

Day-NW HD3284, N48

September 2003

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Welcome!

(Otherwise Known as the Numbers Game)

By Laura Long, Membership Director and newly crowned Bulk Mailing Princess

Whew! What a summer it's been at the Co-op. You haven't heard from me in awhile and that's because I have been busy as a (slightly crazy) bee here at the store. I have been furiously working on the bulk mailing of the Co-op's new-and-improved scan-able membership cards. I'm happy to report that, as of the writing of this article, I am surrounded by several tote bins full of your new membership cards. By the time you read this, hopefully you have already stowed your new card in your wallet or you're sporting hip, new Co-op jewelry on your key chain.

Let me just clue you in on a few of the numbers details, because, hey, that's what I usually spend most of time doing, and I do love those numbers! The most important number, of course, is how many members do we have: we have 2,637. For each membership, you got one set of cards, and one form letter. Your card was held on by approximately 2 inches of double sticky tape and your letter was closed with 3 clear plastic mailing seals, fondly referred to as "dots."

That adds up to 150 yards of tape, and 7,911 mailing seals. Now you know why Vicki was calling me "dot girl" by the end of this project.

The best part of the whole project was seeing familiar names as I went through the membership lists, visualizing your smiling faces, and imagining how pleased you would be when you received your new card in the mail. Although I hope that I never have to earn my bread and butter on a weekly basis doing bulk mailings, I do have a new appreciation for each piece of "junk" mail that I find in my mailbox at home. I would also like to say a special thank you to Daniel who kept me swimming in extra strong coffee during the last couple of months that I was working on this project. I'm sure I would have fallen asleep without your special brew!

Please use your new membership card with pride, and know that it was packed with love. I hope that on our next MAD Day here at the Co-op (September 8th) I will see members flashing their new cards for a 10% discount.



Moscow Food CO-OP

www.moscowfood.coop

221 E. Third • Moscow, ID 83843

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Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Northwestern Mountain Sports, Terry Uravich - 10% off any regularly priced pair of Birkenstock sandals, 1016 Pullman Rd. Moscow, 882-0133.

Paper Pals Scrapbook and Stamp Studio - 1st Hr. of Studio time FREE, 33% off Open Studio time, 107 S. Grand, Pullman, 332-0407

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

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

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

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

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

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

Sharon Sullivan, RN Herbalist & Holistic Health Educator - 10% off health consultations, reiki, custom formulas and bulk herbs, 106 E. 3rd St., Ste. 5-B, Moscow, 883-8089.

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

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

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

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

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

Community News



It's Party Time!

By Kenna S. Eaton

It's time for the Co-op 30th Anniversary shindig! We'll be closing off Fourth Street with fun things for the whole family to do: henna hand-painting, juggling classes for kids, sidewalk chalk coloring, and the dragon from the Ren Fair parade. (If you didn't see it then, now's your chance, and if you're brave enough we'll let you inside as well!)

We have an electric scooter that we're giving away to one lucky partyer, however you must be present to win. We're setting up a BBQ with organic hot dogs, hamburgers and their veggie equivalents for 30 cents each, with all proceeds going to Peter Basoa's mother Justine, who has recently incurred lots of expenses looking after Peter.

Of course drinks and birthday cake will also be available for every-

one. And finally, all of the past year's "2% Tuesday" recipients will be on hand to talk about what their groups are up to and how you can participate if you are interested.

Starting at 5 p.m. we will be listening to Dan Maher, a long-time Palouse family favorite as he plays sing-along Celtic tunes. And at 6 p.m. the wild tunes of "The Toucans" will hit the stage. If you don't know them, the Toucans play steel drum music, giving a Caribbean twist to a wide variety of songs—perfect for an end-of-summer party.

So, dress in your favorite party clothes, put on your dancing shoes, and come on down to help us say "Happy Birthday Moscow Food Co-op!" on Sunday, Sept. 7th from 5-8 p.m. on 4th Street, behind the Co-op. It's the place to be!

MAD days are Here Again...

By Kenna S. Eaton

Monday, September 8th is the date selected for the next "Member Appreciation Day". All day Monday members will receive a discount on all their purchases at the Co-op. No one will go home without a "prize" though those who spend more get more. So be prepared to show your NEW current membership card and reap the extra benefit! For purchases less than \$25 you will receive a 5% discount, for purchases \$25-\$70 you receive a 7% discount, and for over \$70 spent you will receive a 10% discount. Volunteers will be able to receive these discounts in addition to their regular discounts except on beer & wine (we'd loose too much money).

Membership at the Co-op costs \$10/year for a single adult and \$17 for two, while children under 18 are free. We also have a special senior rate of \$5/year. The membership dollars that

you pay into our Co-operative are used to purchase fixtures and equipment, not for daily operations, meaning that YOU really do own the store. MAD days are fun and a great way to stock up, so get that shopping list ready and plan to spend some time shopping at your favorite grocery store -the one you own!



Serving up the fabulous Greek Gyro and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
527 S. Main
882 0780

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Front End Managing

By Annie Hubble

Moscow is a remarkable town and the Co-op is a remarkable store. In the last month in town and around. I listened to Laura Love sing at a Rendezvous concert one night and an evening of reggae another; I watched an excellent, outdoor-production of Shakespeare's "As You Like It," and I went camping at Laird Park and had a gleeful time playing in the water and walking amongst the trees. This was just a small selection of the many potential opportunities open to me.

I think anyone who settles here is aware of the variety of activities and availability of beautiful countryside just a short drive away, but I wonder if everyone is aware of just how much the Co-op contributes to the community in terms of social events, besides being such a wonderful store.

In the same time span, I attended the wonderful Co-op swimming pool party; I listened to Dan Maher sing at one of the Co-op's Tuesday evening barbecues; and many folks attended the Co-op's farm tour, finding out first-

hand where their local organic produce came from.

Among forthcoming Co-op events and attractions: September 7th is the date of our 30th anniversary party: a Street Party complete with The Toucans, a steel drum band from Seattle; and M.A.D. day on Monday September 8th, the affectionate and actually apt term for Member Appreciation Day when members get special discounts on their purchases just because the Co-op appreciates you! And then one must mention the regular Saturday morning brunch in the deli; Tuesday afternoon's Farmers' Market in our parking lot; and always the chance to see your old friends and make new ones while shopping. It becomes obvious that the Co-op is the place to be!

Come on down and support this alternative store, owned by its members, and offering you a home away from home!

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Deadline for Articles & Ads
20th of each month

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

No, It's Not Your Imagination.

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The Volunteer Program

By Janna Jones and Annie Hubble

At the time of writing, we have placed quite a few volunteers this month. Emily Sly is going to be cleaning shelves - a never ending task for which we are very grateful to have her aid; helping close the store are Jennifer Farly and Kent Werlin on Monday evenings, Jenn Dinaburg and Morgan Beasley on Wednesday evenings, and Ben Flores on Thursday evenings; Patricia Cohn will be working in the produce department on Tuesday evenings; and Willow and Crysta Falcon are sharing the demonstrations on Saturday mornings.

We are about to interview more applicants and will be filling available slots, so get your application in soon!

As always we are grateful for our volunteers. They help share the workload of running our beautiful store. They become part of the smaller family of the Co-op, and are much appreciated. They can be seen in every nook and cranny: serving up deli drinks, putting out the newly baked bread, arranging the fruits and vegetables in the produce section, bagging chips and dried fruit, cleaning, and of course working behind the scenes putting this newsletter together!

Volunteers are an integral part of this Co-op. Thank you all of you for your hard work and cheerful attitudes.



Once Upon a Time the Co-op was Closed on Sundays And Other Tales of the Co-op

By Kenna S. Eaton

As the title reads, once upon a time the Co-op was only open 6 days a week and we closed at 6 p.m. Eventually we decided to be open 7 days a week and extended that closing time to 8 p.m. But for many years I've wished the Co-op was open even later at night. Although we've had the same hours for about 10 years, I kept wishing I could come on down and shop at the Co-op even later—after dinner was eaten and the dishes were done.

It took us a while to make the decision to change store hours simply because change is so complex. By opening earlier we are asking our bakers to come in and bake earlier and our cashiers, servers and produce workers to come in and open the store earlier. And by staying open later, the same is true on the other end. With 40-plus people on staff it will have an

impact on many of us. However, we finally decided that, despite the effort, it was time to take the leap to extend the Co-op's store hours.

So, starting August 25th, to coincide with the start of the fall cycle, the Co-op will open at 7:30 a.m. (good news for all you early morning coffee drinkers) and close at 9 p.m., a whole hour later! So come on down after dinner, have a slice of pie with your shopping, and thank your favorite cashier for staying here that much later—you'll be sure to make their day!

If you haven't noticed the cool new signs in the bulk department, now is the time to do so. Someone pointed out that many folks don't understand how to buy bulk foods and while we might be familiar with the process not everyone is. So we designed signs, had



The Buy Line

by Vicki Reich

Nuts! Or more specifically, almonds! They've been showing up in my life lately. There is the jar of raw organic almonds I keep on my coffee table to snack on while watching TV (my dog loves these, too). There is the new almond meal from Bob's Red Mill that I keep getting samples of and I'm not sure what to do with but have gotten lots of requests for and now stock with the baking products. There is the perpetual need to order more lemon almonds, since I can't seem to keep enough in stock. (They are really quite addictive, so I can see why everyone is buying them.) There are those delicious almond-stuffed olives from Mediterranean Organics with the lovely citrus undertones that I've been having with my martinis. And now there is the almond butter grinder that we've all longed for. While I had almonds on the brain I thought I'd find out a little bit more about their history and health benefits.

No one is really sure where almonds originated, but it was most likely from somewhere in China and Central Asia. Almonds grow on trees and are related to stone fruits like plums and peaches. Prehistoric people prized

the nut for their sweet flavor and the fact that they traveled well. Almonds were taken by explorers along the Silk Road and found their way to the Mediterranean, seeding themselves all along the trade route. By 4000 BC, almonds were being used and cultivated by almost every civilization. The Bible makes several mentions of almonds and some of the pharaohs were buried with almonds. Almonds thrived in the Mediterranean weather and became an indispensable part of the culture and cuisine of that region. Franciscan missionaries brought almonds to the California coast in the late 1700s. Almonds did not thrive on the coast but when someone brought them inland to the Central Valley, man and almond found a match made in heaven. California now produces more than 70 percent of the world's almonds.

Historically, almonds have been a symbol of hope, happiness, fertility, fortune and good health.

We know almonds are good, but are they good for you? Current research says yes. Studies have shown that a handful of almonds a day can help lower cholesterol levels and that almonds are more effective at lowering cholesterol than soy or olive oil. They are high in mono-unsaturated fat, calcium, vitamin E and fiber. What a great excuse to eat more almonds.

Melissa Rockwood draw the helpful visual cues, and Cutting Edge put it all together for us. Of course if you still have questions about bulk food: how to buy it, how to store it, how to cook it, don't forget that we love answering them. Remember, between all the managers we've got over 81 years of experience working at the Co-op (and if you add in all the staff years, that number would be even bigger!) and we are all happy to help anytime.

Our "Hot Off the Grill" series has been so much fun this summer, but September is our last month. So here's your last chance if you haven't tried it yet. Held on Tuesday evenings to coincide with the mid-week growers' market, we've brought in a wide variety of local musicians to play while we grill your dinner to order. It really is a fun time, with great music, good

food and good company, so how could it not be? Be sure to join us on Tuesdays from 5-7 p.m. for a cool community event, but hurry—there's only a few weeks left!

Have you noticed the new Almond Butter grinder filled with organic almonds? This is something we bought in response to customer requests. The company that made our sturdy, dependable Grindmaster Peanut Butter grinder is no longer in the nut butter-grinder business, so we went with another manufacture, Olde Tyme. Unfortunately the new grinder didn't fit on the shelf next to the old grinder, so we ended up building a whole new unit for both grinders plus the honey warmer so they could all fit into the small space available. Phew! Makes one wonder how come things are never as simple as one thinks they will be....



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Music for Hot Off the Grill

By Eric Gilbert

For the last month of the Co-op's Tuesday Barbecue dinner, we have scheduled live music every week. The music and the meal will be at the patio on the south side of the Co-op (facing the Post Office).

Remember, Tuesdays, 5pm to 7pm, weather permitting, you'll enjoy:

Sept. 2nd	Surfer G's Acoustic Wave Machine
Sept. 9th	Open Mic
Sept. 16th	Evy
Sept. 23rd	Milo
Sept. 30th	The Boogie Doctors

From the Suggestion Board

Get the chocolate with the animal's printed on and a picture of them.

I think you're referring to the Enviromints we used to carry. Unfortunately, these are no longer available. We do have Chimp Mints and Bug Bites that come with chimp pictures and bug pictures, respectively. We also have Endangered Species bars with cool pictures of animals on the wrappers and Baby Endangered Species bars that are smaller and have pictures on the outside of the wrapper and interesting info on the inside. —Vicki, Grocery Manager.

