal volunteers and members, and we will also provide beverages.

We would like to welcome some new volunteers this month. Erica Taylor is our new volunteer deli lunch server on Mondays; Alan Tilford is helping out in the bakery on Saturday mornings bright and early; Diane Baumgart is serving in the deli on Wednesdays; and Jacob Wiest, who at one time was one of our talented newsletter illustrator volunteers, wants to try working in the store and is heroically learning the job of sanitizing the recycled containers used in the deli and elsewhere in the store.

We still have more jobs than applicants. This situation will probably continue until school starts, so it is a very good time to apply, as you will be almost sure of getting a volunteer position. Just fill out an application form to be found at the front of the store where the shopping carts are parked, and put it in the manila envelope on the notice board there. We

will contact you after a week or two and invite you to a volunteer orientation, where we will show you around the store from a volunteer's point of view, and get to know you a little. Within a few days of that meeting (which takes less than a half hour) we will hopefully be able to match you up with a volunteer job.

See you all at the swimming pool party and enjoy these lovely months of summer.



Produce Department: The Local Produce has Arrived

By Dani Vargas, Produce Manager

The local produce has started to arrive in the produce department. It is the beginning of the season so there are just a few items, but more will soon follow (weather permitting). We have Dale's famous Clarkston Tomatoes; which he claims are way better tasting than last year's crop. If you have never tried a Clarkston Tomato, you should. They are so sweet, and taste like a huge cherry tomato. The Moffett's walnuts, flowers, snow peas, and more to come. Elizabeth's stir-fry mix, mixed bunches, lettuce mix, and more. George and Sue's lettuce, spinach, bok choy, cilantro, dill, and carrots to come later in the summer. We will have Pat's delicious raspberries coming in July, and much more.

I love this time of the year. We get the chance to rely on our own community and the surrounding community for the freshest, most beautiful, best organic produce. (You may think all my adjectives are over-kill, but they are all true!) When the produce arrives it is gorgeous. You can always tell it was harvested that morning.

It is great to give our local dollars back to the local grower and to know that those growers are using practices that are enriching our community's land. We know that our local growers are growing organically. There are

some who are certified organic, some who are licensed organic and others who are non-exempt, certified organic producers. This verification is for retailers who know their growers' practices, and for retailers to have a record that a grower's production is less than \$5,000 and that they are growing in compliance with the Organic Food Production Act of 1990 and the USDA final rule.

All I can say is that Organic Produce Rules!! And Local Organic Produce Rules even more!!! So come check it out, support your local community and your local grower.

And, there are even more ways you can buy local: there are a lot of local growers at the farmers' market on Saturdays, and some at the Moscow Food Co-op Local Growers' Market Tuesday evenings from 5 p.m. to 7 p.m.

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No Preservatives, No antibiotics,
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Steaks and burger available by
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Members' Orientation (new and old) Starts in July

By Tiffany Cooper

Have you ever wondered how the bread slicer works? What about the bulk vitamin machine? Do you steer clear of the bulk feta because you can never remember if you are supposed to reserve the brine or not? If you answered yes to any of these questions, or have other such Co-op operation questions, then the Member Orientation offered the first Monday of each month is for you.

The first orientation session is starting July 7th at 7 p.m. and is sure to be a hit. Come tour the Co-op like never before with members from the Moscow Food Co-op Education Committee. In the roughly 1-hour session

you'll learn where containers are stored, how to use and weigh reusable bulk containers, which number is the PLU and which one is the price, and much, much more.

Please sign up with any cashier if you plan to attend.

Tiffany Cooper is an AmeriCorps member with the Lewis Clark Service Corps and currently works at PCEI, teaching environmental science education in local school districts. She recently moved to town after living on Moscow Mountain, and loves the ease of living in town and walking to work. She also just cut 10 inches from her hair and donated it to Locks of Love, a not-for-profit group that makes wigs for kids with cancer.

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**Current session
ends July 31**

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

<p>Schedules available on the yoga center door.</p>	<p>10% discount for full-time U of I & WSU students.</p>
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New in the Wine & Beer Departments

by Dani Vargas

Camas Winery Splits

Do you ever wish you could buy a small bottle of wine to try it, or a bottle that contained about two glasses of wine to enjoy with dinner? Well, now you can. Camas Winery; located here in Moscow, Idaho, offers three of their wines in a Split. A Split is a small bottle that contains about 2 glasses of wine. At the Co-op we have the *Camas Winery Merlot*, *Huckleberry Mead*, and *Chardonnay*. If you have always wanted to buy a bottle of wine but never wanted to commit to a whole bottle, try a split! If you are looking for a different variety of their wines in this smaller version, they can be found at the Camas Winery, located on Main Street. There they offer all of their wines as a split.

Stone Brewing Company

If you have not seen this beer before you should come check it out. Their most popular beer, *Arrogant Bastard Ale*, has a very entertaining description on the back of its label. This beer is truly for those who are worthy of such a big drink and who do not partake of that fizzy yellow beer stuff.

The Stone Brewing Company is located in San Diego, California. The owners, Steve Wagner and Greg Koch, are both lovers of good quality beer. The two first met in 1989 in Los Angeles while Steve's band was using Greg's newly opened rehearsal studio. Three years later they ran into each other during a "Sensory Evaluation of Beer" class taught at UC Davis. They discovered that they both had similar ideals for brewing and taste in beer. Because of their knowledge and experience in brewing and their successes in past businesses, Steve and Greg convinced private investors to drop some cash on some shiny new brewing vessels for beer and opened the Stone Brewing Company in 1996. The San Diego Tribune has called Steve and Greg "Beer Experts." This could be an understatement. Their background in the beer industry is amazing. They have visited over 140 breweries in the US and Europe, more than 30 beer festivals and tastings, have attended numerous classes in brewing, Sensory Evaluation, and Mi-

cro-brewing; they have been judges during several competitions, and hold memberships in both the Institute for Brewing Studies and the Master Brewers Association of America. These guys are serious lovers of beer.

The three Stone Brewing Company beers offered here at the Moscow Food Co-op are the *Arrogant Bastard Ale*, *Stone Smoked Porter*, and the *Stone IPA*. The Smoked Porter is darker than pale ale, but not as black as a stout. It is smooth with chocolate and coffee flavors balanced with the subtle smoke character. The IPA (Indian Pale Ale) is a deep golden color. IPA contains intense levels of hops and high alcohol content. This beer is all about Hops! The *Arrogant Bastard Ale* is an aggressive beer that you may not like—you'll have to decide for yourself if you can handle this bottle o' arrogance.

The best time to purchase these fine beers is Thursday evening/Friday-Saturday. They are very popular and are going quick.

The Gargoyle has been chosen as the mascot for the Stone Brewing Co. Gargoyles are fearsome figures carved from stone and believed to have powers to ward off evil spirits. The Stone Brewing gargoyle wards off harmful chemical preservatives, additives, and adjuncts (rice/corn).



Word of Mouth

by Vicki Reich

Procrastination makes strange bedfellows. Okay, I know that's not how the saying goes, but in this instance it makes perfect sense. I had put off writing this column until the last moment and ran out of time before Kurt and I left for a weekend in Seattle. So, I took the taste test along and sat around one morning in Seattle with some strange bedfellows tasting yogurt. The strange bedfellows are my friends Kate and Devin, their 2 1/2-year-old daughter Hanna, and their roommate Jodi. Having never been subjected to the harsh rules I impose on my taste testers, I started slowly with some of my more important rules: they had to try everything; no one word comments are allowed; and they couldn't all talk at once. After we covered the ground rules, the tasting began in earnest.

I chose 7 kinds of vanilla yogurt—some low-fat, some fat-free and a couple of soy to mix things up a bit. Horizon Organic Fat Free Yogurt was the first to be sampled. It is very sweet with a lot of vanilla flavor. It has a smooth but slightly gummy texture.

Wallaby Organic Low Fat Yogurt was a hit with the 2 year old. It has a very custardy flavor and texture, and is more of a European-style yogurt than any of the others.

Brown Cow Organic Low Fat Yogurt was the favorite of the whole group. (It also is the highest in calo-

ries and grams of sugar, go figure!) It has a great vanilla flavor with flecks of vanilla beans. It is creamy and rich-tasting, and several of us thought it would make a great dessert served over fresh fruit. It is the only yogurt we tested with the flavoring on the bottom, so make sure you mix it up good.

Next I snuck in Whole Soy Yogurt. It wasn't much of a sneak. Everyone could tell it was soy right away. It has a definite beany aftertaste and a slightly gritty consistency, but a good vanilla flavor.

Stonyfield Organic Low Fat Yogurt was well-liked for its tangy and not-too-sweet flavor. It has a smooth but slightly gummy consistency, similar to the Horizon.

Nancy's Organic Fat Free Yogurt tastes like yogurt should, according to Kate and Jodi. It has that tangy, 'alive' flavor that yogurt is known for. It's not a yogurt for the faint of heart, or for kids accustomed to sweetened yogurt. It doesn't have a very strong vanilla flavor.

The last yogurt was White Wave Soy Yogurt. This is a less-soy-tasting yogurt than the Whole Soy. It has a watery texture and tasted more like pears than vanilla, but it was the preferred soy yogurt of the two.

The tasting went well and all rules were followed except Jodi did said 'yuck' once and Hannah had trouble with the 'No one word comment' rule as well. With our intestinal flora thus enhanced, we went out on the town to shop and eat—the real reason we went to Seattle.

JOHN'S ALLEY

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- 14th Carolyn Wonderland
- 15th Open Mic
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114 E. 6th St., Moscow, Idaho

Upcoming Farm Tour!

The Moscow Food Co-op and Rural Roots are co-sponsoring this summer's Farm Tour series. Come join us July 20, 2003, for the first farm tour of the summer. We will first visit Steve Streets' farm and learn about starting a small farm. Then we will end our day at Affinity Farms with Russel and Kelly, learning about season extension. Other topics will be addressed as well.

If you are interested or would like more information, please come by the Co-op, call (208) 882-8537, or e-mail Dani Vargas at <produce@moscowfood.coop>.

Space will be limited, so sign up soon!!!!



KUOI FM MOSCOW

where diversity reigns

From The Suggestion Board

Genisoy Soy Crisps, please order in Apple Cinnamon and Nacho Cheese.

I'll happily bring in the Apple Cinnamon Soy Crisps but, unfortunately, the Nacho Cheese flavor is not available from our distributor. —Vicki, Grocery Manager.

Stonyfield Farms makes a great organic yogurt smoothie. In Florida where I live it sells for \$1.50 per serving. It is so yummy and definitely worth it!

We carry Straus Organic Smoothies in the cooler. I considered the Stonyfield brand but it has twice as much sugar as the Straus Smoothies and I like supporting Straus. They are a small family-owned farm that has been setting the standards for organic dairy production in California for years. —Vicki.

Sell Perrier Sparkling Water. Okay, I'll squeeze it in. —Vicki.

Get Wildwood Soymilk and Tofu—it's out of Mendicino, CA—it's the best, try and see. Also get Nancy's Organic Soy Yogurt.

The Wildwood tofu should be on the shelf by the time you read this. At the moment I don't have room for another fresh soy milk but I will keep it in mind. We have carried the Nancy's Soy Yogurt in the past and it didn't sell. You can special order it by the case. —Vicki.

Are you going to continue to carry soy flakes? I hope so!!

The soy flake cereal we were carrying was discontinued due to slow sales. At this time, I won't be picking up a new soy flake cereal unless I get a lot of requests for it. You can still special order it by the case. —Vicki

Would you consider carrying La Croix sparkling water? It comes in aluminum cans (better than plastic!) Can buy in the case—more affordable that way.

I don't have a distributor for this product. I can get Blue Sky seltzer in cans if you'd like to special order them by the case.—Vicki.

No suggestion just that I'm so thankful to have a quality store like the Co-op in Moscow!!! Voted best store in Moscow, just kidding but it is!

Thanks, we love hearing that.—The Staff.

I want Soy Glace back again—the living culture replacement doesn't do it for me, thanks!

I'm sorry but Wholesoy changed all their Glace over to cultured soy. The Glace is no longer available. —Vicki.

Love the Ginger People Ginger Chew-Esp. for traveling for queasy feelings. Spicy apple-yum-but would also like to see the peanut butter flavor back. Special order item?

I liked the peanut butter flavor, too, but unfortunately our distributor doesn't carry it any longer. —Vicki.

Sell Iouana brand hot sauce now now now! (Please)

I'm sorry, I don't have a source for this product. —Vicki.

Where did the Ommegong beer go? Tis my favorite.

I'm sorry—it's a slow seller but it is available at the Moscow Wine Co. You can also special order a case if you would like.—Dani, Produce Manager.

Could you please bring back the 7th Generation 4-pack toilet paper or the thicker-ply singles. I know the \$\$ is high and I would be willing to pay more!!! Thank You!!! You may special order this product by the case. —Carrie, Personal Care Manager.

Lizard Lips lip balm? Please.

This company is no longer in business. Product no longer available. —Carrie.

Oh no where did the Tofutti ice cream go, it's the best!!

I'm sorry but it was a slow seller and I needed room for some new products. If I get a lot of requests for it I will consider bringing it back. In the mean time you can always special order a case. —Vicki.

