

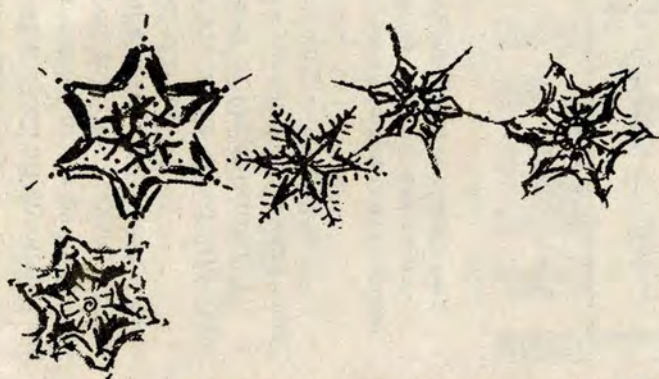
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November 2003

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



**"All year long, the number  
one reason people come to  
downtown Moscow is to shop  
at the Moscow Food Co-op".**

--Barbara Richardson Crouch, citing  
the Latah Economic Development  
2002 shopper survey



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

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**Eva Jo Hallvik, LMT** - First 2 massages @ \$45 each, 106 E 3rd St., 2-A, Moscow, 301-2246

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

# Community News

## "All year long, the number one reason people come to downtown Moscow is to shop at the Moscow Food Co-op."

by Kenna S. Eaton, General Manager

You may have seen this quote with your new member cards or on the cover of the newsletter and wondered, "What are they talking about?"

During the Downtown Revitalization process in 2002, the Latah Economic Development Council conducted a survey that showed that year 'round, the number one reason people come to downtown Moscow is to shop at the Co-op!

This has the effect of making our Co-op an anchor store in our downtown. Now I'm impressed, aren't you?

When the Co-op planned to relocate to our present location, we deliberately wanted to keep the store downtown. We felt that by keeping our store here, we could also help keep our downtown core vital. And since we came to this location (which was built in the mid-1940s as the first supermarket in Moscow), the Co-op has grown and done extraordinarily well.

In terms of sales growth, we have exceeded everyone's expectations, including our own! During our first year here we saw 38% growth, compared to the 10% originally projected. Apparently our shoppers really appreciated the warm atmosphere, the knowledgeable staff, and the increased selection of goods. And it is equally obvious that our success has not gone unnoticed. As with so many other types of businesses, it has generated its own competition.

We are pleased with the increased number of opportunities for consumers to buy natural foods on the Palouse and we feel that, ultimately, it can only help the Co-op. It is interesting to note that since the opening of the natural foods departments in Rosauers, Safeway and Tidyman's in Moscow and the new Safeway in Pullman, our growth rate has still continued at 7%—a very healthy rate for a store in its 30<sup>th</sup> year of operation.

Certainly one side effect of the increased competition has been to make us sit up and take a second look at where we are and what we are do-

ing for our community. We are constantly looking at ways we can make life in Moscow a little better—whether it's through our mid-week growers' market or through educational opportunities such as the Groundwater Forum held last fall. We continue looking for ways we can make our store better, whether it's with improved services such as longer store hours (we're now open 7:30 a.m. to 9:00 p.m. daily) or more competitive prices. (We dare you to compare!)

We are looking at how we can improve our customer service whether it's through increased training (we recently sent 7 staff members to a Natural Foods/Product Conference) or increased educational opportunities for our customers (check out the Fall Herb Class Series).

And since we all know shopping can be hard work, we are always looking for ways to make that a little more fun (did you see the GIANT pumpkin at the front of the store last month?) or more helpful (you can always ask us how to use the products we sell or for the latest product information). There is so much going on at the Co-op that we are excited about, and we hope it shows and helps to ensure our ability to serve our community another 30 (wonderful!) years.

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*Sharon Sullivan  
Herbalist, Registered Nurse  
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## Front End Managing

By Annie Hubble

The evenings are getting darker, and mornings take a while to light up as we travel from Fall to Winter. Once again the seasons are changing, and as we go into the colder days of the year, be assured that the Co-op has some wonderful events coming up to comfort your soul! In the past, winter would have been a season that provided time for community, story telling and a quieter space. In the modern world there is not so obvious a distinction, but I think on some level we look for warm comforting places in which to tell our stories and share our experiences as the daylight hours decrease. We look for our community in the dark of the year.

The Moscow Food Co-op is definitely one of the places where community can be found. This winter we will be having music every Tuesday evening from 7:00 p.m. 'til 9:00 p.m.

This promises to be fun. Have dinner while you listen, or come down after your meal and enjoy a warm drink and one of the fantastically yummy desserts made by our talented bakers. On Friday evenings there is the ever popular pizza time starting about 5:00 p.m., at which not only can you enjoy the best pizza in town, but also visit with all your friends. Saturday and brunch is becoming busier and busier each week. The Co-op brunch is a great way to start your weekend days—whether you are an early riser or a late one. There is plenty of good coffee brewing and the food is great! And, of course, come down anytime for the warm, welcoming ambiance. This is the place where grocery shopping can be a fun, social experience!

So enjoy the warmth of the Co-op this winter. And remember Spring is not far away!

## A Party For Volunteers...Place/Time/Date

By Annie Hubble

It is time to celebrate the Co-op's volunteers once more! Janna and I had a lot of fun organizing the lasagna feast last year in November and it seemed volunteers had a lot of fun participating, so we have decided to do it again. We like to have our party a little early in the season before everyone's engagement books get too full, so once again it will be mid-November.

The date will be Wednesday, November 12, and we will meet at the 1912 Building (on 3rd Street in Moscow, across from the High School) to enjoy a wonderful feast prepared by the Co-op deli. Doors will open at 7:15 p.m. and we will eat as soon as possible after that. There will be door prizes, and maybe a little after-dinner music while we sit back with our yummy dessert and tea or coffee after the meal.

We will be handing out invites to all our volunteers. If you don't get one, mention it to Janna or myself. We will need your R.S.V.P. so the kitchen will know how many to cook for, and we will need to know dietary restrictions. It will all be vegetarian, but we can also offer some vegan food if needed.

This is our chance to say a big "Thank You!" for your hard work

through the year, and it also gives you a chance to meet your fellow volunteers in a relaxed setting where we will volunteer to make you comfortable!

Hoping to see you there!

## The Co-op Coffeehouse Music Series

By Eric Gilbert, Co-op Music Coordinator

Please join us for some great music and coffee. Beginning November 4, every Tuesday night from 7 to 9 p.m. the Co-op dining area will be transformed into the Co-op Coffeehouse. Besides the great free music, expect drink specials from the Co-op Espresso Bar.

Please join us to hear the following musicians:

- Nov. 4: Eschient Seeds
- Nov. 11: Travis Silvers and Noah Beck
- Nov. 18: Dan Maher
- Dec. 2: Evy
- Dec. 9: Milo
- Dec. 16: The Acoustic Wave Machine

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20th of each month

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



## New Dessert Wines

By Dani Vargas, Beer & Wine Manager

We now are offering 3 dessert wines in the wine department. The first is a late harvest Riesling from Mission Hill Family Estate. This wine is very light and sweet. Mission Hill produces an Icewine in the fall/winter. In order to make icewine the grapes must freeze to a certain temperature on the vine. If the grapes do not freeze to the exact temperature those grapes are used to make this Late Harvest Riesling. This wine has won two bronze medals at the Okanagan Wine Festival and the Canadian Wine Awards, both in 2003. This is a fine wine to drink by itself or to pair with crème brulee or other fruit-flavored custards.

The second wine is Frambrosia produced by Oak Knoll Winery in Hillsboro, Oregon. This dessert wine is not too sweet but tastes like you are eating a handful of raspberries. Or-

gon produces some of the best red raspberries in the world. With this resource and 30 years of winemaking the Oak Knoll Frambrosia has consistently ranked as one of the most sought-after dessert wines in North America. This wine goes great with chocolate, cheesecake, fruit tarts, or added to sparkling wine.

The third dessert wine is the Red Mountain Chenin Blanc Ice Wine produced by Kiona Vineyards Winery located in Benton City, Washington. This dessert wine has concentrated apple characteristics. The Chenin Blanc Ice Wine has won gold at the Central Washington State Fair. Along with the other dessert wines, it would be great sipping alone or accompanying a dessert.

All three of these dessert wines are great!! The Ice Wine and the Late Harvest Riesling are a little spendy but worth it, they are deeeelicious!!!



## Co-op Coffeehouse

By Kenna S. Eaton

We all had so much fun this summer with the "Hot off the Grill" music and BBQ that we decided to keep it going through the fall and into the winter. Because the weather in Moscow during this season is predictably wet and cold at best, it seemed smart to nix the BBQ and bring the music inside.

We started with a test run from one of our in-house musicians: Tiana Gregg. We set her up in the little nook by the espresso machine across from the tables. T. assured us that the atmosphere was delightful and the lucky customers concurred.

So, we had the where, now we need the when. Since Tuesdays had worked well for us, we decided to stay with that night but to push it a little bit later past the post-work rush hour, say 7 to 9pm.

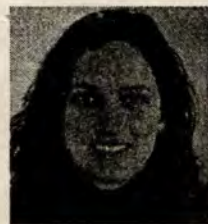
Now the important part: what would we serve? After a fun and lively discussion we settled on incredible desserts with delicious coffee. Amy offered that the kitchen could have a

different special each week like a free-drip coffee with Triple-layer Lemon Cake and Mascarpone Icing or Mocha Dream pie. Or maybe a special on a fancy coffee drink.

So far so good, but now that hard part: what do we call this series? Well, we tried several titles such as "Fall Harvest of Delights" and "Heavenly Music & Desserts" but none of them had that critical flow, so we settled on simply calling it what it is: "The Co-op Coffeehouse."

Eric Gilbert, by day a cashier and by night a musician himself (in Oracle Shack), did a fabulous job with our first series, so we can look forward to a similar line-up of fine local musicians such as Dan Maher, Lisa Simpson, and of course, the intrepid Tiana Gregg. Look for the schedule elsewhere in this newsletter and posted at the Co-op.

So come on down after dinner, bring your date, and indulge in great dessert and fine music: sounds like a heavenly harvest to me after all!



## It's Turkey Time!

By Vicki Reich,

As the holidays draw near, thoughts of turkey keep popping up in my mind. Ah, the wonderful aroma of turkey roasting all day in the oven, and the first succulent bite of a plump, juicy, flavorful, organic turkey. I can hardly wait. But

where can you get a turkey that will be organic and delicious? At the Co-op of course. Once again

we've ordered a pallet of organic turkeys for the holidays. If you were lucky enough to get one last year, you know how good these are. Many customers told me it was the best turkey they had ever had. I had one last year and I have to agree.