Can you get Ben and Jerry's Phish Food Frozen Yogurt? It's lower in fat and taste great.

We rotate the flavors of B&J ice cream and we do get the Phish Food Yogurt in on occasion. I'll make it appear a little more occasionally. —Vicki.

Horizon Organic Cottage Cheese and organic bread flourless comes from Canada (Co-op in Seattle carries it.)

We carried Horizon Cottage Cheese in the past and it did not sell well, but you can special order it if you'd like. Do you know the name of the company that makes the flourless bread? I will look for it but it is often much harder for us to get products out here than it is to get them in Seattle. Most distributors don't want to sell to us because we are not on an interstate and shipping perishable products by mail makes them very expensive. —Vicki.

About Lemon Almonds: Are they still available? If so, could you order more at once (I mean, at a time)? We seem to be out of them frequently.

The Lemon Almonds are still available. They come from a small company in Los Angeles and they have been out of stock because I forgot to order more. I will try to keep on top of it. I do order 100 pounds at a time but it just doesn't seem to last very long. —Vicki.

Please carry Valley Family of Farms Chicken again-it's the best.

We got the Organic Valley chicken by mistake last Thanksgiving when the company sent us a pallet of chickens instead of turkeys. We got a really good deal on them, but we had to store them at C&L Lockers and shuttle them to the store. Unfortu-

nately, they are not available through our distributors in more manageable quantities. We are looking in to getting another pallet when we order turkeys this year. Keep your eyes open for them. —Vicki.

Will you be carrying bison burgers anymore? Every time I've been in, in the last few months, the bin has been empty!

I had left the bin in the freezer hoping that our supplier would find a way to get us more bison. Unfortunately, this is not the case. There was some issue with shipping costs that couldn't be resolved. I am looking for another supplier of USDA-certified bison. If anyone knows of a source, please let me know. I miss the bison and I know a lot of customers do too. —Vicki.

Could you please stock Erewhon Rice Twice Cereal? It is a great gluten-free cereal. Thanks!

I would be happy to special order a case for you, but that type of cereal has not sold well in the past. If I get more requests for it, I will consider bringing it in. —Vicki

Blue corn tortillas and frozen green chili (NM).

I'm sorry but at this time I don't have a distributor for these products. —Vicki.

The carrot juice goes first. The sweet mixed juices are left over. Please get more plain carrot juice. Also larger jugs.

We have increased our order of Naked carrot juice. Unfortunately, it is not available in larger containers. —Vicki.

Please stock tofutti mozzarella slices! Please sell tofutti cuties as singles.

I'll try out the slices but the cuties are not available for individual sale. —Vicki.

Double Rainbow Soy Cream Vanilla, please!!! By far the best of the pseudo ice creams. The most fat, the most taste.

Okay. —Vicki

The plastic bags for bulk foods and produce have been changed and the new style doesn't have a recycle symbol. Could you please use bags that do?

We will contact our supplier and see if they can get the old kind of bags back. Thanks for bringing it to our attention. —Vicki.

Can you get "Trader Joe's" frozen foods?

Trader Joe's is a private label and the only place you can get their products is at a Trader Joe's store. —Vicki.

Look, if Huckleberries can get Iguana hot sauce, so can you! Send a member on a spying mission.

I will contact the company and see if we can get it in. —Vicki.

Water the grass on the 4th Street side. The other plants are parched, too. The amount of water required to make that small space beautiful is insignificant compared to the global water issues on the Palouse.

The garden was designed to be drought-tolerant and is watered regularly with a drip irrigation system. The grass is a dwarf bunch grass that does not need to be watered. —Kenna, General Manager.

Straus Ice Cream is great; but can you get some of their other dairy products, especially yogurt (whole milk). It is the best yogurt I've ever tasted. Wonderful Dairy!!

I agree Straus is a wonderful dairy. We do carry a couple of their yogurt smoothies and I will bring in their whole milk yogurt. —Vicki.

I was wondering if you could start to carry Amasake (not a wine!). Huckleberry's (Rosauers) carries it

but I don't want to buy it there. Thanks for your time.

I appreciate your wanting to support a Co-op instead of a corporation and I will happily special order any flavor of Amasake you'd like. You can order them by the each. I have tried to carry them in the past but we just ended up throwing them away. —Vicki.

Please consider stocking Muir Glen Diced Tomatoes with no salt. You used to have them! Thanks.

Muir Glen is out of stock of No Salt Diced Tomatoes until at least the end of September. I will bring them back as soon as they are available. —Vicki.

Green tea noodles.

I'm sorry but I don't have a source for these. —Vicki

Give a discount to members who recruit new memberships.

We appreciate the fact that you feel strongly about the co-op and are out there recruiting new members. We can offer you a hearty pat on the back and the knowledge that you are helping to perpetuate the Co-op but we can't give you a discount. —Laura, Membership Coordinator



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Personal Care Corner: Adapting to Stress

By Carrie A. Corson

When faced with a stressful situation, the human body instinctively goes into what is often called the "fight or flight" mode. Hormones are secreted that change our physiology and enhance our ability to either run away or stand and defend ourselves. Though this often serves us well, some of us may be over exposed to this mode, because bodies may have a stress response to all sorts of stimuli. Rush hour traffic, financial worries, over work, balancing work, school, and child rearing can all leave us in an overstressed state, which can lead to adrenal exhaustion and many believe, to chronic disease.

Dr. Hans Selye, noted endocrinologist, first defined the three stages of stress response, in the 1930s. Stage One was identified as the alarm phase when the release of stress hormones, adrenaline, and cortisol occur. While these hormones are valuable in the short term, they are disruptive to effective cellular function over prolonged periods of time. During the Stage Two or resistant phase, we begin to adapt to stress. Ideally the adaptive phase continues until the stressful

situation is resolved. However, our capacity for adaptation is limited and highly individualized. A continued stress response can eventually lead to Stage Three, exhaustion. Exhaustion is characterized by a depletion of energy reserves and a loss of adaptational ability, leading to other symptoms of disease, including nervousness, severe PMS, depression, inability to concentrate, allergies, anxiety, headache, poor memory, muscular and joint pain and tenderness.

Enter adaptogenic herbs. First named "adaptogens" in the 1940s by Dr. Nicholai Lazarev, a pioneering Russian scientist in toxicology and preventative medicine, this group of herbs has a long history of use for increasing physical and mental capacity, reducing fatigue, improving resistance to disease, and promoting longevity. As a group, adaptogens are some of the most highly studied herbs.

Dr. Lazarev identified three criteria, which he felt an herb had to meet in order to be considered an adaptogen. The remedy should cause minimal disturbance of the normal physiological function of a person; its

action should be nonspecific (increase resistance to a wide range of stressors); and it should have an overall normalizing effect, improving all kinds of conditions and aggravating none. Studies indicate that in addition to the ability to help the body cope more effectively with stress, adaptogens also enhance general health, wellbeing and performance. Using adaptogenic herbs is thought to prolong our ability to stay in Stage Two of stress response, thereby allowing our bodies to adapt to the stress, release fewer hormones, and stay in balance.

Below is a list of some of the more popular adaptogenic herbs. Most are available in liquid or capsule form and can be found as single herbs or multiple herb formulations.

Asian (Panax) ginseng: Numerous studies support its effectiveness at approving a person's ability to withstand stress and enhance mental function.

Siberian (Eleuthero) ginseng: One of the most popular adaptogens and heavily studied by Dr. Lazarev. This herb is often an ingredient in herbal formulas designed to support both the adrenal and immune systems.

Ashwagandha: Sometimes called Indian ginseng, ashwagandha is Ayurvedic medicine's most acclaimed adaptogen. Like ginseng, Ashwagandha is indicated for people who are exhausted, depressed or emotionally distraught after a period of extreme stress.

Astragalus: Used in China for centuries to tone the immune system.

Schizandra: Another popular and historically significant adaptogenic herb from Chinese tradition. Like all adaptogens, Schizandra is said to restore health to a weakened body. Unlike other adaptogens, Schizandra has a particular "affinity" for the liver. It is thought to support the liver's natural detox system.

Licorice: Another premier Chinese adaptogen, now used worldwide for a variety of conditions. Like ginseng, licorice helps the body adapt to stress by increasing the metabolism of the adrenal hormone, cortisol.

Symptoms of adrenal exhaustion may be similar to other medical conditions such as anemia, so be sure to check with a health care professional before adding an adaptogen to your supplement regimen.

References:

Role of Russian Adaptogenic Compounds in Restoration of Adrenal Function, Ward Dean, *Townsend Letter for Doctors and Patients*, November 2001.

Herbs to the Rescue (To Boost Immune System), Jamison Starbuck, *Better Nutrition*, November 2000.

Adapting To Long-Term Stress, Thomas Garvey May, *Natural Foods Merchandiser*, April 2000.

Adaptogens, Robyn Klein, *Herbalist*, AHG.

Co-op Coupons

By Karen Zimbelman,

Director of the North West Co-operative Grocers Assoc.

Co-op members have a great new benefit to look forward to. A coupon book, soon to be on its way to all Moscow Food Co-op members, is full of great offers that can bring Co-op members big savings on their favorite products. This coupon book will only be available to the members of the 26 participating Co-ops throughout the western US.

The special savings we're able to offer Co-op members through these coupons are a result of the collaborative efforts of these 26 Co-ops. The buyers at these Co-ops have been working together to negotiate great prices and special deals for all member-owners as a group through the "Co-op Advantage" program. This program is now being extended to bring even greater savings to you as a Co-op member. Look for coupons on products from Lundberg, West Soy, Knudsen, Cascadian Farms, and Clif Bars, among others. As a member, you'll

be eligible for at least \$35 in savings on some of your favorite products by using these coupons.

Most of the Co-op members in Colorado, New Mexico, Arizona, California, Oregon, Washington, Idaho, and Montana will be able to enjoy the special deals available through these coupons. If you're traveling in those states, you're welcome to use your coupons at any of the participating Co-op stores. A complete listing of the participating stores can be seen on the back of the monthly specials flier and will also be included in the book.

October is Co-op Month. What better way to celebrate than for us to provide you with a special member benefit? It's our way of saying "thanks" to you for your investment and patronage of your co-op. Watch your mailbox in early October for this coupon book packed full of great deals available just for Co-op members.

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Board of Directors Report: Dinner + Dialogue = An Action Plan

By Peg Kingery

On July 25th, twenty Co-op members gathered for the first "Dinner with the Directors". The Co-op deli prepared a fabulous meal to provide the energy for a lively discussion of the topic "Building a Sustainable Co-op." Facilitator Melynda Huskey began by defining a "sustainable Co-op" as a financially-viable business operating in the Moscow-Pullman area which draws in new members, retains old members, and creates a sense of community for all. She next guided us through a series of questions to help us generate a list of action items which would, in turn, help the Board with future planning. These questions were:

1. What is working best at the Co-op?
2. What needs improvement?
3. What new directions does the Co-op need to explore? and
4. Does the Co-op need to let anything go?

The list of what is working best at the Co-op covered several large sheets of paper taped up around the room. (No surprise there!) Included on the list were honesty and friendliness of staff; deli and bakery; free box; Friday pizza; newsletter (paper and online); monthly sales; volunteer program; use of recycled containers; case discounts; Taste Fair and MAD; and the 2% Tuesdays program. In contrast, the list of what needs improvement was much smaller and rather eye-opening. Some concerns mentioned were undercooked whole-grain breads and pastries; high employee turnover, tiered pay structure among employees, and not enough value placed on employees' opinions; lack of a method of monitoring adherence to the Co-op mission statement; and poor sales advertising to the community at large.

When our discussion shifted to the new directions the Co-op might explore, the group's creativity and ability to dream were quite evident. One participant described an elaborate plan for a bicycle delivery service. Others suggested that the Co-op sponsor more educational forums; hold more Dinners With the Directors; expand the seating area; create another children's room; place a Co-op sign on Third Street; initiate a membership welcoming and mentoring program; improve the bulk-order pick-up area; host after-hours poetry readings or music; and improve public relations


especially with the universities.

The group had to think a few moments before coming up with a list of things the Co-op needs to let go. Included here were the idea that to be more productive the Co-op needs to expand; the "mystique" surrounding co-ops; that employees can't be in career positions; and a strict adherence to organic produce that excludes selling no-spray and local products.

After a dessert break, we came back together to face our greatest task of the evening – making a list of the items we felt were most important for the Co-op to act upon. Our Action Items (not in any order of priority) were:

1. Put up a sign on Third Street
2. Conduct an employee survey of overall satisfaction
3. Delete the organics registration requirement
4. Create a member welcoming and mentoring program
5. Evaluate the feasibility of starting a delivery service and a soup kitchen
6. Seek professional evaluation of the bakery items and produce section
7. Host weekly after-hours poetry readings and music
8. Update the Co-op's strategic plan
9. Hold more Dinners With the Directors
10. Remain involved in Moscow's downtown re-vitalization
11. Develop a way of monitoring adherence to the Co-op's mission statement.