Please order more of the 8 oz plain brown cow yogurt. You are frequently out of the plain. The large sizes of whole milk yogurt have pectin which I need to avoid. Thanks!

It's a delicate balance between over-ordering and under-ordering. When we upped our order of plain Brown Cow in the past we ended up throwing away a lot of product. We will continue to try to keep this product in stock. I did check the label on the 32oz. whole milk plain Brown Cow yogurt, not the organic, and it does not contain pectin. You might try buying the large size if the small is out of stock.—Vicki.

Nettles Save the Day

By Brenda Guettler,

Assistant Buyer for the Personal Care Department

The days are long, the sun is out, and life is good. Opportunities for outdoor fun abound, but occasionally all of that fun comes at a cost. I'm sure that many can relate to the itchy eyes, runny nose, sneezing, etc. that can accompany these glorious summer months. Yes, that's right, I'm talking about allergies (a minor annoyance for some and a debilitating problem for others). Luckily there are several options for dealing with allergies and preventing them from ruining your days.

Step outside and one of these remedies might be right under your feet or growing in your garden. Considered a

weed by some, this plant often grows in unwelcoming places. It prefers moist habitats, is native to Europe and Asia, and is widely naturalized in North America. Stinging Nettle (*Urtica dioica*) may be a nuisance to some, but surely the positives outweigh the negatives for this beneficial plant. Those of you who have run into nettle by accident likely did not have a very pleasant experience. Tiny hairs that cover the stem and undersides of the leaves "sting" humans and animals that brush up against them. I'm told that it feels similar to a bee sting. This plant is just one reason that it is a good idea to wear gloves while weeding.

If you are unfamiliar with nettles, you can recognize them by their opposite, heart-shaped leaves with saw-toothed edges. Its flowers are small, green, and hang down in clusters. If you do happen to get stung, chances are that the remedy is also growing close by. I was told by Kenna and Annie, who were both born and raised in England where nettles are extremely prevalent, that rubbing dock leaves on the affected area soothes the sting right away.

Now the GOOD reasons to LOVE NETTLES!!! (The British love

their nettles so much that they dedicated a whole week at the end of May as National Be Nice to Nettles Week.) Besides being an excellent source of vitamins A and C, iron, calcium and many other minerals, nettle leaves also are reputed to have antihistamine and anti-asthmatic properties and to be particularly helpful at reducing the symptoms associated with hay fever. Nettles have provided relief recently for several allergy sufferers here at the Co-op, so do not be surprised by enthusiastic responses to questions about nettles.

According to Prescriptions for Nutritional Healing,

nettles have also been used as an expectorant, a diuretic, and a pain reliever (just to name a few).

Nettles appreciate growing in rich soil and effectively pull minerals from the soil. Subsequently they are also good at restoring nutrients to the soil, making them a fine addition to your compost pile! Luckily, cooking or drying the leaves makes them lose their sting, allowing for many culinary options. Young nettle leaves are tasty when steamed by themselves or added to stews or sauces. Drying the older leaves is

recommended for use in tea.

If you decide to go out and collect your own nettles, be sure to consult someone who can be sure to correctly identify them. Here at the Co-op you can find nettles in the bulk herbs section and in capsules or tincture form in the supplements department. As always, please consult your health care professional when deciding how to deal with any medical issue.

Sources:

Rodale's Illustrated Encyclopedia of Herbs, Kowalchik & Hylton, Eds. <www.nettles.org.uk>
Prescriptions for Nutritional Healing, 2nd Ed., Balch & Balch <www.ediblewild.com/nettles.html>





The Buy Line

by Vicki Reich

Writing is such a complex undertaking for me. I often spend long moments staring at my blank screen and nothing comes to mind, and then there are times when the words just flow from my fingertips and I can't type fast enough. Sometimes I write a sentence and I love it, and then there are the moments when I rewrite the same sentence 10 times and still don't like it. This month I have quite a case of writer's block and I find I have to revert to my old standby, the classic "check out what's new in the grocery department" article. This is not a comprehensive list but covers what I think are the high points of all the groovy new stuff in my department.

The largest and most impressive new item in the Grocery department is the new set of bulk bins for the candy, seeds, and baking needs. Check them out, they're spiffy. And, since we ended up with one extra bulk bin, I've brought in golden flax seeds, which I've had a lot of requests for. Also new in the bulk department are Chili Lemon Peanuts. These are slightly addictive—so beware. We've also got Peanut Oil in bulk again, yeah!

In the Frozen section, we just got Straus Organic Ice Cream in three classic flavors. Straus is an organic family dairy in Northern California that still bottles its milk in glass bottles (which we can't get, unfortunately). They were the first certified organic dairy west of the Mississippi and they are truly concerned about being good land stewards. They also have a cool website, www.strausmilk.com, check it, and their ice cream, out. We also have Sweet Nothings frozen dessert, a low-cal, low-fat, and good-tasting alternative to ice cream. Further down the freezer are the new Applegate Pocket Sandwiches in three yummy, hormone-free meat varieties.

Moving along to the chill cases, we have more new Applegate products: five new varieties of sliced deli meats. These are the same meats that our deli uses but these are already packaged for your convenience. By request, we have Wildwood tofu in two sizes (I haven't tried it yet, but I'm told it's very good). We also have fresh ricotta cheese from Belfiore, it's wonderful and creamy and great served on warm fruit desserts.

Vitamilk is new in the dairy case. This milk is from a dairy in Seattle that is certified by the American Humane Association as 'Free Farmed,' which means the animals are raised and treated humanely. The milk is also antibiotic- and hormone-free. It is not

organic and is less expensive than our organic milk.

There are so many new products on the grocery shelves, I had to limit this to my new favorites. Here's the tour starting in Aisle 1. Those folks at Kashi have come up with another tasty little cracker (TLC, get it?): Country Cheddar and they're just as good as the other flavors. Natural Sea has three new clam chowders, one Manhattan-style, and two New England, one of which is dairy-free. They are all good and very clean products. Fantastic Foods has a new line of ready-to-eat meals called Fast Naturals. We have six varieties and they are selling well. Rick's Volcanic Taco and Tostada Shells are bright red and delicious, and all of the profits from the sale of the product goes to charity. Jyoti is a new line of Indian food and everything I've tried has been excellent with a real authentic flavor. They make great pantry stockers for those nights you want something delicious but don't want to work too hard for it.

In Aisle 2 we have two kinds of canned pineapple, both chunks and slices—great for pizzas and fruit salad. Nature's Path has new Crispy Rice Bars in three flavors. These are like rice krispy treats, only better. There's also a new addition to the EnviroKidz cereal line. Cheetah Chomps are strawberry-flavored corn cereal that this kid had a hard time keeping her

hands off of. In the more grownup section of the cereal aisle is Kashi Seven in the Morning, which Pricilla's husband, a devout GrapeNuts eater, liked just as well. Across the aisle is Nana Mae's Apple Juice. A husband-and-wife team makes these delicious varieties of juice in small batches on their family farm. Gypsy Tea is our newest line of tea and they have wonderful flavor profiles and fun and informative packaging, plus Zhenia, the creator of the line, is originally from St. Maries, Idaho. Dagoba chocolate is my new obsession. This organic fair-traded chocolate comes in several unusual flavors, lime being my current favorite. Endangered Species Chocolate has new baby bars that are soooo cute and they taste good, too.

In Aisle 3, we have three new organic products from Rapunzel: corn starch, yeast, and powdered sugar. By request we have Simple Organics Baking Mix and Bob's Red Mill date sugar.

And finally in Aisle 4, Hansen's has come out with single-serve tonic water and club soda, just in time for the cocktail season (that's a year-round season for those of you who haven't heard of it). These are great for eliminating the flat mixer syndrome so common at my house.

I could go on, but I'm over my work limit. I find it funny how I started out having nothing to say and now I can't shut up. Writing is just like that for me.

Moscow Civic Association

by Lois Blackburn

Smart Growth, envisioned as part of the future of Moscow, touches a sensitive nerve in many members of the community. At least, it appears to, judging by the attentiveness and active participation among the 87 citizens who attended the June general meeting of the Moscow Civic Association. This meeting was the first of a series titled "Smart Growth for Moscow."

Professor Vic Getz, a doctoral candidate and visiting assistant professor in environmental sociology and gender at University of Idaho, discussed methods of analyzing the health of a community. Getz noted that the usual yardstick, Gross Domestic Product, measures only money changing hands. (For example, GDP goes up when the crime rate rises and necessitates the building of more prisons.) Getz proposes using instead a new measurement system developed in Alberta, Canada: the GPI, or Genuine Progress Indicators, in which indicators used are elements of the qual-

ity of life in a community: jobs, health care, sustainable growth, schools, etc.

Crysta Falcon, a University of Idaho graduate student in architecture, gave a presentation on Moscow neighborhoods, using as examples the U of I campus, downtown, and the area around Rosauers market. Illustrating her study with many slide photographs of these areas, Falcon discussed such features of a neighborhood as 'walkability,' a range of different housing opportunities, a neighborhood focal center, and green spaces.

Joel Plaskon, Moscow City Planner, informed the audience about the new Economic Development Collaboration, which includes representatives from the Economic Development Council, Moscow city government, Latah County government, the University of Idaho, Palouse Clearwater Environmental Institute, the Moscow Chamber of Commerce, Gritman Hospital, Moscow School District, and Moscow Civic Association. The group has already had one organizational

meeting. Plaskon stated that the Moscow Civic Association should be a participant in this effort, and invited the MCA to send three representatives to the meeting on Tuesday, June 17.

Several audience members asked questions and made suggestions, including Tom Hudson, who suggested that the studies be started with the work generated and developed in a two-day Moscow Community Retreat in 1998, in which about 400 people participated. Members of the audience suggested that community brainstorming be a part of the effort, including a

survey to define how people feel about Moscow and what we value that we do not want to lose. This will provide a context for Smart Growth planning.

The next general meeting of the Moscow Civic Association will be Monday, July 14, at 7:30 p.m. at the 1912 Building. The subject will be "Smart Growth in Moscow: the Role of the Arts." The Association invites all interested community members to attend.

Lois Blackburn is the president of the Moscow Civic Association.

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History in Plain Sight: How Moscow Got Its Name

By Julie R. Monroe

(Historic photo courtesy of Latah County Historical Society; current photo by Julie Monroe)

Editor's Note: This begins a new column for the Community News. It is the brainchild of Editor-in-Chief Bill London who envisioned the series as "someone taking a historic house, place or thing and explaining it and its role in local history." Local historian Julie R. Monroe will author the series, which will run at least four times per year.

At the intersection of Hillcrest and Mountain View, on the northeastern edge of Moscow, is a stand of three Lombardy poplars. According to Lillian Otness in her book *A Great Good Country*, this nearly invisible stand of trees is the only remnant of Moscow's first post office, which was opened in 1873 by homesteader Samuel Neff. The post office – described as a shoebox on a shelf – handled correspondence for the citizens of a community named Paradise. In 1875, Almon Asbury Lieuallen, another early homesteader, opened a general merchandise store on the southwest corner of First and Main Streets. Perhaps believing he would attract more customers with "one-stop shop-

ping," Lieuallen also sought control of the community's post office, and by November 1876, he had succeeded and was postmaster for a community named Moscow.

How did Paradise become Moscow? The Nez Perce, the area's earliest inhabitants, called the area "Tatkinmah" or "Taxt-hinma," meaning "place of the mule deer fawns." But with the arrival of homesteaders, the mule deer fawns were displaced by hogs that thrived on the bulbs of the abundant camas. According to Alma Lauder Keeling in her family history, *The Un-Covered Wagon*, Moscow's first residents, with tongue-in-cheek, called their town "Hog Heaven." Mrs. Keeling reports that when it came time to establish the first post office the men "rather facetiously" suggested retaining the name of Hog Heaven, but that the "ladies, upon hearing this, rose up in arms."

Moscow was Paradise until the U.S. Postal Service requested the name be changed to avoid confusion with other territorial communities also named Paradise. But why was 'Moscow' chosen? Was it really named after Moscow, Russia? There are several theories that suggest just that.

Almon Lieuallen's daughter, Lillie, claimed her father and Samuel Neff selected the name 'Moscow' because Russia seemed a "far-away glamorous sort of city." In his book *Idaho for the Curious*, Cort Conley states that Moscow's name stems from Almon Lieuallen's belief that the problems of isolation confronting the community were comparable to those in Russia during the reign of Ivan the Terrible. In an article published in the *Inland Empire Magazine* in 1951, Mickey Aitken credited Samuel Neff with the selection. According to Aitken, Neff se-



lected the name because Moscow's founding reminded him of a similar community's founding during the time of Peter the Great. Lastly, Miles Neff, Samuel's son, explained that his father "named the place Moscow on account of the root meaning of the word, which in Russian is 'Holy City,' a good name for the city of Paradise Valley."