Since we bought a whole pallet of turkeys, we'll have plenty for both Thanksgiving and Christmas. In order to ensure you get one of these beauties, please fill out a Turkey Special Order Form at the cash register. Please indicate when you would like your turkey (i.e. for Thanksgiving or Christmas) and a general size preference (i.e. small, medium, large). The turkeys are shipped frozen from Organic Valley. We will keep them frozen until the Monday before Thanks-

giving and the Monday before Christmas. Be prepared to pick them up immediately. The turkeys range in size from 10 to 18 lbs. They are \$2.39/#. This is a deeply discounted price so we are unable to offer any further discounts on them (this includes staff and volunteer discounts).

This year we will be carrying Tofurkys in the freezer, so you can just pick one up while you're shopping. Of course you can always special order



them as well.

Once again this year we are having two different turkey give-aways. First, we'll be raffling off a free turkey: just enter your name at the register for a chance to win, and, of course, anyone can enter, with no purchase necessary. We'll pick one winner for each week of November. The second way to win is to spend over \$250 (after any discount) in a single shopping trip. You automatically win a free turkey once you hit that \$250 mark, although these free turkeys are limited to stock on hand. This give-away is for members only and you must shop by November 23, 2003.

Good luck, happy shopping, and we wish you all a great organic holiday season!



## Welcome!

By Laura Long, Membership Director

It hardly seems possible that another summer has already come and gone, and it's time to think about the holidays again. Although, I do have to confess that this is one of my favorite times of year. I love the color changes on the trees and the cool days and cold nights. I love to see frost on my dog's back when we walk together in the morning. And I especially love the smell of a roasting turkey!

As in years past, the Co-op will be getting a whole lot of organic turkeys, and to show our appreciation for our members' dedication and commitment, we will be giving a free turkey to every member who spends over \$250 in one shopping trip. If a member spends more the \$250 in one shopping trip between November 1<sup>st</sup> and November 23<sup>rd</sup>, they can sign up for a free turkey. Free turkeys will be limited to stock on-hand though, so be sure to shop early for a better chance to get one.

Turkeys will also be available by special order. Just ask the cashier for

details at the register, and they will help you order one. If you haven't tried one of these turkeys before, then consider making this year your first. These turkeys are succulent and tender, and well worth the money!

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## From the Suggestion Board

*Can you carry the tomato paste in a tube? Mom is wondering.*

We do carry tomato paste in a tube but it's in a strange location. It's with the condiments in Aisle 3. I will try to fit it in with the other tomato paste so everyone can find it.—Vicki, Grocery Manager.

*Can we get more of the metal go-cups w/the carabiner? Thanks.*

They are on order.—Carrie, Personal Care Manager.

*Please date when the water filter was last changed. The test shows 1999 from Anatek.*

The filters on the Tap Dance system are changed regularly, depending on use. The dated report from Anatek is when the water was last tested and the results of that test.—Carrie.

*Toby's Tofu Pate (Lite 'n Spicy)-an excellent vegan spread from Eugene, OR (Tofu Palace?) Also Yum!! Sauce from Café Yum also from Eugene, OR Thanks!!*

I would love to be able to carry Toby's products but we can't get them out here in the hinterlands. Same goes for the Yum! Sauce.—Vicki.

*Please pick up Horizon cottage cheese (lowfat) - it tastes way better than Nancy's and Organic Valley.*

We carried the Horizon brand cottage cheese in the past and it did not sell well. I can special order it for you in cases of 12.—Vicki.

*Could you carry the cookies from Alternative Baking Company? They're so yummy.*

We bake such awesome cookies here that when we try to sell pre-made cookies they don't sell. Sorry.—Vicki.

*Can you get Ya Ya's Air Popped White Cheddar Popcorn?*

Okay.—Vicki.

*Love the musician/guitarist Tiana. She has an incredible voice and I thoroughly enjoyed her. Thank You.*

*Please have Tiana back soon!*

*Her voice is amazing to have dinner with.*

Due to the rousing success of Tiana singing on Tuesday night, we've started a Co-op Coffeehouse music series on Tuesday nights. Schedules are posted around the store. Keep your eyes open for Tiana's encore.—Vicki.

*Could we please bring in more flavors of the larger tubs of flavored yogurt (organic). There is only vanilla and strawberry.*

We do also have a banana flavor in the large size. Unfortunately, these are the only flavors I found in the 32 oz size.—Vicki

*Health Valley Raisin Bran and Oat Bran flakes cereal. My favorites! You seem to have stopped carrying these so now I have to get them at Huckleberrys!??!*

I'm sorry, but these were both very slow sellers. I would be happy to special order you a case of 6. You will save an extra 10% if you're a member.—Vicki.

## From the Board

Mike Forbes

The world of the Co-op Board has been busy for me recently. This is the time of year we have our annual board retreat. Here we get away from the regular format and content of our meetings and delve deeper into larger, more grandiose issues. Last year our main conclusion was that we needed to become more active in our community. Ideally, we thought, hiring a staff member to provide community outreach and education would be best.

This year's board retreat has a similar flair to its agenda. Our main topic to address is member retention. We talk about this at most meetings but end up cutting our conversation short because of time constraints and other obligations. We feel this is an important topic in light of the struggling economy and increasing competition.

In addition to planning and participating in the board retreat, we've been talking about several other issues such as privacy, co-op law, strategic planning and the upcoming Dinner with Directors.

On the privacy note we have been reviewing and discussing the Co-op's privacy policy, specifically as it relates to the new membership cards. We are also in the process of conducting a security audit of our computer systems with First Step Internet to ensure the security of all sensitive information.

For several years now we've been discussing co-op law. What I'm realizing is that co-op law specifically in Idaho and also federally is fairly vague and sometimes non-existent. What we are looking at is how a co-op is defined legally and how this differs from an ordinary for-profit business.

We have a business plan but no strategic plan. We have ideas and dreams where we'd like to take our Co-op in the coming years but nothing written down and concrete. Our intentions are to start the strategic planning process soon. It'll take some time but hopefully we'll have it sooner rather than later.

And lastly, we held our first Dinner with the Directors last July. The concept is that we take a topic regarding our Co-op, invite 20 people to come talk about it with us over dinner, and then see what ideas develop. The next dinner will be held in November. Look for a signup sheet in the Co-op by the seating area. We hope to see you there.

## Ask The Kitchen

By Stephanie Wade,  
Assistant Kitchen Manager

Do you feel anxious when boiling water? Do you panic at the thought of entering a kitchen? Does your daily diet consist of boxed food or microwave items? If so, we can help. The staff of the Co-op Deli is joining forces to solve your kitchen woes with quick-fix ideas, recipes, and basic food support for the uninformed chef. Please feel free to e-mail us at <kitchen@moscowfood.coop> with questions and food-related dilemmas, and our team of experts will come up with solutions that will get your taste buds moving. Here are a few common questions and their answers to get us started.

*Every time I try to cook rice I either burn it or it comes out extremely sticky is there anything I can do to prevent this from happening?*

Although rice seems simple enough to prepare it does require specific conditions for yielding proper results. The general ratio of rice to water is 1 to 2. That is, one cup rice to two cups water. Put the rice and water in a saucepan over high heat and bring to a boil for five minutes; cover the rice and reduce heat to low. After this, leave the rice alone for twenty minutes—do not lift the lid and, especially, do not stir for that is what causes sticky rice. (Although if you're mak-

ing sushi, sticky rice is desirable so stir away.) After the rice has simmered for twenty minutes, remove the lid and note the tiny holes that cover the surface of the rice—if all the water has evaporated from these pockets the rice is done. What if you get distracted and the rice burns? Don't throw it away. Simply place a piece of bread in the rice pan, cover and let sit another ten minutes and this should absorb most of the burnt taste.


*I'm having a guest over for dinner that I sort of have a crush on and I don't want the menu to be too suggestive. What should I make?*

Keep it casual and make something that doesn't appear to take much effort, such as a nice stir-fry. I would suggest a Masaman Curry Stir Fry with roasted vegetables over brown rice. Use one to two of each of the following: red potatoes, carrots, red and yellow bell peppers, and garlic. Chop veggies fairly large; mince garlic, place on a cookie sheet and drizzle with olive oil. Place in the oven at 350 and roast until veggies are tender (about a half an hour). In the meantime, pour one can of coconut milk into a large, deep skillet and heat on low. Stir in two to three tablespoons of red curry paste (or more depending on taste). Curry is very hot so add a bit at a time and taste before adding more. I like using "Thai Kitchen" red curry paste for this. After veggies are done, add them to curry sauce and let simmer on low. Begin cooking rice

about a half an hour before your guest arrives. Serve curry over rice and eat with chopsticks for fun. For variation you can add grilled tofu or chicken with the veggies. Top this off with a nice mango sorbet for dessert and you've got a date!

*Why does my bread from the bakery sometimes have a hole down the middle of it?*

There are several reasons for these holes in your loaf and they can occur at several stages in the bread-making process. When the bread is punched down, carbon dioxide can become trapped in the dough, which causes gas bubbles to form. Also these bubbles can form during kneading and shaping of the loaf and the baker may not realize there is a hole in the bread until it is cut. If you should get a loaf like this at the Co-op simply return it for another loaf, as we have a 100% customer satisfaction policy.



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Monday - Friday 11-6  
Saturday 10-6

## Caring For Our Community: The 2% Tuesdays Grant Program

By Peg Kingery, Co-op Board member

There aren't many activities more rewarding to me than serving on the application review committee for the Co-op's 2% Tuesdays grant program. Four times a year a small group of Co-op owners, representing the Board, staff, and members-at-large, gathers to discuss the needs of the applicants and to make the difficult decision of who the award recipients will be for the next three months. In the year and a half that the program has been in place, the Co-op has awarded thousands of dollars to a wide range of interest groups—from community service organizations to environmental institutes to fledgling businesses in need of start-up funds. Are you wondering if your group is eligible for grant money?

The purpose of the 2% Tuesdays grant program is to provide funds for local, grassroots, non-sectarian, and/or non-profit organizations whose goals complement or support the Co-op's mission and values. Preference is given to groups whose activities serve to enhance the quality of life in our local community, directly or indirectly, in at least one of three areas: humanitarian service, environmental protection/awareness, or the democratic process. The organization selected is awarded two percent of sales on Tuesdays for a month, as approved by the Board of Directors. Grant recipients are required to write an article for the Co-op newsletter describing their organization and to create a flyer to be posted in the store throughout the month.

Applications are taken on a continual basis; all applicants that meet the qualifications for grant money stay in the pool for consideration for one year. Organizations who receive grant money must wait one year before applying again. Applicants are notified by mail of their status following our meetings. Application deadlines are:

November 30 for January, February, and March awards; February 28 for April, May, and June awards; May 31 for July, August, and September awards; and August 31 for October, November, and December awards.