On behalf of the Board, I would like to thank Melynda, Amy and her deli staff, Kenna, and the fifteen Co-op members who participated in the evening. Keep your eyes open for our next Dinner With the Directors which will be held this fall.



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An Eater's Perspective on the Co-op Directors Dinner

by Jeanne McHale

As citizens of Moscow, lifetime Co-op members, and the recipients of countless undeserved blessings of the universe, my husband Fritz and I consider ourselves to be pretty lucky people. So when we were selected to attend a dinner hosted by the Co-op board of directors, we said to ourselves, boy, we sure are lucky duckies. We eagerly accepted the kind and random invitation, and on Friday, July 27, instead of cooking supper ourselves, we biked over to the Unitarian church for a fabulous meal and a chance to meet some new friends. We enjoyed delicious spring rolls, a fabulous soup I wish I had the recipe for (hmmm, peanut butter, coconut milk, what else...?) and berry cobbler for dessert.

Now, maybe you've studied thermodynamics and know that there is no such thing as a free meal. Borrowing an idea from the Bellingham Food Co-op, the board of directors decided to host a dinner to get member input on how to "generate a sustainable co-op." So we were going to spend some time discussing how to achieve that. We were told at the outset that we were not going to develop a strategic plan. (Whew! *That* would be work, and the meal would no longer be a freebie!) Instead, we were going to develop an action plan after discussing the good, the bad and the ugly of the current Food Co-op.

With Melinda Huskey as moderator, we started out by discussing the things that work best at the Co-op. This turned out to be long discussion mentioning the deli, the friendly staff, the art, free food samples, the newsletter, the web site, the pizza, the monthly sales, the volunteer system, recycled containers, bulk ordering, the food fair, cleanliness, and even the checkout system and the great board of directors. (Fritz mentioned the board of directors - I think he is trying to get another free meal.) It seemed the discussion of what's currently not working at the Co-op was much shorter. The bread is occasionally underdone, the pastries inconsistent, the produce sometimes wilted, and the employee turnover too high. Many expressed the desire to incorporate more local growers, and nutritional information for bulk food was requested.

The discussion of new directions for the Food Co-op was stimulating and fun, if somewhat pie-in-the-sky-with-diamonds at times. People want a children's room, more panel presentations, more tables and chairs, more space, a bigger sign, more free dinners, a commitment to monitor the Co-op mission statement, more bike parking, music and poetry after hours, a license to serve beer and wine, and a fully articulated delivery system. The last of these pipe dreams is my personal favorite, but I would add that the delivery system should be bicycle-powered by volunteer pedalers, to the extent that weather and geography permit. If the Co-op is to be sustainable, then it ought to support sustainable, nonviolent transportation as well.

As expected in a group of more than one person, there were differences of opinions. Some wanted the Co-op to expand, others thought the current size was just right. Some were concerned about employee satisfaction, and others thought that Co-op employees are generally very happy. In the end, we came up with a list of 13 "action items." There were only supposed to be ten, but it was an ambitious group and there were many ideas afloat. I can't remember if having more dinners like this one was one of the action items, but it should be.

I think the idea of choosing some lucky random Co-op members to eat delicious food and dream up new directions for the Co-op is a great idea. Now that I've had my turn, I think I'll kick back and wait for the delivery system to start up. Maybe I can order some of those spring rolls and delicious peanut soup.

Jeanne McHale is a UI chemistry professor and the pianist/vocalist in the "Boogie Doctors" band which will play at the September 30 Hot Off the Grill BBQ Dinner at the Co-op patio.

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2% Tuesdays: Moscow Sister City Association

by Mary Voxman

The Moscow Sister City Association started in 1986. That was the time of the Contra War, when many communities in the United States decided to support the people of Nicaragua—instead of helping to destroy their country we wanted to organize to help bring about friendship and understanding between our two communities. For 17 years we have worked to achieve that goal.

In 1986 the Moscow City Council passed a resolution affirming a sister-city relationship between Moscow, Idaho, and Villa El Carmen, Nicaragua. This resolution allowed us to become affiliated with Sister Cities International, an organization that has promoted such ties between communities as a way of furthering international understanding and peace since 1956. For us that meant visits, letter exchanges, and material-aid shipments.

In the early years of our existence, a WSU student, Brenda Mueller, was Moscow's first delegate

to Villa Carlos Fonseca. (That was our sister city's name during the Sandinista era; later the name reverted back to Villa El Carmen, its traditional name.) While Brenda was visiting, a woman about to give birth started her labor, but there was no ambulance or emergency vehicle to take her to a hospital in Managua. Someone had to run to the road to Managua and flag down a car to take the woman to the hospital. When Brenda told us this story, Don Surfus, who was in the audience, immediately suggested that we could do no less than try to help them get an emergency vehicle. With Don's inspiration we were able to equip a vehicle to serve as an ambulance and send it to the sister city. That was our first project. Since then we have sent medical supplies including a medical examining table and a dental chair for the medical clinic. We have sent school supplies donated by Moscow's school children, as well as school desks. We have sent money to help with hurricane relief, to start a school

library, and to buy a copying machine for the schools. This summer we have been able to send \$3000 to help build two classrooms in one school, roofing materials for another school and a water retaining tank for a third school which previously had no running water. We have done all of this with the generous support and encouragement of the Moscow community. The money raised by the 2% Tuesday Grant money will be used to continue to help equip the school library and in general to help support education in our sister city.

During the last 9 months we have been fortunate to have two young women from Moscow visit Villa El Carmen. Meghan Beard and Katrina Nelson wanted to become acquainted with the sister city and its people, and to offer any help they could give. Both of them were overwhelmed by the warm hospitality and friendship they encountered. Katrina wrote: "When I landed I expected to meet a disheartened, depressed people. Instead, I met precisely the opposite. As I spent more time there I came to know my friends as independent, engaged, dignified,

and incredibly loving. By the end of the trip I truly felt they had given me something so much more valuable than the money we send them."

About 4 years ago we helped bring a teacher from Villa El Carmen to Moscow and the University of Idaho. Ana Julia Castillo Lopez wanted to improve her English, so we helped her enroll in the American Language and Culture Program of the University of Idaho. For Ana Julia, who lived with several families here, it also was a transforming experience. She told us that she will never forget the friendship and support she found in this community. The experiences of our own young women in Villa El Carmen and those of Ana Julia here in Moscow—that's what being a Sister City is all about.

We are very grateful to the Moscow Food Coop for choosing us as the group to receive the 2% Tuesday grant money in September. We will use all of this money to continue our assistance to our neighbors in Villa El Carmen. We are also holding a Yard Sale on Saturday, September 5th at the Lena Whitmore Multipurpose Room to help our effort.

Advertising Here in the Community News

By Jason Mills, Advertising Manager

In late May I started to work as a stocker at the Co-op with ten hours per week. Between subbing and eventually taking over others' shifts, I have managed an almost-full-time status. At the end of July Josh Christensen was leaving town and I was asked to take over his position as the Co-op's advertising manager. I have never had a job like this, and it has taken some adjusting and figuring out of the process, but I am excited to learn something new and to forge into new ground. If you are interested in advertising in the newsletter feel free to contact me, and, check out the information below.

The Community News has been published now for about twenty-some-odd years. We print 1700 copies each month that are distributed throughout Moscow, Pullman, and Lewiston, as well as at the Co-op.

We have advertising space in a variety of sizes to suit your needs.
2 1/4" x 2 1/4" - \$12/month or \$33/3 months
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The three-month rates are for identical ads (no changes). We can help design your ad for around \$10-\$30.

Deadlines for the ads are the 20th of every month (to run in the next month's Community News). I would like to get your ad's image on file (electronic format) if at all possible. This helps with both the layout and printing. All images should be scanned at 200 dpi resolution and saved as pdf- or tiff-format files.

If you are interested in advertising for your business, or even for special events that you are planning, feel free to e-mail me at <poo_chi@hotmail.com> or call me at (208) 892-8054. Please include your contact information in your phone message or email. That way I can get back in touch with you and send you the Advertising Size and Rate Chart.

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Eyewitness to Co-op History

by Dorothy MacEachern

Ah, it's been a long, long time—about 20 years—since I left employment with the Co-op, where I'd worked as a coordinator for about two and a half years, back when it was around the corner from where it is now, on Washington Street. I left the area to study nutrition and public health, eventually returned to Spokane, and am still married to an ex-Co-op janitor (Terry Lawhead). We have two teenage children who love to come with us to Moscow and go to the Co-op for snacks and, always, reunions with old friends.

So...my memory is fuzzy that far back. One of my strongest recollections, though, and one of the accomplishments of which I am most proud, is helping to start the Farmer's Market. It was originally located in the parking lot between the public library and the current Co-op site. At that time, the IGA store was still in business there and objected to the Farmer's Market because of the impact it would have on their business, even though it was only going to be one morning a week! Store owners did not acknowledge that it would have more to do with facing the competition of excellent produce, and the City Council bravely voted to let the Market go forward. We all helped growers lug boxes of fresh garden produce, and there was even a picture of me in the paper with my bike basket full of veggies and gladiolas. Within the year the Market had expanded to the parking lot behind the former Community Center and the rest is local history. I still wonder why a real Farmer's Market hasn't ever succeeded in Spokane, and my family enjoys coming to Moscow on summer Saturdays just to be part of the fun.

Ordering days at the Co-op. Two coordinators arrived early in the morning to check the levels of all of our bulk products. Then, after the morning volunteer arrived, we retired to the Café Libre to write up the order, drink coffee, and eat their wonderful brownies. I also ate lunch there many days, after finding myself quite light-headed in the early afternoon. Although surrounded by great food, I often forgot to eat! In those days, I also had great muscles from lugging and stocking those 50-pound bags of everything.

The coordinators' log. (Did anybody ever save those things?) They were a great method for communications of all kinds when employees and the many volunteers weren't working

together. This was in the days when people argued for hours and hours about whether or not it was politically correct to carry certain products. Some business-related information even got talked about!

Cookie/ice cream sandwiches were invented by some company during my time at the Co-op and they really kept the customers coming. We kept them in a household refrigerator that would probably be illegal in a retail business today. That was right when everybody wanted to be a night janitor, including my husband, and it was hard to keep those treats in stock.

The Co-op's ad campaign in the *Idahonian* (now renamed the *Moscow-Pullman Daily News*) was a major breakthrough for a business considered outside the mainstream. Then-publisher Jay Shelledy challenged us with the promise that we would not have to pay for a full-page ad if we did not double our business in the following week. We did so, and the success contributed to our continual effort to become an anchor in the community, which, of course, the Co-op is today.

For people who were around way back then, the volcanic eruption of Mt St Helens led to a dramatic few days. People walked the streets with bandanas on. The Co-op was closed, as were most stores for a day or two, after the Sunday explosion. My then-boyfriend was a children's librarian—he had a key to the library for reading material and I had a key to the Co-op for food supplies. Normally we lived outside of Troy but nobody was supposed to drive their cars because of the ash, so we house-sat a lovely home in town. We felt pretty lucky, sitting at a sunny bay window, watching birds leave tracks in the ash on the ground and wondering what would happen next, but comfortable with a stack of current magazines, lots of books and cookie-ice cream sandwiches.

Who else remembers the bread and gluten-type meat substitutes made by the family from Potlatch? Or the enormously popular and delicious tofu made by a macrobiotic lady named Linda? Or the big decision to purchase the blue awning? (That was David Cook's initiative, as I recall.) And I'll never forget the volunteer who wanted to price each individual apple with a magic marker! Most of all, though, I am truly thankful that I had a chance to be part of such a worthy enterprise. Here's to the next 30 years!

Midweek Grower's Market Update

By Eva Jo Hallvik

A steady stream of people walk to the tables of fresh fruit, berries and vegetables Tuesday evenings to fill their arms, bags and kid's arms. The Midweek Grower's Market is a most excellent, unique option to buy the freshest organic produce in the middle of the week on the Palouse.

In September our local organic growers will be presenting more tomatoes in lots of heirloom varieties, (ask about bulk if you are interested in canning.) Also this month you'll find more squash, greens—Swiss chard, kale, lettuce mix—green onions, garlic braids, red and Yukon Gold potatoes, plus some Fingerling potatoes too, Walla Walla onions, beets, carrots, spinach, blackberries, and wild yellow plums. And in October watch for more plus, bok choy, cabbage, broccoli, cauliflower, Chinese cabbage, and winter squash.

Our steady local producers from Affinity Farm, as well as a new steady

farm, Old Orchard Farm, will be selling at the market. Other organic farmers may, and are welcome to, drop in any Tuesday evening.

Brad, Kate, and two-year-old Avery Jaeckel of Old Orchard Farm have lived in this area for about a year and half and have what Brad refers to as 'a kitchen garden with a lot of storage crops.' They also have goats, including a new baby goat this year—talk to them about goats.

"Where's your farm?" I asked.

"On Orchard Avenue and it has a very old orchard—I think one of the originals giving name to the road," said Brad. "We love this area and plan to stay farming around here for a long time."