All these theories probably contain a kernel of truth, but the best-documented theory belongs to place names historian Lalia Boone. She asserts that Samuel Neff named Moscow in cooperation with the four men who established Moscow's municipal center. Neff, although never an official postmaster, "managed the mail," according to Boone. He, Lieuallen, and three homesteaders with substantial land claims in the valley of the south fork of the Palouse River – James Deakin, John Russell and Henry McGregor – met to select a name. Boone explains that while the men wanted a prestigious name for the community, they could not agree on a choice. Therefore, they selected Neff to complete the post office application papers, and it was Neff who chose the name. Boone agrees with Miles Neff's claim that his father selected the name 'Moscow' because of what she calls "its favorable meaning" but adds that a more significant factor in his decision was his having been born near Moscow, Pennsylvania, and having later lived in Moscow, Iowa.

How Neff's Pennsylvania and Iowan communities got their names is, of course, another story, but not one that likely has anything to do with a dotted line of Lombardy poplars in Samuel Neff's Idahoan Moscow.

Julie R. Monroe discovered that Lombardy poplars were commonly used to designate property lines in Moscow when she wrote an article for the newsletter of the Moscow Historic Preservation Commission about the University of Idaho's 1998 project to preserve the only five poplars remaining of the many that once surrounded the original site of the UI campus.



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2% Tuesdays: Support Families Together Northwest Region & Parent to Parent

by Maria Maggi

Families Together began in 1982 when Chris Curry, a Special Education teacher, noticed that families who had a child with a disability could be strengthened to meet the challenges facing them by being given the occasion and opportunity to enjoy their children in a supportive, educational, recreational setting. Families Together Northwest Region & Parent to Parent is now a non-profit organization providing support to conventional and non-conventional families of any ethnic and economic background in the Northwest who have a child with disabilities through networking and education. Our Outreach Center is at 129 West Third Street. Whether your child attends a public, private or tribal school, Families Together can help you understand your child's educational rights under the law. We can assist you and your child's school in setting up an Individualized Education Plan (IEP) that meets your child's needs and maximizes his or her participation in school. We can help you keep track of your child's medical and school records required for meetings and send you important information updates specific to your family's situation through our Information in a Box program.

Central to all our services is the Family Enrichment Program which consists of a weekend held at a recreational facility where families come together to renew their commitment to each other, learn from professionals and service providers, and share common concerns and solutions with other families who live with similar situations. Learning and having fun together can nurture each family member and help them develop the inner resources that reduce barriers to the necessary support, education, social and economic networks that sustain a meaningful, productive life.

The most recent Family Enrichment Weekend had a theme of "Friends and Heroes." Fifty-five children attended "Super Hero College" ('course work' involved making masks, super hero IDs, exploring a real fire truck, hearing Native American stories, and leaping from tall buildings!) while parents spent the weekend learning how to parent those super heroes on a bad day, and how to help them build a circle of friends. Typically, 40-50 college-age volunteers

donate their time as companions to the children and conduct their activities.

The next Family Enrichment Weekend is scheduled for August 9 and 10 and will focus on the unique needs of families who have a child with severe, multiple disabilities and who are medically fragile. Parents living with this situation usually do not have the opportunity to attend this kind of event because their child requires 24-hour medical supervision. Funding for this weekend includes the cost of food and lodging for the required medical care provider.

We also hope to hold a Self-Determination Weekend for young adults with developmental disabilities and their families in the fall of 2003. That weekend will focus on providing young adults with disabilities and their families the skills to create a future based on supported individual choice.

So come join our village—shop at the Co-op on Tuesdays in July and support Families Together!

An Opportunity for Personal Growth

by Bill London

The Moscow Food Co-op's Community News needs a new advertising manager. How about you? What a bold career move that would be. Just think of the implications as a resume builder! And how you would develop your interpersonal communication skills!

Josh Christensen (our present ad manager) is leaving the area, and thus leaving this position. Our thanks to Josh for a job well done.

And now, we need a new advertising manager—someone who will contact businesses and solicit their ads to run in this newsletter. Collecting ad payments is not included in the responsibilities.

If you are interested, please contact Bill London at london@moscow.com

What Does the Co-op Mean 2U?

By Julie Monroe

Often, by the time people reach the age of 30, they have developed a strong sense of self; in other words, they know who they are. Their identity was formed through a rigorous and generally painful process that began in puberty and subsided during the end of the second decade of their lives. By age 30, they are established. And from this secure vantage, they begin mapping their future.

This year, as you know, the Moscow Food Co-op is 30-years-old, and it is more than established. It is one of Moscow's most successful businesses, and in recognition of this accomplishment, General Manager Kenna Eaton decided the time was right to publish an Annual Report for the membership of the Moscow Food Co-op.

The Co-op's first-ever Annual Report will not only report the organization's financial status but will also document the significant role the Co-op plays as a "third place." Sociologists categorize places in which people live and gather, in a three-level hierarchy. A person's first place is his or her home; the workplace is their second place; and third places are those where people gather as a community, such as bookstores, hair sa-

lons, or, in our case, the Moscow Food Co-op. The Co-op is one of Moscow's premier third places, and it is my task to write that portion of the Annual Report that describes this aspect of the Co-op's identity.

To do this, I need your help. Please tell me what the Co-op means to you. Your response need not be lengthy—a few sentences will do just fine. And perhaps you could care less that the Food Co-op is a third place—if the only reason you go to the Food Co-op is to buy clean, natural food or health supplements or an Oatie, I want to hear about that, too.

Could you please email me your comments? I am nearly two decades past the age of 30, and my once-reliable memory has become as unpredictable as the Palouse weather. My address is: <jrmonroe@turbonet.com>. My deadline is early August, so it would be great if you would send me your comments by the end of July.

Thank you for considering this request; I look forward to hearing from you.

Julie Monroe is a lifetime member of the Moscow Food Co-op and has been a newsletter volunteer for nearly two years.

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Reviews

Moscow: Living and Learning on the Palouse, by Julie Monroe

Reviewed by Bill London

Moscow is a town with a fascinating story to tell. And now, that story has been told.

Moscow author Julie Monroe (yes, she is also one of the editors of our Co-op newsletter) has completed a book about her hometown, titled "Moscow: Living and Learning on the Palouse" and published by Arcadia Publishing of South Carolina.

Monroe begins her history with the first inhabitants, the Nez Perce and other tribal peoples who visited the area in annual pilgrimages searching for food. She then tells of waves of immigrants, civic boosters, the university, the world wars—and how they all impacted Moscow, shaping its destiny. Then in the last chapter, Monroe weaves in the more recent institutions that have helped define Moscow's uniqueness: community groups like the Friendly Neighbors senior citizen network, celebrations like the Moscow Renaissance Fair, and community businesses like the Moscow Food Co-op.

Monroe's understanding of her community and pride in its accomplishments shines through the pages. She chose well in the variety of historical photos scattered liberally throughout the pages, and captured the progressive and fun nature of the community. And along the way, she answered a number of questions about the town's history, including the following:

1. Why was Latah County (with Moscow as the county seat) the only county ever established by an act of the U.S. Congress?
2. What lobbying effort was needed to bring the University of Idaho to Moscow?
3. How, during the Depression years, did Moscow generate enough mail to be given the status of a first-class post office?
4. What was so different about Moscow's first subdivision, University Heights?
5. What Moscow event was first organized as a wholesome alternative to the Blue Mountain Rock Festivals held at the university during the early 1970s?

For the answers, check out Julie Monroe's book about Moscow, or ask her. She will be autographing copies of the book at BookPeople on Saturday, July 19, from 10 a.m. until noon.

Blackberry Wine, by Joanne Harris

Reviewed by Annie Hubble

I love to read and I love a good story. Every week or so I go to the library, and get out a pile of books. Some I might recognize by author or from some recommendation from friend or article; some I just take blindly. Many of these books are returned barely read, but occasionally there are the gems that hold me riveted and disturb my chances of sleep that night, as I sit up reading 'just one more page.'

This week there was such a find. "Blackberry Wine" by Joanne Harris, (published by HarperCollins in 2000), is a wonderful book. It is written by the same author who wrote "Chocolat." I saw the movie version of that book but never read the book. Now I want to do so, along with all else she has written. The characters in "Blackberry Wine" are real, earthy people with just a touch of fey; the settings, in England and France, are good as a travelogue; and the story is enchanting. I totally recommend this book. When you have worked in the garden all morning, and you want to curl up on the couch with a good read and a cup of tea, get this book down from the shelf.

Storefront Revolution by Craig Cox

Reviewed by Bill London

During my involvement with food co-ops in this region over the last 25 years, I have seen schisms, personality conflicts, petty thievery, and plenty of other hassles big and small. But I can thankfully report that I never was part of any altercations like those described in the book "Storefront Revolution" written by Craig Cox and published by Rutgers University Press in 1994.

Cox, who watched it all as the editor of a co-op newspaper in the Minnesota area, focuses on the Co-op War that rocked the Minneapolis food co-ops in the 1970's. The war followed right after the food co-ops

first sprouted all over that city, fueled by the 1960s counter-culture search for new institutions and the demand for natural foods. A shadowy revolutionary group, calling itself the Co-op Organization (CO), attacked the co-ops for being elitist, out-of-touch with the masses, and not revolutionary enough. This group favored direct action, threats of violence, and push-and-shove intimidation. They crashed co-op meetings, in some cases beat up shoppers and co-op staffers, and took over the city's co-op warehouse.

The book is the in-depth story of how the CO battled the local co-ops, how those co-ops were forced to—for the first time—legalize their financial policies and ownership issues, and the methods the co-ops used to organize their members to push out the CO forces. For anyone who has been involved in the Byzantine world of food co-ops, this book is a great read. Personalities, details, political manifestos, all the anguish of hippie staffers forced to get businesslike—it's all there.


The book is available through an interlibrary loan at the Moscow public library.

Bill London edits this newsletter, and as of this issue, has survived (hopefully) the wedding of his daughter.



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Moscow Food Co-op Syndicates Web Articles for Free

By Bob Hoffmann, Co-op Webmaster

Maintaining a Web site can be a real pain. Especially when you don't have time to regularly generate fresh content. Well, if your Web site deals with health, organic foods and agriculture, or progressive living and politics, here is your solution! You can display headlines from the Moscow Food Co-op Web site on your site for free. This includes a link to the articles, which are maintained on our site.

All you have to do is paste a small bit of HTML code into your Web page. This code is available on the Moscow Food Co-op Web site at <http://www.moscowfood.coop/rss.html>.

Your Web site will then automatically display our ten most recent articles. When we add new articles to our site, your site will automatically display the new headlines and links! To see what Food Co-op headlines look like on another local Web site, just go to <http://www.radiofreemoscow.com/links.html>.

Visitors to your site will have access to the latest recipes, book reviews, organics news, gardening information, and more.

A few comments about this feature:

* Syndicated headlines will include articles of more general interest. Local interest articles, such as profiles of Food Co-op employees and volunteers, will not appear. Some articles may still have regional flavor, focusing on the Palouse or the Inland Northwest, but most articles will have national or international appeal.

* The RSS file that generates these headlines categorizes the articles (book reviews, recipes, energy conservation, etc.). We can't yet provide advice about how to display only specific categories, but hope to do so some time in the future.

* If you use this feature, please drop me a note at webmaster@moscowfood.coop with a link to your page.

* There is no cost associated with this service. This service is not guaranteed in any way whatsoever.

Bob Hoffmann is the Co-op Web Master, and is fascinated by how easy it is to move data from one location to another.

Customer Profile: Barbara Chatburn

by Vic Getz

When I asked Barbara Chatburn if she'd agree to an interview for this customer profile she said, "Well, I don't know. I really just started shopping here." Perfect, I thought. I mean, how many times can I stay with the "we love the Co-op" theme?

I decided I'd walk around with Barbara as she shopped. As I went to grab my notebook, Barbara shouted out, "Harley! I have something to share with you." When I got back, Harley (her grandfather's name – she's got no brothers or sisters so...) Wright and Barbara were deep in conversation in Aisle 3. They were animatedly talking dipping sauces. I watched them connecting there by the bulk oils, talking sauces and entertaining and then, making plans to organize a lunch together with friends.

Harley had good reason to be animated. She was celebrating her retirement as of that day! The Fish Folks and the Co-op were her first stops. I asked her why she retired.

"There are just too many things to do. I mean, I loved my job at the U of I library..." Barbara and I both gave her lots of support for her upcoming adventure. Barbara works on 9 month appointment at WSU's College of Business, and wouldn't have it any other way. Harley definitely ran into two like-minded souls regarding the work/play balance. She said we were the first she'd told since leaving work that day.

"I was sad to leave. But excited, too. Also a bit scared."

"Why scared?" I asked.

"Well, you leave something you love and wonder what the next phase will be. I've always had somewhere to go every morning."

"So, where are you going to go next Monday morning?" I asked. She laughed and told us that her husband was taking her on a "surprise" trip for the weekend. Then, she said, she was going to go to their Coeur d'Alene lake cabin "on a MONDAY!!!" Sounds like a great start to the next phase, to me.

Barbara and I carried on with Barbara's shopping. She was planning

a dinner for a friend's birthday and needed some special items and a gift. "If I'm going to find it anywhere, it'll be at the Co-op," she said.

Co-op staff member, Jason, was stocking as we walked past wondering about various items. Overhearing us, he interrupted helpfully with suggestions and ideas. He told us that as a child, his favorite birthday meal was homemade macaroni and cheese topped with applesauce.

