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March 2003

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Member Appreciation Day

By Kenna S. Eaton

Monday, March 10th, mark it on your calendars and get your shopping list ready for another Member Appreciation Day (affectionately known as MAD day). On this day we give back to the members of the Moscow Food Co-op by offering savings all day long on all your purchases. You can save the following on every item (except beer & wine and special orders, sorry):

- 5% on purchases under \$25
- 7% on purchases \$25 to \$70 and
- 10% on purchases over \$70.

Our last MAD day, held in late September, the Co-op realized almost \$20,000 in sales—triple a normal day—and gave over \$3,600 in discounts to our members. It was quite a day. I personally ran the register for 8 hours and felt like I had just run a marathon afterwards, although the new registers had made everything much smoother! It does get busy, so we recommend coming early for the best shopping experience and don't forget your bags and containers, and of course, your list. See you there.



www.moscowfood.coop

Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Motherwise Midwifery, Nancy Draznin - Free supply of pregnancy tea thru pregnancy, 1281 Sprenger Rd., Genesee, ID, 208-224-8965

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

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

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

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

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

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

Professional 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, 803 S. Jefferson, Moscow, 882-3723.

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

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

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

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

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

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

Community News



Sustainability in Moscow

By Kenna S. Eaton

Conferences I'm interested in aren't often also held in my town, but recently the Western Sustainable Agriculture Working Group (SAWG) held their annual meeting here titled "Building Sustainable Communities". If we look "sustainable" up in the terrible little dictionary we have at the Co-op we find that it means "to keep up or maintain, to keep from sinking or falling." They say that "sustainable" is not a word that resonates with people but I find the concept intriguing. While the conference itself was interesting it didn't actually deal with how to keep Downtown Moscow sustainable, something that I am interested in.

I have lived and worked in Moscow for over 20 years. When the Co-op relocated we surveyed our members and found they wanted us to make a concerted effort to keep our store in the downtown area to help build a more sustainable community. We agreed and felt that it was in keeping with our mission: to put our money where our mouth was/is by keeping our business downtown.

Last week, I received these snippets from a web-based Co-op list serve:

"A 2002 study for the local Austin, Texas, nonprofit organization Livable City found that spending \$100 at a national chain bookstore creates only \$13 worth of local economic activity. That same \$100 spent at a locally owned book or record store generates \$45. In addition, despite increasing sales of both books and music, the national chain store will actually result in a decrease in economic activity to Austin." The study documents how local merchants keep much more of their labor, profits, and spending in town instead of out of town, injecting three times as much money back into Austin's economy to recalculate (described as the multiplier effect). See <http://www.liveablecity.org> to download the summary or to order a copy of the study. See <http://www.civiceconomics.com> for details on the Austin- and Chicago-based eco-

nomie analysis firm which did the study, and which is looking for opportunities to conduct similar studies in other communities."

"Big box retail, shopping centers, and fast-food restaurants cost taxpayers more than they produce in revenue, according to a fiscal impact analysis in the Town of Barnstable (villages comprising 48,000 people on Cape Cod), Massachusetts. The study was conducted by Tischler & Associates (<http://www.tischlerassociates.com>) of Maryland and California, which provides cost of growth services (fiscal impact analyses and impact fee calculations) to public and private sector clients nationwide. The Barnstable study compares the tax revenue generated by different kinds of residential and commercial development with the actual cost of providing public services (mainly road maintenance and public safety) for each land use. It found, for each 1,000 square feet, net annual deficits/surpluses of:

* Big box retail: \$468 deficit.

* Shopping centers: \$314 deficit.

* Fast-food restaurants: \$5,168 deficit.

* Specialty retail (includes small-scale, main street businesses): \$326 surplus.

* Business parks, offices, and hotels also generate a surplus.

As to whether products are cheaper at national chain stores, three price surveys (conducted by the state of Maine, by New York City and by the New York Statewide Senior Action Council (<http://www.nysenior.org/generic.htm>)) found that independent pharmacies had lower prescription drug prices compared with national chain drugstores, supermarkets, and mass merchandisers.

I found this information very interesting given our investment in downtown Moscow. It seems that by continuing to support downtown retailers we are further on the road to sustainability and towards keeping our town from sinking or falling further.

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Welcome!

By Laura Long,
Membership Services

Thank you all for taking the time to cast your votes for our newly elected Board of Directors. The right to vote for your Board is one of the most important parts of being a member of a co-operative. It's your voice in action that lets us know in what direction you want your co-op to proceed.

I also wanted to take a moment to let you all know what a great year 2002 was. We were able to increase our member equity contribution by over \$2000 last year, and that money was put to good use in several ways.

Our first big project last year was a whole kitchen remodel that has allowed our kitchen staff to work more efficiently in the space they are given.

We also purchased a new produce cooler to replace the old "flying saucer," and let's not forget the biggest project of all: the new computerized register system. It's your equity contributions (i.e. your membership dues) that make projects like these possible.

If anyone is still interested in paying off their lifetime membership dues, we still have canvas tote bags left for anyone who pays off their \$150 contribution. Just ask any cashier and they will be happy to assist you.

We'll also be having another Member Appreciation Day on March 10th, so don't forget to shop on that day and save up to 10% on your purchases if your membership is current.

New Ovens in the Bakery!

By Amy Richard and Sam Abrams

Many loaves ago, the Co-op opened a whole-grain bakery. We bought a used oven (an ex-con oven from a prison) and set up shop on a very tight budget. This oven and another added along the way have served us for many good years and provided us with many a cookie and loaf. In the last couple of years the health of the ovens has been fading. Sadly, the original prison oven passed away in December. Since that time the bakery has been limping along with one temperamental fading oven. It was time to start anew! We finally chose a new oven and waited patiently (ha!) for 2 months for it to arrive.

On February 6th we installed the long-awaited new oven. It's a double-stacked convection oven with steam injection at the push of a button. The

new convection system eliminates the need for turning the bread halfway through baking, so things bake evenly and the bakers save time and hopefully some flesh (less flipping around of large, heavy, hot pans of bread = less burning of bakers). The steam injection button is not only really fun, but it will keep our new ovens healthier than our old habit of throwing a cup of water into the bottom of the oven to create steam. (Our electrician never was fond of this practice.) Now, with the lights inside and the clear glass doors you can see everything baking. Watching the bread rise and bake into golden brown is so fun it's distracting; it's better than TV!

Look for more of all your favorite breads and a serene smile on the bakers' faces.

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Front End Managing

by Annie Hubble

Sometimes I look at the wonderful crew of cashiers we have at the moment, (alright! I am prejudiced!), and realize what a diverse crew we are. Between us, we represent many areas of society and I like to think that is one of the reasons we have such a diverse shopping clientele. One of the many reasons I enjoy working at the co-op is that I find myself in a microcosm reflecting the world outside. I love meeting the many and different customers as they make their way about the store or stop at the register for a little chat. In fact, over the years I have worked at the co-op in one capacity or another, many of those customers have become my personal friends. It is always reassuring to find oneself with like-minded people, whether sharing a deep concern over world events or a kindred love of dancing! I find renewed hope

in the human race as I watch the beautiful customers of the co-op hug and smile and greet each other.

And of course you may notice that the cashiers seem all to adore babies and children. I don't know if parents even realize what delight these youngsters bring us. Next month I want to pay tribute to our youngest customers from infants to High School students. You may, over the next few weeks, see a few of us walking around taking photos of the young people. We will not publish any picture of a child without parental permission, but I would love to see some of their smiling faces grace the newsletter pages.

So from us to you....aren't we lucky to have a store like the co-op in Moscow where interesting people can work and shop and meet and play? Thank you for being part of the whole!

From the Suggestion Board:

Please put the little table back by the bread-slicing machine. So nice to have if you have several loaves. Thanks! I agree — need that table!! For all of us who carry around too much and don't have 5 arms. The table is back in action and ready to hold multiple loaves of sliced bread. Oh yeah!

How about providing a spray bottle with table cleaning solution and some paper towels for cleaning the deli tables? Could be placed on the shelf by the trash bins. Tables are often gunky. That's a great idea! We'll talk it over. My vote's in favor of it. Thanks for your input.

Too expensive for the Tofu sandwich. Why charge \$5.50 for a sandwich that costs \$1.25 to make? Fastest form of advertising, word of mouth 70% more effective than commercials. In the deli we use mostly organic ingredients, bought from local producers whenever possible, and we strive to pay a livable wage to all our staff people from dishwashers to cooks to managers. The cost of all our food reflects our commitment to buy organically and locally and to ensure our staff a right livelihood.

I am an amazingly consistent 3-hr. volunteer who is a huge fan of the deli's amazing food, people and personalities. Please make dilled peas on any given Sunday for me. Not only would I be grateful, but I would help the deli in any way humanly possible. Making dilled peas is no Problem. We'll have it on a Sunday. Thanks for being an awesome volunteer. Being dedicated to our store is a gracious gift. Thanks!

Please continue to serve Sushi; We will now be serving Fresh Sushi everyday.

What happened to the awesome sushi? The new kind doesn't even use real crab! I really liked the previous brand better. I'm sorry you are not pleased with the sushi. We are now buying sushi from a locally owned company in Pullman. This sushi does not contain any artificial ingredients, however, they make their own imitation crab from fish meat. We will try to get a more specific list of ingredients.

More vegetarian Sushi please. It seems to be the first to go. We'll be sure to order more to avoid running out. Thanks for notifying us about that problem.

Pizza with soy cheese for the vegans like me that like pizza. Also something involving tofu that has no nuts or sesame seeds. I'm deathly allergic to nuts and all the good vegan stuff always has nuts. We'll work on some recipes that are yummy and vegan without nuts. We can try Pizza with soy cheese. It is not usually received well, but we'll try it again in the future.

Your steamers aren't hot enough. Make them hotter!!! Make them a lot more hotter. DO IT NOW!!!! A Snowman must have made your steamer. Sorry! We will make them hotter. No Problem.

I think I keep missing the answer to this question — can you make half sandwiches? Too much to eat. Could you try it for a week. They sell! We'll take your suggestion and try it for a week. If it works we shall continue. Thanks for the idea.

Y'all have a darn fine selection of Magazines by the registers. Too bad I can't buy them with food stamps! The tofu scramble and the cook that makes it rock. Thank you. We do have a rockin' crew!! Aww, yeah, I said it.

Please get more 8-grain bread from Sage it is gone by 5:00 p.m. We'll increase the order let us know if it works out. Thanks!!

Please provide a second high chair as moms and dads often go out with friends with kids to eat, etc. Thanks. It's on its way.—Kenna, General Manager.

Please continue carrying 7th Generation paper products or another with minimum 80% post-consumer fibers. The new brands you carry are only 10-35% post-consumer—no better than the regular grocery store's Green Forest. This is very important for conservation! Unfortunately, 7th Generation discontinued its Everyday Low Price Program, which had allowed us to carry their products at a more competitive retail price. When we lost that program the price of 7th Generation increased dramatically. For instance, the 2-ply individual roll toilet paper increased in price from \$.85 per roll to \$1.15 per roll. The 2-ply 4-pack went from \$3.69 to \$4.25 per pack. We felt that this was much too high a price jump for our customers. We have adjusted the price on all of our cleaning and paper products in order to make the increase in 7th Generation products less dramatic. However, we did opt to discontinue some products. If I had space I would carry both brands. We will continue to carry the one-ply toilet paper, natural paper towels and napkins. You may special

order other products. —Carrie, Personal Care Manager.

Corn Tortillas and White Ghiradelli Baking Chocolate. Corn tortillas are in the freezer by the other bread products. A cashier can help you find them. White chocolate is a very slow seller here so I'm hesitant to bring in more. The white chocolate chips can be used instead of a bar. —Vicki, Grocery Manager.

You need marzipan! I love marzipan too, but I haven't been able to find an all-natural version from my suppliers. I'll keep looking.—Vicki.

Do you folks know of a good water distiller, or know of anyone who would give me info? I want to buy one. I bought one a few years ago and it was slow, difficult to use and high maintenance. I don't want to make another mistake like that. Thanks! New Wave Enviro makes a water distiller that we can special order. I'm not sure about degree of difficulty or high maintenance, but my understanding is that the process is always slow, no matter what type you get, since the distillation process is removing everything from the water. You can call New Wave Enviro at 800-592-8371 and they will be happy to answer questions about how their distiller works. —Carrie.

I'm concerned that wheat-free, gluten-free items seem to be disappearing. The corn elbow pasta in the bins is gone and I haven't seen the corn spaghetti in the bins these past two weeks. Please continue to supply the wheat-free products. I really enjoy Bob's Red Mill WF and GF flour. The bulk corn pastas were discontinued by the manufacturer, Westbrae. I am continually on the lookout for new gluten-free products and don't discontinue any unless they don't sell at all or unless it's out of my control, such as the pasta. There are no other corn pastas in bulk available or I would stock those. I believe the Co-op should be the place to find all kinds of alternative foods. —Vicki.

I have been buying your liquid acidophilus for a little over a year and the price is \$14.95, from about \$8 when I started. Just wondering what's going on?? The Moscow Food Co-op Liquid Acidophilus is \$9.29. The supplement next to it is \$14.95. The bottles may have gotten shifted slightly on the shelf as things sometimes do but it is in the registers at the correct price.—Carrie.

I think y'all should sell Goddess Dressing in bulk. It would save lots of \$ and glass packaging...I think bulk Goddess

would be a great idea. The house I live in uses about 3 glass bottles a week of Goddess. Reusing one bottle would be much better.... Bulk Goddess would rock 'cuz I eat it everyday and would like to cut down on packaging. UNCLE!! Okay, it's here in the open-face cooler near the olives and bulk tofu. —Vicki.

I would very much like it if you could carry the Boca Burger Ground "Beef". The smart Ground made me sick and the Boca kind has just the right consistency. Look for it soon —Vicki

Love the Marionberry Ice Cream. You are not alone. —Vicki.

Weyerhaeuser is an evil corporation, could you explore finding a less evil source i.e. 100% post-consumer-waste bags? P.S. I don't use those bags, I bring my own or grab a recycled one. The Cooperative Grocers Association (that we and all the other Co-ops listed on our bags belong to) makes the decision as to what company makes our bags. I have passed on your complaint to them. I would also like to encourage people to bring in their own bags—not only does it save the Co-op money but it definitely helps preserve the environment. And now we have our own cool Co-op cloth bags to make your shopping hip. —Vicki.

Make your food affordable for the average working person. We get this comment occasionally and felt that it merited addressing since it is a very important concern of the Co-op. The Co-op, of course, is committed to keeping prices as low as possible since our "owners" are our customers. Therefore, "turning a profit" as other corporately owned stores are expected to, is not our priority. We feel that it is much more important to serve our customers and employees well, rather than to try to make a great deal of money from selling groceries. The money that we do make goes right back into the store, both to the staff and to physical improvements. Having said that, we need to take a deeper look into what customers receive for the prices they pay at the Co-op.

When you shop at the Co-op, you are "voting with your shopping dollars." The Co-op believes in healthy, organic food produced in a renewable fashion. We try to obtain food based on these criteria and rely on as many local producers as we can. We also patronize growers and manufacturers that produce food in environmentally sound and renewable manners. Most of the products you find in "regular" grocery stores do not meet these standards. In the long run, I believe we will end up paying

See Suggestion Board

(Page 5)



The Buy Line

By Vicki Reich

Grocers get excited about some strange things. New shelves for the open-face cooler, a packaging change that improves a favorite product's image, or my favorite, cans that change from unstackable to nesting cans (this actually makes my week). So you can imagine how truly excited I was when Lanis Aultz called me the other day and asked if I was interested in local bison meat. Hell, yes, I was interested—and how soon could he bring it in? Seeing how he and his ranch are down in Weippe, Idaho, it wasn't going to be that day. I would have to be patient (not one of my strong points).

This morning, in the middle of the usual Monday craziness, he came with his tall cowboy hat and leather coat looking oh-so-much like a buffalo rancher and immediately sold me on his burgers and roasts. We talked for a while about his philosophy of ranching: he doesn't believe in antibiotics or growth hormones of any kind, he pastures his animals, and keeps his pastures rotated and healthy through natural soil amendments. He started raising bison because the meat is lean, has less cholesterol and more nutrients than beef, and he wanted his family to eat better. It seemed that his philosophy jived with mine.