Interested? The 2% Tuesdays grant program application can be obtained from the Co-op's web site: <<http://www.moscowfood.coop/archive/Tuesdays2percent.rtf>> (or use the search engine at the Co-op website to locate it). After printing the form and filling it out, bring or mail it to the Co-op and it will be kept in our file until our next meeting. I hope I'll soon have the pleasure of seeing your organization benefit from 2% Tuesdays' grant money!

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## Members' Feedback

By Kenna S. Eaton, General Manager

I don't normally reply to anonymous letters but this one crossed my desk in late September and I wanted to respond to it. The following is a copy of the letter that I received:

"Dear Co-op, In the September newsletter you published a letter from a member who wanted to buy a product at the Co-op instead of Rosauers. In your reply, you praised the member for wanting to support "a Co-op instead of a corporation". This is not the first time I have read disparaging statements about corporations in your newsletter, and have often wondered why a corporation is more inherently evil than a limited liability corporation, a limited liability partnership or any of the many other possible business associations. After reading your reply, I wondered, "What type of business entity is the Co-op?" So I checked with the Idaho Secretary of state and was amused to discover that the Moscow Food Co-op is a *corporation!* Its true name is Moscow Food Co-op, Inc! Attached is a copy of the Secretary of State's record. Don't get me wrong, I want the Co-op to be able to compete against Rosauers but it's only going to do it by offering better service and quality and competitive prices, not by hurling uninformed insults about the competitions form of business entity. That just makes you look silly. ~A Member"

Well, that's the letter I got. And it's all true. *Mea culpa.* We are only going to survive if we can offer better service, quality products, and competitive prices. And I believe we do. We conduct frequent price checks, we monitor the quality of our product, we provide abundant training to our staff on customer service, our staff is experienced and knowledgeable in organic and natural foods, and we heavily staff our store so you can always find someone to help answer your questions. We believe the Co-op is a better place to shop.

There is a one other fundamental difference that I think is worth mentioning again. We are a co-operative. We are organized, owned and managed differently. We follow the 7 principles of co-operation including democratic ownership: one member, one share, and one vote. And you can't say that about any other type of ownership.

And here is why we are officially registered as a corporation. Idaho does not have a statute for consumer co-operatives (that's how we do business), thus we actually had to incorporate as a "non-profit co-operative association" as did Boise Food Co-op, the only other consumer co-op in Idaho.

This means that our owners, like the owners of the grain co-op, and unlike the owners of a corporation, may not make a profit on their investment.

At this moment our Board is looking into restructuring options, including incorporating in a state that does have consumer co-op laws (like Wisconsin), or staying the way we are, or even possibly getting Idaho to change their statutes.

Certainly as far as tax purposes go, we are treated as a corporation and thus we pay taxes on any profit we make. Ultimately, we would prefer to give that profit back to our owners in the form of patronage refunds. The question then becomes: Can we do this as we are currently structured or do we need to change our status?

But, technicalities aside, I do think there is a fundamental difference in who we are, why we make the decisions we do, and how the "net profit bottom line" does not ultimately drive our decisions as it does for other corporations.

Yes, you are correct: a corporation is not inherently evil, but I am glad when members of our community choose to support a business they own, like the Co-op instead of a business that is owned by someone far, far away who doesn't know you by name and doesn't respond to your comments unless it's with a formulaic letter.

Thank you for giving me the opportunity to talk about a subject near and dear to my heart: our community-owned Moscow Food Co-op!



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**Large & Small Animals**

Nancy Maxciner, D.V.M.

## Everything you wanted to know about 2% TUESDAYS



The Co-op's 2% Tuesdays Grant Program provides money for local, grassroots, non-sectarian, and/or non-profit organizations whose goals complement or support the Co-op's mission statement. Groups whose activities benefit the community are given preference as award recipients. The organization selected will receive two percent of sales on Tuesdays for one month.

Applications are available online at [www.moscowfood.coop](http://www.moscowfood.coop) or call 208-882-8537 for more information.

# People

## Volunteer Profile: Jamie Baley

By Heidi Heffernan

Have you ever wondered what happens to all those little yogurt containers you turn in to the deli to be recycled? Well, I don't know exactly, but Jamie Baley could tell you. Jamie's been recycling containers for the Co-op for the past three years. When I worked in the kitchen, although Jamie was one of several container recyclers, he was known simply as "Container Boy." Over a beer the other night, we discussed how he's managed to continually show up for a job that seems well, honestly, rather dull. He assures me it's not as thankless as it seems. What are the perks of his job?

1. Spending time in the kitchen: "When you go to a party, where does everyone hangout? In the kitchen."
2. Getting to taste whatever people are cooking while he's there;
3. Eating leftover Hot-off-the-Grill burgers; (He recycles on Tuesday nights.)
4. Having the pick of the best containers that come through the kitchen; and
5. The broken cookie plate.

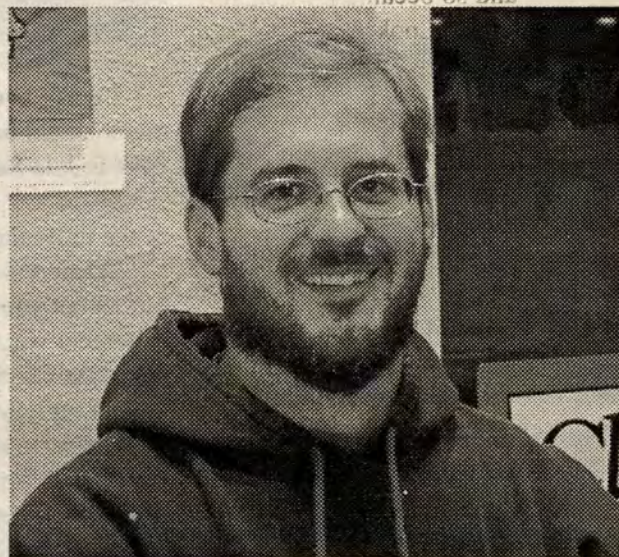
I first encountered Jamie at the Co-op in his Container Boy capacity, but was lucky enough to spend time with him during fall semester 2002, when we were both enrolled in Sustainable Small Acreage Farming and Ranching, a class offered co-operatively by UofI, WSU, and Rural Roots. (A class I heartily recommend for anyone with a couple of acres and a dream. Contact Theresa Beaver at 885-7787.) So it makes sense that the first part of our conversation centered around sustainable agriculture. Jamie is currently working towards his PhD at WSU, doing research on no-till wheat and the effect of pesticides upon it. He's interested in the prospect that no-till (aka Direct Seeding) offers to farmers. Although he doesn't see it as a cure-all, it is a step in the right direction. There are considerable benefits to the direct seeding process. By leaving crop residue on the surface of the fields, soil loss is decreased. The soil structure itself is less disturbed in the direct seeding fields as well, soil is less compacted and the ecosystem is healthier.

"Our soil is so valuable. Here in the Palouse we're lucky enough to have very thick topsoil. Unfortunately,

this has been a disadvantage to showing people how valuable a resource it is. There's plenty of it, so they keep tilling. This isn't true in other areas of the country."

And, as topsoil nationwide becomes more depleted, the idea of direct seeding is becoming more widely recognized and accepted. As this goes to print, Jamie will be preparing to go to Denver to give a presentation at the ASA (American Society of Agronomists) meeting on his research. He hopes to finish his degree this spring, but he adds, with a grimace, that there's no job to go with that yet.

When Jamie isn't working on his research or sanitizing little yogurt cups for you to put your peanut butter into, he likes to play. He spends a lot of time with his two border collies, he



likes to cross country ski, and he enjoys his ultimate Frisbee games with a group of "other aging graduate students." Really, he likes to do anything that will get him outdoors. He also enjoys traveling in the area when his schedule allows. Originally from Kalamazoo, Michigan, he enjoys the mountains and the scenery that the Northwest has to offer.

We also discussed how his role of recycler has changed over the past three years. He feels that since the Moscow Recycling Center began accepting #2 plastic, the amount of containers waiting for him on Tuesday evenings has dropped. He expressed concern for this since not everything that goes to the Recycling Center actually gets recycled, but more importantly that while recycling is essential, reducing and reusing are more important. An awful lot of energy goes into recycling things, not just in the actual recycling process but also in the transport of containers between facilities. So do your part: Reuse what you can and those nice containers that you have no use for, bring to the Co-op. Help keep Jamie busy. We don't call him Container Boy for nothing.

*Heidi Heffernan lives in Moscow with her family and is currently being held captive by her tomatoes. Please send help.*

## Fall Word Find:

Can you find all the words??

1. Turkey
2. Tofurkey
3. Green Bean Bake
4. Fall
5. Leaves
6. Cold
7. Pumpkin Pie
8. Cranberries
9. Hot Chocolate
10. Apple Cider
11. Leftovers
12. Scarecrow
13. Vacation
14. Frost
15. Sweet Potatoes
16. Stuffing
17. Dinner
18. Gravy
19. Football
20. Yams
21. Snow
22. Potatoes
23. Family
24. Dishes
25. Platter
26. Green Jello
27. Desserts
28. Rake
29. Gobble
30. Winter Squash
31. Caramel Apples
32. Full

T	D	R	G	H	B	S	T	U	F	F	I	N	G	A	H	W	J	K	H	N	Y	G	T	R	G
C	U	F	R	Y	M	Y	U	I	K	A	W	X	V	A	C	A	T	I	O	N	V	Y	N	K	R
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## Producer Profile: Pat Vaughan

by Jen Stevens

Fall has come upon us, and with it, local apples and pears from Pat Vaughan's orchard in the Co-op's produce section. You may have seen and tasted his raspberries earlier in the summer as well.

I recently visited Pat on the farm where he and his family live near Moscow, Idaho. Spanning some six acres, it was originally part of a larger farm in the 1950s that included peas, wheat, and livestock. The surrounding land that used to be long to the original farm but isn't part of Pat's is now under the Conservation Reserve Program, which pays farmers to return their land to natural vegetation. The upshot is that there is no spraying on the lands surrounding Pat's organic farm. Pat's family includes his wife Cece who works in town, daughter Katie, and son Henry. Although Pat is the full-time farmer of the family, farming is very much part of their "whole family life," especially at harvest time.

They've been out on the farm for about three and a half years now. Before that, they lived in town for a couple of years. And still prior to that, they had lived in various states and in Germany and Korea during Pat's twenty years with the Army. Their last assignment was in Seattle, which they liked, but found too big. Pat is originally from Boise, and had wanted to go back. They had driven through Moscow a couple of times and had liked it very much, partly because it "seemed like a great place to raise a family."