"Hmmm..." Barbara said equivocally, "I always loved mac and cheese as a child." (If there'd been a thought bubble, it might have read, "I don't think so.")

We sniff-tested the bulk Annie's Goddess Dressing (she bought some for her dinner party), got plenty of questions answered by Jason, and went to the checkout counter.

After paying, we chatted for a bit longer. I'd been to Barbara's and her husband, Dennis' wedding back in 1981 but this was the first time we'd talked in a long time. Barbara has lived in Moscow since 1976. She's got twin daughters, Anna and Jennifer, age 28, and a son, Tim, age 20. I wondered if her son was taking classes at the U of I, where I'm teaching courses in Sociology. Tim decided to take some time off before going to college. Barbara said she and Dennis fully supported that decision.

"I told him, 'it's your turn in the world, to sit out, make choices, decisions, and mistakes. He'll be a brilliant student when he does go back. Because he'll want to be there.'"

Our conversation turned to living in the Moscow community for all these years. This year Barbara missed the Renaissance Fair.

"Why can't they have it in the Fall?" Barbara asked. She continued,



"It's always so beautiful then. I know I'm not going to be spending money in May just before summer. And in the Fall, I'm beginning to think about Christmas."

Several people passed by as we stood there talking. Barbara said,

"What a fun social outing!" Just then, an old mutual friend of ours came through door, completing that thought vividly.

Well, geez. Look at this. It's the same old theme!! "We love the Co-op." Let's face it, no other market in town can offer the same sense of local community that it can. It's an institution. And it's ours. Aren't we lucky?

I was going to close with Jason's mom's recipe for Mac and Cheese with Applesauce but...I'm out of room. If you want it, go find Jason. I'm sure he'd be happy to share it.

Vic Getz attempts to follow the sage advice of Wendall Berry: "Choose joy. Even though you have considered all the facts." Don't be afraid if sometime, somewhere, she comes up to you and says, "It's the deadline day for the Newsletter! PLEASE, will you talk to me?" Or email her at vgetz@moscow.com if you'd like to be interviewed. (No one has yet taken her up on this offer! Come on. Don't be shy.)

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Didgeridoo Comes to Moscow

By Eva Hallvik

Australian Didgeridoo player, John Coutts, will be in Moscow on Friday, July 11, at the Unitarian Universalist Church, to provide a workshop that will demonstrate the mystery of vibrational healing. This free event will start at 7:00 p.m. and conclude with a "jam" session by 9:00 p.m. Folks attending are encouraged to bring their drums, guitars, didgeridoo or any percussion instruments to the church, located at 420 East 2nd Street in Moscow. (Please note that this workshop was originally scheduled for Saturday, but has been moved to Friday.)

Coutts has been providing healing and entertaining with the Didgeridoo throughout Australia,

New Zealand and Indonesia for nearly ten years. He has performed on Australian National Television, radio and state and has also used his didge to work for Aboriginal rights in Australian society. He is also a very highly developed Medium, Spiritual Healer, Numerologist, Inspirational Poet and Lyric writer.

The program for the evening will include a meditation and healing session and a brief history of the didgeridoo. John will also read some of his poetry which features many poems on love. Coutts feels love is the key ingredient for successful relationships and healing.

For more information call Eva Hallvik at (208) 301-2246.

Co-op Business Partner: Ashley Fiedler

By Sarah Walker

Ashley Fiedler recently moved to the Palouse from back east because she wanted a lifestyle change, she told me when I went to visit her at Shady Grove Farm. Her new Idaho life includes a lovely homestead 20 minutes east of town where she trains horses and teaches riding. She and her husband Fritz grow plums, pears, berries, peaches, cherries, and vegetables (this new lifestyle required a crash course in canning). Her old life followed the competitive horse-showing circuit where she excelled in hunters and jumpers. It was a world of renowned trainers, sponsors, and "hot riders."

"Jumping is my passion," she told me, even adding softly, "it's as close to flying as you can get." In her show-circuit days, Ashley mastered jumps up to four feet, and she intends to work back up to that height and more. Nowadays, she shares her knowledge with her students, who include folks of all ages and abilities: "It's so fun to get them going, show them how to ride." She offers lessons at home and also at nearby Greenbriar Farm, where she leases space.

Ashley herself started riding as a small child. She didn't live on a farm, though, she lived near Newark, New Jersey, and got her horse fix at a nearby arena. At first, she followed her parents and grandparents around on her pony; later, she worked at the arena every day after school and moved up in the show circuit to the "A" ratings. When she was 16 she spent a year as a volunteer for the Therapeutic Riding Club

of Israel, helping disabled kids get involved with horses. College at Colorado State earned her a degree in Equine Science as well as a certificate in Elementary Equitation.

Since moving here she's developed a passion for endurance racing. Last summer she finished a 250-mile race in five days in the Nevada mountains. "It's really fun—and demanding on your horse. You both have to prepare, and you get to know each other so well," she describes. "Instead of asking your horse for more technical expression, like in showing, you're asking him for his heart, to keep on going." She has started adding some of the physical conditioning required for endurance racers, like hill work, sprints, and long slow trots, to her hunters' and jumpers' training, to make them better athletes.

I loved hearing her talk about the partnership between horse and rider. "You have to allow the horse to influence your body so you can in turn influence the horse," she explained, using her hands to demonstrate the rising/falling forward/back motion of a horse's hips. When the hip comes up, the rider needs to adjust her spine to move with it. If she blocks that movement the horse can't follow through with its natural stride, and instead takes smaller steps.

First-time riders tend to be stiff and fearful, so Ashley starts her students in her fenced training area, where she holds one end of a long line (lunge line) so the rider can concentrate on balance and movement.

"Riding is great for all ages" she says enthusiastically. Besides building confidence and a sense of responsibility, the body awareness developed when



Photo caption: Ashley Fiedler and her new young prospect, Finn.

partnering with a horse is huge—especially in terms of balance. New students start off on her trusty, older, school horses, often forming strong bonds with them.

I asked her about the deep attachment young girls develop for their horses. She smiled and nodded, remembering, but added "young men are just as smitten." What is it about a horse? While we visited Finn, Buttons, Lucky and Nick in her pasture I couldn't resist hugging those strong necks, breathing in that wonderful scent of a sleek horse in the warm sun.

Ashley is our newest Co-op Business Partner. She loves to cook and finds the Co-op "a great place to gather

and get good food." Best snack for endurance racing? Heidi's Hikers!

Contact Ashley at 835-5036 or <ashleyf@tds.net>. Beginning riders take private lessons until they can walk and trot confidently, and will learn to catch, groom, saddle, and put away their horse, as well as ride. For more advanced students there are semi-private lessons in small groups of 3 or less. You can sign up for single lessons or a block of several. Co-op members receive \$10 off the first lesson or training.

Sarah Walker knows that on cold days, there's always a warm dry spot for chilled hands under a horse's big head.

Sustainable Foods Systems Field Course Offered

by Theresa Beaver

Want to learn more about Sustainable Food Systems by visiting with farmers & related professionals? Want a class outside the traditional classroom? Interested in sustainability and want to see what's happening in the Inland Northwest? Then the new course 'Field Analysis of Sustainable Food Systems' is for you. This course will be of interest to anyone interested in farming or food production who wants to understand all the challenges and opportunities that await you.

Offered August 6 - 13, this 8-day field course will start in Moscow and travel throughout central and southwest Washington visiting farms, dairies, processing plants and marketing facilities, and other 'steps' important in food production and marketing systems. Most evenings will consist of large or small group discussions related to the day's activities.

This course is open to community members as Continuing Education Units for only \$120, as well as academic students signing up for summer school.

Participants will stay in dormitories and camp out, at least one night. Some meals will be provided.

This course is offered as part of Cultivating Success, a Community-based Educational Program developed by Rural Roots, University of Idaho and Washington State University.

For more information or to sign up, contact Theresa Beaver, Program Coordinator, at <tbeaver@uidaho.edu> or (208) 885-7787, or course instructor Cathy Perillo, at <cperillo@wsu.edu> or (509) 335-2851.

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Board of Directors Profile:

Al Pingree

by Patrick Vaughan

Al Pingree has a number of chapters in his life, any ONE of which would comprise enough life-changing experience for me. This septuagenarian member of our Co-op board of directors brings a wealth of wisdom to his long-time volunteerism at the Co-op. Twinkling eyes, quick with a grin, sporting his white handle-bar moustache, and ALWAYS willing to help a person in need; only a longer look in his eyes gives a hint at some of the things they have witnessed.

Raised in the mining town of Nevada City, California, Al went to grade school in a one-room school house. The morning after graduation (at the tender age of 13) Al ran away from home. He didn't like what he saw the future holding with the current stepfather and decided to make his own way. He spent time as a teenager working on farms and dairies.

Faced with the need for a skill and employment, Al joined the Navy, became an electronics specialist and was posted to China during its ongoing civil war. He was on board the British cruiser HMS London in 1949 when it steamed up the Yangtze in a rescue operation, received point-blank artillery fire and lost over 40 of its crew. He survived further harrowing experiences as a Marine in the Korean War, including the Inchon amphibious landing and the frozen hell of the battle of Chosin Reservoir. Al lived first-hand the human realities of the confrontation between the United States and

China in post-World War II Asia.

Having survived the crucible of war, Al found renewed importance in pursuing his education. After obtaining a college-level GED he was accepted to Stanford and graduated in 1956. He loved working with electronics and became part of the vibrant radio scene in California including working at KPFA, the first community-supported radio station in the USA, a precursor to public radio, in Berkeley.

After a short relationship Al became the single father of a son, Charlie. He began a second career as an investment broker and earned an MBA from the Wharton School of Business.

In 1972 Al sought a change in life and location to raise his son. They moved to Moscow where Al started another career as maintenance supervisor in electronics for WSU. He served as a trustee and president on the board of the local public library, preserved the original Carnegie building and set the stage for its expansion. In 1981 Al experienced one of the worst fears of parents. His son Charlie, 14 years old at the time, died in a tragic car accident.

Al started shopping at "The Good Food Store" in 1973 and has shopped at the Co-op ever since. After retirement from WSU, Al spent more and more time volunteering to help the Co-op at critical times. He committed hundreds of hours to remodeling the new location. He oversaw the selection,



purchase and installation of the handicap-access door. Recently he helped the managers in their research and selection of the new scanners.

"Being on the board of directors is something you have to want to do," he says about the position. "If you can bring a vision of what the Co-op should be, or bring personal expertise, then the organization really benefits." He values the sense of community that is found at the Co-op. He wants to retain the loyalty the Co-op shows toward the staff by prioritizing benefits and pay. He has seen the management team come together effectively over the past couple years, describing them "almost like a family."

He doesn't believe in growth for growth's sake, favoring a conservative approach with the members' capi-

tal. That said, Al believes there is still a lot of untapped potential that the Co-op can serve.

"The deli creates some of the best food in town," he says. And he sees increasing demand for fresh-baked pastries and local organic produce.

Al is very content in Moscow. Though he bemoans the conservative attitudes of "half the population," there is much in the community that leads him to speak softly of it as the place that will always be home. He has come to take life "one day at a time." With the life experiences he can draw upon, that phrase is spoken with considerable wisdom.

Pat Vaughan, former President of the Co-op, farms organically and is learning to play the fiddle.

Volunteer Profile: Profiling Volunteers

by chris stordahl

This is the city. My name is Stordahl. My partner's name is . . . well, I don't have a partner, but that's beside the point, see? There's hundreds of stories in this town. I've tried to tell some of 'em. But, there's a lot more out there. And it's up to me to find 'em. I'm a volunteer profiler.

Volunteers are very interesting creatures. They unselfishly give of their time and talents to help people and institutions that they care about. One of the most interesting things I have discovered about volunteers is that they tend to be rather unassuming. They do what they do for the satisfaction it gives them. (And there is that discount!) They don't expect compensation or even accolades. In fact,

recognition seems to make them uncomfortable. This, of course, can make my job a bit difficult. I wonder if they realize that the gift they give is unique . . . that they are unique.

I am asking of all you volunteers to consider this: you have a responsibility to enlighten others as to the joys of volunteering. I know it's hard, but people do want to know about you. So, call me, email me, stop me in the street. 'Cause if you don't find me, I will find you!

And, THANK YOU! volunteers, for all of your hard work.

chris stordahl still seems to be waiting for summer break to start.

Hot Off The Grill

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

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

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

Staff Profile: Josh Taylor

by Carol Spurling

Part-time stocker and cashier Josh Taylor arrived in Moscow last August and immediately started working as a deep fryer at Winger's restaurant, but after two weeks was able to move up to the Co-op.

"It was an easy transfer to make," Josh said.

Josh used to work at a Trader Joe's in Chicago, where he developed an admiration for the food industry, but the Moscow Food Co-op has expanded his appreciation for organic food and the cooperative movement in general.

"There's such loyalty here," Josh said. "I see the same people all the time. And it's a very social place."

Yours truly started making multiple weekly trips to the Co-op about the same time Josh started working there, but since I just started noticing him in the last few months, my first impression of him is that he's a quiet kind of guy, maybe a thoughtful introvert. A louder person, I think, would have caught my attention much sooner.