And the Growers Market plans to stay around as well, see ya' on Tuesday.

If you'd like more information about participating as a seller or consumer, contact the volunteer market coordinators, Kathi Colen Peck at 509/332-8009 (not past 9 p.m., please) or <kscp@turbonet.com>, or Eva Jo Hallvik at <webeam@hotmail.com>.



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The Second Annual Swimming Pool Party

By Annie Hubble

Photos by David Hall

The swimming pool party was a great success. Through sheer genius on Kenna's part, the pool was booked for what turned out to be the hottest day of the year. As temperatures soared through the day, excitement mounted. By ten minutes before seven a crowd of happy and anticipatory Co-ops were already gathered in front of the Aquatic Center, and as soon as our turn in the pool was announced, there was a rush for favourite places.

I made my way first to the slides and I must admit that I spent most of my time there, with occasional exploratory side visits to other areas. There were short lines of people waiting their turns, some for the faster scarier 'bodysurfing' slide and others like me for the thrilling but gentler inner tube slide. I had particular fun going down the slide with friends in the double tubes. So much more exciting to be with someone else as you start the journey down in the dark, and then go on to swoosh around the bends. As I always rode in front, I

would end up dive-bombing off the end of the tube as we hit the water but this just added to the exhilaration. Alright I admit it! I am addicted!



On one of my visits to other parts of the watery realm I had the good fortune to be shown around the children's section by 5-year-old Karl Erhard-Hudson. What a wonderful place! By turning various handles children (and adults!) can control water fountains and jets. There are all sorts of very cool (literally and figuratively) spots to hang out, and I was particularly lucky to have Karl as my guide. We slip-slided along tiled floors, sat

under jets, cranked handles and had lots of fun.

Onto my next favourite place. I was heading to what I think of as 'the restful place' with the circular current. It is where you can hold on to an inner tube and float around and around a small island as the current gently pushes you along. I met many people I know as I bobbed gently around and around. It is a very relaxing thing to do, and a



ing at the magnificent potluck snack table, and everyone with smiles on their faces.

Finally after dark and who knows how many slides, I got too cold (earlier in the day that would have seemed impossible) and joined many others at the potluck. Snacking on the wonderful array of munchies, we reflected on what fun it had all been. It was so good to see faces wreathed with smiles, and to be witness to an opportunity where adults could let go of responsibilities and worries for a while and play together. A glimpse of how life could be perhaps?

See you all next year, at the Third Annual Pool Party!

good rest place after climbing up and sliding down the waterslides.

As I went from place to place, I passed people playing water volleyball, others just hanging out in the water and visiting, some swimming laps, some eat-



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Volunteer Profile: Vic Getz

By Heidi Heffernan

One of the first things Vic Getz said to me, as we met one afternoon at the Co-op was, "Make me sound interesting." I can assure you, Vic Getz is interesting. Besides writing the Customer Profiles for this newsletter, Vic is also a visiting assistant professor at the U of I, a graduate student at WSU, and an all-around observer and participant in all things bizarre and wonderful.

Vic first came to the Palouse in 1974, when her then-love was working on his Ph.D. at WSU. Over the past almost-thirty years she has left the area several times, only to return again and again. Now it is she who is working on her pH at WSU. Aside from this she has recently taken up a post at the University of Idaho as a visiting assistant professor of Sociology.

When I said I was impressed by her ambition at taking on so much at once, she grinned and admitted to procrastinating a bit on her dissertation. She told how she began to build some flower boxes in order to put off writing, and she found herself at Moscow Building Supply again and again. After the fifth visit in as many days one of the clerks asked her, "What are you avoiding doing?"

Procrastination aside, she seems to really enjoy what she is doing and all that it has brought to her life. Her research recently took her to Kerala in southwestern India, to look at the effects of a constitutional amendment India adopted in 1975. This amendment states that 33% of all elective seats of local government (their equivalent of City Council, County Commission, etc.) be held by women. This, in a place where, as Vic describes it, "Patriarchy is in-your-face oppressive. This is a country where women lack freedom of mobility as well as freedom of thought. My research centers on examining the consequences of this policy on them personally as well as the effect it has on institutions like family, community, and marriage. I chose Kerala because it so beautiful there."

Vic also told me about other adventures she's had. In 1980 she took a solo trip across the US on her motorcycle. The trip took 4 months and led her across some 10,000 miles of our country. When I asked her about the overall impressions she formed on this trip, she said that over and over people reminded her that this was not what women did. She was continually

asked about safety and wasn't she afraid to travel to alone? She wasn't and it seems this trip strengthened her belief that any experience is worthwhile if you can turn it into a good story. She smiled devilishly when she recounted a tale about being interviewed by a small-town newspaperman in Pennsylvania during this trip. This man was very conservative and did not hide the fact that he disapproved of her behavior and ideology.

In the course of their conversation he told her, "I must say that I have never been to bed with any in-



telligent woman who was any good."

To which Vic quickly retorted, "I doubt that you've ever been to bed with any intelligent woman."

Vic has also spent some time in Antarctica. She spent three seasons working there as a National Science Foundation contractor where she was dismissed for fraternizing with the Greenpeace people. When this happened she simply began working for Greenpeace and went back there two more times with them, doing the typical Greenpeace activities of lobbying, taking pictures of garbage, and going after whalers. It was this work she claims that sent her back to the Palouse to get her Ph.D. by combining her interests of environmental conditions and women's issues.

Although Vic claimed not to have any concrete hobbies, she keeps herself quite busy. She describes herself as leaking out of her margins and spends her time collecting memories as stories to amuse herself and others with. Vic is a woman who enjoys laughing. She told me that her life is based upon an old saying: Blessed are we who can laugh at ourselves for we shall never cease to be amused.

So, if you happen to be shopping at the Co-op some night and a friendly blonde woman comes up to you and asks if she can interview you for the Community News Customer Profile, say yes—it'll be fun. I promise.

Heidi Heffernan lives in Moscow with her family and she is often amused.

Customer Profile: Not the Status Quo

By Vic Getz

It seemed like the perfect opportunity: Joy and Stephen Gillis were having a potluck birthday dinner for their 7-year-old friend, Taquin, and I was invited. Also invited were lots of other folks who also just happened to be fellow Co-op customers and members. Why not multi-task by partying and gathering info for this column at the same time?

When I arrived, Kenny Weaver, Daniel Colter and Taquin were standing around outside doing boy stuff. They were enthusiastically willing to talk with me. Explaining that I write this column, I asked if they ever go to the Co-op. Oh yeah! Definitely they do. They thought a reasonable question to ask would be about the reason people shop there.

Ok. Why do you shop there?

Kenny and Daniel both agreed that it was because of the organic food. It's healthier. I wondered if they think about the food they eat and whether it's good or bad for them.

Kenny said yes and explained that he's off sugar this year.

"Wow, how hard was that for you?" I asked.

"It was really hard for the first three weeks then it was FUN!"

Daniel also said he's cut back on soda but that, "you know, like at parties, I'll eat crud." According to him the best kind of crud is sour candy, although Kenny suggested Co-op fruit leather as a great alternative.

Daniel's mom, Sherry Colter, was sitting, quietly nursing her new baby, Joseph, when I went into the house. She's started to make her own baby food for him and the Co-op is the best place to get ingredients she wants. She told me that she feels it's a good way to start him out in his life. As a consequence, she's also paying more attention to what she feeds the rest of her family, too.

Her husband, Alex, likes the Co-op because it's the only place he can buy elk. Overhearing him say that, Joy told him to try the bison sausage.

There were lots of friendly interruptions to these little snippets of conversation. I mean, after all, it was a party. But, when I asked the simple question, "What about the Co-op?" the theme of "alternatives" kept coming up. Lynn Weaver and I got into an interesting conversation about conventional and alternative approaches to healthcare issues. She pointed out the Co-op is *the* place where such

things are seriously considered. It provides both the product choices and information people need to make healthy choices. She also said that "this encourages a community of people who share an interest in exploring alternatives."

Moving out to the deck I sat down next to Kathryn Bonzo. She's returned to the area with her husband, Pat Blount and their daughter Maggie, after teaching overseas in the Dominican Republic. She told me that they first came to Moscow in 1988 to visit her brother who was attending the U of I. She recalls saying to Pat then, "Let's live in this beautiful place some day."

In 1994 they got that chance after teaching in Algeria and Singapore. They stayed until 1999 when they took another teaching job in the Caribbean. Last summer they came back again. Pat took a job as a math/physics teacher at Moscow High School, and Kathryn just took a job teaching English and Social Studies in Deary.



Kathryn said to me, "We knew we could live in this area because of the Co-op." Her passion for sustainable communities, land use issues, and ecological development rang out in our conversation. In the short time she's been here this time she's worked on the Troy City Council and been actively involved in community issues. She has a clear vision of the potential for this area to become a vibrant, socially, economically and environmentally sustainable network of communities. That's a clear alternative to other directions these communities could choose.

People like Kathryn and Lynn, Kenny and Daniel and Sherry—a small sampling of the people who were attending the party—represent the kinds of people we can meet at the Co-op. Committed and caring, walking the talk and making conscious choices that include alternatives to conventional and status quo thinking.

Every day's a party at the Co-op. And Happy Birthday, Taquin!!

Vic Getz really is good value at a party and loves to celebrate early and often.

Staff Profile: Jason Mills

By Carol Spurling

If you spotted a big guy at the Co-op this past summer, wearing a hat more suited for Siberia than the Palouse's sizzling heat, you caught a glimpse of Jason Mills, an official employee at the Co-op since May, and a volunteer for long before that.

You might also recognize him by his grin, which might be described as mischievous, or devilish, or perhaps even a little demented. (Maybe it's the hat.)

Jason works as the advertising manager for this newsletter and an almost-full-time stocker/cashier, dating his official start at the Co-op to "three days after graduation," his graduation being from the University of Idaho with a MFA in sculpture/ceramics. Perhaps you caught his show at the Pritchard Gallery last spring with two other student artists: "Ménage à Trois."

Yours truly doesn't make it to artist receptions often but it just so happens I went to that one. I recall something about...what was it...sheep?

"Yeah, we had sheep on the postcard, there were some sheep on the poster. It didn't really have anything to do with the show, it was just something about being black sheep..." Jason explained.

Jason grew up on the Oregon Coast but calls Maryland home, and it is where his parents live now. He came to Moscow to go to graduate school; the university here offered him the best deal for his money.

Jason earned his BFA from Frostburg State University in Maryland, in a smallish former coal mining town. Jason met his girlfriend Amy there, in ceramics class. Jason (along with Amy) is in the process of figuring out where to go next in his life.

"My girlfriend just told me I need to get some goals," he laughed, when asked about his dreams. "I've always wanted to teach art at the college level, but after grad school I see it's more about meetings and

bureaucracy. You have so much busy work that by the time you get to teach, you're worn out. I'm a little disillusioned with the whole process. It's not about teaching, it's about trying to be one up on somebody else."

Jason was glad to be in school, though, as the university was a good environment for him financially and creatively. "Basically I was renting a space and facilities, and they paid me to teach, plus I was around other creative people who have similar ideas. I could have a dialogue with the person next door, whereas if you have your own studio someplace, the only dialogue you get is with the voices in your head."

Jason was feeling quite strongly during our interview about the need for other people to review one's work, as he spent about thirty hours working on the linocut for the Co-op's anniversary poster, only to discover that he'd carved out "veggie alternatives." Aargh!

So if teaching art is not in his immediate future, Jason hopes to spend some time overseas, to get a real sense of another place. He and Amy are trying to decide: should they go to a third world country? Or to Europe? Prague appeals to them both. Jason noted that he's had his passport ready to go for two years, although he hasn't used it yet.

"I got it in case I needed to leave the country in a hurry," Jason said, laughing again.

Jason may settle in Portland, Maine. "It's a city but not too big. There's a good arts community there. It's close to my parents but not so close that I'd have to visit every weekend. Plus Amy's from Maine."

He spent several summers in Maine at the state YMCA camp on the maintenance crew, where he worked hard from 7 a.m. to 3 p.m. and then was free to retreat to his barn studio.

"Some of my most creative ideas came to me there," Jason recalled.

So what about that hat?

Jason removed it to show off his smooth scalp. "I'm in the cooler and freezer a lot, and I'm bald," Jason explains. "And then I forget I'm wearing it. I'm sure people think I'm just really weird."

Carol Price Spurling thinks it's sad that she can't remember much about the art at the "Ménage à Trois" reception, but does recall that the munchies were quite good, especially the mini-tart things.



Board Of Directors Profile: Mike Forbes

By Patrick Vaughan

I'm lucky enough to count most every one of the Co-op's Trustees as a good friend. The board of directors is a microcosm of the Co-op itself, and we all know how "social" a quick stop at the Co-op can become. So I should have known better when I thought I'd 'just take an hour' to run over to my neighbor-farmer, fishing partner, fiddle-playin' off-the-grid sustainability expert, and current President of the Co-op, Mike Forbes, for a quick interview.