Pat had thought about becoming a teacher after retiring from the Army, but found another path. Shortly after moving to Moscow, Pat met Mary Jane Butters and became an apprentice at her farm. He served there for a year and decided that he wanted to farm on his own. The past few years on the farm have been busy ones and he's been selling various items to the Co-op from the first year on, including eggs, fruit, and other crops. As a new farmer, Pat really appreciates the support of the Co-op. In addition to producing for the Co-op, Pat has also been involved as a member of the Board of Directors. He was initially

appointed to a one-year term and then was elected for a subsequent three year term. He recently finished his second term but wanted to keep contributing, and so became a writer for this newsletter. (Look for his byline under Volunteer or Board of Director profiles!)

In the past year, Pat has focused more on developing the farm's infrastructure, including planting new berry bushes and more fruit and nut trees. Rather than growing rapidly and feeling overextended, he decided that he would prefer "growing gradually into the growing business." Moreover, growing gradually has made it easier to balance the farm with their family



life and Cece's job. Although Pat and his family haven't yet decided whether they will continue farming indefinitely, he feels that their experience on the farm will have been well worth it. Just living out where they do has allowed them to learn new skills. They've also enjoyed the community of their neighbors and the beauty of nature and the local wildlife, including moose, bears, deer, and turkeys. Although town living is easier in some ways, they've found that country living has its rewards.

Jen



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## Staff Profile: Derek Johnson

by Carol Spurling

Derek Johnson finally moved into a home with a garage. He's pretty happy about that because now he can stop parking his Harley Davidson motorcycle in his living room, next to the TV.

Derek grew up in Vineland, New Jersey, where "you can't really tell where one town ends and another begins." He and a buddy toured the Pacific Northwest a few years ago on their Harleys, helping Derek satisfy his longings to see the West.

"Once I saw it on my bike, I knew I wanted to come live out here," he said.

So during the summer of 1999 he and his girlfriend did another tour, in a car this time, scouting out universities. They settled on Moscow because of all its "amenities."

"Eventually we want to live more in the mountains and trees, but Moscow is a really nice stepping stone to the Northwest," Derek explained.

He and his girlfriend talked Moscow up so much, that Derek's parents have moved here, as well as his girlfriend's mother.

"It's nice to have some family close," he said.

Derek pictures himself living among the trees within a day's drive of a town like Moscow, making a living either as a photographer or a commissioned forest ranger. He's studying anthropology and criminal justice at the University of Idaho in the meantime, planning on graduating in the spring of 2005.

Derek's Co-op stint began earlier this year when he joined as a member, and he quickly decided to volunteer as a way to meet people and learn more about the products for sale in the store.

"I volunteered three hours a week cleaning bulk bins, then each time I'd pick out something from one of the bins, and buy some to take home to try out," Derek said.

When he realized he wanted to interact more with people, he switched to the deli. His paying position there, as a full-time prep cook/deli server/dishwasher, began in September.

"I really love the atmosphere here, I can feel people's energy when they come in, I even like the high school kids, who often ask for 'two dollars' worth of something, because that's

all the money they have," Derek said. "And I really believe in the Co-op, I like healthy things. I'm very into nutrition, organic things, and supporting local growers."

Derek used to drink more tea than coffee but that has changed since he started working in the deli.

"I'm a confirmed coffee drinker now, my favorite is Sumatra. I also used to be very espresso illiterate, but I've found that making espresso is a really good skill, like being a bar-



tender. I consider myself a 'bean jockey.'

He also noted that while he had never eaten tofu before starting at the Co-op, now he's a big fan of the grilled marinated tofu.

When Derek isn't working or studying, he spends time at the meditation center downtown, gardening ("I grew six varieties of tomatoes this year"), volunteering for the Palouse Ranger District ("Volunteering is a big part of my life, I think it's very important"), riding his Harley ("We like to go up White Pine Drive"), taking digital photos, bird watching ("My grandmother gave me the gift of enjoyment of the outdoors"), building bluebird and owl boxes for the Audubon Society, trying to outwit a squirrel nicknamed "Einstein" determined to get to his birdfeeder ("He figured out the slinky, so we've added canola oil to the pole"), and rooting for his favorite hockey team.

Derek proved his devotion to the New Jersey Devils by flying 28 straight hours (including layovers) to make it back to New Jersey for game seven of the Stanley Cup finals last year. The transportation saga he endured in order to pick up the game ticket he'd purchased on Ebay is too complex to relate here, but trust me, he loves this team.

"They won 3 to 0. It was a thrill," Derek said.

*Carol Spurling's favorite birds are ravens. She always greets them, and she is sure they can understand every word she says.*



## Board of Directors Profile: George Bridges

by Patrick Vaughan

"My interest in cooperatives really dates back to my time in France, because of delicious French bread; and when I visited Germany it was even better." So begins George Bridges' description of how he first began to associate co-ops with the kind of local, delicious food he experienced while living and traveling in Europe. George took note of the quality of life, and the eating, that he found in the cafes of small vil-  
lages surrounded by family farms. He found this model of community even more appealing when he returned to the U.S. and saw the wasteful sprawl afflicting so many towns here.

"One of the things I see with co-ops is that they can help bring vitality to downtown."

George is serving the third year of his term as one of the Moscow Food Co-op's directors. His interest and association with cooperatives is long, and not limited to just food co-ops. George and Gitta, his wife, who is a native of Germany, actually helped start a co-op in Urbana, Illinois while George was attending the University of Illinois. "Initially it was just a buyers' group. We divided up the bulk food in a church basement." Prior to that George and Gitta were founding members of a progressive childcare cooperative in Wiesbaden, Germany, and joined another daycare cooperative in Bloomington, Indiana. They really have an appreciation for the democratic roots and participatory principles that cooperatives offer.

One might have been able to predict a career in education for George. Both of his parents were school teachers. He grew up in rural southern Indiana, near Bloomington, and remembers the patchwork of small farms surrounding that community. He studied languages at Indiana University, obtaining a BA in Russian in 1961, then an MA in French. George met Gitta while they were both doing volunteer social work in New York City. He was tutoring Puerto Rican children and she was working in a program that found

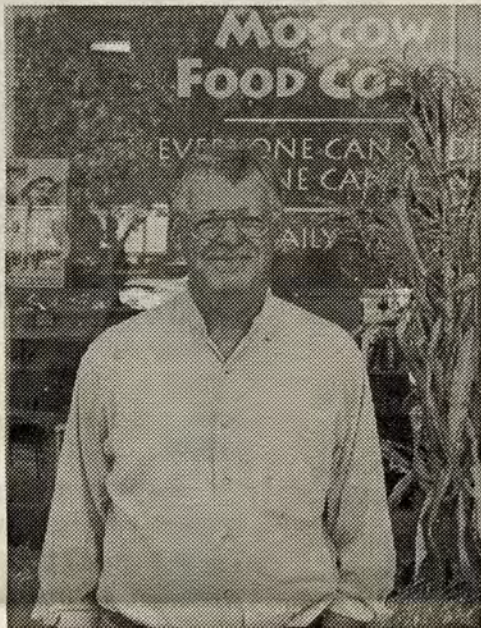
jobs for urban youths. They moved to Germany and lived there for three years. When they returned to this country they lived in Champaign-Urbana, where George got his PhD in Comparative Literature at the University of Illinois. In 1985 they came to Moscow where George became a professor of German. He retired from the University of Idaho in 2001.

George and Gitta have two grown children who now reside in Portland, Oregon. George enjoys gardening and says he's an "amateur musician." He plays piano and occasionally gets together with three string players; they call themselves the No-Apologies-Quartet. He also enjoys reading and hiking, especially walks on the Oregon coast with Gitta when they

visit their children.

George seems to be settling into his retirement. Having lived in a lot of different-sized towns, he likes a lot of what Moscow offers. As he looks back on his career in education he retains a lot of good will toward the U of I. But he is critical of big salaries at the top of the university and worries that we under-value the basic liberal arts education that doesn't necessarily have an immediate pay-off in terms of dollars.

"I wouldn't hesitate to recommend it to anyone who is interested," George says of his stint on the Board of Directors. "The Co-op always keeps its eye on its mission, even though there is a lot of pressure pulling it away with the increased competition we are facing. I want to see



the emphasis on cooperation, not competition. I would like the Co-op to remain an alternative to the major grocery chains with their labor situations and strikes..."

He says that instead of being overly concerned with profit margin, the Co-op should stay focused on wholesome food, local growers, community support and environmental protection. I personally think George speaks with a lot of wisdom garnered from his experience with cooperatives and tempered with what he has come to value in a community.

What does the future hold for George? Well, he hints that something that he has always wanted to do is write a book (non-scholarly this time) or a film script. But that's "a whole different story," and one I promised not to give away.

*Pat Vaughan, a former President of the Moscow Food Co-op, is hoping to benefit soon from having shared so much produce and flowers with the local white tail gang.*

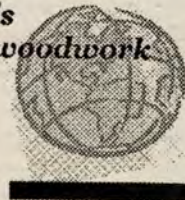
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## Midweek Growers' Market Season Review

By Eva Hallvik

Just a brief note to review the Mid-week Growers' Market of this past year. It was successful in making available to you the freshest, most local, organic, best tasting produce every week for six months of the year! Yes, even in temperate northern Idaho you can have all of this for half of the year. Thank you farmers.

Since this was the second year for the Mid-Week Growers' Market, the excitement to be involved expanded, as did our ideas for making it even better. We will provide a setting that you won't want to miss: next year we plan to combine all the Tuesday evening events at the Co-op.

So, starting in May next year look for all of the nurturance on the back (south) side of the Co-op building, across from the Post Office. Your ears will be fed with local music, your bellies filled with the bar-b-que of meat or meatless burgers and a weekly featured salad made from the local growers' freshest produce, (different from this past year where it was 'just' potato salad,) and you can buy your mid-week produce all in the same area. Our growers will be lined up in the parking spaces along the Co-op on fourth street. So plan for your Tuesday evenings next spring/summer/fall to include this wonderful community event. Remember that it is in settings such as this that we are reminded that heaven is right here on earth all of the time, everyday; it is where bliss flourishes, and wild abandonment is complete with compassion and security.

Also, next year look for a banner above the Co-op's back door to remind you of this glorious Tuesday evening local event, (have I reminded you lately that there is no where else quite like Moscow, Idaho,) and we promise to systematically distribute flyers and table tents to better remind you of the great produce, music, and more provided every Tuesday evening May through October.

Oh, yes, and if you want to be involved just let us know. So far we still have room for more. You can contact the coordinating volunteers, Eva Jo Hallvik, 208-301-2246, or Kathi Colen Peck 509-332-8009, or the Co-op, and you'll get stirred in the right direction. Thank you, and enjoy the winter—I think there is still time to plant your garlic.

Eva Jo Hallvik is a local therapeutic practitioner, gardener, and appreciator of Moscow, Idaho.

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## Cute Cukes, Gadzooks!