Josh doesn't whole-heartedly agree when I share this with him, although he says he does enjoy being alone at times.

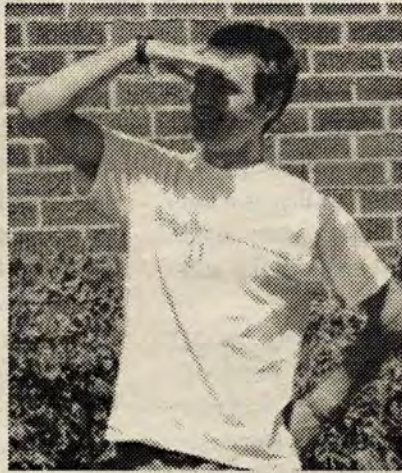
"I like to be with my girlfriend," he says, "and I like to be in the company of good friends."

Josh's wide range of interests also show him to be a person not easily "pegged." He rides his bike a lot, he reads often (right now reading *Zodiac* by Neal Stephenson and *The Fatal Harvest Reader*, about the dangers of industrial agriculture), and on some recent days off went garnet hunting for the first time and also horseback riding.

"I'm new to the area, so I'm exploring a lot. I don't spend all my free time doing just one thing," Josh said.

In his driveway he has a "make-do" garden in containers, and is raising the "essentials" including tomatoes, peppers, cucumbers, onions, cilantro, and basil. I assume that anyone who considers fresh basil to be an essential is a cook, and Josh does admit that he likes to cook, "but not too fancy."

Josh came to Moscow to attend the University of Idaho's graduate program in Natural Resources, after graduating from Wheaton College near Chicago with a B.S. in Environmental



Science. A college friend from Post Falls used to brag about how great Idaho was, and Josh agreed, after a road trip to check it out.

The beautiful landscape combined with the University's program lured him to Moscow, and he can't see any reason to leave after he finishes his Master's program next year, unless work opportunities lead him away. And that may well happen as Josh's interests lean towards sustainable agriculture, and possibly even tropical sustainable agriculture which

would involve helping native cultures transition back to diverse native crops with practical uses.

"I think the Natural Resources program here tends to turn you towards government jobs but I don't really want a government job, I'd like to work for a private organization, maybe Christian-based, possibly abroad. There's a real need for that now," Josh said.

Josh said his work at the Co-op has led him more towards supporting local, small-scale agriculture. His sister, on a 4-year mission in Guatemala through a Mennonite organization, can take some of the credit for his interest in tropical issues.

Locally, Josh attends Christ Church, a reformed denomination which is affiliated with Logos School. When I mentioned some of the recent flap in the Moscow-Pullman Daily News about Logos' board, Josh doesn't seem surprised they were targeted for criticism.

"They don't compromise their faith," he said.

Besides his Co-op job, Josh has an internship with the Idaho Conservation League this summer, contributing to a wildfire management report. Between his two jobs he doesn't have much time to have fun, but he and his college buddy from Post Falls were leaving on a road trip the day after our talk, heading to Tennessee for the Bonnaroo Festival. The eclectic gathering sounds like an ideal destination for a guy interested in exploring a variety of what life offers.

"It's a three day music festival, with different kinds of music, bluegrass, rock, even hip hop," Josh said. "Neil Young will be there. It'll be great."

Carol Spurling has been to the International Folk Music Festival in Vancouver, B.C. twice, and hopes to go again someday.

Remembering Bill Stookey

by Heidi Heffernan

When I first visited Moscow 12 years ago, I was struck with a feeling that this place was special. Within about two days of arriving I had decided to relocate myself here. I realize now, after living here for over a decade, that much of what makes Moscow special is the people who choose to make it their home. There are those who, by just being here day by day and seeing to their things, make life here better for the rest of us. Moscow lost one such person on June 11th, when Bill Stookey suffered a fatal heart attack.

Since 1990 Bill and his wife Jamie owned and operated Stookey's Feed and Grain in Moscow, that great little outlet where you can buy anything from dog food to chicken poults to pond supplies. A general store for your yard, I suppose. It is the quintessential small local business: quaint and comfortable to shop in.

Shopping at Stookey's is how I imagine the people on Sesame Street felt when they went into Mr. Hooper's store; Bill knew me, he knew my kid, he knew what kind of food my dog ate, for heaven's sake! Bill always took the time to talk to everyone. I never felt like I was just a customer, I felt like a friend. And he never let me down. Even if he didn't have what I wanted, I always left there with a smile on my face.

I don't remember actually meeting Bill. It's as if he'd just always been around and he was someone that I took for granted was going to be around for a while longer. He always greeted me with his devilish smile and some friendly teasing. For years he's been insisting that my daughter needs some chickens. She, too, is now convinced.

One friend observed that she found herself thinking of him last week as she weeded her onions. "He's in places in all of our gardens. There a little of Bill in lots of nooks and crannies all over the Palouse."

Bill is survived by his wife, Jamie; his father, Donald; and his three children, Jennifer, Donald, and Simon. If you would care to make a gift in remembrance of Bill, the family has chosen Rendezvous for Kids. Send your gifts to: Rendezvous in Moscow Inc., c/o Rendezvous for Kids, P.O. Box 9067, Moscow, ID 83843.

Two days before Bill died I took my daughter shopping for plants for her very first garden. While we were there I recounted a conversation to him that I had had with a mutual friend,



in which we had decided that Bill was the devil (not that I believe in the devil, mind you!) because he always got us to spend more money and buy more plants than we intended. He just chuckled. Fifteen minutes later when we were settled up and the plants and dog food were in the car, he called me over to show me something.

"Come and look at this. You need one of these."

"This," I pointed out, "is precisely why you are the devil."

"I know." He gave me a great, big grin. "But it's so much *fun* being the devil!"

In short, Bill Stookey was one of those people that make Moscow such a great place to live in and he will be sorely missed. Farewell, Bill. Thanks for everything and save me a good plot in the garden of the hereafter.

Heidi Heffernan lives in Moscow with her husband Matt, their daughter Emmie, an obsessive-compulsive Chocolate Lab, 2 cats, and 53 tomato plants.

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Nutrition Q&A: The Ornish Diet

By Chelsy Leslie, RD

Q: Dr. Dean Ornish has published several books about his very low-fat diet. Are there any problems with that diet?

A: Dr. Dean Ornish promotes a diet that limits fat to 10% of total calories, which is approximately 15-25 grams of fat per day. To achieve this low level of fat, many foods must be avoided. These include meat, fish, oils and fats, avocados, olives, nuts, cheese, whole or low-fat milk, egg yolks, and any other product that has more than 2 grams of fat per serving. Non-fat dairy products are allowed in moderation. The diet primarily includes legumes, vegetables, fruit, and whole grains.

The goal of the Ornish diet is to prevent or treat heart disease. According to Dr. Ornish, severe heart disease can often be reversed by following his plan. In addition to a low-fat, whole-foods diet, Dr. Ornish also promotes moderate exercise, stress management techniques, and social support. All of these lifestyle changes can protect against heart disease, high blood pressure, and other diseases. In addition, the diet tends to be lower in calories compared to how most people usually eat, so weight loss may occur.

The diet has many beneficial aspects, but there are also several disadvantages. Fat has many important roles in our diets. Although 10% of calories from fat may be adequate to prevent essential fatty acid deficiency and aid in the absorption of fat-soluble vitamins, a very-low-fat diet is difficult for most people to follow. Fat provides a pleasant taste to food. It also gives us a feeling of satiety, meaning it helps us feel satisfied, curbs our appetite, and guards against overeating. People who follow a very-low-fat diet often feel hungry and unsatisfied.

The Ornish diet can be low in other nutrients including protein, vitamin B12, and iron. Proper meal planning is essential and vitamin supplementation may be necessary to prevent deficiencies. Dr. Ornish advises taking a multivitamin with vitamin B12 and either fish oil or flaxseed oil capsules for a source of omega-3 fatty acids. Although supplements may be helpful, it is best to rely on foods for

nutrients whenever possible.

It is also important to keep in mind that not all fats are created equal. Research has shown that saturated fat may be one of the primary contributors to heart disease. Sources of saturated fat include animal products such as butter, beef, cheese, and also snack foods. However, monounsaturated fat (found in olive and canola oils, nuts, olives, and avocados) may actually have a protective effect.

Keep in mind that although some fats may be healthier than others, they all still are high in calories. Using olive oil instead of butter may keep your heart happy, but it probably won't help with weight loss.

Although the Ornish diet may be a bit extreme for the average person, many of the concepts can be incorporated into a diet of moderation to help prevent disease and promote health.

Next month... On the other end of the diet spectrum is the Atkins diet and other high-protein plans. I'll discuss why these diets are so popular, if they work, and their health effects.

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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Summer Food in Japan

by Jackie Miyasaka

When I was living in Japan, the most popular summer food by far was cold noodles. Nothing can beat a refreshing bowl of cold noodles on a hot and sticky day. The most common cold noodle dishes are hiyashi chuka and zaru soba.

Hiyashi chuka (literally "cold chow mein noodles") is a bowl of ramen noodles topped with various ingredients and a cold soup. Because it contains carbohydrates, vegetables, and protein sources, it makes a nutritious meal all on its own. It is also a beautifully colorful dish. Many restaurants add hiyashi chuka to their menus during the summer. It is one of my favorite things to eat in July and August.

Zaru soba (literally "buckwheat noodles on a bamboo tray") are soba noodles that are typically served on a bamboo tray, dipped a little at a time into a cold soup to coat them, and then slurped up. (While frowned upon in the United States, slurping your noodles is considered to be polite in Japan.) The soup for zaru soba is flavored with wasabi (Japanese horseradish) and scallions. Buckwheat noodles are considered very nutritious, and buckwheat is traditionally used to improve high blood pressure and circulation.

Why not try a bowl of cold noodles to revive yourself and minimize the amount of time you spend in a hot kitchen during the summer months?

Hiyashi Chuka

- 1 cup chicken stock
- 4 Tbsp. soy sauce
- 4 Tbsp. rice vinegar
- 1 1/2 Tbsp. sugar
- 1/2 Tbsp. toasted sesame oil
- 1 tsp. fresh ginger, grated
- 1 cup bean sprouts
- 1 cup julienned cucumber
- 1 cup julienned ham
- 8 cherry tomatoes, cut in half
- 2 eggs
- vegetable oil
- 2 six-ounce packages chuka soba chow mein noodles (spaghetti may be substituted)
- 4 teaspoons hot mustard

Boil noodles as directed on package. Do not overcook. Drain. Rinse well under cold, running water to cool.

Beat eggs. Heat 2 teaspoons vegetable oil a small frypan over medium

heat. Add enough beaten egg to thinly coat the bottom of the frypan. Cook until the egg is done on the bottom, and then turn it over and cook for a few seconds more. Remove the egg from the frypan and let it cool. Repeat this with the rest of the beaten egg until it is gone. Then cut the cooked egg into julienne strips.

Mix the chicken stock, soy sauce, rice vinegar, sugar, sesame oil, and ginger together in a bowl to make the soup.

Divide noodles among 4 bowls. Top each with bean sprouts, cucumber, ham, tomatoes, and egg. Pour cold soup over each. Garnish each with 1 teaspoon hot mustard. Mix before eating.

Zaru Soba (Serves 4)

- 1/4 cup mirin (sweet rice wine)
- 1 cup fish or kelp stock
- 1/4 cup soy sauce
- 1 tsp. sugar
- 2 tsp. wasabi (Japanese horseradish)
- 1/4 cup scallions, sliced thinly
- 1 package soba (buckwheat) noodles (available at the Coop)
- 1/2 sheet nori, folded in half and cut into thin strips the short way

Bring mirin to a boil in a small saucepan. Add stock, soy sauce, and sugar; bring to a boil again. Remove from heat. Refrigerate soup until cold.

Boil noodles as directed on package. Do not overcook. Drain. Rinse well under cold running water to cool. Divide among 4 plates. Top with cut nori.

Divide soup among 4 small bowls. Stir 1/2 teaspoon wasabi (more or less, to taste) in soup. Add an equal amount of scallions to each soup bowl.

Dip noodles into soup and eat. This dish partners well with Wakame and Cucumber Salad, as well as with grilled fish.

It is a good idea to double or triple the soup recipe and refrigerate some extra soup so that you can have zaru soba any time.

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

Eating Cool in the Summer Heat

by Therese Harris

At our house, we like cool, quick suppers during the summer—that way we can spend more time outside just enjoying the season. The basis of many of our easy suppers is a lentil salad. The only thing to cook is the lentils, and you can use whatever fresh veggies followed you home from the Co-op, or are lurking in the fridge. It can be as simple as the following 'basic salad' as a side dish or as complex as you feel like, with added cold pasta or rice for a complete meal. I always make up a big batch that keeps us from having to cook again for a couple of nights (and gives me lunch to take to work, too)! I especially like using the smaller brown lentils ('Pardinas') or the tiny black Beluga lentils—they cook even more quickly than regular lentils and hold their shape better for salads, too. Try cooking them with a sprig or two of fresh rosemary and a couple cloves of garlic for even more flavor complexity.