Mike and his wife, Lahde, were cleaning and sorting their organic garlic, and discussing the details of planting in a riparian area on their farm. Owen, their two-year-old son, was telling me the names of toys, tools, and farm implements. A visit to their farm is always part social call, part inspiration and part just relaxing. Eventually we got around to discussing Mike's background and vision for the Co-op.

A native of the "west side," Mike grew up in Hansville, Washington, on the Kitsap peninsula. Both his parents are professional homebuilders. As a boy Mike quickly became skilled at working with his hands, building things. His dad even made a workshop just for Mike. Anyone who knows Mike appreciates that these early traits stuck with him. His knowledge and skills in construction, alternative energy, and metalworking have been shared with many of us. I also learned that he acquired the nickname, "McGyver," for his constant and wide-ranging inquiry into how things work, and applying that knowledge in solving problems. I mean, we're talking about everything from setting up a website to building a mobile chicken house, and generating your own electricity.

Mike attended Evergreen State College in Olympia where he concentrated in the "science track," adding to his skills, increasing his interest in the outdoors, and also developing an activist streak. He took part in environmental actions in northwest forests and advocated on the part of Native Americans in Nevada. In the mid 90s he spent summers working in wildlife management in Olympic National Park and as a Boat Patrol Ranger in the Lake Roosevelt Recreation Area. While casting flies to-

gether on summer evenings he has told me stories about everything from Roosevelt elk on the peninsula to the "damn-fool" things poachers have tried in their boats on Lake Roosevelt.

In 1998 Mike attended the Fire Science School of South Puget Sound Community College, and then in 1999 was accepted into the Spokane Fire Department. A graduate of the Spokane Fire Fighting Academy, he is now a professional fire fighter with Ladder Company 4 in Spokane.

After moving to the Inland Northwest, Mike re-kindled a high school- and college-friendship with Lahde Fesler. He lived and worked part-time on Mary Butters' organic farm. In April of 2000 the Right Reverend Nicholas "Ruckus" Ogle joined Mike and Lahde in marriage. Mike and Lahde now have their own farm a couple miles north of Moscow, and are expecting their second child in November.

Mike has previous experience associated with cooperatives. He volunteered at the Olympia food co-op when he was a student, and worked in an educational bicycle cooperative. When Mike speaks of the Moscow Food Co-op, he thinks "outside the box;" just like he does when tackling a mechanical problem. He sees things how they could be and isn't deterred just because it hasn't been done here yet. "Buying local" is an important value of Mike's, and he would like to see the Co-op broaden its local product offerings. He thinks the Co-op could be a model for energy sustainability, generating some of its own electricity and eventually offering an electric or bio-diesel filling station for alternative energy vehicles.

He emphasizes the importance of the Co-op's always remaining as more than just a grocery store, also serving as an educational resource, a social environment, and a partner with other local businesses.

And Mike has a visceral populist streak that makes him a strong advocate on behalf of the Co-op's employees. He attributes this to the challenges he has seen small-scale farmers face, and to efforts required of a union like that of the firefighters to protect basic worker rights.

Mike's visionary leadership and his enjoyment of getting into "how things work" create excitement about our Co-op's future.

Pat Vaughan, a former President of the Co-op, loves the sights and smells of Palouse evenings as farms, large and small, bring in the harvest.



Co-op Business Partner: Dr. Susan Simonds, Clinical Psychologist

By Sarah Walker

Susan Simonds has taken many turns along her life's path before settling into what she really likes to do: "help people with their lives." If varying and enriching your own life experience builds empathy and understanding, then Susan brings much to her practice! She started out studying Chinese Language and Literature at the University of Wisconsin. Then, realizing that she was more of a "people person" than an academic, she worked 5 years as a paralegal in Philadelphia. Still searching for a way to help people, she pursued a Masters' in Creative Arts Therapy—using music, art, and dance. She started a women's counseling center at a private psychiatric hospital in Pennsylvania, and in 1996 she completed a doctorate in Clinical Psychology from the Fielding Institute.

Susan moved to the Palouse 10 years ago and now has a private practice in downtown Moscow. She also trains graduate student therapists at WSU, teaches workshops, coaches writers, and writes about subjects like art therapy for sex abuse victims, and depression in women. In her practice, Susan works with issues related to relationships, careers, life transitions, depression, and stress.

Stress. How does it work? First, there's a trigger such a constantly ringing phone. Each time it rings, our muscles tense. We start saying to ourselves, I'm sick of that phone ringing! The negative thoughts make more tension. Our heart beats faster as our sympathetic nervous system comes into play. A little stomachache adds a new worry. The physical tenseness and negative thoughts cycle round and round, accumulating. But many people are unaware they are having any reaction; they don't have time to think about it. The first step in reducing stress might be to stop the moment we tense up, and identify what's going through our mind at that moment. Results are often surprising. Coming face-to-face with what triggers our negative feelings is the first step.

"Stress is real and it's awfully hard to just be a Pollyanna; sometimes awareness—mindfulness-based stress reduction—is easier."

A plan of action is next. Susan helps people "find a realistic—that's the key—a realistic program of stress

reduction activity, whether it's exercise, or meditation, or relaxation, or increasing the fun things they do. Even though it would be great if everybody meditated 45 minutes a day, the reality is that a lot of people will not do that, and so my job is not just to motivate people, but collaborate with people, help them find something that they are going to be truly committed to doing."

What Susan likes most about her job is the stories she hears. "I love listening to peoples' stories. Often people don't realize what wonderful stories they have. Sometimes part of what I do is help people hear their stories in a different way. You know, a lot of times people don't realize their worth ... just to hear people's stories and be a good listener, appreciate who they are, can be for some people an experience that helps them move into action when they've been stuck."

Susan and her husband Len, a psychology professor at WSU, live on Moscow Mountain with a Siberian husky, Juneau, who's "very regal and a little stubborn" and a mutt named Zimmer, a cat-like dog named for Bob




Susan Simonds in her comfy office on the 3rd floor at 619 South Washington.

Dylan. Susan has served as a Co-op Director, and likes to refer her clients to the Co-op for healthy lifestyle reinforcement. She offers Co-op members a 10% discount for workshops. (There will be one this fall for women, on using stress management strategies during perimenopause.) Her office is at 619 South Washington, in the red brick Moscow Professional Center. Call 892-0452 for an appointment.

Sarah Walker writes from Peck and Moscow.

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Adzuki Beans and Japanese Sweets

By Jackie Miyasaka

Adzuki beans are the second-most important dry bean crop in Japan after soybeans. They have been used since ancient times by the Japanese imperial court, and their use increased throughout the country after stable sugar imports began during the 14th century.

You may be familiar with adzuki beans as ingredients used in macrobiotic cooking. In Japan, for the most part, they are either cooked with sticky rice or used in confections. Because of their deep burgundy color, they are often associated with festivals because red is the color of happiness and luck. One of these festivals is the Moon-Watching Festival in September.

It may be hard to imagine using beans in desserts, but when cooked with sugar and water to form a jam-like paste (called 'anko' in Japanese), they can be used as a deliciously sweet filling for steamed breads, sweet dumplings, sweet rice cakes, and even ice cream. In fact, the majority of Japanese sweets contain adzuki beans. At Japanese sweet shops, you can find all sorts of traditional sweets shaped into different flowers, fruits, birds, and so forth depending on the season.

Unlike American and European desserts that are often made with high-calorie ingredients such as butter, traditional Japanese desserts made with adzuki beans are said to be low in calories and high in protein. They do have a high content of sugar, however.

I had never tried making my own adzuki bean paste before (it is normally bought pre-made in Japan), so I decided to buy some dry adzuki beans at the Co-op and try it. Although somewhat time-consuming, it was simple to make, and the results were well worth my while. My recipe (below) is a combination of several Japanese recipes that I found on the Internet, and I'd like to share it, along with a recipe for a traditional Japanese dessert called Dorayaki. Legend has it that the first Dorayaki were made when a samurai named Benkei forgot his gong ('dora' in Japanese) upon leaving a farmer's home where he was hiding and the farmer used the gong to fry the pancakes, thus the name Dorayaki.

Anko (Adzuki Bean Paste)

1 cup adzuki beans
3/4 cup sugar
1/4 teaspoon salt
Water
Soak adzuki beans in water overnight.

Heat adzuki beans in a pot with one cup of water. When they come to a boil, add two more cups of cold water. When they come to a boil again, drain the beans in a colander.

Return the beans to the pot, add three cups of new water, and cook over high heat. When the beans begin to jump around after the water comes to a boil, turn the heat down to low and simmer until the beans are soft, about one hour. If necessary, add water so that the beans are always covered. Fastidiously skim off any foam that appears on the surface.

When the beans are soft enough to break between your fingers, drain them in a colander.

Return the beans to the pot again and mix in the sugar.

Mash the beans continuously over medium heat until almost all the water has evaporated and a paste has formed, about 35 minutes.

Add the salt and stir over medium heat for about 5 minutes more.

Remove from heat and transfer the paste to a container so that it can cool.

The paste may be kept in the refrigerator for three days and then frozen. (Makes 2 cups.)

Dorayaki (Sweet-Filled Pancakes)

2 cups adzuki bean paste
1 cup flour
1/2 cup sugar
1 tablespoon honey
1/2 teaspoon baking powder
2 eggs
1/4-1/2 cup water

Whisk eggs with sugar and honey in a mixing bowl.

Add sifted flour and baking powder.

Slowly add water while whisking until smooth.

Drop small ladlesful on a lightly oiled fry pan or griddle to make pancakes that are about 3 inches in diam-

eter. When bubbles start to appear, turn over the pancakes and cook briefly on the other side until golden.

Spread about two tablespoons of adzuki bean paste on one pancake, then cover it with another to make a sandwich.

Enjoy! (Makes about 10 dorayaki.)


Jackie Miyasaka is a Japanese-English translator who lives in Pullman.

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LUNCH 11:00	Enchiladas Tuesdays Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce Served With Spanish Rice	Outdoor Barbecue Burgers And Jamaican Jerk Tofu Available On The Grill Outside. Served With Our Homemade Buns And Potato Salad. Listen To Live Music While You Enjoy The Evening!
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Huckleberry Blintzes
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Shish Kebabs – a better use for swords

By Jen Hirt

In terms of presentation, there's nothing quite like shish kebabs, with their wedges and rounds of fresh vegetables stacked like a totem pole. But where does such an oddly named dish originate? A 1950s *Good Housekeeping* magazine indicated that the dish got its name from Muslims skewering meat on their swords then using the swords as roasting sticks over campfires. *Shish* refers to the sword, and *kebab* in its simplest form means chunk, and I don't know why *Good Housekeeping* narrowed it down to a Muslim tendency, since it seems like skewering food is a fine way to roast it. The sword is no longer needed, and shish kebabs remain versatile and popular.

My vegan version has a tangy marinade rich with traces of wine, tarragon, and shallots. The marinade is mainly for the tofu and mushrooms, both of which soak up and heighten the essence of red wine and two vinegars.

You will need 12 kebab skewers and a few plastic bags for marinating. Wooden skewers ought to be pre-soaked in water so they don't burst into flames. Sturdy freezer bags work well for the marinade, but so does a double set of produce bags secured with a twist tie. I save my produce bags solely for marinating purposes. You will also need to plan ahead five hours, so the soon-to-be-skewered items have a chance to marinate.

Things to kebab

- 16 oz. firm tofu
- 1 1/2 lbs. mix of summer squash and zucchini
- 12 large button mushrooms, or 8 oz. mixed-size mushrooms
- One large onion

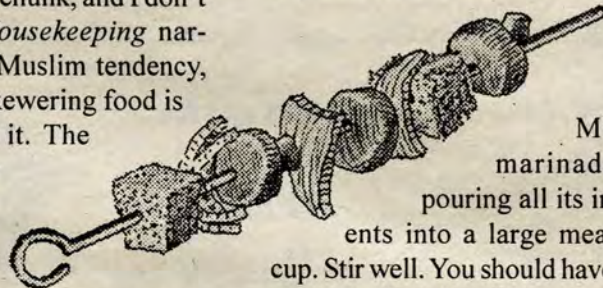
Marinade

- 1/4 cup dry red wine
- 1/4 cup vermouth
- 1/4 cup water
- 3 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 4 shallots, minced
- 1 tsp. dried tarragon (or 1 tbsp. fresh, chopped)
- 1 tsp. salt
- Black pepper to taste

First, cut the tofu into half-oz. cubes, ending up with 30-40 cubes. Tofu is best if pressed first to remove the bland tofu water. Place the cubes on a flat surface, sandwiched by absorbent paper towels. Set something heavy (a sauce-

pan, a couple of cookbooks) on top. In thirty minutes, the towels will be wet and the tofu will be ready to absorb the tasty marinade.

As the tofu gets pressed, slice the squash and zucchini into rounds, or if large, into triangular wedges. Rinse the mushrooms if necessary. Do not slice them. Quarter the onion and separate the layers. Put all the vegetables into a marinade bag.