Word of Mouth

By Vicki Reich

The Mouth is back. I hope all of my loyal readers missed me and you weren't lost and confused in the aisles trying to decide what was the best thing to choose from our wide selection of products. I needed a little vacation for the last couple of months, but our friend the tuna fish drew me back to the tasting table.

It happened innocently in Aisle 3 while I was stocking cans of tuna. Why did we have so many varieties and was there really a difference between them all? I knew I had an ally in my quest since Brenda, our illustrious personal care assistant, is a big fan of tuna fish and when I proposed a taste test, she jumped all over it.

I grabbed six cans off the shelf and headed for the kitchen in search of a can opener. I limited my selection to water-packed and salted tuna,

I found out more about buffalo from the literature he left with me. Buffalo (or more correctly, Bison) has about half the calories of beef and about a sixth the fat. Because his animals are pastured for most of their life (they are fed non-GMO corn for the last 90 days), they contain high levels of omega-3 fatty acids and conjugated linoleic acid (CLA), both of which show signs of being potent cancer fighters. (Omega-3 fatty acids have been linked with a decreased risk of cardiovascular disease, depression, ADHD, diabetes, Alzheimer's disease, obesity, asthma, and autoimmune disease.) And you get all that just by letting the animal do what it's done for its entire existence: munch on grass. Best yet, it tastes great.

Bison is easy to prepare and can be used like beef. However, since it is so much lower in fat you want to be careful not to overcook it. Broil bison a notch lower in your oven, roast it at a slightly lower temperature, and form your burger patties thicker and don't cook them as long. The taste of bison is sweeter and richer than beef, and with less fat, calories, and cholesterol than even skinless chicken, it will make a tasty and healthy addition to any meat eaters diet. Now if summer would just get here so I could break out the barbecue.

to keep everyone on an even playing field. Back in the staff room, Laura, Brenda, and I grabbed our forks and dug in.

First visual impressions gave Bela Skipjack Tuna Fillet the lead, it looks flaky and has a rich color. It comes out of the can looking like a tuna fillet. Natural Value White Albacore Tuna was the next best looking. This is a much lighter colored tuna and also looked very flaky but round like a can. The rest of the bunch, Natural Value Yellowfin, Natural Sea Chunk Light, Deep Sea Tongol, and Bela Skipjack Tuna Steaks, looked pretty much like canned tuna.

Tasting started with the Natural Value Albacore. This is the mildest tuna with a nice texture and flavor. It reminded me of the tuna my grandmother always used to make tuna salad. It would be the best choice for people who didn't like too much fish taste out of their fish.



There is Still a Pulse!

By Dani Vargas, Beer and Wine Kid

As I turned the corner to the wine department I found it holding onto its life with every bit of strength it had. I arrived just in time; with my basic first-aid skills, I felt that the department had a good chance of recovery. During my first month as the new beer and wine overseer, it came to my attention that some people don't even realize that we sell beer and wine here at the Moscow Food Co-op. It is tucked back in the store and has been slightly neglected and undiscovered. I intend to give the department lots of tender loving care and hopefully turn it into a more profitable department.

We currently offer a wide selection of organic wines. I would like to bring in some great wines from the states of Idaho, Washington, Oregon, and California. There is a wide selection of fabulous wines out there close to home that I would love to see for sale here.

I am a big Shiraz and Syrah fan, so my first goal was to bring in a selection of both. We now offer the Jacob's Creek Reserve Shiraz, the Greg Norman Estates Shiraz, and the Bonterra Syrah. There are a few more I would like to see, so be on the look-

Second in line for the fork was Natural Value Yellowfin Tuna. This is a much saltier tuna (250 mg of sodium compared to 150mg in the albacore). It has a drier texture but a richer tuna flavor than the albacore.

Next up was Natural Sea, which is similar in taste to the Natural Value yellowfin, but has a moister texture and a less solid texture. This was Laura and Brenda's second favorite.

Deep Sea tuna was our fourth selection. Although it looked kind of mushy, it's moist and tasty and not too salty. I'd make tuna salad out of it rather than a dish where you wanted a nice flaked presentation. It was my second favorite.

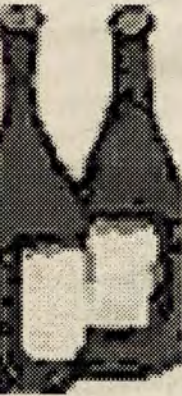
Next up was the beautiful looking Bela Fillets. It tastes as good as it looks. It has a full tuna flavor, it's moist and flaky, and was our overwhelming favorite.

Lastly, we tried the Bela Steaks. I was surprised to find a difference in

out for them.

Two other new wines that will be arriving soon are both Argentinean Imports. Pircas Negras Torrontes 2001, is a dry white wine which combines a superbly concentrated, spicy tropical fruit with subtle floral tones and crisp naturally acidity. It won a

Silver Medal at the International Wine Challenge of 2001. Pircas Negras Barbera 2001, is noted for its red fruit character on the nose and palate. The finish is long with soft, supple tannins. This wine won the Seal of Approval at the International Wine Chal-




lenge of 2001.

Along with the improvements to the wine section there will also be things added to the beer section. Two new organic beers that will be added soon are the Otter Creek Copper Ale and the Otter Creek StovePipe Porter.

This is a small glimpse of what is to come in the future. I am very excited about this challenge. I hope to get lots of information out on each wine and really give the department a new look and feel.

taste between the Bela tunas, but the steaks are saltier and don't have quite as good consistency. However, it does have a bold tuna flavor and a moist texture.

It was quite a lunch the three of us had, not much diversity, but delicious nonetheless. My dog, Powder, also benefited from the taste test when my husband left him in the car for 5 minutes with the leftovers. He liked them all, too.



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2% Tuesdays: Palouse Regional Crisis Line

By Stephen Bonnar

During March, 2% of the Co-op's profits on Tuesdays will be donated to the Palouse Regional Crisis Line (PRCL). The crisis line is dedicated to enhancing the quality of life for individuals who find themselves with an unexpected feeling from a loss of control and are seeking resolution through a brief intervention and/or referral to other agencies.

In the late 1970s, the UI psychology department started a service called "Nightline." At the same time, a task force of local professionals in Pullman began the Crisis Line. The two organizations merged in 1983 and became the Palouse Regional Crisis Line. Twenty-four hours a day/seven days a week coverage was implemented during this period of time. We currently have one full-time employee. All the rest of the individuals who cover the phones are volunteers.

The crisis line has become the after-hours answering and screening service for Palouse River Counseling (previously known as Whitman County Counseling Services), State of Idaho Health and Welfare, Region II (Mental Health and Children & Family Services), the WSU student counseling center, and the UI student counseling center. We provide medication reminders to individuals with disabilities, and assurance calls for homebound individuals. We provide brief interventions and referrals, along with dissemination of information about local resources.

During the last year, we averaged 2,000 calls (in & out) per month. Of those, approximately 1500 originated in the Moscow/Pullman area. Addi-

tionally, we successfully intervened in 24 life-threatening situations.

"From an individual to a broader community level, the award of two percent of the proceeds from Co-op sales on Tuesdays in March will be very beneficial to the Crisis Line. As a senior at WSU, the Crisis Line has impacted my life hopefully as much as I have impacted the lives of others. The Crisis Line provides a very unique volunteering opportunity. For many of us, the Line has become a second home. As proposed, the grant would provide funding for several pieces of furniture. We have previously approached and reached an agreement with Furniture Center, who has generously reduced the cost of several items by nearly \$700.00, to a total cost of \$943.00. This donation represents the eagerness of the community to support our organization, based on the underlying belief that as we grow, so does the health of our community at large. On a very simple level, the furniture would help enhance our environment at the Line. As the comfort level at the Line improves, it increases the level of satisfaction of the volunteering experience. In turn, it will attract new volunteers, increase current volunteer involvement, and therefore provide increased community awareness and involvement," says a volunteer at the Crisis Line.

We are grateful for the support from the Moscow Food Co-op and the investment in our community.

For more information about the Palouse Regional Crisis Line, please contact Steve Bonnar at <piratesteve@juno.com>.

Suggestion Board

(Continued from page 3)

more for those "conventional" products in environmental degradation.

The Co-op is committed to trying to offer its employees a "living wage" for this area. Did you realize that for many employees in the "regular" grocery stores in the region, it is their second, or even third job? They are paid so little they have to take other employment to make ends meet, just so the parent company can squeeze out a little extra profit. We feel this in an inherently unfair system and see that our full-time employees, the backbone of our staff, are suitably compensated for their hard work.

When you buy a product at a "regular" store, try not to be seduced simply by the low price. In many cases the price is artificially low, due to many government subsidies in the food industry. In addition, you are often paying mostly for packaging or for fillers and additives that may boost the weight or mass of a product, but do little toward nutrition (or worse yet, actually harm the consumer). We believe that the products sold at the Co-op are of consistently better quality and will actually provide you more nutrition per serving, often at a better price as well.

Ask several long-time Co-op shoppers and they will tell you that their overall food bills have actually decreased as the food they buy here goes further and "fills you up" faster, therefore reducing the amount one has to purchase. Take a quick look around the next time you visit; I'll bet you observe a healthier group of

people here than in any other grocery store around town.

Perhaps the most important reason for shopping at the Co-op is the sense of community you will find here. We ARE the store. The elected Board of Directors, all local citizens, set the policy. The employees are your neighbors in the Moscow area. The shoppers have a true sense of "belonging" when they shop here. The store was founded by the members and remains committed to member satisfaction. The money spent here stays here instead of leaving the Palouse for some far-away corporate headquarters located on the other side of the country. A recent study showed that of every \$100 spent at a locally owned store \$45 stayed in the community versus only \$13 of the \$100 spent at a box store.

When you take into account the government aid that large, corporate farmers receive, mix in the huge subsidies offered to the transportation companies for moving that food around the world, and then add to that the price we are all paying for growers and producers who manufacture food in unhealthy and unsustainable manners, it is a high price indeed.

When you shop at the Co-op, you are telling corporate America that you do not believe in "business as usual" and that there is indeed a better way to produce, purchase and consume food. —Bob, Cashier; Vicki, Grocery Manager; and Kenna, General Manager.



The Volunteer Program

Annie Hubble and Janna Jones

You will perhaps have noticed the new volunteer application form to go along with our new method of meeting would-be volunteers. We feel the new form gives us more appropriate information than the old one, and helps us place people in suitable positions more quickly and more efficiently.

Our new system of recruiting seems to be working well. We love

the chance to meet you in groups and show you around the store from the volunteer's point of view, and that 20 minutes or so gives us a chance to get to know you a little.

We placed more than half a dozen applicants in January, so to all of you out there waiting, there is hope! As soon as we have a few more openings, we will invite more folks to an orientation. Thank you

for your patience. We wish we could find you all volunteer jobs immediately but there are always more applicants than positions.

A big thank you to all the volunteers already hard at work in every nook and cranny of the store. You're the best!



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Eyewitness to Co-op History: Way Back When

By Kenna S. Eaton

When Tim and I drove into town, late summer 1980, the first place we stopped was the Co-op. At that time the store was located at 314 S. Washington Street, the current home of Western Watts. Next door was a pet shop and a gun emporium. The floor of the Co-op was covered in the infamous blue carpet, the shelves were a sea of white buckets and the cashiers used a manual scale to weigh our stuff, a calculator to figure the price (minus the tare) and an old fashioned register to ring up the sale. It was so funky and we loved it!

A year later Tim and I moved to Moscow in large part because of the Co-op, but we also liked the other hippie business in town: Velo sports, the Micro Movie House, One More Time/Glamourama, Ward Paint and Hardware and, of course, BookPeople.

It was my goal at the time to get a job at the Co-op, but since there were only three staff people, I knew it might take a while. In the meantime I worked at Pilgrims and Orchids Etc. (a plant shop owned by Loreca Stauber) and volunteered at the Co-op as a cashier. I had lots of company since all the cashiers were volunteers. Amazingly enough, many of my then co-volunteers still volunteer their time at the Co-op and their children, who are now grown up, also either volunteer or are staff at the Co-op.

When I finally got hired at the Co-op it was quite the event. Not only did I have to fill out an in-depth essay application, I endured a long interview held at the Garden Lounge with the whole board plus the three staff people interviewing me. After the ordeal was over I went to visit a friend and embarked on henna-ing my hair. Much later that evening, after the hiring committee had spent hours agonizing over their choices, they ALL came out to my friend's house (while I still had my head covered in henna!) to let me know I had gotten the job. From the beginning it was like joining a very large extended family.

Although we had great ideals, we needed to work hard to make the Co-op more of a place to do all your shopping. I really wanted the Co-op to survive and even thrive. During my time we added vitamins, coffee, and mercantile goods. We eradicated the white buckets and replaced the blue carpet

with tile. And we gradually learned the skills we needed to run a business.

During my first years at the Co-op, when money was particularly low, we made tofu shish kabobs as a fundraiser at the Renaissance Fair. First we'd freeze jillions of packages of tofu, then a couple of nights before the fair we'd lay them all out on the blue carpet, direct a fan at the packages and hope like crazy that they would defrost over night. The next days were spent in frenzy: marinating tofu, chopping veggies and sticking all of it on little sticks plus gathering all the supplies we needed to cook at the fair. I especially remember the 1985 Ren Fair: I was 8 months pregnant & it was snowing when I decided that this was the absolute last time we would ever make shish kabobs. In my opinion it was way too much work for not enough money—even though we were the only booth with coffee!

Certainly the early years at the Co-op were tough financially. I particularly remember my first summer being told that I needed to take a 6 week unpaid leave since there wasn't enough money to meet payroll and another time we held a yard sale just to buy some new-to-us shelves. Times were hard but through it all the sense of community really held. Several volunteers gave my baby shower and I think it was only Co-op staff and volunteers who attended and gave me my first baby gifts and first baby advice. The Co-op was, and continues to be, my community as it does for so many people here in Moscow. Thanks, everyone.



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Eyewitness to Co-op History

By Diana Armstrong

I arrived in Moscow February 1, 1976, fleeing from another Big Mistake, but this time there was no redeeming doubt as to authorship, and certainly I couldn't say I was fleeing from San Francisco—the city was innocent. I was pretty sure I was going to stay in Moscow (i.e., bring the kids, find a job) partly because it was so far away and partly because I had been told that it had a little movie house, a good bookstore, and a food co-op—three things which were indications to me (beacons in the state of mind that was called North Idaho) of like-minded people.

So I and my dog, Gal, in my VW square-back crested the hill south of town in the blue dusk of February 1 and looked down on the town of Moscow and right away I liked it even more. It fit well in the hills, I could see the way out of town. There were big patches of snow on the north slopes of the planted hills. It looked domestic and regular. But not too, because there was the dark line of Moscow Mountain on the other side.

On the 2nd I walked to the corner of Third and Main (David's Dept. Store) and turned south. Passed J.C. Penny's and went in BookPeople. Talked to a couple of women for a while (Mary and Sally) and continued on to the Co-op, across the street from the Fire Station. I joined...member 175. That was it. I had moved to Moscow.

Phil S. was manager then. I had free time for the first time in my life...no parents, no school, no kids, no house, no job—my boss in San Francisco had done me the kindness of laying me off, thus allowing me to collect unemployment for a while—so I offered to work in the co-op. One day very soon after I was cashiering I

asked a customer who had written a check for identification. His feelings seemed to be a little hurt and another co-op volunteer said, "Oh, we don't do that here."

I took on the herb jars. At that point, the herbs were put in whatever container and labeled simply "Mint" or "Comfrey". So I went to BookPeople and bought Mrs. Grieve's Herbal (a 2-volume, proper English herbal) and read about the herbs the Co-op had, wrote summaries of their properties and what they were good for, and typed this on big labels that I bought at Ken's Stationary. At the University library there was a room with some manual typewriters for public use, so I typed the labels there. It was a very satisfying project.

I met people at the South Main location with whom I still maintain a friendship: Dorothy MacEachern, Janet (Hillary) Daily, Judy (married Ken, lives in Boise), Parth Domke, and Karen Young, among others. Janet and Dorothy lived in my house while they were managers, and we frequently had "co-op soup," that is, soup based on what didn't sell.