This 'basic' salad is from The Pea & Lentil Cookbook published in 2000 by the USA Dry Pea & Lentil Council, located right here in Moscow. The cookbook is available at their state line office (at the east edge of Moscow on the Moscow-Pullman Highway, right behind the "Welcome to Washington" sign), online at <pea-lentil.com>, or at BookPeople in Moscow.

Our favorite variation of this salad includes a bit of shredded carrot, green onions, chopped purple cabbage and small shell pasta. But feel free to try your own favorite fresh, crunchy vegetables tossed with the lentils, feta and balsamic vinegar. And use fresh herbs to really taste the summer!

Greek Lentil and Feta Vinaigrette Salad

- 1/4 cup olive oil
- 1/3 balsamic vinegar
- Juice of 1 lemon, strained (about 2 Tbsp.)
- 1 tsp. dried oregano
- 1 large garlic clove, minced
- 1/4 cup fresh parsley, minced
- 2 cups cooked lentils, cooled (about 3/4 cup dry**)
- 3 Tbsp. Feta cheese, crumbled
- salt and pepper to taste

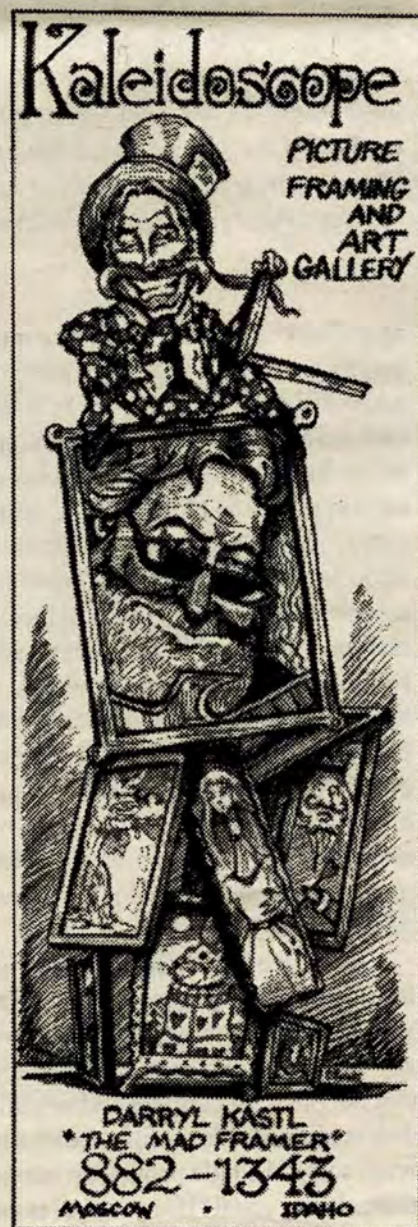
In a medium bowl, combine all ingredients except the lentils and feta cheese. Add lentils and gently toss to mix. Cover the bowl and let stand at

room temperature for about 1/2 hour before serving (or refrigerate overnight).

Just before serving, add salt and pepper, toss lightly again to mix, and top with the feta.

**To cook dry lentils, first pick over and rinse the lentils. Cook the lentils in roughly twice the volume of water as volume of dry lentils. Gently simmer lentils until just tender. Start testing the lentils for doneness at about 10 minutes for the small lentils and 20 minutes for the regular lentils. When done, drain and cool the lentils. (Note: 1 cup dry lentils yields roughly 2 1/2 cups cooked lentils.)

Therese Harris used to think certain dried legumes were only good for arts & crafts projects or slingshot ammunition until she helped taste-test the recipes for the Pea & Lentil Cookbook a few years ago. Now her son tells people that his mom buys & eats more lentils than anyone else in the world.



A Resource Center For Families

by Lisa Cochran

How do you go from an idea in Minneapolis to a Family Resource Center located in Moscow, Idaho? Sometimes the path is less than clear, but when the end result is as progressive and impacting as the new Success By 6 Children's Learning and Resource Center, the journey was worth the effort.

Begun in 1989 by United Way of Minneapolis, Success By 6 started as a grassroots movement trying to fill gaps in programs for young children in that community. Since studies note that the key period of time for positive experiences impacting children are in the years from birth to age six, Success By 6 was born.

Sometime after this first Success by 6 was launched, Bank of America was searching for a children's philanthropy to support with a substantial (\$50 million!) donation. They saw and liked the Minneapolis program and negotiated with United Way of America to manage the funds and oversee the development of a nationwide network of Success By 6 projects. Each Success By 6 is locally driven and autonomous, determining and addressing whatever local children need to become successful by the time they're 6 years old.

Moscow locals Les Nickerson and Nancy Derringer, both involved in programs working with children and families in the area, first heard about the nationwide Success By 6 initiative about 3 years ago. They then began efforts to bring the program here by writing grants. Because of the Nickerson and Derringer grant writing efforts, monies were first awarded for a community-based needs assessment study and survey to find out exactly what our community thought it needed to help ensure the success of our children.

The results were clear: most needed for our kids was an indoor (year-round) learning and resource center for children, and a place for parents to play with their kids and interact with other parents. In a community such as ours where populations can be fluid with the ebb and flow of university life, as well as isolating in the rural corners of the area, having a place to hang out with the kids, meet other parents, and have the opportunity of classes and support groups is a real plus.

This past fall, the United Church of Moscow donated space for children's outreach. Located at 110 S. Jackson St. next to the MoneySaver, the new Success by 6 Children's Learning and Resource Center officially opened its doors this past Janu-

ary. Already serving 49 local families, the new center offers an array of services by Les Nickerson and Ellen Dolney, (a qualified early screening Childhood Developmental Specialist who can give assessment and referral to children in need of specialized programs or medical services). Services include providing a place that parents can come with their children, grab a cup of coffee, hang out and engage with staff and other parents, as well as classes and developmental assessment. Currently offered classes include parenting and sibling classes. There are also groups for parents with babies aged birth-6 months, 6-12 months, and 12-24 months. During these groups, child development is discussed and questions answered, while wee ones play with a multitude of safe, age-appropriate toys. What the center is not is a drop-off or daycare facility, so a caregiver must always be present.

Though just a few months old, the Children's Resource and Learning Center coordinators are already enthusiastic about the success of their current programs and are hoping to expand and develop other classes as well as child abuse-prevention programs. The center is also currently seeking out and working collaboratively with other organizations to one day have a crisis nursery for children living in a high-risk-for-abuse family situation.

The Success By 6 resource center can be rented for use by the community at the low cost of \$50 per day, or \$25 for 4 hours, to cover basic expenses. The play area with children's toys and books, and use of the kitchen make the center the perfect place for a variety of uses.

That's the good news. The not-so-good news is that the family resource center is about to run out of funding. Donations of resources and monies for sustainability is being sought to keep the center open and the program running. The annual budget runs at \$60,000 for 2 part-time professional staffers along with volunteer and student intern help.

Winter hours for the Children's Resource and Learning Center are 10 a.m. to 4 p.m. weekdays but are shortened for the summer. For more information, or to suggest future programs, book an event, or make a donation, call 882-7162; Les Nickerson at 285-1225 or Ellen Dolney at 883-6472.

Lisa A. Cochran is a longtime Moscow resident, living with her daughter Madysen.

Gardening

Xeriscaping – Water Conservation In Landscaping

By Patricia Diaz

Back in the early 1980s in Colorado, an idea was born that has taken hold all over the West. 'Xeriscaping' was the word coined by the Denver Water Department to describe how one could conserve water through creative landscaping. A well-designed xeriscape garden is attractive, water-thrifty, and surprisingly trouble-free to maintain. There are several principles of water-wise landscaping and this month we'll discuss how this all works.

Xeriscaping can take place anywhere with careful planning. It doesn't matter if you are starting from scratch or renovating, but you must plan what kind of plantings go where in your garden. Probably the most important part of the planning involves creating different 'water zones' and choosing the plants that will fit there. For instance, don't plant things that need more water with plants that, once established, don't need watering at all in the summer.

Limiting turf areas is another important principle of xeriscaping. Limit the size of your lawn since it takes an enormous amount of water (plus all that energy to make it grow only so you can mow it down). Instead, plant buffalo grass, which is not only drought-tolerant but quite attractive.

Choosing appropriate plants is the next step. You will want definite xeric plants for the hot, dry south- and west-facing areas, and plants that like a little more moisture on the north- and east-facing slopes and walls. Definitely do NOT mix plants with high and low watering needs in the same planting area.

In our clay-soil area, you are going to have to amend the soil. Add lots of organic matter and consider the addition of sand and peat moss as well. You want soil that is loose and fast-draining, since that encourages plants to root deeply, away from the desiccating heat at the soil's surface. Organic matter also helps hold extra moisture. Mulching will also capture rainwater by allowing the hard rains of summer to soak into your soil instead of running off into the street or your drainage areas.

When you irrigate, do so efficiently with soaker hoses and drip irrigation. This deep watering will encourage deeper root growth and save water. You may still have to water your xeriscape garden in the hottest part of the summer when rain hasn't fallen for more than two weeks, and during the first year things are planted.

Now comes the fun part – what plants work best for xeriscaping. You

can create four seasons of color, too, by choosing those that turn different shades in the winter snow.

One fun plant is the Ice plant. (I can't believe I'm even saying that dreaded word. Anyone from the coastal areas of southern California knows how awful that stuff is down there – you cart off truckloads of it every spring because it takes over the yard!) But rest assured, because we have cold winters, ice plant is a NICE plant and behaves here. The foliage of the *Delosperma nubigenum* turns a neat burgundy in the winter and has succulent, lime-green foliage in the spring and summer with bright yellow daisy-like flowers.

Another great plant is catmint (*Nepeta x faassenii*), which has fragrant purple flowers in early summer with gray-green foliage. This happens to contrast nicely with all the rest of the regular green foliage. English lavender with its fragrant lavender-blue flowers is another favorite for xeriscaping. Penstemons, beloved by hummingbirds, are also water-wise, especially the 'desert beard tongue' (*Penstemon pseudospectabilis*) and 'sunset' (*Penstemon clutei*) varieties.

Other plants that are water thrifty include anemones or Greek windflowers (especially *Anemone blanda* 'Blue Star'), soapwort (*Saponaria ocymoides*), helianthemums or sunroses (*Helianthemum nummularium* 'Wisley Pink'), and Turkish speedwell (*Veronica liwanensis*). You can also interplant bulbs like iris, daffodils, tulips, crocus, etc. as they don't need water during the summer.

There are a number of resources for xeriscaping. One is Colorado's xeriscape website <www.xeriscape.org>. Two books that are useful are *Xeriscape Plant Guide* (Fulcrum Publishing, Golden, CO 1999) and *The Xeriscape Flower Gardener* (Johnson Books, Boulder, CO 1991). Check out High Country Garden's catalog for great xeriscaping ideas and plants <www.highcountrygardens.com>. And don't forget to check local nurseries, and in front of the Co-op, as all carry many varieties of plants suitable for xeriscape landscaping.

Pat Diaz loves the idea of maintenance-free gardening and has long advocated xeriscaping. Right now she's waiting anxiously for her lavender to bloom there in the high country by Dworshak.

Letters

Letter to the Editor

With regard to \$5.80 per hour as a living wage, Kenna Eaton wrote in the May newsletter "That seems really low to me . . ." That number seems low because it is low. Kenna, your instincts were right, you shouldn't trust that figure, regardless of how many times it came up in calculations.

It is like the traveling magic shows which came to my local school auditorium each year in the 60s. Every kid instinctively knew it wasn't real but when the audience got involved, and the results were still unbelievable, against our better judgment we began to believe; we wanted to believe. Later in life, a computer professor aptly summed up the seeming phenomenon of how something like \$5.80 could be

a living wage, let alone a right livelihood—garbage in and garbage out. The assumptions that went into the formula that came up with the figure, and perhaps the formula itself, are fatally flawed. I suppose that is to be expected for the Arthur Anderson-style ethics under which the business world operates. In any case, a right livelihood is more than scraping by or mere survival. It implies just and fair compensation. A minimum wage is the opposite. This socio-economic concept of a right livelihood has an analogous principle which is applicable in other ways to a natural food co-op, the precautionary principle. It is better to avoid harm rather than accept certain amounts. US conventional agriculture, and the so-called regulatory

agencies that "oversee" it, accept a certain amount of pesticides, erosion, and other negative by products. Natural food co-ops and intelligent nations avoid harm through proscription of certain practices like synthetic pesticides in organic farming. A right livelihood means one could obtain a modest home and not rent forever. It means that emergencies like car repairs and flooded basements are covered. It means that a daughter's soccer league can be afforded. That can't happen on \$5.80 per hour, or even \$7.00 per hour. Besides, most jobs at the Co-op are less than 40 hours a week which may mean employees don't receive full benefits.

What does \$5.80 an hour as a living wage for a single person mean anyway? Single people don't deserve any more? A policy should be adopted that people with partners and/or children receive double or triple the hourly wage scale of single people, all others things being equal? If anything, I hope

\$5.80 per hour was the maximum amount paid to the consultant for her final job with the Moscow Food Co-op. Finally, I am glad the Co-op has stated its commitment to a right livelihood. However, the consulting work done for the Co-op sheds no real light on whether that goal is being met. More exploration into this issue is needed.