Mix the marinade by pouring all its ingredients into a large measuring cup. Stir well. You should have about one cup of marinade.

Transfer the tofu cubes to a marinade bag. Pour 1/3 cup of marinade over the tofu. Seal the bag and tumble the tofu around until it's all coated. Pour the remaining marinade over the vegetables in their own marinade bag. Turn gently to coat everything. Refrigerate both bags for at least four hours. Turn them a couple times.

For chewier tofu, take this optional step before skewering: After four hours of marinating, place the tofu cubes on a lightly oiled cookie sheet. Bake at 350 for 20 minutes, turning once.

For softer tofu, don't pre-bake it.

After marinating, the skewering can begin. Figure 3-4 cubes of tofu per shish kebab. Skewer the onions, squash and zucchini through the middle, and the mushrooms lengthwise, right through the cap and stem. (This is easier with larger mushrooms.) Mushrooms in the middle of the kebab will stay moister. Alternate items – their juices will blend nicely.

Grill the kebabs for 15 minutes over medium-high heat, turning often. Or, for the grill-deprived among us, broil the kebabs on a cookie sheet for 25 minutes, about 4 inches from the heat. Juices will pool on the cookie sheet, so drain it when you turn the kebabs halfway through.

Serve with a little bowl of your favorite salad dressing or vegetable dip. Makes 12 kebabs.

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

'Trans Fat' Soon to Appear on Food Labels

By Chelsy Leslie, RD

As you may know, not all fats are created equal. Saturated fat, which can be found in animal products and snack foods, can increase blood cholesterol levels and contribute to heart disease. Saturated fats are solid at room temperature (e.g. butter). Unsaturated fat, on the other hand, can be found in oils, nuts, avocados, olives and some seafood. Unsaturated fats are liquid at room temperature and are more heart-healthy when they replace saturated fat in the diet.

There is another type of dietary fat, called 'trans fat,' that many people haven't heard much about. Trans fats are formed by taking unsaturated fats and changing the chemical structure to make them solid at room temperature. This process is called hydrogenation. Products containing hydrogenated oils can stay on the shelf longer without becoming rancid. Unfortunately, trans fats act similar to saturated fats in the body by increasing LDL or "bad" cholesterol in the body that increases your risk of coronary heart disease.

Trans fats can be found in vegetable shortenings, margarine, crackers, cookies, snack foods, fried foods, baked goods, and other processed foods made with 'partially hydrogenated vegetable oils.' These foods should be limited in your diet not only for their trans fat content, but also because they can be high in saturated fat, sugar, and calories.

Many people ask which is better, butter or margarine? Butter is higher in saturated fat, while margarine has more trans fat. However, butter is higher in combined saturated and trans fat, making it still the less healthy option. If you use margarine, choose softer tub margarines over stick mar-

garine whenever possible. Generally the softer the margarine, the less trans fat it has. Remember that both butter and margarine are high in calories and should be used minimally, especially if you are trying to follow a heart-healthy diet.


Recently the FDA passed a rule that requires the amount of trans fat in a serving be listed on the Nutrition Facts panel to help you make more informed food choices. This is the first significant change to the food label since 1993. Although food manufacturers have until January 1, 2006, to make this change to food labels, you may start to see the amount of trans fat listed under saturated fat on some products right away.

When the new food labels come out, compare labels for the foods you usually buy. Be sure to look at both saturated and trans fats to get the most accurate picture of the cholesterol-raising potential. Until all labels list trans fat, you can look on the ingredient list for hydrogenated or partially hydrogenated oils to determine if a food has any trans fat.

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

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

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Pink Lady: Tangy, Tart, And Titillating

By Judy Sobeloff

Q. Mirror, mirror, on the wall, who's the fairest apple of them all?

A. Hint: It's not Granny Smith.

I had a housemate in college, a runner named Stu, who ate five apples a day: core, stem, seeds, and all. But I'm just not that way, so a few months back when Sara in the produce department said, "Pssst! Wanna try a great new apple?" I was skeptical. I took one look at the Pink Lady's almost surreal magenta blush, though—just one look, as the Hollies used to sing, that's all it took—and I was hooked. I found the Pink Lady not only pinker but tarter-sweeter-juicier than the average apple, a sort of spunky Über apple.

Turns out Sara and I aren't the only ones who feel this way. A web search revealed Pink Lady fan clubs in both the U.K. and U.S., offering recipes of the month, promotions, crop information, nutrition facts, even a male model contest. When I clicked on the U.K. site and saw women in tight T-shirts, and a heart-shaped logo, I wondered whether I was in the wrong place, and tried to remember if "pink lady" was a euphemism for anything. But no. The Pink Lady promoters, as they call themselves, want to pitch their apple's image this way, declaring right up front that "Pink Lady apples mean Fun, Fitness, and Flirtation!" They appear to be a fiercely loyal lot, and any of us who feels so called is invited to join them. In the U.K. they've raised money for breast cancer awareness; in the U.S. they state that "if a club member can't find Pink Lady® apples in the supermarket, it will be beneficial if they seek out the produce manager with a request to make them available."

Developed almost 30 years ago in Western Australia, Pink Lady apples are relatively new to the U.S. One of hundreds of crosses between Golden Delicious and Lady William apples, the Pink Lady has a longer growing season than other apples, its distinctive blush caused by its longer exposure to the sun. Interestingly enough, once picked, the Pink Lady's flavor depends on near-constant refrigeration.

Despite hearing again and again that the Pink Lady makes the best apple pies, I decided to make the U.K. web site recipe from March: Chicken Curry (but without the chicken).

Fred, my husband, found the Pink Lady vegetable curry "super good." He mused, "It makes a difference having a good apple...It's funny—you'd

have thought the apple would be buried in the spice, but you can really taste it."

The leftover curry was great cold, too. My 17-month-old daughter, Jonna, gobbled it up along with the leftover cold rice. She chewed matter-of-factly, apparently indifferent to the fact that this was her first brush with curry. I scanned her face for her reaction to the curry-coated Pink Lady in particular, but she continued to chew doggedly, remaining inscrutable. Finally, able to bear the suspense no longer, I asked, "Jonna, do you like the apple?"

She repeated the word "apple" several times, but when pressed to be more specific, she looked out the window and said, "Bird." The best indication of her deeper feelings came moments later, when she examined her now orange-stained fingers and said, "More."

I gave her a few spoonfuls more, as much as she wanted. I looked out the window at the bird. I knew that if we sat there with our curry long enough we'd get to see a squirrel, one of the best treats of all.

Pink Lady Apple Easy Vegetable Curry

(Adapted from the Pink Lady U.K. web site)

- 1 Tbsp. vegetable oil
- 1 red onion, peeled and chopped
- 1 green pepper, chopped
- 1 zucchini, sliced
- 1 large Pink Lady apple, cored and roughly chopped
- 8 Tbsp. prepared mild curry paste, such as Patak's
- 8 oz. tomato juice
- 7 oz. coconut milk
- 2 Tbsp. freshly chopped coriander, if available

OPTIONAL GARNISH: toasted almond flakes, sprigs of coriander. Can also be served with a mixture of: 1 Tbsp. chopped coriander; 1 Tbsp. finely chopped mint; 1 cup plain yogurt; 1 Pink Lady apple, cored and chopped.

1. If you want to serve this with rice, start the rice cooking first.
2. Heat the oil in a large pan, then sauté the onion for 5 minutes until softened. Add green pepper and zucchini and continue to sauté another 3-4 minutes.
3. Add the chopped apples, curry paste, tomato juice, and coconut milk. Bring to a boil, stirring.
4. Simmer gently for 10 minutes, covered.

5. Stir in coriander and optional almonds, if desired, and serve immediately with rice and optional yogurt mixture.

References

<http://www.pinkladyapples.co.uk/>
<http://www.pinkladyusa.com/pinkconsum.htm>

Judy Sobeloff believes that all fruits and vegetables deserve their own fan clubs.

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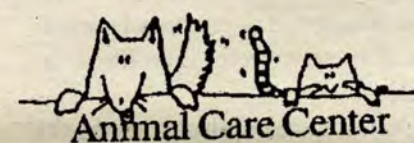
MCA October General Meeting Spotlights City Council Elections

by Amy Mazur

The Moscow Civic Association invites the public to attend its general meeting on October 13 at 7:30 p.m. in the 1912 Center. The meeting will focus on upcoming City Council elections and will include a panel discussion about Moscow city governance, citizen accountability and the City Council, the city council election process and other relevant topics.

Now in its second year, the 135-member Moscow Civic Association is dedicated to promoting a thriving community with open, responsive, and accountable local government by broadening public discourse, organizing and encouraging civic participation, and striving toward sustainable community development in the spirit of smart growth. Visit the MCA homepage at www.moscowcivicaso.org.

Amy Mazur is a member of the MCA Board of Directors.



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In Pursuit Of The Pluot

By Judy Sobeloff

Next time you're stuck in a crowd of milling people, yell "Pluot!" Those who don't think "small imported car" will divide into two camps, the Smitten and the Skeptical. For example, Co-op produce manager Dani: "Pluots are my most favorite stone fruit. I eat one every day. Pluot, why not?"

Or, alternatively, Co-op newsletter editor Therese: "I find pluots suspicious for some reason. Are you sure they aren't genetically modified? Why would plums and apricots carry on like that otherwise? What happened to the apricot fuzz? And why are they mottled like that?"

"I hear you, I hear you all. Let's trace the pluot's history and see if we can find some common ground.

"Sold commercially for the first time in 1989, the pluot (70% plum, 30% apricot) was developed by Floyd Zaiger, a California fruit breeder determined to improve upon the plumcot, a 50-50 mix developed a century ago by Luther Burbank. 'The pluot is an "interspecific," a complex hybrid which Zaiger developed over several generations of trees, sweeter than the average plum.

Certainly something about the word "pluot" evokes images of laboratories and white coats rather than fruit orchards and sunlight. My layperson's understanding of the hybridization process is that it's always possible to breed closely related things using standard propagation techniques. If they aren't closely related enough, the resulting offspring will be sterile, as in the case of a horse and donkey producing a mule. According to David Karp, who visited Zaiger's nursery, almost all of the original plum-apricot crosses were sterile, but a few bore fruit, and Zaiger started saving the seedlings of the most flavorful ones for further crossings. Even today, Zaiger's hybridization is painstaking, involving elaborate climate control and transferring pollen with an eyebrow brush. Still, Karp writes, "None of their hybrids result from genetic engineering." (An example of genetic engineering, according to my scientist hubby, would be creating plums that glow in the dark by crossing them with luminescent jellyfish genes.)

At least 25 varieties of pluots are sold commercially, with names like Flavor Queen, Blue Gusto, Hand Grenade, and Last Chance. The Co-op carries a variety called Dapple Dandy, which is the only one described as having spotted skin.

When Fred evaluated the pluot as

"basically a plum, a very good plum," I turned to Jonna, now 21 months, hoping for something more. Too late—she'd already been influenced by her father's plumcentric assessment. "Pum, Mommy! Pum!" she exclaimed, her hair, face, and torso dripping with red juice and pluot bits. I pressed on with leading questions: "Is it yummy, Jonna? Is it good? Is it juicy?"

"Juicy. My juice." But her real interest lay elsewhere: "Sharp. Owie. Hand." No matter how far the pluot has traveled from its humble beginnings, it still has a pointy pit.

I was stymied when it came time to use the pluot in a recipe. I thought, why bury such a delicious fruit in a heap of other ingredients? Its perfect as-is. My desire to leave the poor pluot alone was reinforced when I saw the recipes available on the web. The first recipe I came across was "Ostrich in Pluot Sauce." Fred wanted me to substitute Ritz crackers for ostrich so I could include the recipe here as "Mock Ostrich with Pluot Sauce," but I declined. Instead, I settled on "Pluot Sauce," a syrupy mixture of pluots, sugar, and water which was delicious over ice cream. It looked like rhubarb and was tart and sweet.

So, settle back, folks, and let the juice of the pluot run freely down your chins. According to Karp, still to come from the Zaiger Nursery, slated for 2010: white apricots, nectaplums, peacotums....

Flavor King Pluot Sauce/Jam
(from edengarden.com)

4 cups chopped pluots (4-5 pluots)

1 cup sugar

1 cup water

Mix together and cook until mixture bubbles, stirring constantly. It should come to a syrupy consistency. Add water and sugar to taste. Perfect as a topping for ice cream. Lasts about a month in the refrigerator.

(Note: I stirred for an awe-inspiring 40 minutes, but in retrospect, 20 minutes would have been plenty.)

Pluot And Nectarine Compote
(from Melissas.com)

4 cups watermelon scooped into 3/4-in. balls

1 whole cantaloupe scooped into 3/4-in. balls

3 cups honeydew melon scooped into 3/4-in. balls

2 pluots, each cut into 6 wedges

2 cups seedless green grapes

1 Tbsp. sugar

1/4 tsp. salt

3 Tbsp. lime juice

In a large bowl combine all the fruit. In a small bowl stir together the sugar, salt, and lime juice until the sugar and salt dissolve. Drizzle the syrup over the fruit and toss the mixture gently until it is combined well.