My time in Moscow has been on and off since 1988 when I fled to China, but wherever I am, I have always been a proud member of the Co-op and I have always returned to the Co-op with great eagerness, as to an old friend, to buy my favorite brands in the world and find out what's new. I was in Moscow in June and July, 2002, and had the pleasure of introducing my Chilean boyfriend to the Co-op. Nothing like the Co-op exists in Chile (or China). He gets wistful now and then and says, "Vamos al Co-op?" Until the next time...

Diana Armstrong currently lives in Talca, Chile



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The Chantra Melior Medical Fund

By Annie Hubble

Chantra Melior is my daughter and I am sure there are many daughters as well loved as mine, but I know that I always have and always will cherish and love mine. When she first fell ill almost three years ago, I only shared it with close friends, perhaps because I am from England and we are more reticent about our private lives there, and also perhaps because it was very important to me to keep a part of my life as 'normal' as possible. But now that our plight has 'gone public' I feel I can share with you the anguish of watching a beloved child suffer and be in pain day after day, and being helpless to alleviate that suffering. It has been difficult, but I can say that in spite of my deeply ingrained resistance to sharing emotional pain publicly, (and I bless all of you who manage to not talk of Chantra while I am working), I have unexpectedly found solace and comfort in the sharing.

I am amazed at the support this town has shown to my little family. Even though I have helped on other occasions when other people have been in need, I hadn't realized how it is to be on the receiving end. It is indeed a blessing. And there was, I think,

a wonderful example of this at the recent fundraising event at the Unitarian Church, at which not only was great fun had by all but over \$3,500 was raised to add to the fund.

Chantra and I want to thank everyone who helped at this event and there were so many of you that I don't think I can mention you all by name. So many people took on a part of the organization, and it in this way turned out to be a beautifully planned and executed event. The Unitarian Church was a wonderful setting for the event and I do want to thank Sheri Cole for all her help. Blackberry Jam and Sagin' Time, (both bands donating their time), gave us magnificent music and kept us dancing.

There were almost 100 items in the silent auction, all of them donated by local folks, (thank you High School students for your work offers), and many of them hotly contested for. The potluck food was delicious and the kitchen crew and clean-up crew so diligent that we were out of the church 45 minutes after the end of the party.

The smiling faces were a sight to behold. I felt as though I were wrapped in a world of caring and love and fun and delight, and I am thankful beyond words.

Thank you, Moscow. I am honoured and grateful to be part of this community.

Chantra Melior Medical Fund Update: Thank you!

By Erika Cunningham

Thank you, thank you, and thank you!!!!

Thank you Moscow, once again. Why so many thank you's? Because at our last "Chantra Melior Medical Fund" party (you remember that great bash at the Unitarian church? The silent auction...dancing with Blackberry Jam & Sagin' Time, "the adorable little party" as Bill said), we made just around \$3,500. That's right: 3500 smackaroos.

Between you and me, I had no idea money could accumulate so fast! I think it isn't a natural process, this money piling up, but rather a result of lots of people doing their part to help one of Moscow's own who is in need. To start with, Sagin' Time and Blackberry Jam donated their musical efforts to keep us scootin' around the dance floor. Ruby and Carol organized the mountain of items donated to the Silent Auction. Josh and Sharon advertised the gig. Eric organized the set up. Marilyn and Susan kept washing and cleaning and straightening the kitchen, and Leeanne and her daughter stayed to the end, sweeping and vacuuming.

At least 100 people showed up with food to share and money to spend. (The door donation can itself took in \$800. Let's see, 100 people times \$5 donation, you do the math but I think some paid extra). Giant thank you's to all of you.

All of this money talk is rather new to me, but folks, I have to say that we have raised around \$10,000 all together. And you know, this process is helping Chantra and her family make choices with their medical care. But I think the process is also helping us as a community. In a time when the big world picture seems radically out of control, many of us have chosen to act where we know we'll make a difference.

There's more, folks. We have another part coming up and we're only \$5,000 dollars from our goal. Saturday, March 8th we're going at it again. Same time, same place: 6-10 p.m. at the Unitarian Church. Pot-luck and White Elephant sale downstairs and (hooray!) Lisa Simpson and Oracle Shack upstairs. We are in for a treat. Lisa will begin around 7:00 p.m. with her awesome folk-guitar and strong, gorgeous voice. Later, Oracle Shack will trip us around the dance floor with their smooth sounds of psychedelia. I'm jacked. These guys are a blast to dance to!

We do need help. There is set-up (4-6 p.m.) which entails helping set up the white elephant sale and the upstairs. We need kitchen help (especially clean-up from 9-10 p.m.). If you have items to donate for the sale or time to donate, call 882-9793 (Annie) or 882-0191 (Erika).

There are still the on-going donation cans that you can contribute to, or donate directly to the Chantra Melior Medical Fund account at First Bank of Moscow. We will also be raffling a hand-made quilt, donated for this occasion by Kristen Jones. Look for the quilt on display at various hot spots around Moscow. Raffle tickets are \$5.00 and the drawing will probably be held at our April 11th event. True enough, we will have entertainment in April as well. Steptoe, one darned marvelous blue grass band, plus others, will play for us.

Whew! So thanks! And please join us Saturday, March 8th 6-10 p.m. at the Unitarian Church. Bring a dish to share, some money to grab prizes with and your dancing shoes, because we're gonna groove.

Erika Cunningham is a person looking forward to growing potatoes. She is also impressed with the heart of Moscow.

CO-OP BAKERY SCHEDULE

EVERYDAY - BREAKFAST

Muffins, Scones, Cinnamon Rolls, Fruit Bread, Coffee Cake

SUNDAY

Cinnamon Raisin Swirl
Whole Spelt
Cornell White
Pesto French
Bakers' Choice
Daily Wheat
Crusty French Baguette

MONDAY

Honey-Butter-Oat
Cracked Wheat
Caraway Sour Rye
Bakers' Choice
Focaccia
Daily Wheat
Crusty French Baguette

TUESDAY

White Spelt
Country White
Sunrise Sourdough
Multi Crunch
Bakers' Choice
Daily Wheat
Crusty French Baguettes

WEDNESDAY

Honey-Butter-Oat
Cornell White
Seeded Sour
Bakers' Choice
Focaccia
Norwegian Farm Loaf
Daily Wheat
Crusty French Baguettes

THURSDAY

Buttermilk Bran
Country White
9-Grain
Bakers' Choice
Rosemary Bread
Sweet Black Rye
Sourdough
Daily Wheat
Crusty French Baguettes

FRIDAY

Honey-Butter-Oat
White Spelt
Bakers' Choice
Rsted Red Pepper & Asiago
Focaccia
Challah
Sour Rye
Daily Wheat
Crusty French Baguettes

SATURDAY

Honey-Butter-Oat
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Update on the Local Growers' Meeting

By Dani Vargas and Sara Robson, Produce Kids

With summer only a few short months away, January is the time when we (the Produce kids, the Deli kids, and the local growers) come together to plan for the upcoming growing season. We had a good turnout of new and old faces.

We based our meeting and our buying agenda around the new National Organic Standards that went into place in October 2002. Our number one goal of purchasing local produce is to support those farmers in the community by spending our food dollars locally. Our second goal is to ensure our customers that they are buying the freshest organic produce available.

Two months prior to the meeting, I send out information to the last season's growers outlining the meeting agenda. A local grower's card was included with the letter to be filled out and kept in each grower's file. I also advertised the meeting in the newsletter, encouraging those who are interested to attend and become a part of the local growers who supply the Co-op with the freshest organically grown produce.

All of the produce in the Co-op's produce department is certified organic with the exception of the white button mushrooms and the alfalfa, clover, and bean sprouts. I am very proud to offer all organics, excluding these items. And I welcome our local grow-

ers to help provide us with organic fruit, vegetables, nuts, and eggs.

With respect to our standards, as well as the national ones, we are moving towards requiring our local growers to acquire and maintain an organic certification or an organic license. This growing season we have decided to accept the Non-Certified Organic Producers (NCOP) form. Growers who are not certified or licensed organic, and have an annual gross organic sales of less than \$5000, may sign this waiver stating their production and record keeping practices are in compliance with the Organic Foods Production act of 1990 and the USDA Final Organic Rule. The NCOP title will replace the "local no-spray" label we have used in the past.

In order to ensure that the organic integrity of our produce is maintained, retailers are also required to follow strict guidelines. These requirements range from how the produce is stored and prepped, down to keeping detailed records of our suppliers' organic status. Therefore, before we can purchase produce from a local farmer we must have a copy of their certification, license, or waiver on file.

We look forward to the coming growing season and all the fresh and delicious local organic produce. We appreciate all the hard work and dedications we receive from our local growers.

Board of Directors Report

By Bonnie Hoffmann, Board Secretary

Hi everyone, I'm Bonnie, Secretary of the Board here to invite one and all to the Annual Membership Meeting.

One of the great things about the Co-op is your current membership. It entitles you to one vote to help in the shaping and development of our great store. Your vote is important at this meeting, as it is time to elect new Board members. All current members should have received a ballot & turned it in by now. They were due before February 28th, since that was the day they were counted.

The new Board members will be announced at the Annual Membership Meeting. Board members and staff will also take the time to fill you all in on the happenings for the year, including financial health, any changes and future endeavors of the store.

The Annual Membership Meeting is on March 28th at the American Legion Hall located on Howard street between 3rd and 6th. It will be from 6pm to 8pm and will also be catered by the Co-ops own fantastic deli and served to you by your benevolent board members!! The Co-op will provide a keg of Root Beer and folks can bring their own drinks of choice, including beer or wine.

This year we are going to be selling tickets to the dinner to help benefit the Chantra Melior Medical Fund.

We are asking for \$5.00 for adults and \$2.00 for anyone under 12 years of age. Tickets must be purchased by March 20th and can be purchased at the store or from any Board member. Not much to ask for an awesome catered meal, an informative meeting and best of all... to help us all celebrate the Moscow Food Co-op's 30-Year Anniversary.

So come one, come all and show your support. Remember, the Moscow Food Co-op belongs to us all. Hope to see you there!!

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paperpals@hotmail.com

My Favorite Thing

By Julie Monroe

Nancy's Nonfat Yogurt is one of my favorite Food Co-op items. I think I'm fixated on it because I eat it every single, solitary day I am home. It's the basis of my morning sundaes of yogurt, rhubarb compote, another fruit (bananas, pears, plums, or apples), and peanuts, topped with a sprinkle of a Grape-Nuts™-like cereal.

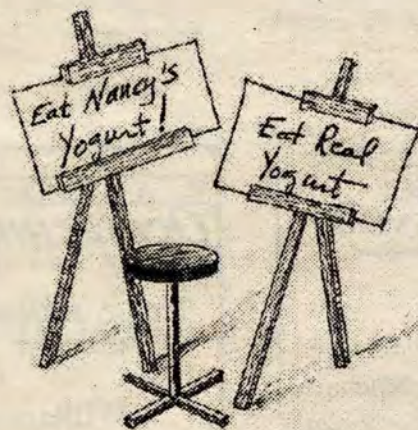
It's not enough for me just to love Nancy's Nonfat Yogurt; I am a purist and cannot restrain myself when I see

friends and colleagues eat yogurt that has been "tarted up" with color and flavor.

"Eat Nancy's Nonfat Yogurt," I bellow.

"It tastes like yogurt is supposed to taste: cool and tangy and smooth. How can you eat yogurt that has been sweetened to point that it no longer tastes like yogurt?" I ask, completely bewildered. Wouldn't catch me, I say to myself, eating anything other than

friends and colleagues eat yogurt that has been "tarted up" with color and flavor.



Nancy's Nonfat Yogurt. It's no sissy yogurt! It's a yogurt that'll put hair on your chest! (In a manner of speaking.)

I have not traveled much, but to commemorate my 40th birthday, I toured western and central Turkey, and my fellow tourists and I drank a yogurt-like drink during breaks from our explorations through labyrinths of caves and shopping bazaars. Each time I take a bite of Nancy's Nonfat Yogurt I am reminded of that yogurt-drink and recall the experience of visiting a place where cultures have intersected for eons. I then take joy in knowing that I am among the many generations of people who have been nourished by this simple, elegant food. So, for goodness sake, I rant, if it ain't broke, don't fix it!

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Co-op Business Partner: Northwestern Mountain Sports

by Sarah Walker

I feel a little like Rip van Winkle in the sports world. While I've stuck to backpacking and cross-country skiing, the rest of the world seems to have moved on to the new 'extreme' or 'adventure' sports that are all about the steepest slopes, the meanest current, or the biggest jump. From my perspective, snowboarding looks like a crazy sport. Who would want to strap both feet to one ski? What if you had to walk?

Terry Uravich, Co-op Business Partner and long-time owner of Moscow's Northwestern Mountain Sports, is in my age bracket and he loves snowboarding! He assures me that:

- The boots are more comfortable;
- There's less gear to lug around;
- It's easier on your knees; And,
- You don't ever have to worry about crossing your tips in powder.

Well, I can relate to all of those reasons, so maybe I should give it a try.

I asked Terry, a sports retailer on the Palouse for nearly 30 years, about the revolution in outdoor sports portrayed on the glossy pages of magazines like Backpacker or Outside.

"Backpacking was almost a rite of passage in the 70s, but it's been usurped by the thrill-type sports like snowboarding, kayaking, climbing. Just going out and being mellow doesn't have the same attraction now."

Well I think I'll continue to go out and be mellow, and I'm dying to pedal along the great bike trails we

have here on the Palouse. I made a date with 'the guy with the wrench' in Terry's well-stocked repair shop, Bruce Hoff, to tune up my 30-year-old ten-speed and to add a comfy seat and upright handlebars.

But apparently, after all those extreme adventures, today's sports enthusiasts still want 'mellow' for their feet, and now you can slip those tired puppies into Terry's newest line, 'Euro comfort shoes' by Birkenstock and Dansko. These are the same shoes that he and his wife, Kristine, used to sell at their former mall store, Nature Sport. (Nature Sport closed last fall, and former Manager Kristine is now pursuing a massage therapist career at Pullman Memorial Hospital.)

Terry's family is sports-oriented. He and Kristine love to cycle and have been triathletes. Like most such families, they have included their children in outdoor activities. Terry recalls taking daughters Mary and Julia skiing when they were quite young. He says, "Here's how you get paid back: the little daughter I used to wait for on the slopes is now a snowboard instructor at Mt. Spokane, and she tells me, 'I know you can go faster! Try to keep up!'"

Terry stresses that bicycling is a valid, alternative form of transportation. "A bike has as much right to the road as a car. Bike lanes are making motorists more aware of this." He told me a great tale about a Moscow friend who has 40,000 miles on his bike and has never owned a car. When he absolutely has to use a car, he rents one from Ambassador Auto. I like to think of efforts like this as one more day for



Terry Uravich, owner of Northwestern Mountain Sports at 1016 Pullman Road, sells snowboards like this gorgeous model made of Hawaiian Koa wood.

Alaska's National Wildlife Refuge.

Northwestern Mountain Sports sells all kinds of equipment and clothing including snowboards, skis (both cross-country and downhill), backpacks, sleeping bags, and sunglasses. Rentals are also available. Terry sells an American made brand of bicycle called Trek. He offers kids' bikes to high-end mountain bikes, as well as bike trailers and unusual items like tandem bikes. He thinks recumbent bicycles are neat, and that there should be a bigger market for them someday.

Terry became a Co-op Business Partner a couple of years ago, and says it's a good fit because Co-op customers tend to be healthy people who are interested in alternative modes of trans-

portation. He sees the network as a good marketing partnership.

Co-op members get a 10% discount on bikes, parts, accessories, and labor. Northwestern Mountain Sports is located at 1016 Pullman Road and is open 10-6, Monday-Saturday; phone 882-0133.

Sarah Walker rode twice in the Tour of the Swan River Valley in Montana back in the late 70s; she now wonders how on earth she ever spent 225 miles on one of those narrow, hard bike seats.

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Customer Profile: Christopher LaPaglia

by Eva Jo Hallvik

Christopher LaPaglia, age 42, says his favorite thing at the Co-op is the Organic Milk.