—Gary Macfarlane

Letter to the Editor

In May's newsletter there was an article about weed spraying in Moscow.

Here's an FYI for people who live outside of the city and may not yet know—the Idaho Transportation Department has a "Landowner Request to Refrain from Weed Spraying" form. One was mailed to us this year from the Lewiston office after the district vegetation maintenance foreman noticed a "please do not spray" sign in our right of way.

—Hildegard Priest, Deary

Summer of Discovery: Commemorating Lewis & Clark

By Julie Monroe

Recently, the Latah County Historical Society, in partnership with Moscow Arts Commission, Latah County Library District, University of Idaho Laboratory of Anthropology, and Appaloosa Museum and Heritage Center, was awarded a grant to fund a community-wide commemoration of the Lewis and Clark Expedition. The *Summer of Discovery* offers a wide variety of cultural programs from July 25 through August 28, 2003, including historical presentations and portrayals, musical performances, art, archaeology, hands-on activities for kids and adults, and library programs.

The series' historical presentations and portrayals will be held at 7:30 p.m. in Moscow's 1912 Center. Charles Knowles will present a lecture, *Lewis and Clark and the Corps of Discovery*, on Thursday, July 31. Ritchie Doyle will portray William Clark on Thursday, August 7; Meriwether Lewis will appear on Thursday, August 14 in a portrayal by Tim McNeil; and on August 21, Josephine Jones will make a presentation on Sacagawea.

Several of the Moscow Arts Commission's Fresh Air concerts will also commemorate the expedition. All concerts will be held in Moscow's East City Park from 6:30 to 7:30 p.m. On August 7, J.R. Spencer, Nez Perce flutist, singer, storyteller, and flute maker, will perform traditional Nez Perce songs and tell stories. On August 14, singer-songwriter-musician Lisa Simpson will perform music that was popular in America during the time of the Lewis & Clark Expedition. On August 21, Mike Penney, Nez Perce drummer and dancer, and a troupe of up to 16 drummers and dancers will perform traditional Nez Perce works,

and on August 28, LaRae Wiley will perform contemporary Native American music.

Two exhibits – one artistic and the other archaeological – are another component of the series. Watercolor paintings interpreting the outdoor landscape during the time of the Corps of Discovery expedition, by local artist Helen Grainger Wilson, will be displayed at the Third Street Gallery at Moscow City Hall. The exhibit will run from July 25 through September 5, 2003. The exhibit, *Lewis and Clark: Time Changers*, by the University of Idaho Laboratory of Anthropology will also be on display at the Moscow City Hall from mid-July through August 2003.

One event in the series is just for kids. *Discovery Day for Kids* will be held on Saturday, August 16, from 1:00 to 5:00 p.m. at the 1912 Center. There, kids can participate in a simulated archaeological excavation, create prehistoric art in a rock cave, make a journal and a parfleche (or trunk), and learn the technique of bead looming. Also at the 1912 Center will be the Corps of Discovery Dog sculpture by chainsaw artists Dennis Sullivan and Frances Conklin of Cottonwood. The sculpture consists of carvings depicting 12 experiences of Seaman, Captain Lewis's Newfoundland dog. In addition, kids will be able to sit in a three-quarter-size dugout canoe, and member of the Hog Heaven Muzzleloaders' Bitterroot Corps will provide a living history demonstration of the equipment, clothing, and activities of early explorers and traders in the Pacific Northwest.

An event for the entire family is the Latah County Historical Society's

annual Chautauqua and Ice Cream Social on Sunday, July 27, from 1:00 to 4:00 p.m., at the McConnell Mansion, Second and Adams Streets, in Moscow. This year's program will commemorate the expedition with hands-on activities for kids, entertainment and education, including the Idaho State Historical Society's traveling trunk full of replicas of objects that Lewis and Clark and the Corps of Discovery would have found invaluable on their expedition. A few of the contents in the trunk include a 15-star flag, compass, spy glass, tea tin, magnets, fishing equipment, plant press, lamps, candles, tomahawk, lead balls, and trading beads.

The Moscow Public Library will offer two book discussions, one for kids and the other for adults. The children's book, *Seaman*, will be discussed at the Discovery Day for Kids on Saturday, August 16 at the 1912 Center. On Wednesday, September 10, at 7:00 p.m., adults will have an opportunity to discuss *Sign Talker: The Adventure of George Drouillard on the Lewis and Clark Expedition* at the Moscow Public Library.

For more information about the *Summer of Discovery*, see the historical society's website, <www.moscow.users.com/lchs>. Learn more about Idaho's Lewis & Clark Bicentennial at <www.lewisandclarkidaho.org>.

Julie Monroe assists Keith C. Petersen, Coordinator of Idaho's Lewis & Clark Bicentennial, with special projects commemorating the Lewis and Clark Expedition and Idaho's native peoples. Lifetime Food Co-op member Melissa Rockwood designed the Summer of Discovery logo.



Peter Pan in Pullman

By Char Fluster

Remember when you wished you could fly? Or, perhaps you still do! Pullman Civic Theatre's Children's Wing is taking on the company's most ambitious show to date: J.M. Barrie's "Peter Pan."

This tale of youth, magic and daring will feature real high-wire flying, directed by the company that has set the standard for stage flying, Flying by Foy. A special flight director from the company will direct the flying aspect of the musical. The lucky actors who fly will benefit from the decades of Foy expertise, a company that flew the Broadway productions of "Peter Pan" with Mary Martin in 1954, Sandy Duncan in 1979 and Cathy Rigby in 1990.

Performances are in the Gladish Auditorium on July 31st & August 1st at 7:00 p.m. and on August 2nd at 3:00 p.m. Tickets are \$10.00 for adults and \$5.00 for children 12 and under. Tickets are available at Dissmore's Service Desk and Neill's Flowers & Gifts in Pullman. You can also download a ticket order form at <www.pullmancivictheatre.com> on the "Tickets" page and mail it in with a check. You may also buy tickets at the door if still available or reserve them at (509) 332-8406.

Making casting decisions is always very difficult, but out of the many talented people who auditioned, the roles will be played by the following people: Peter Pan: Melissa Pharr, Captain Hook/Mr. Darling: Michael Snyder, Mrs. Darling: Kristine Zakarison, Wendy: Danielle Pals, John: Nate Stoneman, Michael: Levi Connors, Tiger Lily: Tina McClure, Nana: Cyndi Kimmel, Jane: Alyssa Kent, Liza: Kristen Lobdell. Come to "Peter Pan" and see if Tinkerbell has some pixie dust for you too.

Char Fluster is the president of the Pullman Civic Theatre.

Art at the Co-op, Featuring Kat Clancy

by Ryan Law

The Moscow Food Co-op is having an art opening and reception on July 11, 2003, from 5:30 to 6:30 p.m. The fine watercolors of Katherine 'Kat' Clancy will be on display from July 11th through August 14th.

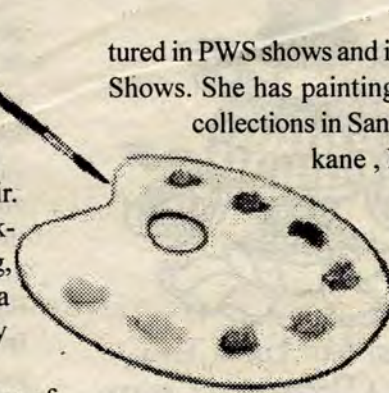
Kat has dabbled in art for most of her life. She began a serious pursuit in watercolor painting in 1992, taking private lessons with Linda Wallace. When her schedule no longer allowed her to continue with watercolor classes, she began taking ceramics classes from Linda Canary. She now paints whenever possible and enjoys Open Ceramics Studio at the Conser-

vatory of Fine Art and Attitude. Kat also enjoys the artistic nature of flower arranging and has won several ribbons at the Latah County Fair. She has taken watercolor workshops with Michael Schlicting, Linda Doll, Carol Barnes, Gloria Allen Miller and Marylyn Hughey Phillis.

Katherine has been a member of the Idaho Watercolor Society since 1994 and is currently the North Region Representative. She has been a member of Palouse Watercolor Socius since 1993. Her work is regularly fea-

displayed in PWS shows and in IWS Open Shows. She has paintings in private collections in San Diego, Spokane, North Carolina, Pittsburgh and Moscow. Her work is on permanent display at the University of Idaho.

The Moscow Food Co-op is located at 211 East Third in Moscow, and is open daily for shopping and art viewing from 8 a.m. to 8 p.m.



Commentary

Letter from the Land: Sense of Place

by Suvia Judd

I walked on the mountain last night. It was a cool night. A light rain dampened the dust of the road, and left shiny drops on the leaves of the Ceonothus. The white lilac spires of the ceanothus were giving way to the neat white mounds of the ninebark flowers. Everywhere I picked out white flowered plants with my flashlight, with here and there was a bright color contrast. At the spring beneath the cedars the bunchberry flowers hovered above the ground, as if dropped and suspended from a larger dogwood cousin. Stems of pink pyrola lined the spring source nearby. Around the corner in the ditch the scent bottle habenaria orchids were opening - tall creamy white spires, intensely perfumed. Where two little creeks meet and rush under the road I looked in the red duff under a cedar and saw several dozen queen's cup plants (Clintonia), with their white, six-petaled blooms just going by above the long, green, incredibly shiny leaves. I looked above me as I started back and from the tall bank hung a brilliant orange honeysuckle (no fragrance, the native honeysuckles are pollinated by hummingbirds) draped over a thicket of white thimbleberry flowers and a bright pink wild rose. On the return walk I saw tall columns of pale blue Frasera shooting up from their succulent, lettuce-like foliage, and found a previously scarcely noticed blue elderberry, now covered in huge, flat white flowerheads which caught the light of my flashlight as I passed.

I have been thinking a lot lately about sense of place, about what goes into sense of place, for me, for other people. For me the natural world is the largest component of sense of place. What kinds of trees grow in a region, what other plants, what kind of animals inhabit it? What crops are grown locally? What are some idiosyncratic local foods? What are the different habitats? What are the current land uses; what is the history of the land, and how does this relate to the natural landscape before humans? Before Europeans?

I grew up in a clearing in Vermont, in house full of windows, surrounded

by large paper birches and eastern white pines. I spent my summers exploring the pasture (sundews, wild strawberries, no topsoil,) and the woods (hardwoods like beech, maple, ash, hop hornbeam, black cherry, and softwoods including hemlock, spruce, balsam fir). Hot humid days with black flies and mosquitoes. Cool humid days with red efts (young newts) crawling across wet moss. Tea on the lawn after a hot afternoon spent cutting firewood or weeding the garden, with baskets of prickly crookneck squash, fresh leaf lettuce, and pole beans at our feet.

Every place I have lived I have tried to absorb the place, and have carried away some of that place in my mind (southern Indiana: persimmon pudding from wild persimmon trees, picking nutmeats out of black walnuts, summer squash pie, wilted lettuce with drippings, fields of ripe watermelons, sassafras trees...).

Lately I have been trying an experiment. I have been trying to learn a sense of place from a distance, from other people's stories. I don't know if it can be done. I'm trying to build a sense of place of Iraq, and of Israel. I'll let you know how it goes....

Suvia Judd lives in Moscow. She enjoyed seeing a moose in East City Park on a recent June morning.



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News from the West

By Auntie Establishment

A strange thing has happened: I've begun to feel sorry for mainstream Christians. Really. It must be tough these days to be your average garden-variety Catholic or Protestant, the kind who celebrates Christmas and Easter, who quietly attends church—skipping the odd service when there's a good football game on—and who believes in God, Jesus, and the Holy Ghost but who doesn't like to make a fuss or a show or a Busby Berkeley production number out of his or her belief.

This kind of Christian is increasingly rare in the public discourse, having been replaced by those who believe that religious faith is best demonstrated by behaving as if one is a contestant on American Idol, and God is a judge who wants to hear a loud and vocally gymnastic version of Somewhere Over the Rainbow.

I know many devout Methodists, Presbyterians, Catholics, and Congregationalists who are reluctant to describe themselves as Christians. They are Christians, of course, but they believe that the word has been so thoroughly co-opted by the Jerry Falwells, the Lou Sheldons, and the Rick Santorums of this world that they can no longer safely use it. The word itself has become politically loaded. Is there anyone left who can say, "I'm a Christian," and not go on to add something nasty and unpleasant about homosexuals? When did the term Christian become synonymous with John Ashcroft?

Though I generally refuse to look back on the 2000 election—mostly for fear that I might turn into a pillar of salt—if I had to identify a tipping point, this is the one I would pick. When candidate George W. Bush was asked to name his favorite philosopher, he said, "Jesus Christ because he changed my heart." His answer made me feel queasy, and at the time, I was puzzled by that. I am not myself a believer, but I have nothing against Christians, fundamentalist or otherwise. I know all the words to *Jingle Bells*, and I've even been known to entertain the Jehovah's Witnesses for several minutes at a time, expressing a polite if not monetary interest *The Watchtower*. However,

I've since had two years' worth of Bush administration in which to think about my response, and the answer, I believe, is this: George was over-sharing. We know way too much about that man's religious beliefs. We know about his eleventh hour conversion at the hands of Billy Graham. We know that he drank until he was forty, until he was suddenly born again. While I am certainly delighted that Mr. Bush found a higher power to help him stop drinking—I wouldn't like to think of him stumbling around the White House with a Budweiser in one hand and the nuclear trigger in the other—I don't want to know any more than that. I don't want to watch the President praying, or theologizing, or marching around with his faith on his sleeve. Though I have one or two religious beliefs myself, Mr. Bush makes me feel like an atheist at a tent revival.