Chill the compote, covered, stirring gently once or twice, overnight.

References

<http://www.edengarden.com> (article by David Karp reprinted from Gourmet, September 2000.)

http://www.melissas.com/recipes/index.cfm?recipe_id=1407

Judy Sobeloff would have chosen a name other than "pluot."

Tour the Cedars

by Gary Macfarlane

One of the most unique aspects of North Idaho (yes, many people think it should be its own state) is the beauty and diversity of its forests. Unlike elsewhere in the Rockies, the Clearwater, Palouse and St. Joe drainages boast forests and trees that are found on the coast. Western hemlock, white pine (Idaho's state tree), and the western red cedar are examples.

Western red cedars form magnificent groves with understories composed of ferns. These ancient trees can live to be over two thousand years old, and the maritime-influenced climate of North Idaho makes it possible for them to persist in lower-elevation, wetter areas. Friends of the Clearwater has been documenting ancient cedar groves on the Clearwater and Nez Perce National Forests in order to better understand them, and as a first step to protect them.

Over 90% of America's ancient forests are gone. Valuable ancient western red cedar groves, found only in the Northwest, host many rare plants, provide habitat for wildlife and inspiration for people. As Rick Bass puts it in his book *Winter*, ancient forests "are as necessary to the forests' diversity and survival as old people are to a culture, to a civilization."

These last places need to be located, inventoried, and loved. No federal agencies have funds to complete a detailed inventory of the remaining ancient cedar groves in Idaho. As part of the 'For the Love of Old Cedars Project' by Friends of the Clearwater, residents have discovered what is beautiful, old, and rare in the forests near their homes.

Friends of the Clearwater continues to collaborate with many other groups in working to protect ancient cedar groves in our region. The US Forest Service Research Station and

the UI GIS labs are still helping us to locate groves via remote sensing. They are in the process of helping us to create a GIS map of all groves located so far. We are also in the process of adding our groves to the Conservation Data Center's (CDC) database of Ancient Cedar Groves (tracked as a 'rare plant community' in the state of Idaho).

On Saturday, September 6, the Palouse Group Sierra Club and Friends of the Clearwater are co-sponsoring a free field trip to see the biggest and oldest inland western red cedar—the largest in Idaho—as well as visit the Morris Cedar Grove near Elk River. If you are new to town, and want to find out a bit about North Idaho's unique forests, or have been on many trips with us already, come join us. We plan to carpool from the Moscow Rosauers parking lot at 8:00 a.m. For more information about this hike or more information about Friends of the Clearwater, call 882-9755 or email <foc@wildrockies.org>. There is a 15-person limit, so let us know soon!

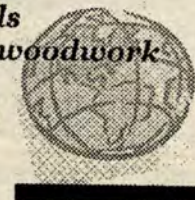
Gary Macfarlane, Forest Watch Director with Friends of the Clearwater, is a strong Wilderness advocate and defender of ancient cedars and lives in Troy, Idaho.

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Families

The Big Wheeze

by Lisa A. Cochran

This time of year, mid-to-late summer, poses a whole host of problems to people with compromised breathing, particularly children. Smoke and haze from wildfires, dust and particulates from harvesting, field burning and severe dryness all add to the miseries of people with asthma. Children can suffer from asthma attacks triggered by these environmental conditions even more severely because their small and delicate breathing structures are not fully developed and are easily compromised.

When having an asthma attack, it feels like you are trying to suck air in through a narrow straw while bronchial muscles tighten and fluid and gases become trapped in the small balloon-like air sacs where delicate and precise chemical exchanges need to occur in the lungs. Immunological sequences which are meant to stave off infection and protect the lungs from attack by bacteria or potential allergens over-react in the person with asthma. The result is bronchial inflammation, excessive mucus production and narrowing of the airways resulting in wheezing, gasping and coughing. I know the feeling well; I have had count-

less attacks over the past 30 years and hospitalized numerous times. And now that I am a parent, I am sensitive to the inheritability of this disorder. Studies indicate that children of asthma sufferers are two to three times more likely to have asthma than other kids.

One in 20 Americans have asthma and it is estimated that 6.3 million children under 18 years of age have asthma; of which 4 million suffered from an asthma attack or episode in the past year. Asthma is the leading serious chronic illness among children and it is the third leading cause of hospitalization among children under the age of 15. It accounts for more emergency room visits and missed school days than any other childhood disorder. The estimated annual cost of treating asthma in those under 18 years of age is \$3.2 billion.

Asthma is becoming a fast-growing disorder and is quickly taking hold worldwide. In the United States, asthma has grown 75% in the past 20 years alone. Why asthma is on the rise is subject to debate. External triggers such as air pollution and dust, mites or cockroaches, cigarette

smoke, industrial compounds, seasonal changes, pollen, mold, feathers or animal dander, vigorous exercise, stress, a respiratory virus or even substances found in common foods can wreak havoc on the asthma sufferer. Any one or a combination of external or environmental factors can be a factor, as well as internal triggers such as immunology and genetics. However, the explosive growth of asthma in all social, economic and geographic sectors makes this disease difficult to predict or find the underlying causes. Personally, I can react to salicylates (the composition of aspirin but also found in a variety of foods, herbs and spices, condiments, seeds, nuts, fruits and vegetables; for a complete listing check out the website <http://tigmor.com/food/library/articles/sal_food.htm>).

What is understood is the need to become aware, informed and proactive. This is especially true for parents. Identifying and getting an early diagnosis of your child's asthma is especially important; the longer the disease goes on untreated the more potential long-term damage your child's lungs may suffer. Untreated, asthma can be life threatening: Nearly 5,000 deaths occur from asthma each year, and it should be treated as a serious, but treatable disorder. From the

point of diagnosis, you can make choices that include lifestyle and dietary changes, homeopathic remedies, biofeedback and stress/anxiety reduction, medication mediation, family strategy and precautionary measures. Learning how to identify and monitor your child's asthma is essential to reduce the frequency and severity of your child's asthma attacks.

If you choose to partner with western medical technology, the good news is that there are some new drug therapies available that are very promising with fewer side effects. Also, check with your pediatrician to see if having a home and travel nebulizer will be helpful. A prescription may be required and some insurance companies will cover part or all of the cost.

Type 'asthma' into your search engine and you will get about 3 million hits. Helpful websites include the National Jewish Medical and Research Center at <www.clearbreathing.com/>; the American Academy of Allergy Asthma and Immunology at <www.aaaai.org/> or 1-800-822-2762; and the American Lung Association at <www.lungusa.org/asthma/> or 1-212-315-8700.

Lisa A. Cochran is a longtime Moscow resident who has been indoors with her nebulizer in full gear for the past 2 weeks.

You Can Enjoy Winged Migration

by Tom Lamar

On Friday, September 26, you can enjoy "Winged Migration," the award-winning movie by Jacques Perrin.

For eighty million years, birds have ruled the skies, seas, and earth. Each spring, migratory birds fly vast distances. Each fall, they fly the same route back. This film is the result of four years following those amazing odysseys in the northern hemisphere and then the south, species by species, flying over seas and continents. More than 450 people, including 17 pilots and 14 cinematographers, were necessary to follow bird migrations through forty countries and each of the seven continents. The film covers landscapes that range from the Eiffel Tower and Monument Valley to the



remote reaches of the Arctic and the Amazon. The result is a film of staggering beauty that opens one's eyes to the ineffable wonders of the natural world.

The Palouse-Clearwater Environmental Institute and the Palouse Audubon Society are co-sponsoring the presentation of "Winged Migration" at the Kenworthy Theatre in Moscow at 7:00 p.m. Friday, September 26. Advance tickets are available at BookPeople of Moscow, Brusd Books in Pullman, the PCEI office, and at Palouse Audubon field trips and meetings. For more information visit <www.pcei.org>.

Tom Lamar is the PCEI director and a Co-op volunteer.

Elvis Says, "Join the PCEI Vanpool"

By Polly Fulford

Are you commuting back and forth to work? Are you tired of people riding your tail, having to get gas, changing your oil, or paying high parking rates? Are you just weary from the long commute, twice a day, five days a week, 52 weeks a year? Join the riders of the Palouse-Clearwater Environmental Institute (PCEI) Vanpool and have all of your problems solved! Just think of all of the things you can do while being driven to work...daydream, plan your day, read, nap, make new friends, or just relax!

The Vanpool provides environmental benefits as well as personal advantages. Studies show that in one year the PCEI vans saved 4,000 gallons of fuel by reducing vehicle miles traveled—from just 12 University of Idaho employees. The vans help reduce air pollution while promoting sustainable transportation opportunities.

Current Vanpool routes include Moscow-to-Lewiston and Lewiston-to-Moscow with a stop in Genesee, and Moscow-to-Lapwai via Troy. These routes are currently running but need more riders. The Moscow-to-Lewiston route is in need of a driver and two back-up drivers. Drivers of vans with 8 or more passengers ride for free!

Take advantage of the pre-tax rideshare money available through the federal government for participating in a rideshare program to commute to work.

Watch for Elvis and the Hot Flashes Vanpool commercials on KLEW TV! Even the King can be sighted riding the Vanpool.

Email Polly Fulford at <polly@pcei.org> or call 882-1444 for more information. We look forward to you riding with us!

Polly Fulford is the office manager at PCEI.

Gardening

"Fall Is Great, But March Is Better" – Transplanting

By Patricia Diaz

Are you contemplating, with great trepidation, the transplanting of trees or shrubs this year or next? Transplanting is a serious move by gardeners and it's necessary to prepare ahead in order for things to go smoothly and for your trees or shrubs to thrive.

I recently had a wonderful chat with Roger Blanchard, Moscow parks' arborist. He has some excellent tips for transplanters.

He told me that while fall was a great time to transplant, here on the Palouse, March is better. Fall is tricky in case there's an early freeze, not enough rain, etc. But shrubs and trees are putting on root growth, leaf drop has started, the soil is cooler and hopefully the rains have started. Usually, Roger said, the first week of October is the best window of opportunity. You must ensure that your plant has enough moisture, so water heavily several days before you transplant. His favorite transplant time, however, is March when the ground is soft, there is plenty of moisture in the soil, and, most importantly, growth has not started. You can bare-root your shrubs/trees and, when digging, get more of the root system.

So how is it done? First, decide what to transplant and then check out the place where you want your plant moved. You do not want to amend the soil; keep the plant's "home environment" the same. Mark the side of your tree/shrub that is oriented to the sun, as you want the same orientation after you've moved it. Dig the new hole but not too deep; make it the depth of the current root system and at least two times wider. Roger said that planting too deep is a big killer. A hole too deep creates a perfect place for water to settle, and this will rot out the roots. And on the Palouse, our heavy clay soil can often create a compacted "pot" around your tree. So with your shovel, whack the sides of the hole to rough things up and give the roots places where they can penetrate the clay. Roger also said to plant your tree with about one-third of it above the soil and then mound soil around it. This, too, will help alleviate root rot from settling water.

When you dig your tree/shrub up, make sure you dig deep enough and wide enough around it to get the maximum amount of the root system. If the tree is large, you may have to prune the roots with a sharp shovel. With large trees, make sure the soil is attached, especially in the fall. Most shrubs require a root ball-diameter of approximately two-thirds of the branch spread. Digging a hole sufficiently wide and deep will ensure that you can make your undercut below the roots. Also make sure that all roots are severed before you try to lift the tree. Rough up the soil ball on the outside to eliminate that compacted "pot" effect.

Move the tree/shrub to its new home as soon as possible so the roots don't dry out. If you're transporting the tree via vehicle, protect it from drying winds with damp burlap, a box, etc. Pre-water your hole and re-check to make sure the hole is two-to-three times wider than the root ball.

Water the plant immediately after you complete the transplanting. Monitor it regularly to keep the soil from drying out if there isn't sufficient rainfall. You can also mulch around your tree/shrub to conserve moisture and moderate soil temperature. Newly transplanted trees and shrubs probably won't need fertilizer for the first few years, as they will be obtaining nutrients naturally occurring in the soil.

Pruning may be required before you move your tree. If there are any broken stems, remove those. If there are low branches, you may want to tie those up to prevent damage during the move. Otherwise, hold off on pruning for at least one year after transplanting.

There is a lot of information on the "web" if you want to learn more, and you can call our local university extension offices. You might want to check the transplant tolerance of tree/shrub species, too, before you start. Good luck! wildlife which are greatly enjoying the harvest.

Pat Diaz is looking forward to autumn, her favorite time of year. In the meantime, she's fending off wildlife which are greatly enjoying the harvest.