By Judy Sobeloff

You're familiar enough with the average cucumber to pick one out of a line-up, right? You can probably swagger into the produce department and put a few prime specimens in your cart without even having to check the little identification sign, unlike what you might need to do with, say, arugula. Well, those of you who think, 'End of story, I know a cucumber when I see one,' Behold the golden orb of a lemon cucumber.

Lemon cucumbers range in color from pale to bright yellow and are shaped like apples or lemons. Information on their origins is scanty, though I read on the Internet that they date back to 1894 ([www.klink.net](http://www.klink.net)). They're slightly and deliciously milder and sweeter than the typical long green cuke. I even imagine them to have a subtle lemon flavor, but then again, if they were purple I'd probably imagine I tasted grape. I also read and am told that they are "never bitter," which is not the case with the long green ones.

My neighbor, Betsy, always a wealth of ideas, said she prefers lemon cucumbers to the other kind, in part because she always knows where they came from, as they tend to be favored by gardeners; the lemon cucumbers carried by the Co-op are, in fact, locally grown and organic. She says they're easier to grow than regular cucumbers when space is limited because they don't have to sprawl on the ground. As far as flavor, she finds them "tastier and crunchier than most regular cucumbers," adding that they taste "like summer."

She also sees lemon cucumbers as being more versatile. People tend to use regular cucumbers only in sal-

ads, she pointed out, in part because they're not that easy to lug around, whereas lemon cucumbers are not only pretty in salads because of their yellow peel but also are portable and work well as a snack. "They're very refreshing and you can eat them almost any time of day. They're more fun to eat because you can bite into them like an apple if you want a fresh, low-fat fruit. They're a little drippy in the middle but it's not a sticky drippy. They'd be great for backpacking," she said. She puts them in sandwiches instead of tomatoes because they're not wet. She did note that lemon cucumbers have a larger seed-to-meat ratio, which leaves less cucumber for people who like to pull out the pulp.

As for the roundness factor, Betsy noted that the slices tend to have a larger diameter than those of the green, oblong variety and thus would work better for use on tired, puffy eyes, the way women's magazines are always recommending. She commented on the lemon cucumber's "fresh taste," how they keep really well; perhaps this is a result of the lemon cucumber's shape, with its lower surface-to-volume ratio.

I test-drove the lemon cucumber with "Lemon Cucumber Salsa," expecting something sweet and mild like the lemon cucumber itself. Instead the salsa was so fiery hot I ate only a few bites. Fred said, "I love it, but the jalapenos really overpower the cucumber taste. You could probably have wood chips in there and have pretty much the same effect." Next I used lemon cucumbers in a cucumber sandwich recipe with other veggies and cream cheese. (Attention, cucumber sandwich buffs of the Palouse, did you

know there's a piece called "Cucumber Sandwich" written for a string quartet by someone named Darren S. Pullman?) Fred found the sandwich "tasty," but noted that, again, any distinctive flavor of the cucumber was buried by the other ingredients. His preferred cucumber sandwich, by the way, is sliced cucumbers on bread with mustard and nothing else.

Jonna, now 22 months, loved the lemon cucumber sandwich. She ate it in layers, like a leaf cutter ant with her precision chewing. When she got to the cucumber, she said, "Garden," and pointed outside. We did in fact grow lemon cucumbers last year but this year have the regular ones. So, maybe the lemon cucumber doesn't knock anyone's socks off when surrounded by other ingredients, but it's sweet and mild, so that's probably not its primary objective.

### Lemon Cucumber Salsa

(Adapted from Paul James' Home Grown Cooking on DIY)

- 1 cup lemon cucumber, peeled and diced
- 1/4 cup red onion
- 3/4 cup Roma tomatoes, diced
- 2 Tbsp. jalapeno peppers, minced
- [NOTE: Use less than this, unless you want your salsa very hot.]
- 1/4 cup red wine vinegar
- 1 Tbsp. fresh mint, chopped
- Juice of half a lime
- Salt and pepper to taste

Combine all ingredients in a bowl. NOTE: Hot pepper preparation warning - after cutting peppers, do not touch eyes or other sensitive areas before thoroughly washing hands with hot



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### Cucumber Sandwich

(from 'Culinary Café')

- 2 thick slices whole wheat bread
- 2 Tbsp. cream cheese, softened
- 6 slices cucumber
- 2 Tbsp alfalfa sprouts
- 1 tsp. olive oil
- 1 tsp. red wine vinegar
- 1 tomato, sliced
- 1 leaf lettuce
- 1 oz. pepperoncini, sliced
- 1/2 avocado, mashed

Spread each slice of bread with 1 Tbsp. cream cheese. On one slice of bread, arrange cucumber slices in a single layer. Cover with sprouts, then sprinkle with oil and vinegar. Layer tomato slices, lettuce, and pepperoncini. Spread other slice of bread with mashed avocado. Close sandwich and serve immediately.

### REFERENCES

[http://www.culinarycafe.com/Sandwiches/Cucumber\\_Sandwich.html](http://www.culinarycafe.com/Sandwiches/Cucumber_Sandwich.html)

<http://www.diy.net.com/DIY/article/0,2058,4454,00.html>

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<http://www.shortsongs.co.uk/catalogue/works/cucumbersandwich.htm>

*Judy Sobeloff is learning to juggle with cucumbers.*

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# Baked Macaroni

By Jen Hirt

What's left to say about macaroni and cheese? Not much. It's probably one of the most ubiquitous and blanded-down dishes around. Plus, macaroni and cheese is total comfort food. The boxed offerings add convenience, and a homemade version bubbling in the oven conjures a nostalgia for a grandmother's Sunday brunch. And it seems to serve as the foundation of buffets and lunch lines, a golden side dish all hot and melty. For many years of my finicky childhood, macaroni and cheese was all I would eat. I can't blame myself.

But boxed macaroni and cheese meals have their limitations, even if you add a handful of chopped vegetables or a few ounces of real cheese (rather than that odd powdered stuff).

Since I like to tinker with standard recipes, here's a version that actually has more zucchini than macaroni or cheese. Zucchini, that overzealous vegetable, contributes a flavor that easily complements cheddar and parmesan. I use low-fat cottage cheese as a source of protein, and low-fat milk tinged with lemon juice as a tasty alternative to the traditionally recipes, which call for butter, cream, or whole milk. A trio of nutmeg, salt, and pepper add flavor.

This dish is great for a light lunch. Pair it with a small salad or a sandwich. It easily serves four. Obviously, macaroni is best when steamy hot, but cold mac-and-cheese has sufficed my appetite on more than one occasion. It's a versatile dish.

Preheat the oven to 400.

First, mix the low-fat milk and the lemon juice in a cup and set aside. (This is a way to get a buttermilk flavor without the negatives of rich buttermilk.) Next, bring about 3 cups of water to boil. Add the macaroni when the water boils. Don't cook for the entire recommended time – five minutes is fine. The macaroni will finish cooking in the oven. As the noodles boil, shred the zucchini, the cheddar, and the parmesan. Set aside about a half cup of cheese to sprinkle on top. Mix the remaining cheese and the zucchini in a large bowl with the cottage cheese. At this point, the noodles have boiled long enough, so drain them and set aside. Add the milk to the zucchini-cheese mix. Stir in the noodles and the salt, nutmeg, and black pepper. Mix well, making sure that the zucchini and cheeses are evenly distributed. Spread the macaroni mix into a large baking dish. Cover and bake for 15 minutes. Uncover, sprinkle with the remaining cheese, and bake for 10 minutes more. The dish is done when it is heated through, the cheese is melted, and the noodles are tender. To achieve a crispy, golden-brown top, slide the dish under the broiler for a couple minutes. Let the macaroni sit for five minutes (it will absorb excess liquid, if there is any), then serve.

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

## Baked Macaroni

- 3 cups shredded zucchini
- 1 1/2 cups uncooked macaroni noodles
- 1 cup low-fat cottage cheese
- 4 oz. sharp cheddar, shredded
- 4 oz. parmesan, shredded
- 1/2 cup low-fat milk mixed with 1/2 tsp. lemon juice
- 1 tsp. nutmeg
- 1 tsp. salt



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# A Brief History of Time and Coffee

By Your Man, Coffee Dan

(aka Dan Jimenez, Co-op Barista)

When most people think of coffee they almost always think of the magical, bitter elixir we sip to chase away the demons of weariness. From the finest espresso to the crustiest cup there's a history that most don't know so read on, and bottoms up.

The place: Kaffa, Ethiopia

The time:???

The truth is, no one knows when it was discovered, but the use of coffee beans was found in records dating back to 800 B.C. Coffee spread from Ethiopia via trade routes to Arabia and Egypt where it entered daily life. Around 1000 A.D. doctors were known to use coffee as medicine—to what end we may never know. In the late 1500s, trade routes brought coffee to Europe where it thrived on both the climate and soil. There in Europe, coffee was developed even closer to what we hold as coffee standards today.

For a long time coffee was one of Europe's largest exports, but with high demand came higher taxes.

Taxes got so high that coffee was taken to other colonies such as Batavia, and Java. But to everyone's misfortune, the English, Spanish, and Portuguese invaded the tropical belt.

In 1727 growing of coffee began in northern Brazil but, due to poor conditions, growing was moved south to Rio, Sao Paulo, and, later in the early 1800s, to Minas. Coffee has since become Brazil's largest export.

So that's a history that is as deep, rich, and flavorful as the cup you just finished. So drink up.



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LUNCH 11:00	Tuesdays	Enchiladas	Roast Chicken Breast Savory Roasted Garlic Tofu with Mashed Potatoes & Gravy
	Wednesdays	Stuffed Delicata Squash with Wild Rice Stuffing	Egg Rolls Fried Rice
Dinner 7:30	Thursdays	Smothered Burritos	Santa Fe Stuffed Chicken Breast or Tofu Verde
	Fridays	Mango-Coconut Stir Fry	Gourmet Pizza by the Slice 5:00pm
Breakfast 8-12	Saturdays	Breakfast Burritos Home Fried Organic Potatoes	Portabello, Blue Cheese & Carmelized Onion Torta

# Nutrient Needs During Pregnancy

By Chelsy Leslie, RD

You're pregnant! If you've found out this news recently, there's a lot to think about during this exciting time. One of the most important things to consider is nutrition. Although getting enough of *all* nutrients during pregnancy is essential for your baby's development, some that may require a little extra attention include folic acid, zinc, protein, calories, iron and calcium.

Folic acid is especially important during the first trimester when there is rapid cell division and organ development. Good sources of folic acid include dark green leafy vegetables, oranges, orange juice, legumes, wheat germ and fortified cereal and breads. However, folic acid is absorbed better by the body from supplements. Folic acid supplements are recommended for all women of child-bearing age because of its role in preventing neural tube defects early in the pregnancy. Non-pregnant women need 400 mcg folic acid per day and pregnancy increases the requirement to 800 mcg.