"That's what I buy most of," Christopher says.

"Do you miss the Stratton's milk from the local dairy?" I ask him, aware that many people miss Stratton's milk, including me. My volunteer job here at the co-op used to be the milk run on Friday afternoons. Milk is very heavy!! The many gallons, about 10-11 crates of four each, different varieties, that the co-op would sell to the community between Friday late afternoon until Sunday, I would lift in and out of my truck and stock neatly in the cooler. ...I drove by the old Stratton's dairy last week and I wondered what ever happened to all those black and white cows.

So anyway, Christopher says that he probably does twenty percent of his grocery shopping at the co-op, although 100% of his milk is bought here.

"I don't like other milk and this is all my 1 1/2-year-old daughter gets for milk," says Christopher as he points to three boxes of Moyenburg goat milk.

His favorite thing about the co-op is its wide selection of bulk items, especially the herbs and spices.

"I really like to get things without as much packaging, you can't do that anywhere else," Christopher says. "And the price of herbs and spices at the co-op is better than other places and better quality." Christopher continues, saying "I tend to move away from the yuppie stuff in the store, although I've seen worse in other towns.

I asked him if he thought the yuppie stuff serves the community and is good to have at the co-op. And he agreed, but said that "they (the co-op) should make the bulk items and fresh produce and stuff stand out more and easier to use, so to encourage people to buy that instead of the massive amounts of pre-packaged stuff."

Christopher looked at me and said "Did you ever see the co-op when it was around the corner on Washington Street?"

"Yes, that's when it was like a real co-operative big buyers club," I replied.

"Yes, but really it was all bulk items really," he said. Christopher has been around this area for quite some time. When the co-op was tiny and around the corner, he was living about 40 minutes north of here in Benewah County. "...An hour and a half in the winter," he added.

Christopher said that he'd been in the newsletter before, about ten years ago, but it was in the volunteer profile. He doesn't volunteer now though. Times are different for him—back then as a student he had more time than money, and now he is busier and has more money than time.

Christopher works at the University of Idaho doing Agricultural Research. He first came to Idaho about 20 years ago, and he moved into Moscow when he started school in 1995. He is also involved a lot with the local Peace Movement.

"Let's see, on Fridays we have the Peace Vigils from 5:00 to 6:30 at Friendship Square," Christopher says. And I just heard that the Friday evening Peace Vigils have been on every single Friday since the Friday after 911. The number of people attending continues to grow.

Christopher also says that the "Palouse Peace Coalition, (a group formed out of the Friday evening Peace Vigils), will be marching in the Mardi Gras parade, March 1st, and everybody and anybody interested can join. "We will be doing a film series, and other things to help keep it in front of people. I don't know what to do, really. It feels like the government has said to hell with us."

Eva Jo Hallvik does all she can for the peace movement, one person at a time, as a massage therapist.

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Volunteer Profile: Sarah Long

by Chris Stordahl

So I walk into the Co-op the other morning to do the interview for this month's profile and I'm standing at the deli counter trying to decide what I want. A young lady is also waiting. I motion for her to go ahead. She hands the young man behind the counter a bag of what I assume to be containers for recycling (which reminds me that I have a stack at home) and proceeds to get her coffee, after which she and the deli guy start to chat. Well, by now I've decided what I want and am waiting impatiently to place my order, knowing that Sarah will be showing up at any time now and I only have an hour to do this because I have a babysitter that has an appointment and I don't want to detain her because she is kindly offering her services at no charge and I have to go to the bathroom but I don't want to take the time and, oh my God!, I think I'm getting a sinus headache and I should have started that paper for class earlier so I didn't have to stay up so late last night and why am I so bad with deadlines and I really need this coffee and maybe I should have chai instead but they only have original and I really want green tea chai so I guess I'll just stick with the....

"Excuse me, are you Chris?" says the aforementioned young lady, derailing my train of thought which is speeding out of control and about to crash into the inner wall of my skull.

"What? Yes, you're Sarah?" I focus, and am quickly able to remember where I am and why. Another mental disaster narrowly avoided.

We pay for our respective beverages and choose a table. After my near internal collision, I am still somewhat shaken and take a moment to gather myself. I wonder if I'll be able to speak coherently and choose words appropriate to the...sitting...setting...situation. I soon realize that I needn't have worried. Sarah is so interesting and easy to talk with (and very forgiving of my occasional mental stalls).

Sarah Long was born and raised in Idaho Falls. I asked her what it was

like growing up there? "Boring." Oh.

So when she graduated from high school, she couldn't wait to go away to college. She attended Smith College in Massachusetts. This sounded like quite an experience. Smith is an all-girls school whose student body is primarily made up of, how shall I say...young ladies who have been raised with the goal of attending such an institution firmly planted in their parents' minds. Sarah said that after two years there she felt a little constricted.

One positive thing, Sarah discovered a love of Chemistry while at Smith. She told me that she had never really liked science classes in high school, preferring English and literature. But the instructors at Smith had a way of making it interesting enough

that it became her major. She is now a senior at U of I, has taken a second major of Spanish and will be going to Spain this summer.

Sarah discovered the Co-op the day she moved to Moscow. While shopping here with her mom

she bought a membership and learned about volunteer opportunities. She volunteered for about six months as a Deli Server and, subsequently, was hired as the same. She is now back to volunteering, but this time she is organizing the PLU book. This is a listing of everything sold at the Co-op along with its PLU (bar) code.

One thing I absolutely must get in here: Sarah is also a DJ at KUOI (89.3 FM). She says that music is very important to her and she loves the opportunity to expose people to less commercial music. Her show airs Thursday evenings from 8:30 to 10:30.

While we were at the Co-op, more than a few people stopped to visit with Sarah and I can understand why. As trite as this sounds, Sarah is about one of the sweetest people I have had the fortune to meet. As we were leaving, she apologized for talking so much about herself and said she would have liked to know more about me. If you ever run into Sarah, I highly recommend taking the time to have a chat with her...even if you do feel you're in a hurry and just want to get your coffee.

Chris Stordahl's favorite CD at the moment is The Black Rider by Tom Waits.



Producer profile: Dottie Palmer

By Jackie Molen

Dottie not only has a vision, but she has the motivation to go out and make her dreams come true. Whether it is writing a book, traveling the world



or helping people, she is there. Luckily for us, she also produces some wonderful products that are for sale at the Co-op.

Dottie supplies the Co-op with her organic, silk, eye pillows. Perhaps you may have seen them. Containing organic flax seeds and lavender flowers combined in a silk case, they emit soothing aromatherapy and just enough pressure for a good night's sleep. Dottie pokes holes in the packages so potential customers can smell the sweet lavender for themselves.

The idea originated from an experience of her own. In 1989 she brought home a silk eye pillow from a barter fair and saw the benefits. Now, thanks to Dottie, they are available for everyone at the Moscow Food Co-op. These pillows can be purchased in a variety of calming colors.

In addition to her eye pillows she makes hair scrunches out of recycled velvet. Recycling is something that is really important to Dottie.

"Sometimes I'm afraid we will wake up and find ourselves under garbage. I worry because we keep generating so much stuff," she said. I would have to agree.

Dottie has lived in her solar powered home in Santa since 1987. Now

she shares it with her husband of two and half years. In the woods they are 'off the grid' for electricity and water but find ways to overcome the obstacles. I personally have never been to a solar-powered house—especially one that sounds so efficient. She even has a sauna and a composting toilet!

Every week she makes the journey from Santa to Moscow, where Dottie works. She has seven years experience working with disabled people at Milestone Decisions. Currently, they have twenty-six clients. Dottie seems to really enjoy her job. I'm glad to be reminded some people do actually like what they do for a living. As we speak, she

is helping one of her clients, who has Cerebral Palsy, write a book. He communicates with her by taps.

As I found out, this was not Dottie's only experience with writing books. She has published her own book called *Savior Self*. It's a book about recovery from domestic violence. Due to a small technical flaw in the printing process, she was able to send five hundred free copies to five hundred women's shelters across the nation. Who knew mistakes could actually help? Anyone interested in her book can find it at Book People or at the Moscow Public Library.

Currently Dottie is preparing to go to India to see her son. Although not biologically mother and son, it is apparent they have a very close connection. According to Dottie, they just adopted one another. The two met when the boy was five and now he is seventeen and finishing high school in India. This is a trip Dottie has been looking forward to and I hope she'll have a wonderful time.

Look for Dottie and her products next time you go the Co-op.

Jackie currently lives in Student Housing at the University of Idaho with her mother, Heidi.

Staff Profile: Laura Hefner

by Carol Spurling

Laura Hefner graduates from the University of Idaho this spring with a degree in International Studies, and a minor in German, and she's looking for the bright lights.

"I'm applying to grad school in Oregon, Washington, Arizona, Texas, Florida, and California. Basically anywhere but Idaho, I'm definitely ready for a big city experience," Laura said.

If grad school doesn't pan out, not to worry.

"Some traveling is in order. I've been in Moscow since 1998," Laura said. Over five years probably feels like a lifetime to this undergrad on the verge of matriculation, and who is displaying some classic symptoms of "senioritis."

Laura moved to Moscow from her hometown of Twin Falls, a town of about 30,000 people in arid southern Idaho.

"Most people know it as the place where Evel Knievel jumped the Snake River," Laura said, smiling, but refraining from making any catty remarks or jokes about the 1970's era daredevil and his feats of derring-do.

Laura shopped at the Co-op all during her college years and began working the other side of the cash register last October, as a part-time cashier.

"This place is basically a community center, and everyone works at such a nice pace. There is such a nice atmosphere," Laura enthused. "That's why I applied. The word "Co-op" definitely applies here, everyone, including the customers, is always willing to help out or answer a question."

Laura has many loves when it comes to the Co-op offerings, including the bakery breads, the oil section, and bulk spices, where you can get "whatever you need."

"And the produce is phenomenal, not only is it organic but it's crisp and tasty!" Laura said.

Besides her studies and her Co-op job, Laura instructs spinning for the University wellness program. She feels being part of the wellness program goes hand-in-hand with her work at the Co-op.

And what exactly is spinning?

"It's on stationary bikes. We try to simulate the outdoor biking experience, inside," Laura explained.

Laura's school work also spills



over into her work life, as her interests in social justice and international policy formation have made her aware of the importance of programs such as Fair Trade and Equal Exchange, which are supported by the Co-op. Laura says she'd like to get more involved with anti-war efforts, and focus on raising awareness of international humanitarian efforts.

"In the future I see myself going the political science route, getting into policy formation, maybe working with NGO's," Laura said. "I want to work on social justice for the bigger picture."

Getting started in her career by working at a local food co-op, which is basically all about social justice in the smaller picture, ought to be the perfect first entry on her resume'.

Carol Spurling is a Moscow writer who is just old enough to remember watching Evel Knievel jump across the Snake River on television.

Gardening

Letter From The Land:

A Backyard Naturalist Wonders About Worms

by Suvia Judd

The Naturalist Gerald Durrell (author of *My Family and Other Animals*, and founder of the Jersey Wildlife Preservation Trust), wrote that a good thing about being a naturalist was that he could find interest and enjoyment anywhere, whether among huge herds of animals in the African veldt, or in a suburban backyard. Well, I haven't been to Africa, our backyard is a little wilder than you would find in most suburbs, and of course, I'm not Gerald Durrell. But even with all of wild Idaho at my doorstep, I find a lot of pleasure in the surprises and mysteries of nature right here in our yard in Moscow.

In mornings after very rainy nights, we find earthworms in the water buckets at the barn. These are five-gallon rubber buckets, without worm-sized ramps or ladders, and I have wondered for a long time, how do the worms get in there? Why, when the ground is so saturated that the worms are surfacing from the soil to avoid drowning, do they fetch up in the bottom of five gallons of water? I have wondered if something was dropping them, because in cherry season, for example, the buckets are full of cherry pits; however, the pastures are full of starlings and magpies then, too. Are some of the forty-pound raccoons that live in our neighborhood washing their worms before making worm jerky of them?

One rainy February day in this warm El Niño winter, I found sixteen worms among three buckets. It was early evening, and I took a flashlight to look more closely. There were worms around the foot of the buckets, and there were worms circling the rims of the buckets, and by golly, there were worms climbing the sides of the buckets, right up the flared sides, and over the folded-over rim. I picked all the wriggling worms out of the buckets, and wondered. Now I knew how, but why?

My earthworm knowledge is pretty basic. We had a big outdoor worm box for compost when I was a kid, so I had known for a long time that worms eat dirt and compost and turn them into good soil. I had known at least since I was ten, and a boy put a worm down the back of my shirt, that many

people find worms disgusting, and expect me to also. From a Ph.D. student in Michigan I picked up that American native earthworms have been largely displaced by immigrant worms from Europe. I learned from Theresa Beaver here in Moscow that you could just as well have that worm box under your sink and not trudge out to the back forty with your pail of compost every day. And at a very interesting two-day symposium put on by the Palouse Prairie Foundation last Spring, I learned that native Palouse giant earthworms, three feet long and white, once lived deep beneath the hawthorn breaks of our region, although no one has seen one for a long time.

I consulted an encyclopedia and learned that there are 2200 species of earthworms world wide, that they have five hearts and hemoglobin, although some species are pale instead of pink and one is even blue, and that they breed hermaphroditically and deposit the fertilized eggs in the ground in a little neck-warmer which slips off over their heads. I also learned that earthworms locomote by means of four pairs of setae (bristles) set around each segment of their bodies. Okay, so now I know what helps them climb the buckets.

The encyclopedia also confirmed that the worms are flooded out of their burrows and appear on the surface after heavy rains, as we have all observed. So the best answer I can think of for why they climb into the water buckets is the same as why the chicken crossed the road: to reach the other side. The worms climb the buckets to escape the water in the ground, and when they reach the rim, there is no where to go but the other side, and when they go down they can't get out of the water again. But I don't know why they can't get out again.

I've got lots more to learn about worms, and I am seldom bored in my backyard. Did you know that earth-

worms bring to the surface 7-18 tons of soil per acre annually?

Suvia Judd lives in Moscow. She checks her alpacas' buckets for earthworms everyday.



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Xeriscape Demonstration Garden

By Paul F. Warnick

Most of the city of Moscow's water comes from a deep underground aquifer that has been declining for years. Water usage climbs dramatically during the summer in Moscow as people use water to irrigate lawns and gardens. Because of concerns about future water supplies, the Palouse Basin Aquifer Committee and the City of Moscow were looking for a site to demonstrate the principles of xeriscaping, or low water use landscaping. The City of Moscow provided start-up funding for the garden and the University of Idaho Arboretum & Botanical Garden provided the site, planning, and development.

The Xeriscape Demonstration Garden is located at the south end of the arboretum, just east of the red barn. Convenient parking is available in the lot off Palouse River Drive. The arboretum is open daily with no admission charge. Guided tours can be arranged (with sufficient notice) by calling the arboretum office at (208) 885-6250, or by e-mail at <pwarnick@uidaho.edu>. All plants and other assets of the arboretum are provided through donated funds; no tax dollars are spent to pur-

chase the plants, benches, signs, etc. within the arboretum.

Development of the garden began in the fall of 2001, and planting began in May, 2002. The garden is on a fairly steep slope and is divided into four levels. The highest level, located across the gravel road from the main garden site, is devoted to plants native to Idaho. That level is subdivided into two sections: plants from northern Idaho and plants from southern Idaho, divided by a clump of Quaking Aspen (*Populus tremuloides*) which are native to the entire state. The next level, which is the highest level in the main garden, is planted primarily with woody trees and shrubs, with some ornamental grasses mixed in for textural contrast. The third level is the showiest part of the garden, devoted to flowering perennials, annuals, and grasses. Only this section will require some supplemental irrigation during the driest part of the summer, but still significantly less than an equivalent area of traditional turf or landscaping.

The lowest level of the garden is a demonstration of drought-tolerant

turf grasses, with one area of buffalo grass and one area of dwarf, turf-type fescue. We planted the buffalo grass from plugs in June and after it was established in late July, it did not get any irrigation. It was mowed one time to keep it tidy. Buffalo grass grows mostly by surface runners that stay quite low to the ground. It has an interesting blue-gray color that contrasts nicely with the flowers behind it, but it does look quite different from traditional turf. We seeded the fescue in early June and when it was established, it was watered and mowed every two weeks. It is somewhat coarser than traditional turf, but it has a nice green color even with the limited irrigation and seems to be doing very well.