I believe absolutely in freedom of religion. I also believe in freedom from religion. The longer Mr. Bush is in office, the more the wall of separation between church and state seems to erode. Before it's too late, I think we need to establish some sort of Jehovah's Witness Protection Program. Those of us who think there's more to faith than writhing about like Jimmy Swaggart in a Vegas strip club should have the option of changing our names and hiding out in the suburbs.

Rumor has it that Auntie Establishment and Moscow area writer Joan Opyr are somehow related. At any rate, emails sent to auntiestablishment@hotmail.com have been known to be answered by Joan.



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Time to Put Down Some Roots

by Carol Spurling

Moving. Wouldn't you suppose that a life disrupting activity that demands a solid two weeks of chaos and effort, strains the backs of all the friends required to help (especially when a piano is involved), and costs a small fortune each time, would be something most people would attempt as infrequently as possible?

You'd think so. But my husband and I, like many in our notoriously mobile American society, have moved twelve times in the eleven years we've been married, not to mention the many moves we made separately until our households combined. We've moved twice to Alaska, twice from Alaska. The last three times we've had a toddler to move with us; our pets have come along every time.

Last month, we moved 12 blocks, from our small apartment in Moscow to a small house. Our new place is cozy but roomy enough, and has the perfect yard in a wonderful neighborhood. I swear I will never move again. Well, not for at least five years. Maybe ten.

I used to enjoy packing up and starting over in a new place. Since high school, when as a nerdy sophomore I took the opportunity of my dad's transfer to forge a less nerdy existence in a bigger school in a bigger town, I've always been ready to uproot myself.

After college, I moved out West, ready for everything that the wide open spaces could offer, literally and metaphorically. During graduate school in Missoula, my badly behaved puppy in combination with astoundingly poor choices of roommates resulted in four local moves in two semesters. Each time, fresh hope, followed by the dawning of discontent and itchy feet.

I've found many reasons to move since then. Climate too dry? Winter air too smoggy? Move. Someone offer you a partnership in a coffee shop? Move. Business deal not work out? Move again. Miss the mountains? Another move. Climate too wet? Work possibilities exhausted? Move yet again. Town not hip enough? We're outta here. Not enough closet space? Move!!

Walt and I spend many evening walks through town admiring our favorite houses, imagining our life if we only had THAT house and garden to fix up. In our minds, we've moved many more times, into the several homes which we dream of calling our own. But house love has not yet been the impetus for any of my moves. I suspect the underlying reason is always a nagging dissatisfaction with myself, with the choices I've made and

the life to which they're leading. It's easier to change your surroundings than to change yourself, I guess. Walking out of my old high school for the last time, on the last day of school of my sophomore year, knowing that my future was completely open because no one at my new school would know me at all, gave me such a heady rush of freedom and possibility, that I've been ready to do it again, anytime. I've become addicted to shedding possessions, gathering them again, to introducing myself in a new place, choosing what of myself to reveal, what to hide.

But children don't take to it so well, or at least my child doesn't. Children have no reason to reinvent themselves, and they cling to their possessions. The first time we moved with Reed at age nine months, he traveled like a champ, then fell apart when we arrived and he realized that everything had changed. Two weeks of sleepless nights and hard days ensued. Now 2 1/2, he helped pack his things, discussed the concept of "old house" and "new house," even mopped his empty room on the big day. But in the new house, which he admittedly likes, he wants to sleep with the light "ON!" He's taken to chasing after the dog with his plastic shovel, claiming everything as "MINE!" and bonking his playmates on the head with a plastic rake, throwing things at his papa and me—all new and distressing behaviors.

I don't blame him. Every time I look at the cardboard boxes in the dining room, full of still-homeless stuff, I feel a little cranky myself. I keep opening the wrong drawer for the silverware in my new kitchen. I swore this time I would get rid of unnecessary possessions before I packed, but once again, as time grew tight, I threw everything into boxes, where it's all waiting for me to look at, think about, put away, or toss out.

I don't feel the need to move cross country ever again. I'm happy with the direction my life is heading, with the identity I'm forging in this place. And locally? I really hope that house we love so much a few blocks away doesn't come on the market anytime soon.

Carol Spurling still has a box of cut-glass stemware from her grandmother that was packed eight years ago and hasn't been unpacked yet. Could this be the year to unpack it? Watch this space!

On The Water Front

By Dianne French

Interesting developments are occurring on the water front. On June 9, a special Moscow City Council meeting was called to discuss what actions city leaders could take to prevent the filing of a petition to the Idaho Department of Water Resources (IDWR) to declare the Idaho side of the Palouse Basin a 'Critical Groundwater Area.' The coalition prepared to file the petition includes the Moscow Food Co-op (Co-op), the Palouse Water Conservation Network (PWCN), the Moscow Civic Association (MCA), the Palouse Group of the Sierra Club (SC), the Idaho Conservation League (ICL), and Friends of the Clearwater (FOC).

This coalition formed because the city has been reluctant to ensure our community's future economic viability and quality of life by protecting our water resource, and to recognize that water conservation means doing the "same or a better job with less" — rather than "doing without." The Palouse Basin Aquifer Committee (PBAC) has made many recommendations, but the Moscow City Council has not adopted most. At the June 9 meeting, Councilman Steve Busch indicated his irritation with the petition effort by stating "I won't make a decision with a gun to my head," while in the same paragraph reminding the audience that he has been Moscow's liaison to PBAC for several years. Councilwoman JoAnn Mack echoed Mr. Busch's statement while *not* mentioning that she has been the Council's liaison to Moscow's Health and Environment (H&E) Commission for the past 18 months. H&E has been asked to develop a water conservation plan for the City, but has had its hands tied because data for the project is either non-existent or has not been made available to H&E by the city.

Moscow's current Council (except Jon Kimberling), Mayor Marshall Comstock, City Supervisor Gary Riedner, and Water Superintendent Tom Scallorn were in attendance in 2000/2001 when Juliet McKenna (then Executive Secretary/Technical Advisor of PBAC) made several presentations to local leaders regarding our declining aquifer and potential community solutions. A variety of reasonable measures were presented to forego any future "crisis," but were not implemented. This issue is not new. Shame on Mr. Busch and Ms. Mack for their June 9 comments. Of all people, they should be leading the way, not dragging their feet.

To his credit, Public Works Director Mark Cook spent time in his last few days in Moscow bridging the gap between the Coalition and the Council. A June 23 meeting was scheduled.

On June 23, dialog was positive and Council agreed to pumping levels targeted to get Moscow back into compliance with PBAC's 1992 Groundwater Management Plan. A public education program encouraging water conservation practices including an outdoor irrigation season from June 1 through September 15 annually, and limited hours for outdoor water use (between 6 p.m. and 9 a.m.) will be developed for immediate implementation. They also agreed to consider additional funding in the upcoming budgeting process for data development and consultant work to assist H&E in developing a meaningful, measurable conservation plan. They did not go as far as setting an alternate-day watering schedule or other water-use reduction measures at this meeting, although Councilwoman Peg Hamlett thought that additional strategies would need to be utilized.

City staff was directed to report pumping data and comparisons to council, coalition members, and the public in one month, to determine if the above measures are enough to meet target pumping levels. Following that, quarterly public meetings will be held. If targets are not achieved, additional measures must be taken or the coalition will move forward with the petition effort. Coalition spokesperson Mark Solomon reminded all that this is the "first step in a process" and the process must cause a reduction in pumping levels.

It is time to move forward—to implement measures and technology that will make us all "water-smart." As my mother told me many times, "Waste not, want not."

Dianne French is currently serving as Chair of Moscow's Commission on Health and the Environment and has been studying water conservation issues for several years.

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Bulletin Board



MOSCOW FOOD CO-OP

Fresh Aire Concerts

Thursday evenings, 6:30 – 7:30PM
East City Park • 3rd & Hayes Street •
FREE to the community

July 3: MAC Community Band
July 10: MAC Community Band
July 17: Crosscurrent - Hard swinging,
acoustic, straight-ahead jazz
July 24: RENDEZVOUS IN THE PARK
For information call 882-1178

July 31: Blackberry Jam - Swing and
bluegrass (6PM-7PM)

Bring a picnic supper and enjoy the
sounds of summer!

For additional information, contact the
Moscow Arts Commission
208-883-7036

La Leche League monthly meetings for Breastfeeding Mothers

**Wed. July 2, 9:30AM • Sacred Heart
Catholic Church 440 NE Ash,
Pullman**

Meeting III: Art of Breastfeeding and
Avoiding Difficulties

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

Meeting IV: Nutrition and Weaning
If you have questions, call the
following La Leche League Leaders:
Betsy 882-0357/Jean 334-0832/
Laurie 892-8826

Tour the McConnell Mansion

Thursday, July 3, 6:30-9PM

In celebration of Independence Day,
the McConnell Mansion will be open
during the evening of Thursday, July 3
from 6:30 to 9PM. Visitors are
welcome to tour this landmark home
or enjoy a slideshow presentation of
Moscow's history by local historian
Julie R. Monroe from 7 to 8PM.

The Mansion is located in Moscow at
110 South Adams; for more
information, call 882-1004.

Free Australian Didgeridoo workshop by John Coutts

**Friday, July 11 at the Unitarian
Universalist Church, 420 E 2nd St.**

Starts at 7PM and concludes with a
jam session by 9:00. Those attending
are encouraged to bring their drums,
guitars, didgeridoo. (208) 301-2246.

Herbal classes with Linda Kingsbury

starting July 3rd, every Thursday
7:00-8:00PM thru July 31st.

\$5 for members and \$10 for non-
members per class — take one or all.

Classes held in the Gritman Memorial
Hospital Conference room. Please
sign up in advance at the Co-op.

Organic Growers Market

**Tuesdays, 5-7PM in the Co-op
parking lot**

For fresh local produce, remember the
Co-op's Weekday Grower's Market.

Hot Off The Grill

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

JULY 1: Garrett Clevenger (conscious folk)
JULY 8: Stephen Bonnar (poetry & music)
JULY 15: The Rage Trio (2 violins & a viola)
JULY 22: Loose Change Jazz Orchestra
JULY 29: Nancy Gardner (folk)

Rendezvous in the Park 2003

**Four evenings of music at East City
Park, Moscow, ID at 6:15PM** Classical
afternoon to begin at 4:30

Thursday, July 24: Family Night
The Islanders • Reggae Cowboys

Friday, July 25: Singer/Songwriters Gayle
Chapman • Laura Love Band

Saturday, July 26: Blues Night
Pat Coast and Out of the Blue • John
Hammond

Sunday, July 27: Classical Afternoon
The Rendezvous Chamber Orchestra

Tickets are \$12 in advance; \$15 at the
gate. Children 12 and under are free.
Tickets available at BookPeople and
the UI Ticket Office or 1-800-325-
SEAT. www.moscowmusic.com

Kamiak Butte Campfire Programs Summer, 2003

FRIDAYS through July 25

All programs start at dusk, about 8
pm, in the Kamiak Butte
Amphitheatre. Free, entertaining and
educational program — everything
from music to slide shows. 509-397-
6238

Moscow Farmers' Market

8AM - 12 noon, Saturdays, May –
October in Friendship Square,
Downtown Moscow

LIVE MUSIC from 9:30-11:30AM

JULY 5: Sidhe Acousitic and eclectic guitar
from classical and world sources

JULY 12: Hog Heaven Big Band - Great
nostalgic music from the '20s-'40s

JULY 19: Nothin' Serious - Jazz, blues, folk
and pop with a big splash of originals

JULY 26: The Singing Nuns -Gregorian
chants, light inspirational, traditional
hymns and The Sound of Music!

AUG 2: Freemantle Children's
Conservatory - Young musicians in a mix of
classical, scat, early music and electronic
improv.

Book Signing

Saturday, July 19, 10AM-noon,
BookPeople

Julie Monroe will be autographing
copies of her book, entitled *Moscow:
Living and Learning on the Palouse*.
For more information, call 882-7957

Pullman Civic Theatre presents
J.M. Barrie's "Peter Pan," the
musical.

July 31, August 1 at 7PM, August 2
at 3PM • Gladish Auditorium in
Pullman.

Tickets: Adults \$10.00, children 12
and under \$5.00. 332-8406.

Moscow Food Co-op Art Gallery

July 25 – September 5, 2003

Helen Grainger Wilson, Potlatch, ID
Echoes from This Land: An exhibition
of watercolors interpreting the
landscape as the Lewis and Clark
Expedition may have seen it.

Opening Reception: Friday, July 25

Vigil for Peace

Pullman: Fridays 12:15 – 12:45

Under the clock by the public library in
downtown Pullman. 509/334-4688,
nancycw@pullman.com

Moscow: First Friday of each
month 5:00 – 6:30PM

Friendship Square, downtown
Moscow. 208/882-7067.

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

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