Adequate zinc is extremely important during the first trimester when organs are formed. Unfortunately, zinc is one of the hardest nutrients to consume in adequate amounts. Since red meat is the best source of zinc, it may be more difficult for vegetarians to get enough. Phytates in a plant-based diet can interfere with zinc absorption. A supplement that includes 15 mg of zinc is important throughout the pregnancy.

Protein is the backbone of all new tissues created during pregnancy. Pregnant women need about 10 extra grams of protein each day. For most pregnant women, a total of 60 grams per day can meet protein needs. Most vegetarian diets are adequate in protein, however a vegan diet may be a little low in protein if it doesn't include plenty of beans, nuts, soy products, etc.

During the first trimester, the baby requires very few calories, which is good news for women who may be incredibly sick during this time. During the second and third trimesters, extra calories are needed. During this time, the fetus grows much more rapidly in size, requiring approximately an additional

300 calories per day. Gaining about 1 pound per week during these two trimesters is a good sign you are getting enough calories.

During the second trimester, your body starts to make more red blood cells, and blood volume increases. This requires extra iron. In fact, during pregnancy, a woman's iron needs double from 15 mg to 30 mg per day. Meat is one of the best sources of iron, but even meat eaters cannot usually meet their iron needs during pregnancy without supplements. An iron supplement of 30 mg per day can help prevent iron deficiency. If possible, this should not be taken with calcium or magnesium—either of which can decrease the absorption of iron. Iron is better absorbed when taken with a food high in vitamin C (orange juice, bell peppers, tomatoes, broccoli). High amounts of supplemental iron can cause intestinal problems such as gas, diarrhea, and constipation though, and can interfere with zinc absorption.

Calcium is necessary throughout pregnancy, but is especially important during the third trimester when the baby's bones grow very rapidly. If your diet is low in calcium, some of the calcium from your own bones will be pulled out to meet the baby's calcium needs. This can effect your bone health, setting you up for weaker bones in the future. Calcium can also keep blood pressure normal and may reduce the risk of pre-term delivery. Pregnant women need 1000 mg of calcium per day, or 1300 mg for women under age 19.

Follow these recommendations to help set a good foundation for your child's life!

Have a food or nutrition question? Please send to [crleslie123@hotmail.com](mailto:crleslie123@hotmail.com).

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

# Be Part of the Women's Wellness Forum 2004

By Nancy Chaney,

Race Director & Event Coordinator, Palouse Road Runners

Please mark your calendars for Wednesday, November 19, 7:00-9:00 p.m. to attend the first meeting to discuss plans for the 2004 Women's Wellness Forum. Gritman Hospital has generously offered its Conference Center for that meeting.

Palouse Road Runners, the regional runners' club, has organized a Women's Run/Walk for 12 years. Last May for the first time, we included a Women's Fitness Forum to encourage women and girls to become more active, eat well, be safe, have fun, build friendships, etc. This added element was favorably received, and we plan to make it bigger and better next year.

The Women's Fun Run/Walk traditionally starts and finishes at Eggan Youth Center in Moscow, where we have had a comfortable, covered space for the Forum. This year's participants included Gritman Hospital (pulse, blood pressure, and oxymetry), Alpine Animal Hospital (running safely with your dog), PCEI (the broader environmental perspective of health), Suzanne Lambeth (diabetic education materials), Dan Hammond DMD (dental care and overall wellness), UI Women's Center (recipient of proceeds from this year's event), and Palouse Road Runners (calendar of events, membership registration). At the last minute, an independent massage therapist who planned to be there was unable to attend, but did contribute gift certificates. In previous years, proceeds have gone to Sojourners' Alliance, breast cancer research, and breast cancer treatment facilities.

We are laying the groundwork for our 2004 Women's Run/Walk & Wellness Forum now, and the planning meeting will include interested exhibitors, sponsors, and volunteers. We hope that you will want to be involved!

So far, contacts and expected attendees include the Moscow Food Co-op, members of our medical community, UI exercise physiology, women's advocacy groups, Moscow School of Massage, advocates of healthy diets, environmental health experts, a women's social and philanthropic organization, youth educators, proponents of companion animals, Palouse historians, public relations/marketing professionals, fundraising experts, senior citizens, trails organizers, and more. Our hope is that you can add to this list. Perhaps, you have contact with the Disability Action Center, the Yoga Center, women's sports organizations, and others. Maybe you have contact with St. Luke's Hospital and others in Boise who put on the annual Women's Fitness Celebration there and who might share their ideas.

Please consider how you and your associates can be involved and be thinking about prospective recipients of proceeds from this event. I look forward to your comments and questions. Please RSVP so that we may anticipate the number of attendees ([nchaney@moscow.com](mailto:nchaney@moscow.com) or 882-9350) and let me know if you'd like to be included on the mailing list. I will send out reminders as we get closer to our first meeting on November 19, but it is important that we can begin the dialogue now.

More information is available at [www.palouseroadrunners.org](http://www.palouseroadrunners.org)

*Nancy Chaney is also a candidate for Moscow City Council and a longtime community volunteer.*

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# Gardening

## Decorating With Conifers

By Patricia Diaz

The upcoming fall and winter holidays are the perfect time to decorate indoors with potted, or containerized, conifers. The indoor "experience" for your conifer should be limited to two weeks, and then you can place the pot on the deck or porch indefinitely, or you can plant it in the ground in the spring. There are many new varieties from which to choose and this month we'll talk about how to keep potted conifers happy.

Potted conifers look marvelous on a deck or porch, or inside for holiday decorating.

You can accent a path with one, or flank an entry with two of them. Or use them as an "anchor" around which to display other potted plants or a cluster of patio chairs.

If you choose to decorate indoors with a potted conifer, make sure to keep the plant away from furnace vents or fireplaces that can dry or scorch them.

Some gardeners move their conifer outside at night so they can be in their natural environment.

Once you move your conifer outside permanently, place it where it will receive full sun. (Once summer hits, however, you'll need to watch for sunburn and perhaps move the conifer into partial shade.) Regular watering during summer is essential. Remember, potted plants dry out much faster than those planted in the ground.

If you choose dwarf conifers, you can let them live in containers for years. About every three years, remove the plant from its container and root-prune the root balls. Then add fresh potting soil. Early each spring, put fresh potting mix on top of the soil and work it lightly into the existing soil mix. The pine members of this family don't need fertilizing. If you purchase a timber-size conifer, after a few years in pots, they should be transplanted into the ground with enough room to grow to full size.

Here are a few conifers that can live for a long time in containers:

Dwarf mugho pine (*Pinus mugo mugo*) – This dwarf Swiss mountain

pine has a beautiful bushy shape. The dark green needles make each branch look like a brush. They grow to four feet tall and about four feet wide and like full sun.

'Rheingold' arborvitae (*Thuja occidentalis* 'Rheingold') – This beautiful plant has exceptional golden, almost orange, winter foliage. It grows to about six feet tall and needs summer shade.

Limber pine (*Pinus flexilis*) – This is a timber-size conifer but it does grow slowly.

It will eventually reach 20-30 feet. The needles have a slightly twisted shape and the branches droop in beautiful, irregular and artful cascades. These pines tolerate aridity and will, in fact, do well on hot dry slopes but need well-drained soil.

'Gray Glean' (*J. socpolorum*) – This conifer looks exceptional decorated with silver balls for the holiday season. It is a moderately slow growing juniper that will reach 15 feet. It is hardy to -30 degrees and likes full sun.

'Blue Star' (*Juniperus squamata*) – All junipers make great holiday greens but this one has brilliant blue foliage. It grows up to two feet and out to about five feet. It likes partial shade during the summer.

Colorado Blue Spruce (*P. pungens* 'Glauca') – This is a favorite live tree for the holidays and will eventually have to be planted in the ground. It grows to about 80-100 feet tall but you can leave it in a pot for several years. It likes full sun or light shade. It has a wonderful blue coloring and a great shape.

Japanese Cryptomeria (*Cryptomeria japonica*) – This conifer makes unusual holiday greens. It has fluffy gray-green summer foliage that turns purplish bronze in late fall or winter. It is slow growing to about two feet and likes full sun.

Dwarf Alberta Spruce (*Picea glauca* 'Conica') – This conifer has



an elegant cone shape and grows to about seven feet tall. It has short, fine needles that are very soft. It likes full sun or light shade and will need shelter from hot, reflected sun in the summer.

Hinoki False Cypress (*Chamaecyparis obtuse*) – There are many varieties of this conifer and they all grow to about four feet tall. Some have fern-leaved foliage, some golden, others emerald green. They like full sun or part shade.

I hope that you'll find the perfect containerized conifer this month. For those of us who just hate to kill a live tree to decorate for the holidays, this is the perfect solution.

Pat Diaz has put her garden to sleep for the winter and is enjoying the wonderful autumn rains.

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## 'Godspell' Coming to Moscow

By Roger Wallins

Joseph Erhard-Hudson, for three years a baker for the Moscow Food Co-op, has a dual role in the Moscow Community Theatre's upcoming production of the musical "Godspell." Erhard-Hudson plays John early in the play, and then is highlighted as Judas in this contemporized story of the last seven days of Jesus' life.

Erhard-Hudson began his career with the Moscow Food Co-op as a volunteer four years ago while a stay-at-home father to his young son Karl. He also was a business partner with the Co-op with his original computer consultant business, "Computer Serenity."

Erhard-Hudson is a man of many talents. Besides his baking and acting expertise, he has been a board member for the Palouse Folklore Society and produced a concert series for the organization. He currently calls contra dances for the PFS several times a year, and has been a guitarist for the "Bear House Band," precursor to the current "Dancing Trout."

Erhard-Hudson, currently president of the Board of the Moscow Community Theatre, is married to KarlaRose Erhard-Hudson, a staff member and graduate student at the University of Idaho.

With the script written by John-Michael Tebelak, and music and lyrics by Stephen Schwartz, *Godspell* opened off-Broadway at the Cherry Lane Theatre in May 1971. It then moved to the Promenade on Broadway and 76th Street where it ran for more than two thousand performances. The show's "official" Broadway opening took place at the Broadhurst Theatre on June 22, 1976.

MCT's "Godspell" is being performed at the Kenworthy Performing Arts Centre at 7 p.m. on November 7, 8, and 15, and at 2 p.m. on November 9, 15, and 16. Tickets are available beginning the last week of October at BookPeople in Moscow, and at Tickets West in the North Campus Center. Tickets will also be available at the box office half an hour before each performance. Regular admission is \$12. Tickets for seniors and students are \$9.

Roger Wallins is Media Coordinator for the Moscow Community Theatre, and is a retired professor and associate graduate dean from the University of Idaho. He and his wife Judy have lived in Moscow for thirty-three years.