So far, we have planted more than 750 plants in the garden, including 24 species of woody trees and shrubs, 74 types of annual and perennial flowers, and 13 different ornamental grasses. A number of new hybrids and less well-known plants were included in the garden. Although these need to make it through at least one winter to prove themselves, so far several have been very impressive. There are four types of *Agastache*, sometimes called hummingbird mint, three cultivars of

Delosperma (hardy ice plant), two purple flowering salvia, and two ever-blooming hybrid penstemons that have all been particularly impressive. Perhaps the showiest plant of all has been *Calyolophus serrulatus* 'Prairie Lode', sometimes known as shrubby evening primrose. A low, spreading plant, it was covered with bright yellow, papery flowers all summer long. It reportedly does not like too much water or heavy clay, so it may not do well through a cold wet Palouse winter.

Next in the development of the garden will be the installation of permanent labels and signs so the public can easily identify plants for their own landscapes. There are still some areas to plant and, as with any garden, plants will need to be moved and replaced as they mature. The garden has filled in nicely, and it demonstrates some plants and techniques that can reduce water usage and still give a showy, colorful landscape.

Paul Warnick is a Moscow native who returned to Moscow two years ago to take the position of horticulturist for the U of I Arboretum, where he oversees the maintenance and plantings for the 63 acres of arboretum grounds.

Hardy Fruit Trees For The Palouse

By Patricia Diaz

Winters haven't been too harsh for a number of years here on the Palouse, but sometimes the late spring frosts wreak havoc on the blossoming fruit trees. In recent years, advances have been made in the development of very hardy fruit trees. Breeders in the far northern areas of Canada, Minnesota, and the Pacific Northwest have developed varieties very suitable for growing on the Palouse.

One of the most difficult of fruit trees to grow in our area is the apricot. They are early blooming and most generally are not very hardy. Washington State University has developed one called 'Puget Gold,' which has frost-tolerant blossoms. A few species have been developed in Asia and Russia and, while they are not widely available, you might see if your local nursery can obtain them. They include 'Moongold' and 'Sungold,' 'Sunrise,' (developed in Minnesota) while 'Scout,' (developed in Canada) would be very suitable also.

If you grow pear trees, remember you need two varieties that bloom at the same time to ensure best pollination. There are quite a few hardy varieties from which to choose: 'Hudar,' is early to midseason with medium-size

yellow fruit and is excellent eaten fresh; 'Nova' is midseason, has large fruit, and is self-fruitful (doesn't need another pollinator); 'Luscious' is a mid- to late-season variety and has medium to large fruit with yellow skin tinged with red. It is sweet and juicy. 'Summer Crisp' is an early variety bearing small fruit with green skin and a red blush. It is crisp, mildly sweet and not quite as hardy as others mentioned in this category. 'Ure' is a midseason pear with small to medium fruit with greenish yellow skin. Its flesh has a good flavor but must be fully ripe.

Sweet cherries are early blooming trees and are not usually good choices for cold climates. The pie (or sour) cherries are a better choice and can also be eaten fresh. All of the varieties discussed here are self-fruitful. 'Meteor' is a midseason to late cherry. The fruit has dark red skin with yellow flesh and is firm and juicy. The tree reaches eight to ten feet tall. 'Montmorency' is also a midseason cherry with bright red fruit, and light yellow flesh, and is very juicy and tasty. It is a very productive tree and is probably the most popular sour

cherry tree. 'North Star' is an early variety with dark red fruit, yellow flesh and also is juicy and tasty. It is a small tree that you can keep to about 6-8 feet tall with pruning. The last variety, 'Evans' (sometimes known as 'Bali'), is also early. It has dark red fruit with yellow flesh and excellent flavor. It, too, is a smaller tree and is the hardiest of the sour cherries.

Plums are often hardy because they are native, but the fruit quality can vary. Trees mentioned here are hybrid varieties that are small and bushy. Plant two varieties for good fruit production. 'Hildreth' is a midseason plum which is small but of excellent quality. It was developed in Wyoming. 'Pipestone' is early to midseason and has large, deep red skin with a golden blush. The flesh is sweet and juicy and is very suited to eating fresh or making jams. 'Superior' is a midseason variety with large, dark red fruit with juicy yellow flesh. It is good eaten fresh or preserved. 'Opata' is a midseason to late bearing tree with purple plums which have yellow green flesh that is sweet and juicy—again, great for eating fresh or for making jams.

It is important when growing apple trees to plant those grafted to hardy rootstock. It is best to plant two varieties for cross-pollination. The early varieties include 'Norland,' 'Oriole,' 'Rescue,' and 'Summerred.' The 'Norland' is good fresh or cooked, as is the 'Oriole.' 'Summerred' can be used for cooking when not fully ripe and is great for eating when it does ripen. It can set fruit without a pollinator. 'Breakley' and 'Patterson' are two midseason varieties and both have excellent flavor. 'Heyer 12' and 'Lodi' are early to midseason varieties. Both are best suited for pies and sauce. The 'Heyer 12' is particularly hardy and the 'Lodi' stores well.

Local nurseries should carry a few of these varieties as bare-root stock in the spring or ask them to order the plants. They are also available from Bailey Nurseries (wholesale only) in St. Paul, Minnesota. Or, you can order them from St. Lawrence Nurseries in Potsdam, New York (312-265-6739) or <www.sln.potsdam.ny.us>.

Pat Diaz lives about an hour east of Moscow on six acres in the woods. She is starting to dream over the seed catalogs and longs for Spring and Summer.

Sea Vegetables: Nori, Wakame, and Kombu

by Jackie Miyasaka

Sea vegetables have been harvested for centuries in Japan and are an important part of the daily diet. Three of the major sea vegetables used in Japan (and available at the Co-op) are nori, wakame, and kombu.

Nori is the most familiar sea vegetable to us here in the U.S., because it is the paper-thin sheet used to wrap sushi rolls. Nori starts as small, soft, algae spores that attach themselves to netting on the surface of shallow bays. These spores gradually grow into wavy leaves and are harvested. On shore, the nori is washed, chopped, pressed into thin sheets between mats on wooden frames, and left to dry.

Like all sea vegetables, nori is high in minerals. It also has the highest vitamin A content of all the sea vegetables. It is one of the few sea vegetables low in sodium. Aside from sushi, nori can be shredded over noodles or wrapped around rice balls. It is also used in rice crackers. Once opened, bags of nori should be stored in an airtight container or in the refrigerator and used as soon as possible. Nori easily absorbs moisture and loses its crispness.

Wakame is a long, dark green, fern-like sea vegetable that grows on the ocean floor. After it is cut and floats to the surface, it is raked together and brought ashore, where it is washed and hung on ropes to dry. Wakame is high in dietary fiber, calcium, iodine, and alginic acid, among other vitamins and minerals. The alginic acid in wakame is said to bond with heavy metals, make them insoluble, and remove them from the body. In fact, I recently read that after the Nagasaki bombing, people who ate a strict diet of brown rice and miso soup with sea vegetables did not suffer from radiation poisoning.

Wakame works as a blood-thinning agent, so people taking anti-coagulating medications should avoid it. Wakame is used mainly in soups and salads. It is the green sea vegetable commonly found in miso soup. Wakame is sold in individual dried leaves and must be soaked in water to soften before using. It should be stored in a cool, dry place.

Kombu is a ribbon-like, dark green, leafy plant that grows to around 3 feet high on the ocean floor in shallow water. The best kombu grows in

Japan's cold northern waters. After the leaves are cut and brought ashore, they are folded and dried in the sun. I recently tried raw kombu before it was dried, and it was delicious! For the most part, dried kombu is used in simmered dishes and soup stock (it softens when cooked in liquid). However, it is also sold as a powder for tea. Like wakame, kombu is high in alginic acid, dietary fiber, iodine, and calcium. It is also rich in glutamic acid, the ingredient that researchers found to be kombu's natural flavor enhancer and that drove them to develop a synthetic form, the much-despised monosodium glutamate (MSG).

These three sea vegetables have been used for centuries in Japan to lower cholesterol levels, stabilize blood pressure, cleanse the blood, and treat hypothyroid conditions. Because of their extremely high mineral content, sea vegetables are effective in small amounts. Ideally, they should be used regularly as a supplementary ingredient in meals.

Wakame and Cucumber Salad

- 1 cup cucumber, sliced as thinly as possible into rounds
- 1/4 tsp. salt
- 1/2 cup (4 four-inch-long pieces) dried wakame
- 1 tbsp. rice vinegar
- 1 tbsp. water
- 1/2 tsp. sugar
- 1 tsp. soy sauce

Sprinkle cucumber slices with salt. When they soften, lightly squeeze the water out of them. Soak wakame 10 minutes in water to soften, and then cut into 1-inch lengths. Make dressing by mixing vinegar, water, sugar, and soy sauce. Stir cucumbers and wakame into dressing.

Simmered Soybeans with Kombu

- 2 3/4 cups dried soybeans
 - 7 cups water
 - 1/3 cup sugar
 - 5 tbsp. soy sauce
 - 1/4 tsp. salt
 - 1/3 tsp. baking soda
 - 30g (4 seven-inch pieces) kombu
- Mix water, sugar, soy sauce, salt, and baking soda in a saucepan. Add soybeans and soak overnight.

Heat soybeans in saucepan to boiling, then reduce heat to low. Cut a

piece of foil into a circle with a diameter a little bigger than the size of saucepan, and then fold in the edges to make a disk about 1 inch smaller than the diameter of the saucepan (or use a lid that is about 1 inch smaller than the pan). Place this foil "drop-lid" (otoshibuta) directly on the soybeans inside the saucepan. Simmer 30-40 minutes, removing the drop-lid occasionally to skim off any foam that appears.

Cut kombu into 1/2-inch squares. Add kombu to saucepan, replace the drop-lid, and slowly simmer at very

low heat for 2-1/2 to 3 hours until the liquid is almost gone and the soybeans are soft and flavorful.

When most of the liquid has been absorbed, the dish is finished and the beans should be removed from the heat. If you let the beans cool naturally in the pan, they will continue to absorb even more flavor! In Japan, this dish would be served as a side dish with rice and several other dishes.

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

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Not Just Your Average Cheese Quesadilla

From Danni Vargas

This Quesadilla is SO GOOD! I stumbled upon it in a recipe book I received for free. All you need is:

- Chicken or Veat
 - 1 ripe, organic mango
 - Brie cheese
 - Organic cilantro
 - Organic green onions
 - Lime juice
 - One hot organic pepper (Cherry Bomb or Jalapeno)
 - Tortillas
- First cut the chicken or veat into small pieces and cook, remove from pan and set aside.

Cut the mango into chunks and put in a mixing bowl. Dice up some cilantro and green onions and add. Dice the hot pepper (as much as you can handle) into small pieces and add.

Pour in about 1 or 2 tablespoons lime juice. Stir this all together and set aside.

Cut the Brie into pieces and set aside.

In a pan with the heat on medium to medium high, lightly brown each tortilla (2). With one tortilla in the pan add some of the Brie slices, the chicken pieces, and the mango mixture—as much as you want of each of these. Add the top tortilla and let it all melt together. Flip this once or twice or three times. Watch out because it might be tricky to flip. You can also cover it and turn the heat down if you don't want to flip it.

Remove from pan, cut into 6 wedge pieces and enjoy.

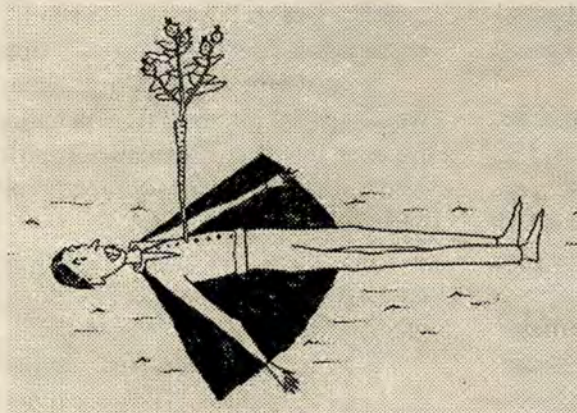
I like to top mine with tofutti sour supreme and Seeds of Change garlic cilantro mild salsa. YUMMY!!!!

You Too Can Be A Burdock Convertock

by Judy Sobeloff

"It looks like something you'd use to kill a vampire, like a demented potato in stick form," Fred, my husband, said. My 15-month-old daughter, Jonna, repeatedly reached for the wand-like stalk in my hand but then ran away as soon as I offered it to her, attracted and repelled by it again and again, the same way she reacted later that evening to a blue monster puppet.

If you've spent any time traipsing around the countryside, you've probably encountered burdock; you've



probably brushed up against some and become quite attached—bringing home its burrs. The burdock plant, with its crown of burrs and long narrow root which extends as far as three feet down, is a member of the thistle family, growing in damp soil in fields and pastures all over North America and England.

What, then, is the lure of burdock? Why are those fierce-looking burdock roots lying in a basket in the co-op produce department? And what is dried burdock doing over there in an herbal bulk bin?

"Burdock can be termed a health food simply by virtue of its high fiber and low calorie content," writes Terra Brockman on the Conscious Choice website. "It is also a very good source of potassium and a moderate source of iron and calcium."

According to local herbalist Linda Kingsbury, Ph.D., burdock root is high in magnesium and other vitamins and minerals as well.

She says, "Traditionally, burdock root is used in herbal medicine as a tonic in tea or tincture form. After eating a lot of high-fat, high-protein foods in winter, people use it as a tea for a kind of 'spring cleaning.'" People also use the tea to treat acne and eczema, Kingsbury noted, both of which are seen as possible signs of imbalance of liver and kidney functioning. She added that the tea can be used for emotional healing, too, "to help pro-

cess feelings of resentment."

Health benefits are only part of burdock's appeal. Burdock root is "good and good for ya," as my friend Wendy would say. I used burdock root in three different recipes, all of which were easy and surprisingly delicious. I say "surprisingly" because the root's tough demeanor does not lead one to expect such a tender, almost sweet, delicate interior.

With burdock root, preparing it is half the fun. The Dane County Farmers' Market website instructs: "Scrub the root well, but don't peel—the skin contains the nutrition and flavor." I invested in my very first vegetable scrubber (\$1.99 at the co-op) for this project and found scrubbing burdock root to be invigorating and satisfying: the root quickly sheds its dark coat, revealing a lovely pale underbelly. I scrubbed so vigorously, so excited to be doing something that yielded such concrete results, that the counter and walls by the sink were splattered with black particles of burdock residue when I finally looked up.

The Dane County Farmers' Market site suggests burdock root be "steamed, stir-fried, or added to soups and stews," or used in other root recipes, such as those calling for "rutabagas, celeriac, turnips, etc." For my first foray with burdock, I chose basic "Burdock Chips," thinking that anything fried with oil and salt, including peelings of burdock root, was bound to be good. The results tasted like exotic, warm potato chips, reminiscent of shoestring potatoes, and caused Fred to burst forth in French. "Laissez les bon temps roulez!" he said. "It's good—it has a fast-food quality." Jonna twirled her first piece in the air and ate it without comment, then waved her hands together with urgency, her version of baby sign language asking for more.

The next dish I made was "Kimpira Gobo," which, according to Brockman of Conscious Choice, is the most popular way to prepare burdock root in Japan. Kimpira involves cutting burdock root and carrots into matchstick-size pieces and then sautéing them with sesame oil, soy sauce, and sesame seeds. When I threw the sesame seeds into the hot pan, they shot up like fireworks—no turning back now! Just at that moment of highest drama, though, Jonna woke up from her nap, so I sat with

her on my lap in a roller chair, reaching over my head to stir the contents of the pan while nursing. (I know not everyone keeps office furniture in the kitchen; with any luck it shouldn't be necessary.) I brought the kimpira to my baby group, and the moms all really liked it. My friend Daquarii particularly praised the texture for not being mushy. Because of this "good texture" we didn't feed the kimpira to our young toddlers, but older children who are open to trying new foods would probably like kimpira too.