# Reviews

## Book Review:

### Mountains Beyond Mountains: Healing the World: The Quest of Dr. Paul Farmer

By Tracy Kidder (Random House, 2003)

Reviewed by Nancy Casey

When you fly into Port au Prince, Haiti, the plane banks over the bay and you see a landscape that looks like the Snake River canyon near Wawawai in August: steep brown hillsides. The major difference is that the barren slopes of Haiti are dotted with houses. When physician/anthropologist Paul Farmer made that flight with writer Tracy Kidder, Farmer turned to Kidder and said, "It bothers me to look at it. It can't support eight million people, and there they are. There they are, kidnapped from West Africa."

I know that feeling. Everywhere you go in Haiti, you catch yourself marveling, not only that people live here, but that they can. It's hard to look at it from a plane, and it's hard to look at it on the ground. Harder still, is to figure out how to respond.

What's amazing about Paul Farmer is that he has spent his adult life looking squarely at poverty, disease, bureaucracy, and injustice and consistently, unflinchingly responding. His responses have included walking miles over mountain paths to check on patients, "borrowing" drugs from a wealthy, prestigious US hospital with no TB patients to treat, or confronting high-level WHO officials with a paraphrase of their policies for treating TB and HIV patients in the third world: "Let 'em die."

Tracy Kidder followed Farmer around for months while researching this book, learning about the amazing scope of Farmer's work: a clinic, schools, and housing programs in Haiti's Central Plateau near the Dominican border that blossomed into TB eradication programs in Peru and the prisons of Russia and became a model for determined public health activists world-wide. But Kidder was equally curious about what makes Farmer tick. Getting inside of Farmer's mind was one of the most fascinating parts of the book for me. He examines public policies and popular myths about global poverty with ruthless logic. He says what he thinks—and he thinks hard. His conclusions would seem far more outrageous if he wasn't living them.

I gave this book to a friend to read, and she started it reluctantly. Just an-


other one of those do-gooder tales designed to make me feel guilty, she supposed. When she finished, she admitted that she read it in a day and a half—couldn't put it down. A page-turner about squalor and disease? Well, yes. And it's funny, too.

Read this book. It's a detective story about TB. It's a tale of committed friends sitting up all night and making up their own hilarious language to describe a world that can spawn such injustice. It's a beautiful glimpse of so many of the things that I love about living and working in Haiti. You'll find yourself thinking through your own ideas about what's fair and "right" in the world. You'll laugh. And, well, you might cry, too.

When I got to page 188, the passage about how hard it is to look at Haiti from the air, I turned the book over, put my head on the table, and sobbed. Then I picked it up and started reading again. You can only cry over this stuff so much. Then you do something. And the interesting thing about "doing something" in the third world is that it's not long before something hilarious and absurd happens. You cry. You laugh. You keep going. That's what Paul Farmer does.

*Nancy Casey has just finished a slow trip across the US, showing her slides of Haiti to every audience she could capture. As you read this, she just might be flying over the bay of Port au Prince on her way to the island of Lagonav where she works with the villagers on gardening projects. Once she arrives there, she'll start building cisterns and take up her long-neglected correspondence with Moscow friends. You can learn more about her life in Haiti at <<http://personal.palouse.net/Nancy>>.*

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## Book Review:

### Prodigal Summer

by Barbara Kingsolver

Reviewed By Bill London

There is a big difference between "show" and "tell." Writers can, and often do in academic texts and essays, tell their readers what to think. They lay out their ideas and thoughts in an explicit manner. Other writers show the readers another way of thinking or believing through a story, like a novel. Their involvement through the characters, and seeing the world through their eyes, allows the reader access into another way of thinking.

That showing method is what Barbara Kingsolver uses in her book "Prodigal Summer" to share her message about the interwoven natural world, the poisonous and self-defeating reality of pesticides, and the im-

portance of predators in the animal world. She shows us another world, in rural Kentucky, through the stories of three different people whose lives, inevitably intertwine.

Kingsolver's message is a compelling one, and her book is so well written, that (after you get accustomed to the separateness of the three stories) it is very hard to put down. The book, "Prodigal Summer" is available at the library or for sale at BookPeople.


*Bill London edits this newsletter, and reads a few chapters of something nearly every night.*

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# Commentary

## News from the West

By Auntie Establishment

At last, it all becomes clear. The real reason we have yet to find either Osama bin Laden or Saddam Hussein is that we haven't actually been looking for them. We've been looking for Satan. You remember him, don't you? Long tail, pointy ears, last seen plunging into the depths of Pandemonium. He starred in *Paradise Lost* and *The Exorcist*. He inspired the Salem witch trials and the Spanish Inquisition. He made Flip Wilson do all sorts of things he shouldn't on the TV show *Laugh In*.

The general in charge of the hunt for this fallen angel is William "Jerry" Boykin, a veteran of the Army's Delta Force. According to a story reported in England's *The Telegraph* and our own *L. A. Times*, General Boykin has been making the rounds at conservative religious gatherings, telling his listeners that "Our enemy is a spiritual enemy because we are a nation of believers.... His name is Satan."

General Boykin claims to have seen the Prince of Darkness in Mogadishu, the capital of Somalia. He's shown slide photographs of a "strange dark mark" over that city and identified it as "the principalities of darkness... a demonic presence... that God revealed to me as the enemy." He's told his listeners that that his God is "bigger" than the Muslims' god; that Islamic radicals like bin Laden hate the United States because of our Judeo-Christian values; and that God made George W. Bush president: "Why is this man in the White House? The majority of Americans did not vote for him. He's in the White House because God put him there for a time

such as this."

God and Antonin Scalia. Who knew those two were so tight?

There's a place for religion in the public discourse, and General Boykin made these speeches in his off-duty hours. But he wore his uniform. That smacks of official sanction for his views, and that, more than anything, is what I find objectionable.

Whatever your views on Satan—that he's real, that he's imaginary, or that he's a kind of unscientific notation for inexplicable evil—it's hard to believe that having the Deputy Undersecretary of Defense for Intelligence declare that bin Laden's not to blame because "the devil made him do it" is going to help us win the war against terrorism. At best, it reminds the Islamic world of George Bush's ill-advised reference to the Crusades. At worst, it confirms the jihadists' belief that we're embarked on a faith-based tit-for-tat. You call us the Great Satan? Ha! You're the Great Satan. So there. Put that in your hookah and smoke it.

Perhaps the general is good at his job. Perhaps he'll find bin Laden and Saddam holed up together somewhere in Tikrit watching *Oh God, You Devil* on Turner Classic Movies. I'd have more confidence if I knew that's where General Boykin was looking. Instead, I have a sneaking suspicion that he's looking for horned shadows on a map of the Middle East.

Auntie Establishment, AKA Moscow writer Joan Opyr, would welcome your questions, comments, and column suggestions at [auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com).

## Letter from the Land:

### Amphibians and Reptiles in Paradise

By Suvia Judd

I was walking on a mountain road one recent, warm October evening. The dry late-summer smells had given way to the spicy scents of re-wetted leaves. The road underfoot which had been ankle-deep in dust was now moist and soft, but not yet muddy. A movement in the beam of my flashlight caught my eye: hop, hop, and on the third hop, something tan and not much bigger than a Susan B. Anthony dollar landed in the little puddle on the verge. It was a Pacific tree frog, *Hyla regilla*, on the move after the first fall rains. I like these little frogs. In the spring we always stop the car to listen to the huge choruses of "wreck-it, wreckit," or "reeker, reeker," in the seasonal ponds along Paradise Creek. On the mountain away from ponds I usually hear just a single, rough "er'-er'" here and there in the little draws and springs. Sometimes another single call responds and overlaps with the first.

There are more amphibians and reptiles than you might think here in Pig's Paradise.

After tree frogs, the frog I encounter most often is the non-native bullfrog, *Rana catesbiana*, which I hear in town in Hordeman Pond. I love its deep "jug-a-rumph," interrupting the stillness of a summer night. On the mountain I have occasionally seen the spotted frog, *Rana pretiosa*. They are tan and mottled above, red or salmon-colored beneath. I see them solitary, in the woods.

Occasionally I see a salamander. One spring I found a Pacific Giant Salamander, *Dicamptodon ensatus*, dark, damp, and big as a carrot, in a window well of a house on the mountain. There were several more in stacks of logs nearby. I have found rough-skinned newts, *Taricha granulosa*, on the edges of mountain road ditches after heavy rains. Newts, common on the coast, are supposedly non-native here, although I don't know how one can tell they are not part of a remnant population. I have also seen long-toed salamanders, *Ambystoma macrodactyla*, on three occasions: I found a dead one up in Section 16 near the big cedars; I found one clambering through the grass at Mountain View Park after a storm; and I found one in my dog's water bowl a good quarter mile from the nearest creek, across dry pasture. A friend once found a tiger salamander, *Ambystoma tigrinum*, in Indian Hills.

Garter snakes are ubiquitous in our yard in Moscow. I get a big kick out of garter snakes. Big fat ones sun themselves on the concrete outside our back door in spring. Others nap curled up in the peonies, a foot or more off the ground. Tiny newborn snakes, not much bigger than spaghetti, slither through the lawn. Garter snakes also use a secret entrance near our back door, so they pop up in the laundry room; once one wound itself around the long-stemmed faucet of the sink. And there was the memorable occasion one continued into the kitchen and appeared draped over the toaster. It seems fitting that this may be the subspecies "Wandering" of the Western Terrestrial Garter Snake, *Thamnophis elegans*.

On Moscow Mountain I met a rubber boa (*Charina bottae*) for the first time. It lay on the hot pale decomposed granite of the road, brown and rubbery and looking quite a lot like something you would order by the instructive dozen from Edmund Scientific's catalog. They are blunt at both ends, so it's hard to see which end is the head.

In sunny openings in ponderosa forest I've seen the Western Fence Lizard, *Sceloporus occidentalis*. Their jaggedly gray skin helps them blend in with tree bark and licheny rock. You don't see them easily, and they're so fast, you don't see them for long. I've also seen the smooth, striped Western Skink, *Eumeces skiltonianus*, but so far only flattened in the road.

A few years ago we saw several painted turtles crossing the road between Mountain View Park and a nearby pond.

According to my field guide, there are several other species of frogs, toads, lizards, and snakes one might see around here. I can't wait.

Suvia Judd enjoys finding all kinds of creatures wherever she is.

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## Working Hard, or Just Busy?

By Carol Spurling

Most of what I learned about the good old days I learned from reading the Little House books by Laura Ingalls Wilder. One big impression: while the man of the house was out farming or hunting, the woman and children were at home, working. Along with the everyday tasks of cooking, sewing, gardening, and tending livestock, they had a special task each day. Laundry on Monday, ironing on Tuesday, and so on. There was a day for baking, and for mending, along with a couple other tasks I can't recall. Dusting, perhaps?

In the spring and fall the entire household was turned inside out for a major cleaning; curtains were washed, rugs beaten, blankets aired, cupboards cleaned, stove blackened.

It doesn't really matter if it's a man or a woman doing the housework; what I'm interested in, as someone who works outside the home, likes a clean house, and also has a child to raise, is the organizational system they followed.

I know about two of the days' schedules first hand, because my grandmother still won't lift a finger (except to cook) on Sunday, and only does her laundry on Monday.

Nobody had a day-planner back then, but everything that had to get done, got done, and they still had time to play the fiddle now and then. Two other big impressions from the Little House books: 1) how hard everyone worked, and yet, 2) the glaring absence of the word "busy" from everyone's vocabularies.

The other things nobody had back then were Pottery Barn catalogues and Better Homes and Gardens magazines, or Martha Stewart, showing us how much happier we could be if our floors were shinier or our cookie jar collections more artfully arranged. Maybe this is why they were not "busy."

I've made it a point in my life to NOT describe myself and my family as "busy" in correspondence and conversation, but recently it crept in. I was busy canning, busy cleaning, busy gardening, busy organizing the basement, busy writing, busy working. I woke up every morning thinking about my home improvements list before I'd even brushed my teeth. I tried to make my house perfect every single day. At the same time, I started carping at my husband that I was becoming a drudge, that every time I turned around the piano needed dusting, my son needed clean pants, the living room rug needed the dog hair vacuumed off it. How dare he work on home electrical projects when

the top of the fridge needs wiping off!

Being of sober German stock, I can't relax until I've done my work; and the end of my work (along with my sanity) was moving farther into the distance. Talk about making yourself and your family crazy.

Then I remembered my grandmother.

Rest on Sunday. Wash on Monday. Etc.

I'm giving it a try. And I have to tell you, for me, it's working. Of course I've adapted it to fit my three (not seven) full days at home each week, and to my son's afternoon naptimes. I substitute writing, paying bills, and going to story-time with my son for mending, ironing, and sewing. But I've learned I can get all the laundry washed and an entire house pretty clean in one morning, if I concentrate. Another morning I grocery shop. One thing each day. Then I don't do it again for an entire week.

I'm learning to let go of catalogue-glossy perfection. My house will never be featured in Better Homes and Gardens. More importantly, however, my friends might come over for tea if I will take the time to ask them. I daresay they may still love me, even with crumbs on the kitchen floor.

What a load off my mind! I can even watch a movie on Sunday afternoon, guilt free, knowing that during the rest of the week I have earned this rest.

Call it the Good Old Days Method of Organization. Try it, maybe you can drop the word "busy" from your vocabulary too.

*Carol Spurling has to re-learn the lesson about avoiding "busy-ness" several times a year, especially in the fall, when it feels like time is running out.*



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## An Art Opening: Judith Marvin

By Ryan Law, Co-op Art Coordinator

The Moscow Food Co-op is pleased to announce an art opening featuring the paintings of Judith Marvin. The show will open November 14 and run through December 19, 2003. An opening reception will be held November 14 at 5:30 p.m. at the Moscow Food Co-op.

A painter, Judith Marvin lives in a log house on a ridge in Clearwater County, Idaho, with her husband, Gary. They retired and returned to Idaho in 1997. The wide vistas of this area as well as the magnificent sunsets and changing weather are important elements seen in her work.

Judith spent most of her adulthood living and working overseas. She has lived in Zaire, Jamaica, South Africa, Cote d' Ivoire, Germany, Lebanon, Haiti and Mexico. Images and experiences from this travel influence her painting.

Working towards a degree in fine art at the University of Idaho keeps her "out of trouble and off the streets." She says she loves going to school. "The energy and creativity of other students is a tonic to my own creative spirit."

The Moscow Food Co-op is located at 211 East Third Street in Moscow and is open daily 7:30 a.m. to 9:00 p.m.

## Calling All Artists!

By Stephanie Wade

The Moscow Food Co-op will be holding a "Valentine for AIDS" benefit art exhibit and silent auction in February, 2004. This exhibit will showcase work from local artists in all mediums. We are asking artists to donate a piece of work that is no larger than 9x12 inches. The work should have an underlying theme of compassion and love—not necessarily hearts-and-flowers love but just something that alludes to the feeling. Please include a title card with the work, including your name, title of the work, and medium.

Donated work will be displayed at the Co-op throughout the month of February, with the exhibit opening and silent auction taking place on February 14<sup>th</sup>. The Co-op will provide hors d' oeuvres and music.

The deadline for submitting artwork is the week of January 25, 2004. Pieces can be brought to the Co-op, attention Stephanie or Kenna.

Right now you have three months to complete your pieces and we look forward to having them. We'd like to thank you in advance for taking the time to make this event a success. Questions can be directed to Stephanie at <kitchen@moscowfood.coop> or call the Co-op at (208) 882-8537.

## Letter to the Editor

Thanksgiving Day is approaching and I have so many friends to thank: you, my friends at the Co-op, for your generous gift, as well as you, my friends of the Hodgins and WinCo gifts; my appreciation of Betsy and Bob of BookPeople and their continuous kindness; Laura, Arlene, and Miriam—as well as Marc and Bryan—for getting me back and forth so often to and from Latah Health and Clark House; thanks also to Nancy and Marc for Tuesday evenings at the Co-op and to you my friends of the Friday night pizza gatherings; and to the dearest of friends, Katrina and Donna, who have held me up when I was down, and who have held me close when I wanted to run.

Know that "I'll love you forever, I'll like you for always." (Robert Munsch, "Love You Forever").

Thanksgiving Day? Forget it! My friends, it is every day that I give you my thanks.

—Justine Basoa

### JOHN'S ALLEY

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### -PRESENTS-

- Nov. 1 **Beecraft**
- 7 **Earnest Orange**
- 8 **Mugicians**
- 11 **open mic**
- 13 **Drums & Tuba**
- 14 **Sticky Nickel**
- 17 **Warsaw**
- 18 **Starshak**
- 21 **Danny Godinez**
- 25 **open mic**

-Shows are subject to change-

Please call

**208-883-7662**





# Bulletin Board

MOSCOW FOOD CO-OP



moscow food co-op  
221 east third  
moscow idaho 83843

## Book reading and signing

**Monday, Nov. 3, Potlatch Library, & Monday, Nov. 10, Moscow Library**

Andrea Vogt will read from her new book *Common Courage: Bill Wassmuth, Human Rights, and Small-Town Activism*. 882-3925

## La Leche League monthly meetings for Breastfeeding Mothers

**Wed. Nov 5, 9:30 AM**

**Sacred Heart Catholic Church 440 NE Ash, Pullman**

Parking in lot at Maple & Ash  
Betsy 882-0357, Jean 334-0832

## Local Women Authors

**UI Womens Center, 885-6616**

*Moscow: Living and Learning on the Palouse*, by Julie R. Monroe, Women's Center on Wednesday, November, 5 at 1:00 p.m.

Linda Lawrence Hunt, author of The University of Idaho Press's bestseller, *Bold Spirit: Helga Estby's Forgotten Walk Across Victorian America*, UI Law School Court Room, Thursday, November 6, at 7:00 pm.

## Pullman Civic Theatre's last show of the 2003 season: "This Day and Age"

**November 6, 7, 8 & 13, 14, 15 in the Gladish Little Theatre.**

Tickets \$8.00 • 509-332-8406, www.pullmancivictheatre.com.

## Friends of the Clearwater Annual Membership Meeting and Potluck

**Friday, November 7, 7-9 pm**

**1912 Center, Moscow**

live music, a silent auction, Bring a dish to share. 882-9755

## "Godspell" at the Kenworthy

**November 7, 8, 15 (7 pm), matinees**

**November 9, 15, 16 (2 pm)**

Presented by The Moscow Community Theatre (882-4731). Tickets at Bookpeople, Tickets West, and at the door.

## House Concert by singer/songwriter Dan Maher

**November 8, 7:30 pm 314 E. 2 St.**

By donation only. Sponsored by Palouse Folklore Society

## Alaska Outdoors Slide Show

**Monday, November 10, 7:00 p.m. Clearwater Room, Idaho Commons**

Presented by Diana Proemm, UI Women's Center Outdoor Program Coordinator. 885-6616

## Group Exhibition of Metal Artists - Third Street Gallery

Showing Our Metal October 24 - November 28, 2003

## Feminist Film Series

**Wednesday, Nov. 12, 3pm, UI Women's Center.**

Screening of "The Historical Impact of the 'S' Word: From One Generation to the Next" about what Native Women feel when they hear the "S" word (squaw) 885-6616

## Thank you dinner for co-op volunteers

**1912 building November 11**

Yummy deli

Annie or Jan

## Co-op art the paint

**Opening Moscow**

The show through

## Womerr

**Noveml Center**

9th ann

gifts ma

11:00 a.m. - 6:00 p.m. on Friday, and

10:00 a.m. - 4:00 p.m. on Saturday.

Student Union Ballroom. 885-6616

## Alternative Medicine for Health Professionals

**Saturday, November 15, 8 - 11 am**

Supplements for Healthcare Providers, instructor TBA

Cost is \$40 per session. Call LCSC at 792-2404 for details.

## Contra Dance

**Saturday, November 15, 7:30-11pm**

• 1912 Building, 3rd St.  
www.palousefolklore.org • 882-0273

## What Women W

**Wednesday, Nov**

**p.m. - Location T**  
Please come to voi values, concerns, p struggles - big and today. 885-6616

## First planning n 2004 Women's V

**Wed. Nov. 19, 7-9 Hospital Confere**

Contact Nancy Chaney (882-7330 nchaney@moscow.com) www.palouseroadrunners.org

## Rowing to Latitudes: paddling in the Arctic Ocean

**Thursday, November 20, 7:00 p.m., SUB Gold Galena Room**

Author Jill Fredston will be on hand to share slides and information about her high adventures in the Arctic. 885-6616

## Co-op Coffeehouse Music Series

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

featuring drink specials from the Co-op's Espresso Bar.

Nov. 4th Eschient Seeds

Nov. 11th Travis Silvers & Noah Beck

Nov. 18th Dan Maher

Dec. 2nd Evy

## Young People's Arts Festival

**Saturday, November 15 at Moscow Junior High School**

Local artists will present workshops ranging from theatre games to wood sculpturing. Young artists may register for up to four classes to be held from 9:45 AM and 2:30 PM. Fees range from \$3 to \$12.50. 883-7036.

## Vigil for Peace

**Pullman: First Friday of each month 12:15 - 12:45**

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

**Moscow: Fridays 5:00 - 6:30PM**

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

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

For additional events & info  
www.moscowfood.coop/ev