The final dish I made, which was especially delicious, was also from Brockman's site, "Brown Rice with Burdock and Mushrooms." How often does one get to make a recipe that calls for whittling? This was my first time cooking with shiitake mushrooms, something I'd eyed in the produce department but never claimed as my own. Not having a container that could be used both on the stove and in the oven, I brought the rice mixture to a boil in a regular pot and then transferred it to a Pyrex baking dish, using a Pyrex pan as a makeshift lid, which worked fine. This recipe was easy like the others, though with a longer unsupervised cooking time; the burdock root here was soft enough for a toddler to eat but by the time dinner was ready, she was asleep.

Burdock Chips

—L'étoile Restaurant (Dane County Farmers' Market website)

burdock roots
vegetable oil
salt to taste

Make thin slices of the roots using a vegetable peeler. Fry slices until crispy in oil heated to 325 degrees. Remove from oil, and sprinkle with salt.

Hiroko's Kimpira Gobo

(Stir-Fried Burdock And Carrots With Sesame And Soy) (Adapted from Conscious Choice website)

2 cups prepared burdock
2 cups prepared carrots
1 Tbsp. vegetable oil
1 tsp. sesame oil
2 Tbsps. sesame seeds
1 Tbsp. soy sauce

1. Prepare the burdock and carrots in the same way, by washing and scraping the outer skin (don't peel), then cut into matchstick-sized pieces. As you're cutting the burdock, throw the pieces into a bowl of cold water to prevent them from turning brown in the air.

2. In a large skillet or wok, heat the vegetable oil and sesame oil together. When it's hot, sprinkle in the sesame seeds and cook, stirring, for about a minute.

3. Drain the burdock and add it and the carrots to the pan. Cook and stir over medium-high heat for about five to seven minutes.

4. Add soy sauce and continue stir-frying for about ten minutes. The burdock will change color from milky white to shiny gray/brown. It will be crisp, crunchy, earthy, and delicious.

Brown Rice With Burdock and Mushrooms

(Adapted from Conscious Choice website)

4 medium shiitake
1 Tbsp. vegetable oil (optional)
1 medium burdock root (about 1/4 pound)
Cold, salted water for soaking burdock root
2 cups cold water for cooking rice
1 cup long-grain brown rice
1 small carrot and/or parsnip, sliced
1/2 tsp. salt

1. Cut shiitake caps into thin strips.

2. Scrub burdock and whittle it off in slivers, placing them in cold salted water as you proceed. Soak five minutes. Drain burdock and place in a heavy ovenproof pan with 2 cups water, optional oil, mushrooms, rice, carrot, and salt. Bring to a boil, stirring occasionally.

3. Remove from the stove and cover. Bake in a 350 degrees F oven 45 minutes. Let stand 15-30 minutes. Uncover, fluff, and serve.

Spring Tonic Tea

(From Linda Kingsbury)

Combine dried burdock root with dried dandelion root, dried red clover blossoms, and dried peppermint. Add 1 cup boiling water to 1 tsp. dried root mix. Steep covered 1/2 hour.

REFERENCES

**Brockman, Terra. "Burdock Root." Conscious Choice. February, 2001. <www.consciouschoice.com/cooking/cooking1402.htm>

**Dane County Farmers' Market. "Burdock Root." <<http://64.224.162.148/dcfm/print/burdock.htm#>>

**Linda Kingsbury, Ph.D., can be reached at <drilindak@earthlink.net> or (208) 883-9933.

Judy Sobeloff was a Girl Scout until at least 8th grade and now hopes to find other recipes which call for whittling.

A Great Pretender: Tofu "Custard" Soup

By Jen Hirt

Here's a fancy soup for all you chefs who appreciate a flavorful vegan reinterpretation that will impress your dinner partners.

Although I've never had it, I guess traditional custard soup is a delicacy in Japan. While custard is delicious and arguably irreplaceable, it is also brimming with cholesterol from the eggs, which means that many people cross it off their lists. So when I found this recipe in my *Vegetarian Times* book, I was intrigued by how tofu could simply step in and substitute for an egg-like custard. The result, I'm pleased to report, is grand.

This recipe requires a few special objects. You need either four glass ramekins or four heat-resistant ceramic mugs. You also need a stovetop pot with enough space for the ramekins (or mugs) to sit flat, side by side. In my case, I had to use two medium pots (two ramekins per pot), which worked fine. You also need a blender or food processor and some aluminum foil.

Tofu "Custard" Soup

Serves 2-4

- 12 oz. of soft silken tofu
- 1 cup vegetable stock (mushroom stock suggested)
- 2 tbsp. soy sauce
- 3 tbsp. sake, white wine, or dry sherry
- 4 medium mushrooms of your choice, sliced
- 4-8 asparagus spears or a smallish zucchini, sliced
- 2 scallions, sliced into short, thin strips

In the blender, mix the tofu and the liquid ingredients until smooth, then set it aside. I chose a simple, cheap vegetable bouillon, Tamari soy sauce, and Riesling wine from the Camas Winery—a combination I recommend.

Thinly slice the vegetables. I used zucchini and plain white button mushrooms, but as soon as asparagus is in season, I'll give it a try. (I know zucchini isn't in season, but asparagus is the one vegetable that really is so much better in the spring—good enough to wait for.) Shiitake mushrooms also come recommended for this soup.

Layer the vegetables across the bottoms of the four ramekins or mugs.

Pour the tofu mix into the ramekins or mugs, until each is about 3/4 full. Tightly cover the containers with aluminum foil. Set them in the pot.

Fill the pot with enough water to reach halfway up the ramekins. Cover the pot and bring to a boil. Reduce heat and simmer for 40 minutes. Check to make sure there is enough water, or, conversely, that water isn't boiling up into the ramekins. Adjust as needed.

Removing the containers is a challenge. I used two large wooden spoons. Make sure you have a good grip—the ramekins will be wet and none too cooperative. Set them on a serving plate. Remove the foil and top with sliced scallions. Serve immediately.

This soup has quite a presentation. The tofu "custard" rises a little bit and pulls away from the edges, becoming its own floating entity within a light brown broth. The tofu stays amazingly soft, almost as if about to melt, with a texture that looks like bread. It takes on the flavor of the vegetables and broth.

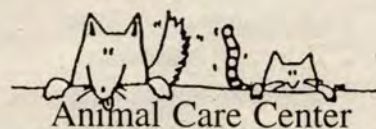
I served this soup with a plate of Ling Ling Spring Rolls (from the Co-op freezer section) and some sushi from the Co-op deli. It was extremely enjoyable, and in the end, not that difficult to prepare.

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

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Large & Small Animals

Nancy Maxeiner, D.V.M.

Finding Fiber in a Fast Food World

By Chelsy Leslie, RD

We're probably all familiar with the fact that fiber can help keep you "regular." But fiber's role goes far beyond maintaining normal bowel health. Although fiber is not digested or absorbed into the bloodstream, it has an important job to play in keeping us healthy and preventing disease.

There are two types of fiber: insoluble and soluble. Insoluble fiber (AKA 'roughage'), found in wheat bran, vegetables and whole grains, helps move waste through the intestinal tract. This can help prevent constipation, diverticulosis, and hemorrhoids. It may also protect against colon and rectal cancers.

Soluble fiber can be found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables. It can lower cholesterol levels which, in turn, may reduce your risk of heart disease. Soluble fiber is also important for people with diabetes—it slows the absorption of carbohydrates and therefore helps to maintain steady blood sugar levels.

In addition, foods high in fiber are generally low in fat and sugar, and high in vitamins and minerals. High-fiber foods can also keep you feeling fuller for longer, which may be useful for people trying to maintain or lose weight.

Unfortunately, Americans' diets are very low in fiber. We often choose a lot of refined grains, convenience foods, and very few fruits and vegetables. The current recommendations for fiber are 38 grams per day for men under 50 years of age, and 25 grams for women under 50. Due to reduced food intake, older men should consume 30 grams of fiber and women should consume 21 grams per day. Sadly, most Americans have only 10-15 grams per day! As a nation with high rates of heart disease, diabetes, obesity, and cancer, we cannot afford to continue choosing diets low in fiber.

Are you eating enough fiber? Pay attention to food labels to assess your fiber intake. Fiber is listed with the nutrition facts information under "Total Carbohydrates." If a food has 3 grams of fiber per serving, it is considered a good source of fiber. If it has 5 grams of fiber per serving, it is a great source. The next time you are at the Co-op, spend some time searching for high fiber foods. Generally, the more processed the food is, the less fiber it has. For instance, an apple with peel has about 3 grams of fiber compared with no fiber in apple juice.

A few words of advice... If you are planning on increasing dietary fiber, add it gradually over a period of a few weeks to avoid abdominal discomfort. This allows the intestinal bacteria to adjust to the change. Also, drink plenty of water. This helps fiber move through the digestive system.

Here are a few fiber-boosting tips:

1. Breakfast is a great time for fiber. Choose a cereal that has at least 5 grams per serving, and add a piece of fruit.

2. Add beans to your salad or have a cup of chili for lunch. Each 1/2-cup of beans contains 3-4 grams fiber.

3. Choose whole wheat bread, which has 2-3 grams of fiber per slice. Be sure the first ingredient listed is whole wheat flour (brown bread is not necessarily whole wheat).

4. When you have a baked potato, eat the skin too. There is about 3 grams of fiber in just the potato skin.

5. Munch on berries, apples, pears, and oranges. If you eat two servings of these a day, you'll add 7-8 grams of fiber.

Have a food or nutrition question? Send it to crleslie123@hotmail.com.

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

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Art Opening at the Co-op

By Ryan Law

The Moscow Food Co-op is pleased to introduce the pencil drawings of Lexie Forbes and Terri Walters with an opening reception on March 14, from 6 p.m. to 7 p.m. The show will run through April 3rd. The Moscow Food Co-op Art Gallery is located near the Deli in the co-op.

Lexie and Terri both grew up in Palouse, Washington. They developed a childhood friendship that has lasted decades. Lexie now lives in Moscow with her husband, while Terri and her family live in Colton. Terri is currently a student at the U of I studying art. Lexie pursues art at home and with community art programs.

Lexie states "that making art is simply worship. It's a way to be quiet and listen to God. Through art, I express thanksgiving, desire, grief, hope, and joy. It's prayer and praise, humility and exaltation. I want my work to be prismatic in a sense, to refract the pure essence of the subject and reflect a rainbow spectrum of goodness. My goal as a human being and as an artist is to walk in truth and minister grace.

Terri says of her work, "The process of making art is for me, a way to step back from the mad rush of time and activity and take hold of the moment. For myself, art is not about creating but instead an attempt to capture unique moments of clarity and give them form. I'm driven by curiosity. My philosophy is "So much to learn and try; so little time." For this reason, I would not want to narrow my subject matter, my style, or my media. Learn-

ing to see as an artist trains me to redeem a few of those fleeting moments before they are lost. I hope that my art, in turn, will cause the viewer to be more aware of the beauty in the common things of their familiar world, to become curious about the things we all take for granted, and to stand amazed at the "extra-ordinary."

Please join us in welcoming these artists during an evening of fine art and good pizza, on March 14. The Moscow Food Co-op is located at 211 East Third Street and is open daily from 8 a.m. to 8 p.m.

One final note to all the volunteers at the Co-op: we will have an art show of your works and creative expression in the summer, so start creating, all are invited.

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Samosas An Indian Treat Stuffed with Curried Potatoes, Peas, Onions and Jasmine Rice Served with Chutney and Yogurt Sauce	Mondays	Enchiladas <small>By request!</small> Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce
Mom's Macaroni & Cheese With creamy Sharp Cheddar Sauce	Tuesdays	Stuffed Manicotti Organic Manicotti Shells stuffed with Ricotta, Veggies And Parmesan topped with a Portabella Mushroom Marinara. Served with Garlic Bread
Coconut Curry Stir Fry A Rainbow Of Organic Veggies And Tofu In A Spicy Curry Sauce Served Over Rice Noodles	Wednesdays	Egg Rolls Loaded with Savory Veggies, Served with Fried Rice and Plum Sauce or Spicy Mustard
Smothered Burritos Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onions, Sour Cream and Guacamole and smothered with homemade New Mexico Red Chile Sauce Choice of Spicy Tofu, Cheese or Smoked Turkey	Thursdays	Mushroom Stroganoff Creamy Mushroom Sauce with Paprika and Sour Cream, Served with Egg Noodles and Garlic Bread
Spicy Thai Peanut Stir Fry Organic Broccoli, Carrots, Red Cabbage, and Red Bell Peppers and Tofu served over Organic Brown Rice	Fridays	Gourmet Pizza by the Slice 5:00pm
Breakfast Burritos Home Fried Organic Potatoes Tofu Scramble	Saturdays	Gourmet Lasagna Stacked! With Veggies, Cheese and Cook's Choice of Sauce

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On the Water Front

By Dianne French

On February 3, 2003, City of Moscow Public Works Director, Mark Cook, held a Water Workshop for City Council Members. Originally scheduled for 4 to 7 p.m., a schedule conflict ended the meeting at 5:30 p.m. Mr. Cook presented the Water Resource Inventory Area 34 Planning Process (acronym is WRIA, pronounced why'-ra). Responding to a water rights backlog, the Washington State Legislature created the Washington Watershed Planning Act (RCW 90.82) to provide a framework for developing local solutions to water issues on a watershed-by-watershed basis. Local participants can include City, County, and State governments and agencies, local citizens, tribal agencies, Conservation Districts, and others. There are three phases to the process (organizational, assessment, and planning) and each phase is funded through the Washington legislature. Because our watershed geographically includes both Washington and Idaho, Washington has invited Idaho stakeholders to participate. Potentially, participation will lead to a genuine assessment of our watershed and to

agreement from both sides of the state line on how to manage this resource. For additional information, see <<http://www.wa.gov/ecology/watershed>>.

Update on Naylor Farms:

In a January 20, 2003, response to the City of Moscow's request that Naylor Farms LLC demonstrate they will not have an adverse impact on area groundwater, Robert Lemke, Vice President of Naylor Farms LLC states, "We believe your proposal is contrary to existing state law." His response also states that "a comprehensive study of this magnitude should be conducted by the State of Idaho, not a family farm applicant."

However, the Idaho Department of Water Resources (IDWR) requested information from the applicant on December 6, 2002, which the applicant has yet to supply. Additionally, in a February 4, 2003, letter to an intervener, Mr. Lemke states that Naylor Farms has reduced the amount of water requested to under 5 cfs (from 14.35) to "irrigate not more than 199 acres in any given year, and to develop a commercial process for coating clay particles with polymer

for use as an organic pesticide." That letter also states their offer to "use recirculated water from the sewage treatment plant at Moscow in lieu of ground water." How the treated effluent would be delivered to the farm from the Wastewater Treatment Plant is not discussed. Supporting documentation for the reduction in the amount of water requested was not found in a search of the IDWR water right applications website <www.idwr.state.id.us>.

Update on Health and Environment Commission:

Moscow has eight advisory commissions to assist the City in decision-making. Most commissions meet monthly. Each of them has a staff liaison and a council liaison to keep communication open in both directions.

One of these commissions is the Moscow Commission on Health and the Environment (H&E). H&E's duties include developing procedures for notifying the public of an air pollution alert; developing programs for protection of water quality; overseeing programs related to the waste stream and erosion and sediment control; and other health- and environmentally related issues. Pullman has a similar group called the Environmental Quality Commission.

H&E can have up to nine members. Currently six are serving. Persons interested in serving on this or other commissions can submit a letter of interest to Mayor Comstock, PO Box 9203, Moscow ID 83843, or an email to City Supervisor Gary Riedner at <griedner@ci.moscow.id.us>.

For 2003, H&E has been asked to design a water efficiency plan for the city. This task will involve much work, but we do not need to reinvent the wheel as there are water conservation programs in place around the world. However, the plan must recognize that the Grande Ronde aquifer is a declining, non-renewable resource, ensure water for future generations, and should help guide growth and planning issues for the future. If you have suggestions or comments for the commission at this early stage in the process, please email them to <pwn@pwn.org>. As our draft plan develops, we will be seeking input in a more public way.

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



In last month's Co-op News we reported on the first of two village Bicycle Project workshops sponsored by the Co-op. Pictured here from the second workshop, are twenty people from Liati Wote, Ghana, with the discounted bikes they just purchased, having completed VBP's day-long workshop on bike repair and maintenance. If you look closely, you can see the "Thank You Moscow Food Co-op" sign. VBP is looking for a few good bikes to send to Ghana, to give the people there a low-cost, pollution-free alternative to transport, and a speedy alternative to walking. Transportation was already difficult before the government recently doubled the price of fuel. The call for bikes continues through March 9.

Moscow Civic Association Meeting and Party

By Lois Blackburn

In response to many requests from parents and teachers, the Moscow Civic Association topic for the February 10 meeting was the state-mandated tests for public schools. Dr. Cindy Bechinski, curriculum director for the Moscow School district, gave a presentation on changes in Idaho's testing and accountability.

First, she gave the good news: the new approach to testing is computerized and responsive to a student's level of performance. The results are therefore detailed and helpful in determining a student's achievement level and needs.

Then, the bad news: Scores on tests at the high school level may be used to determine whether or not a student will graduate. This means that even if a student is passing all courses but performs poorly on standardized tests, he or she would not graduate. Graduation might then be deferred simply because the student suffers from test anxiety or is having other stresses in his/her life. There is also the question of how students with learning disabilities could be accommodated.

Dr. Bechinski suggested that anyone with concerns about this should

contact the Idaho State Board of Education right now, since decisions are being made about the tests and how they will be used.

Then a party! Following the presentation, the meeting became a party for all present, with plenty of potluck food, great music from the band Steptoe, dancing, and good conversation.

The next meeting of the Moscow Civic Association will be on Monday, March 10, at 7 p.m. in the 1912 Building. The program will be a panel discussion entitled "Whose Water is It? Our Aquifer and Sustainable Development." Five speakers will discuss various aspects of current concerns about the aquifer: the known geology of the area, the details of the current controversy regarding the request by Naylor Farms for rights to large amounts of water, and what can be done in the future to ensure conservation of the aquifer for future sustainable development. The meeting is open to all persons interested in the Moscow Civic Association and the presentation on the aquifer.

Lois Blackburn is the president of the MCA board.

PCEI Benefit: Movie at the Kenworthy

By Bryan E. Burke

The symbolism of water and nature has been especially powerful in the human story. When Norman Maclean wrote "A River Runs Through It," he tapped into what nature can teach us. Fly-fishing is symbolic of life. If you learn to do it well, to understand and respect the river, the fish, and yourself, you will have attained the skill and wisdom to live a good life.

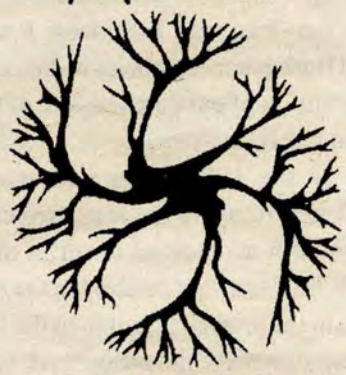
The Palouse-Clearwater Environmental Institute will show the "A River Runs Through It" as a fundraiser on Saturday, March 29th, at the Kenworthy Performing Arts Center, on Main Street in Moscow. Show times are 7:00 p.m. and 9:30 p.m.

A 'river' flows through our lives on the Palouse as well. That river is, of course, Paradise Creek, and it has taught lessons and given many children fond memories of exploring nature and discovering themselves. PCEI uses Paradise Creek as a teaching laboratory in its Environmental Education Program. Also, with the help of its members, the community, local businesses, and local agencies, PCEI has been conducting stream restoration work on Paradise Creek-

planting trees, firming up banks, and adjusting channels to their natural meander.

Our goal at PCEI is "Connecting People, Place, and Community." If you have any questions about PCEI or the movie, please call our office at (208) 882-1444 or visit us online at <http://www.pcei.org>.

Dana Hoaglund
Arborist



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I Wish

By CeCe Hammond, age 12

I wish, I wish
that I could fly,
high into the endless sky.
Higher and higher I would go,
and mysteries before me lie.

I wish, I wish
that I could swim,
to the ends of the earth and
back again.
And ever farther I would go,
and my journey I'd begin.

I wish, I wish
that I could see,
all the plants, animals, lands,
and seas.
That go beyond the western
skies,
and all the things farther on
there be.

I wish, I wish
that I could fly,
high into the endless sky.
On forever I would go,
and memories I'd leave be-
hind.

Please come to the Co-op's Annual Membership Meeting

When: March 28, 6pm,

Where: The American Legion Hall

What: The Coop will provide food and keg of root beer

How much: \$.50 for adults and \$2.00 for anyone under 12 years of age. Tickets sold will benefit the Chantra Melior Medical Fund.

Tickets must be purchased by March 20th

Reviews

Book Review: Spider's Web:

The Secret History of How the U.S. Illegally Armed Iraq
By Shannon Soignier

Although written in 1993, "Spider's Web: The Secret History of How the U.S. Illegally Armed Iraq" by Alan Friedman is important for understanding the pending war in Iraq and U.S.-Iraqi relations. "Spider's Web" exposes a clandestine world that was created in order to supply Saddam Hussein armaments during the Iran-Iraq war. Presidents Reagan and Bush pursued policies in direct contravention of existing law and of their own public statements.

In the 1980s, war had erupted between Iran and the Iraq, two countries both considered enemies of the U.S. Iran, having overthrown the Shah and in the process humiliated the U.S., was judged to be the greater evil. While contending that it was neutral, the U.S. tilted to Iraq and Saddam. William Casey, head of the CIA at the time, was the strongest proponent of assistance to Saddam.

Many in the White House and in the State, Treasury, Defense, Commerce, and Agriculture Departments were shocked and firmly opposed to this policy. But in both the Reagan and Bush administrations, a green light for Saddam's purchases permitted him to create a formidable high-tech military machine. Sales of almost any item were permitted including components for atomic, biological, and chemical weapons. All of these activities were in direct violation of existing laws and regulations relating to the transfer of military equipment.

To pay for this equipment Iraq obtained loans guaranteed by the U.S. federal government. What was unique about the loans is that they were arranged by the U.S. Agriculture Department. Iraq was buying American food, then reselling it at a profit, and using the proceeds to purchase armaments. Numerous ordinary individuals were drawn into the periphery of this operation including a salesman who spoke Arabic and worked for a supplier, a trucker who hauled British supplies to Europe and the Middle East, and a banker at an Atlanta bank that

processed all the loans. Each profited from the arrangements, but all eventually grew wary of the operation and suffered for their involvement.

President Bush and James Baker were actively pushing their pro-Iraq policy in the summer of 1989 when these undercover operations began to unravel. When Saddam invaded Kuwait, the policy was suddenly reversed. Saddam became "Hitler," and the White House now embarked upon a cover up—but too late—the clandestine operations were leaking out.

Henry Gonzalez, head of the House Banking Committee, pressed for public hearings. The Commerce Department's top export official was fired when he appeared before the committee and told the truth. An independent counsel friendly to the administration was hired whose findings provided a whitewash of the affair. But loose ends still remained.

The book provides ample notes of sources to support the statements. In addition, there are three appendices of actual relevant documents. Two presidents knowingly violated their oath of office. They defied critically important laws dealing with the national defense of the country. They armed, with the most sophisticated weapons, a rogue state, a potential enemy, a country that did, in fact, become an enemy and has been embargoed in order to remove those armaments.

It is unfortunate that a scandal of such monumental proportions did not get proper news coverage. The cover up was not 100 per cent effective. But the news media, which continually exploits an O. J., a Princess Diana, or an Elian story for days on end on the front page or as the lead item on television and radio, gave this major scandal scant coverage.

This book is available at the Moscow Public Library.

Shannon Soignier is an RN and 3rd year law student with a BA in International Relations who enjoys playing basketball and blues guitar.

Book Review: On Turning 65

Reviewed by Bill London

Following the example of one of his heroes, Thoreau, author John Jerome wrote a memoir, or journal, of a significant year of his life—the year he became 65. Jerome's musings in the book, appropriately titled, "On Turning Sixty-five," provide an absorbing look into the future for those of us who are nearing the official retirement age.


I borrowed the book from Moscow mainstay Jim Prall. Actually, Prall pushed the book into my hands. Prall is older than I am, and as a revered elder, I do pay attention to everything he says. Usually. OK, sometimes. (If you have a few hours, ask Prall about the timing of his own birth. He will explain how he was born—in January of 1945—just before the demographic tidal wave called the Baby Boom which began officially with the end of

WWII in August of 1945. I think Prall has assumed that his seniority as a pre-Boomer provides license to pontificate on all things temporal. Of course, for our own good. And in this case, Prall was right about this book.)

John Jerome's book focuses on the physiological and the emotional changes that accompany aging. He finds that he has much less interest in his possessions and he spends much more time at home involved in his own world, seeking the wisdom and the answers he needs for the next big adventure.

If you are planning on becoming 65 years old, this is a good book to help point you on your way.

Bill London edits this newsletter and will be excited to spend this month with his visiting daughter.



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UNIVERSITY OF IDAHO

Anima
Wednesday,
March 26, 2003
8:00 PM in the
UI Auditorium

Students: \$8, Seniors: \$13, General: \$15
Tickets on sale at UI Ticket Office, 885-7212
(If concert is not sold out, tickets are available at the door with a \$1 surcharge.)

For more information: www.ets.uidaho.edu/concerts

Letters

Letter to the editor...

Soy seems to be a big shelf-space resident at the co-op. Soy is just everywhere. As soy gains more and more popularity through industry advertising, I am moved once again to raise a voice of concern. As long ago as 1966 there was considerable research on the harmful substances in soybeans. Today, it is hard to find articles that claim soy is anything short of a miracle-food.

Soy, like canola, has some very interesting characteristics and effects on living systems. For example, it forms latex-like substances that agglutinate the red blood corpuscles. Soy and canola antagonize the central and peripheral nervous system. An additional hazard of canola is that it is too monounsaturated and has a component, that at 2% concentration, is a toxic substance to the liver. Chemicals in soy have been identified as increased risks for the risk of breast cancer in women, brain damage in both men and women, and abnormalities in infants, as reported by two USDA scientists. The "poster bean of the 90s" may shrink the brain, a problem associated with Alzheimer's.

Other soy concerns have been identified, and here are a few:

- Two separate studies, one in animals and the other in humans, suggest that a diet high in soybeans and other legumes during pregnancy and breastfeeding may have a subtle but long-term impact on the development of children.

- Pregnant women who ingest a large amount of soy increase the risk of in-utero exposure to genistein and increased incidence of breast tumors.

- Soy, like its botanically related cousin the peanut, can be responsible for severe, potentially fatal, cases of

food allergy, particularly in children with asthma who are also very sensitive to peanuts. It is one of the most highly allergic foods.

- Supplements that contain concentrated phytoestrogens — plant-based estrogens found in soy — do not appear to improve mood, memory or menopause symptoms in women over age 45.

- Environmental scientist, Dr Mike Fitzpatrick, warns about the risk of thyroid disease in infants fed soy formulas, high soy consumers and users of isoflavone supplements. Soy is known to suppress thyroid function (thyroid problems are found currently in 68 - 90 percent of people, which may mask serious health conditions).

Contrary to industry prophets, Asians eat very little soy, and it has never been a staple there. A study of the history of soy use in Asia shows that the poor used it during times of extreme food shortage, and only when the soybeans were carefully prepared (e.g. by lengthy fermentation) to destroy the soy toxins.

Perhaps this information will help you make more informed decisions about the food you eat.

*Gayle Eversole, DHom, Ph.D.,
MH, RN*

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

Letter the editor:

Vou Morar em Mocambique

By Liz Bageant

For those of you who are frequent Co-ops, you may recognize me as the former green-haired, red-haired, pink-haired deli server. I served in the Deli off and on for a year-and-a-half between various travel adventures.

Since October, I have been living in western Massachusetts and training with the Institute for International Cooperation and Development (www.iicd-volunteer.org). In March, I will be going to live for 14 months in Africa. I will spend 12 months volunteering with an HIV/AIDS project in Mozambique and then two months in Durban, South Africa putting together follow-up materials.

In Massachusetts, I have been learning Portuguese (the colonial language of Mozambique), reading books about development, Mozambican culture and history, and HIV/AIDS. I live with approximately 30 other people from around the world who are also training to do various projects in Angola, Nicaragua, Guatemala, and Brazil as well as Mozambique. We are a diverse group with people from Japan, Nepal, Finland, Sweden, Denmark, Germany, France, England, Nicaragua, Brazil, Israel, Iceland, and more! It is absolutely fabulous to live with so many different cultural influences! I will continue my training in Massachusetts until March when I will come back to Moscow for a short visit before leaving the country.


I recently received my placement in Mozambique and, of course, I am very excited! I will be living in a community called Boane outside of Maputo, the capital. I will be working with local volunteers to start and run community programs that target groups of people at high risk for contracting HIV. High risk groups include women, pregnant women, people aged 13-19, and men working away from home as truck drivers or migrant workers. Right now, Mozambique has an estimated infection rate of 20-25% of the population and virtually everyone falls into at least one high-risk category.

HIV, as many of you already know, is having a devastating effect on sub-Saharan Africa. When the virus is introduced into a community, it

affects every level of society from the family structure to the local and regional economy. When someone is infected with HIV and becomes sick, the burden of care rests solely on the family, and usually the women or girls. Health care for someone infected with HIV is virtually non-existent by our standards. In Mozambique there is no access to anti-retroviral therapy (ARV) for anyone who is HIV+. Hundreds of thousands of children are orphaned every year due to HIV/AIDS, which puts a strain on the communities in which they are orphaned. The government is often unable to provide assistance for these children and the people who care for them. There is an extreme shortage of teachers in Mozambique and other sub-Saharan countries. In Angola the goal is to train twice as many teachers as they need because they expect half of them to perish from AIDS!

According to the World AIDS Conference in Barcelona this year, stigma is the largest obstacle in stopping the spread of the disease. In the United States, stigma is still a problem, though we have come a long way, thanks to a well-funded extensive education campaign. In Africa, it is very difficult to address issues relating to sex and HIV/AIDS in a culturally appropriate way, especially for someone from another culture. This is one of the reasons why we work with local volunteers. No matter how easy it is to access treatment, counseling and support, if the people are not able to talk about the disease, it will continue to devastate their communities.

The Institute for International Cooperation and Development is a non-profit, non-governmental organization and relies upon donations to cover the costs of training volunteers like myself. I am responsible for raising the necessary funds to live at the campus in Massachusetts as well as cover my vaccinations, health insurance, and airfare. If you are interested in donating, it is tax-deductible and very much appreciated! Please send checks payable to IICD to: Liz Bageant, c/o IICD, P.O. Box 520, Williamstown MA 01267. I will mail you a tax-receipt upon request.

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No hormones.
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News from the West

By Auntie Establishment

I am tired of writing about Iraq. I am tired of thinking about Iraq. I'm tired of marching, protesting, arguing and explaining why I think this particular military action at this particular time is a very bad idea. George W. Bush doesn't care what I think. He doesn't care what you think. He's going after the bad guy who tried to kill his daddy, and who can fault him for that? If life were a Western, he'd be Kim Darby in *True Grit*. Of course, Kim Darby's vendetta didn't cost \$100 billion or split the NATO alliance, but then she had John Wayne on her side. We've got the dregs from a bar-room fight scene.

Slovenia, Macedonia, and Croatia are right behind us. Hooray—that would be Gabby Hayes, Slim Pickens, and Walter Brennan. Charming countries, perhaps, but about as useful as a Baptist in a brothel. France and Germany, the big guns of the European Union, have made their objections plain. We're advised, however, to take no notice of them. Our Secretary of Defense, Donald Rumsfeld, dismisses them as unimportant "Old Europe." Just who, exactly, are we trying to appeal to? Pre-pubescent Europe? Midlife-crisis Europe? A couple of pimply-faced teenagers in downtown Budapest?

Sure, we have the support of Great Britain's Tony Blair, but how long will Mr. Blair be Prime Minister? His constituents loudly dismiss him as "George Bush's poodle" and between one and two million of them took to the streets on February 15th to protest the possibility of war in Iraq. Silvio Berlusconi of Italy and José Maria Aznar of Spain, both of whom have declared their support for the Bush policy, are facing an equally hostile citizenry. Will regime change in Iraq mean regime

change in Europe? So much, then, for Mr. Bush's "alliance of the willing." We'll have an alliance of the deposed.

Saddam Hussein is a tyrant. He's a brutal dictator, a bloody-minded despot, and he would greatly improve the world by departing it. There is no contradiction in understanding this and opposing war in Iraq. There are ways to handle Saddam that don't involve carpet bombing the Iraqi people. The problem is that George Bush sees the world in black and white. "You're either with us or against us" is more to him than cheesy rhetoric cribbed from the Lone Ranger and Lash LaRue—it's the sum total of his foreign policy. It's easy to grasp and it's easy to sell. A recent Knight-Ridder news poll showed that more than fifty percent of Americans don't know the difference between Iraq and Al Qaeda, that they believe at least some of the September 11th terrorists were Iraqis. (In fact, none were. Most were citizens of our official ally, Saudi Arabia.)

Look around at your fellow Americans. Half of them can't tell Saddam Hussein from Osama Bin Laden. They just know that we're going after some Bad Ass in a far-away desert. The fact that half of all registered voters in the United States don't bother to cast ballots used to strike terror into my civic-minded heart. Now, I'm beginning to wonder if that's not a blessing.

I never thought I'd say this, but I long for Rooster Cogburn. We need someone to keep Kim Darby in check, even if it's just a one-eyed drunk who keeps falling off his horse.

Auntie Establishment is the alter ego of Joan Opyr, a Moscow area novelist. She can be reached at <auntiestablishment@hotmail.com>.

Nonviolent Communication: A Pathway to Peace

By Gayle Newman

On February 15th, millions of people around the world gathered in the name of peace. They gathered in Moscow's Friendship Square, Rome, Tokyo, London, Amsterdam, South Africa, Madrid, Berlin, Paris and Dublin to protest a U.S. invasion of Iraq.

These massive marches and protests had an immediate impact on the war machinery. The Associated Press reported that in the aftermath of this global day of protest Britain and the United States began rewriting their resolution to the United Nations originally intended to authorize force against Iraq.

But are protest marches enough to transform international conflict into peaceful dialogue? Protests are essential and necessary to capture the attention of our leaders but a new way of communicating is needed in order to create peace. Somewhere behind the rhetoric of President Bush and Saddam Hussein are universal feelings and needs. If we had the opportunity to understand and connect with these needs we would stand a better chance of finding a peaceful solution.

Marshall Rosenberg's model of Nonviolent Communication (NVC) has the transformational power we need. This new language, what Rosenberg calls a language of the heart, has the power to melt conflict. The model is simple. It is about honestly expressing and empathetically hearing observations, feelings, needs, and requests. The practice of the model is not so simple.

Rosenberg outlines these communication techniques in his book, "Nonviolent Communication, A Language of Compassion." According to Rosenberg, communicating at this level can solve both interpersonal conflict and international conflict. He should know. He has worked his NVC magic around the world in places like Serbia and Rwanda.

Again, I am not advocating that we disband with protests and political activism. I am advocating that we do more. We need a new way to communicate that can bring peace here at home and abroad.

Here on the Palouse we have a unique opportunity to learn more about

this language of peace and hope. On April 18th and 19th, Douglas Dolstad is conducting a workshop on Nonviolent Communication at the Unitarian Universalist Church of the Palouse, in Moscow. Dolstad lives on Vashon Island in Washington State and is one of 100 certified NVC trainers worldwide. Dolstad will be teaching the basics of NVC and how to practice the model in those situations where it is hardest to hear with compassion. How many of us can sustain peaceful and respectful dialogues with our bosses, co-workers, children, and partners in the face of conflict? Our families and our workplaces can be training fields—boot camps for peace. Nonviolent Communication is the language that can bring us the peace we are marching for.

Gayle Newman resides in Moscow. She likes crockpots, blues music, and chardonnays. 'MacNewman' will be her alias when she moves to Scotland in July.

Nonviolent Communication Workshop

Speaker: Douglas Dolstad
Location: Unitarian Universalist Church of the Palouse, Moscow

April 18th 7:00–9:00 p.m. Introduction to Nonviolent Communication

April 19th 9:00–12:00 noon NVC Parenting (open to everyone)

April 19th 1:00–5:00 p.m. Deepening Understanding and Practice of NVC

Register at the door. There will be a suggested contribution for each portion of the workshop, but no one will be turned away for lack of funds.

The Center for Nonviolent Communication wishes to nurture an economy based upon the life affirming value of giving and receiving from the heart. Therefore they have chosen to make NVC training available by donation.

For more information contact Veronica Lassen (509-334-0326) or Gayle Newman (208-892-1512)

Got a Sweet Tooth?
Have a Cookie!



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

The Cost of Fair Trade

By Julia Piaskowski

In the western highlands of Guatemala where I now live, the coffee harvest is nearing completion. It usually runs December-February, followed by extensive processing to prepare the beans for export. During harvest time, campesinos (poor and mostly indigenous rural peasants) pick coffee for fincas (plantations). Once, it was common for communities of about 50 families to live on a coffee finca, tending the land and plants year after year. Living their entire lives on the land that provided for them, people of these communities were born, lived and died on the finca.

But coffee prices have plummeted since 1995. Many finca owners have abandoned their property, leaving dependent communities homeless and without income. Other finca owners responded to low coffee prices by removing entire campesino communities from their property, hiring temporary labor and fewer workers.

As a result, many men leave their communities on the morning bus lines, traveling to nearby cities, hoping to find day labor to support their families. But jobs are scarce and difficult for campesinos to obtain. Guatemala's unemployment rate is high. The U.N. estimates 71% of the rural population lives in destitute poverty. Illiteracy rates in coffee regions often reach 99%.

Most campesino communities live in small cement houses, often supplemented with corrugated tin shacks for cooking. Electricity is a recent development here. People eat mostly beans, rice, eggs and, of course, tortillas with every meal. Meat is a special treat eaten occasionally. Fruit, except for the ever-present banana/plantain, is expensive and never consumed. The leading cause of death for Guatemalan children five-years-old and younger is malnutrition. As coffee prices continue to drop, the campesinos' living conditions worsen.

Currently the wage for picking 100 pounds of coffee in the highlands—a day's work—is 18 quetzales (roughly \$2.30). Although the cost of living in Guatemala is less than that in the US, those wages do not meet basic needs such as food, clothing, blankets, and medical services. Children here often start working to support their families in their early teens.

Fincas usually sell their unroasted beans to exporters who sell the coffee to brokers/middlemen before the

beans even reach companies that roast and sell coffee to consumers. In this manner, most profits go to middlemen and roasters, with very little benefiting growers and coffee workers. The four largest roasters in the US are Kraft, Nestle, Sara Lee, and Proctor & Gamble.

Coffee is Guatemala's biggest export and hard currency earner; worldwide coffee demand remains high. But solutions to Guatemala's coffee problem are complicated. Reducing supply to increase prices worldwide would help, but requires cooperation from several entities like governments, the I.M.F., and commercial coffee buyers like Kraft or Nestle. These institutions could also help by removing tariffs and increasing commercially grown coffee's quality.

But many Guatemalans are not placing their faith in these institutions to address this problem. Consider the Santa Anita Finca, a cooperatively owned organic coffee and banana farm owned and run by former guerillas of the 36-year civil war that ended in 1996. It is certified fair trade by the international Fair Trade Labeling Association. Fair trade certification guarantees that farmers receive a minimum of \$1.26/lb of coffee, which can be 3- or 4-fold what they would make otherwise, of which even less trickles down to the workers.

We, as consumers, can help improve coffee workers' lives by insisting on Fair Trade-certified coffee whenever we buy coffee. TransFair USA works with the international Fair Trade Labeling Association ensuring importers pay fair coffee prices and that profits are used to benefit coffee-dependent communities. The Co-op carries a wide variety of Fair Trade coffees. The Co-op Deli serves Fair Trade coffee.

It is important to remember, when we drink coffee we cultivate an important relationship with members of another community—perhaps in Guatemala. If we enjoy the delicious 'fruits' of their labors, the least we can do is show appreciation and respect for these communities by ensuring they receive a fair price.

Julia Piaskowski is a lifetime resident of North Idaho and a regular at the Co-op. She is currently studying Español in the Guatemalan highlands, a major coffee-producing region.

Comfort Food and Comfort Religion

by Carol Price Spurling

I was telling a new friend last week that I go to church on Sundays and take my son along so he can play with other kids and also hang out with the teenagers that help in the nursery there.

"I don't know why I go—I like the music, I guess, and it reminds me of when I was a little kid—but Reed gets to be with so many people he otherwise wouldn't," I explained.

Now my lame disclaimer is making me squirm. Truth is, I know exactly why I go. I do love the music, the organ, the hymns, the bell choir, but I also want my son to have the opportunity to grow up in a spiritual community and feel a part of it the way I did when I was young. I went to church so often and so regularly for the first 18 years of my life it feels almost perfectly right to be there again. Almost. After 16 years of avoiding church it's hard to jump right back in, and although the words are all so familiar, it's the beliefs that I don't know about anymore. It's hard to forget the reasons why I left the church in the first place. The short version of that story is that self-righteous folks started lobbing proverbial stones. They weren't aiming for me, but it still stung.

When I decided to put this behind me and try again, I made the rounds of several churches in the area before picking the one that I thought I could live with over the long term. The fine points of doctrine had nothing at all to do with my decision. Instead, I was making check marks by my mental list: old beautiful building? Check. Large, vibrant choir? Check. Good childcare? Check. No fire and brimstone altar calls? Check. No "we're right and everyone else is going to hell" hypocrisy? Check. But that's about as far as my theology has gotten, so far.

Fortunately church attendance is a little like shopping at the Co-op. Anyone can go in, and although you probably get more out of it if you're a member, everyone is glad to see you anyway and you don't have to sign a statement of beliefs in order to be there.

My hope is that Reed won't feel the need to break away from religion when he comes of age, as I did. But if he does, I promise (!) not to stand in his way.

The pull to go to church is a strange thing. I didn't feel it until I had a child. Indeed, parenthood brought on many visceral urges I didn't expect to

feel, beginning when I was two months pregnant and craving hamburgers. After being mostly vegetarian for 15 years this was a little weird, to say the least.

Since then I've been cooking a lot like my mother. Green bean casserole. Pot roast. Fried chicken. Even Jell-O, for goodness sake. The vegetarianism and agnosticism of my childless twenties seems like a long time ago.

I know I'm not doing the intellectually rigorous thing. I know that there is a fine line between raising a child to appreciate your family's values and traditions, and teaching him that there's only one right way to live. But, like my baby, emotional comfort is what I'm after.

I do many things differently than my parents, but I hope that Reed will grow up in essence as my siblings and I did, knowing we were loved and safe, knowing where we were, knowing that what they passed on to us in values would serve us and others wherever we went in the world. The comfort we knew as children stays with us everywhere, and I, for one, continue to seek the source of it for myself and my family.

If that means setting myself down in a pew for a sermon most every Sunday morning, and eating something out of a crock pot for dinner afterwards, I say, *Amen*. And please pass the gravy.

Another reason that writer Carol Price Spurling likes her church is the opportunity one of its members gave her several months ago to sign a "Not In My Name" petition against going to war in Iraq.



Bulletin Board

MOSCOW FOOD CO-OP

Moscow Food Coop
221 E. Third ST
Moscow ID 83843

Free music at the Eastside Marketplace

March 1, 1 – 3pm, Mardi Gras for kids
March 7, 6 – 8pm, Noi and Friends
March 14, 6 – 8pm, Lite Country Folk
March 28, 6 – 8pm, Vertigo Jazz

Elk River Falls Snowshoe Trip

Sunday, March 2. Meet at Rosaura Parking Lot at 9am to carpool.

Friends of the Clearwater <foc@wildrockies.org> Hiking the Original Lewis & Clark Trail. Hike with long-time Clearwater residents and local historical experts Gene & Mollie Eastman along the original Lewis & Clark trail near Fish Creek & Dollar Ridge. Friday Evening – Sunday, June 13-15 — reserve your spot on the trip today! Limit 25.

“The Palouse Through a Natural Heritage Lens”

Thursday, March 6, 7pm, Latah County Courthouse Room 2B

Presented by the Palouse Prairie Foundation (www.palouseprairie.org), this discussion will feature Florence Caplow, rare plant botanist, and Rex Crawford, eastside plant ecologist, both of the Washington Natural Heritage Program. They will talk with us about the rarest plants and plant communities of the Palouse.

International Women's Day Used Book Sale

Friday, March 7 in the UI Commons & Saturday, March 8 in the SUB Silver/Gold Room, 10:30 am to 3 pm both days.

This fundraiser, sponsored by the UI Women's Center, will help purchase new books for the Women's Center library.

The Next Great Chantia Melior Medical Fund Party

Saturday, March 8, 6-10 pm at the Unitarian Church.

Pot luck and White Elephant sale downstairs. Lisa Simpson and Oracle Shack for dance music upstairs. (208) 882-0191

Years Ago

Pullman Civic Theatre presents Ruth Gordon's semi-autobiographical comedy, “Years Ago.”

Gladish Little Theatre, Pullman, March 1, 6, 7 & 8, curtain at 7:30pm.

Tickets: \$8 – (509) 332-8406

Renaissance Fair Poster Contest

Saturday March 8.

Deadline for entries is 10 AM, at Bookpeople, 521 S. Main, Moscow. Judging will take place at 12 noon, the same day, also at Bookpeople. The public is invited to attend and judge the event. For more info, www.moscowrenfair.org, or (208) 892-2681

Moscow Civic Association

Monday, March 10, at 7 PM in the 1912 Building

The program will be a discussion on the water on the Palouse: “Who Owns Our Aquifer and Sustainable Development” www.moscowcivicas.org

Contra Dance

Sat., March 15, 7:30-10:15 PM
1912 Center, 400 E 3rd

Bring in spring with an evening of contra dancing! Joseph Hudson, from Moscow, will call to fabulous fiddle music. Sylte and Friends, from Coeur d'Alene, will provide instruction. Instruction starts at 7:30, and 8:00. Cost is \$4 for newbies, arrive at 7:30, \$5 for members, \$7 for non-members. Contra dance sponsored by Palouse Folklore Society. (509-332-8037, www.palousefolklore.org)

Forest Management conference for private forest landowner

March 24 and 25
University Inn, Moscow

885-6900

Lecture: High Mountain Lakes Research Natural Areas

given by Fred Rabe, USFS volunteer and U of I professor emeritus. Presented by the Idaho Native Plant Society.

Thursday, March 20, 2003 at 7:30pm, at the University of Idaho College of Natural Resources Building, Room 213

The event is free and open to everyone. (208) 892-8155

The Moscow Food Co-op Art Opening

showing the pencil drawings of Lexie Forbes and Terri Walters.

reception on March 14, 6pm – 7pm.

The show will run through April 3rd.

The Co-op's Annual Membership Meeting

March 28, 6pm, American Legion Hall located on Howard St. between 3rd and 6th, Moscow

The Co-op will provide food and keg of root beer. Tickets to the dinner to help benefit the Chantia Melior Medical Fund. \$5.00 for adults and \$2.00 for children under 12 years of age. Tickets must be purchased by March 20th.

Vigil for Peace

Location: Fridays 12:15 – 12:45

Prayer, ecumenical “Silent Prayer for Peace,” Fridays, 12:15 – 12:45pm, under the clock by the public library in downtown Pullman.

Sponsored by Common Ministry at WSU. Contact Nancy Collins-Warner, e-mail: nancycw@pullman.com phone: 509/334-4688.

Moscow: Fridays 5:00 – 6:30PM

Friday night Vigil for Peace every Friday from 5 – 6:30 in Friendship Square, Moscow. Join in the name of non-violence and peace. (208) 882-7067.

Special Collections Library
University of Idaho
Moscow ID 83844-2351

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

For additional events & information, www.moscowfoodcoop.com/event.html