The San Francisco Scene, and Big Brother and the Holding Company

by Darryl Kastl

Once upon a time in 1964, there was a group of friends from San Francisco. They decided to get away from it all and go to Virginia City, an old mining town in Nevada, where they could do whatever they wanted and no one would bother them. They rented a one-room cabin for a couple of bucks and just hung out in the historic old-West town. There was peace and quiet like they had never encountered. One evening, while playing a game of 'Risk' (there is a little more to this story than is being revealed) one of them came up with the idea of opening an Old West saloon. Immediately, they all jumped on the idea. Back home in the Bay Area, they looked at real estate and came across the old, abandoned Gold Leaf Bar Saloon. It needed a lot of work, but the price was right, so they purchased it, remodeled it and named it the Red Dog Saloon. A gentleman named Chan Laughlin put a cast of players together. He asked Lynne Hughes, from Seattle, to be their "Miss Kitty" (like in the TV show "Gunsmoke"). Another friend, Phil Hammond, knew a band in San Francisco that would be perfect for the saloon: "The Charlatans." So they were the first band to play at the new Red Dog Saloon. Then, in the summer of 1965, another band played the Red Dog: "Big Brother and the Holding Company." And so, the Red Dog Saloon was the start of what would become known as the "San Francisco Scene."


And now a little of that "San Francisco Scene" is coming to Moscow, Idaho. "Big Brother and the Holding Company" will perform 2 shows at the Kenworthy Performing Arts Centre on Friday, September 19. One performance will be at 5:30 p.m., and one at 9:30 p.m. This is a general admission event with first-come, first-served seating. (Look for the full-page ad in this paper for more details.)

"Big Brother and the Holding Company" has promised to give us an hour of their best for each show. Band members will be available to sign posters after each show. Guitarist Sam Andrew says that Trish Burke will be the lead singer. Treat yourself to a preview of her style by going to <<http://www.divarock.com/story.html>>.

There will be 2 opening acts for each show. One will be a very special guest: Paul Santoro, who performed as an opener for Big Brother and the Holding Company, in Seattle in 1967. He is back to do it again. And our local greats, "Sagin' Time" will perform a couple of their own great originals as well as some Grateful Dead tunes.

Please call me if you would like to be a sponsor or volunteer for this show, or for future shows: Darryl Kastl, 882-1343, Kaleidoscope Picture Framing/Kaleidoscope Productions. Fax 883-3322 or email <kaleidoscope@turbonet.com>.

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For information, contact Darryl at Kaleidoscope Productions at 882-1343 or kaleidoscope@turbonet.com.

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On the Water Front

By Dianne French

The August 11 Moscow City Council Workshop on Water issues had, at its core, a Power Point presentation by Water Department Superintendent Tom Scallorn. While the presentation was organized, attractive, and filled with statistics on average temperatures, precipitation, and well locations, this viewer had hoped for more information on how much of our precious groundwater resource was/will be conserved by the City's current "conservation" plan.

The presentation included no direct statistics on current water savings attributable to the voluntary plan (which includes a provision prohibiting outdoor-watering from 9 a.m. to 6 p.m.). There were no projections of future water savings due to the current plan, and no discussion on what other measures should be introduced in the short run. Worse yet, current Council members did not ask the difficult questions about the status of our resource, projected population growth, and what level of individual consumption must be met on average to maintain our resource over time.

The Council did have some questions regarding the amount of Unaccounted-for Water (UW) – water that shows up as being pumped from the aquifer, but does not show up in the total amount of water being billed to customers. The amount of UW was given as 22%. In any system there will be some leakage, some water released outside the system to avoid a "water hammer" (high water pressure generated when a pump starts up that could rupture water pipes), and some meters that read incorrectly especially at low volumes. But the American Water Works Association states that UW should be less than 10% of total water pumped, which allows for the aforementioned situations. Moscow's water infrastructure requires some hydrant and filter flushing, but that amount is tracked, as is the amount of water used in public buildings. Well meters are re-calibrated on a rotating five-year schedule, individual meters are randomly checked, and a leak detection program is in place (which recently detected an underground leak

near "F" and Mountain View Streets). With all of these programs in place, one is left to wonder where that UW is going. Are there undetected leaks? Is there a problem with the billing software? Are meters being read accurately? Are customers routinely under-billed? Are there (undetected) connections into the system that are allowing some free access to water? City officials must be held accountable for answers to these questions.

City officials must also be required to uphold the ordinances, agreements, and laws that are in place. For example, the City voluntarily entered into the 1992 Groundwater Management Plan, but has exceeded the limits of that plan many times. If the science behind that plan is outdated, then a new plan should be forged; however, that does not allow the City to ignore the 1992 plan in the interim. Idaho State law prohibits using a water resource faster than it is being replaced (groundwater mining). Science clearly shows this is happening here, but rather than implementing reasonable measures to help prevent the wasting of water while a long-term management plan is being developed, City officials are putting off taking real, interim steps – akin to taking a lavish vacation trip just prior to declaring bankruptcy.

On the other hand, there is an increasing number of community members who are making a daily difference in their own quiet ways. They are obtaining and utilizing the conservation devices available (free) to Moscow residents; hauling bath water outside to water plants; only washing full loads of laundry; and being conscientious about their water use. They are spending money out of their own pockets to set up rain collection systems, alter their landscaping, replace older appliances with more efficient models, and they are researching other options. Kudos to these fine community members! Let's hope some of them will run for a City Council seat this fall.

Dianne French eschews bottled water and much prefers the naturally aged and filtered fine water from the Grande Ronde aquifer.

News from the West

By Auntie Establishment

This month, dear reader, when it comes to possible column topics, I am spoiled for choice. I could write about the California recall, the ballooning federal deficit, the deteriorating situation in Iraq, or John Ashcroft's nationwide tour in support of the Patriot Act. The latter topic is especially tempting. Do you think Ashcroft will have roadies? I picture him on a dimly lit stage wearing a brown shirt and a black tie. Artificial smoke swirls around his legs while his skinhead fans wave cigarette lighters and flash the two-finger devil horns. Amazing how much real life has come to resemble Pink Floyd's *The Wall*. (Note to younger readers: Grandpa probably has a copy of *The Wall* you can borrow. You'll find it sandwiched between Yes and Jethro Tull. Also, if you really want to enjoy the musical experience as your elders did, you'll need to stop taking Prozac and buy a black-light bulb. Trust me on this.)

But I digress. While all of the aforementioned subjects are worthy of abuse, sarcasm, and biting, vitriolic commentary, I find that I am just not up to the task. It's not that I don't care. I don't want California to be taken over by a steroid-popping, gap-toothed ninny. I don't want to saddle my kids with a national debt so high they'll have to choose between social security for me or food and shelter for themselves. I object to the war, I object to John Ashcroft, and I object to George Bush prancing around on an aircraft carrier wearing a flight suit so tight it would shame a Chippendale dancer.

I'm as passionate as I ever was. Kind of. Sort of. Almost. The problem is that I am completely distracted by the looming threat of autumn. Sure, I'm writing this in the middle of August, but I know that Fall is out there, waiting. Like Jason or Freddy, it's biding its time, hiding in the closet or under the bed, ready to leap upon us without warning. The farmers are cutting their wheat and harvesting their peas and lentils. School supply lists have appeared in the stores. The Big Dipper hangs like a hatchet over the north end of my driveway. It's coming—gray skies, short days, and cold, miserable rains. As one of Moscow's many seasonal affective disorder sufferers, I have to ask: why can't we have a Renaissance Fair in October?

Who says we should only have one? And if we do, then why do we have to have it in May? No one needs

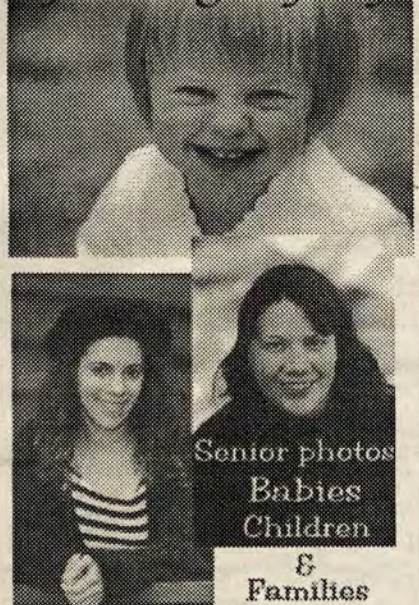
cheering up then. The grass is sprouting and the daffodils are up. Summer is on the way. We need a three-day festival when we have to put our snow tires on. We need a November Earth Fest, a December Mardi Gras, and a Saturday Farmer's Market that goes on year round. I don't care if no one is growing vegetables locally, ship them in—I'll pay. Lie to me. Tell me that Vidalia onion from Georgia is a Walla Walla Sweet. I want to believe you.

We need fairs and parties and farmer's markets when the slush is piled four feet high in the middle of Jackson Street, not when the sun is shining, the birds are singing, and the grocery stores all have greenhouses in their parking lots. Come on, fair organizers. Have a heart. There is nothing more depressing on a cold winter's day than pulling into the parking lot of the Moscow Hotel and catching sight of that Renaissance Fair mural on the GTE Building. It's responsible for more alcoholic binges than Happy Hour.

Don't make me look forward to more global warming. Just throw me a party. Please.

Auntie Establishment and her alter ego, Joan Opyr, are always happy from April to August. All other months, they are gloomy and morose. Don't let that stop you from writing, however: auntiestablishment@hotmail.com

Licorice photography



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Fun, creative & you keep the negatives!

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Letter from the Land: Sense of Place from Afar: Image and Expectation

By Suvia Judd

I was walking in deep dust last night on Moscow Mountain. I could see a few tracks in the dust and the trunks of trees at the roadside. I could smell dust, warm pine bark, the harvest, and a tang of the fires in Montana. I could hear the sighing, upward squeak of a young owl, and the trickle of a spring. I thought about how one acquires a sense of place for a particular locale. Sight, sound, smell, and touch build that sense, but stories also play a part: here is the corner where we released the salamander we found in the snow; here's where that white truck got buried up to its windows in the mudhole....

I thought about how as a child I had acquired, through stories and a few pictures, an image of the landscape of the Middle East. (We had no TV.) I remember a picture book of the Nativity; perhaps that is where I got an image of camels, sand, and a vast night sky with a star. I think in seventh grade we studied ancient Egypt (pyramids, sand, mummies, and ancient kings and queens), and I did two watercolor copies of Egyptian wall paintings. At some time I learned the words to the Cherry Tree Carol, and wondered, did cherry trees actually grow in the Middle East?

My family had a shoebox full of old photos. There was a faded picture of my grandmother and her parents, dressed in Palestinian clothes of the early 1900's. My great-grandfather was an archeologist in Palestine, and my great-grandmother died there—falling off her horse and hitting her head on a rock, when my grandmother was five. In the picture my grandmother was a solemn little girl, very fair, looking less probable than my great-grandparents, both dark-haired. I cannot summon up the picture clearly now; I think my great-grandmother wore a long, belted or sashed dress and a head shawl, and had large, dark eyes. My great-grandfather, I think, had a headscarf and a long robe.

When I was in 12th grade my step-great-grandmother died and my parents had the task of cleaning out her house. There were tons of books, and pots and baskets from the American Southwest, and odd bits of plaster-of-Paris casts of cuneiform script, and lots of useless miscellany. My friend who was working for my parents rescued off the truck for the dump an old

straw suitcase, which contained an album of pressed flowers that my great-grandmother had collected in Palestine. Their colors were still bright, and the images they conjured up—of a Middle East desert after rains, abloom with fields of wildflowers—filled me with joy and excitement.

Building a personal sense of place seems to involve building images and developing expectations, and then having them overturned and revised by new knowledge. I had never thought of wildflowers. Sand, camels and goats, olive trees, villages, long robes, and covered heads, but not wildflowers. At some time I learned of the Cedars of Lebanon, venerable and venerated old trees (*Cedrus libanica*), and then years later I learned that those surviving today are relicts of a cedar forest that once stretched all across north Africa, and I learned about desertification, and the interaction of climate with human activities (goats!)

My image of the landscape of the Middle East filled in more when I learned from a friend whose family was from Iran, that a tradition in his family was to take picnics at riverside oases, places filled with trees, where they would gather big leaves to use as napkins and plates, only now lately the leaves were being replaced with paper, and the oases were now filling with the paper picnic trash, still discarded as though it were leaves.

And I realized finally last year that Iraq was in the same space as ancient Mesopotamia, on the Tigris and Euphrates Rivers, fabled cradle of civilization. I learned that the huge joint delta of the two rivers was being drained under Saddam Hussein, to the great dislocation of the wildlife and peoples who had lived there for millennia.

So I keep learning and revising my images of the Middle East, where I have never been. Right now my fascination is to learn about the changes in the landscape over the millennia of human residence.

Suvia Judd writes at a desk at a window which overlooks her backyard. She can see a lilac, two old garden roses and, this month, a case of peaches. Peach trees, and many of our rose and lilac cultivars, have Middle Eastern or Central Asian forebears.

The USA PATRIOT Act Revisited

By Chris LaPaglia

On the morning of September 11th, 2001, this country experienced a horrific tragedy. Forty-eight hours later, the Bush administration handed 800 pages of proposed legislation to Congress, aimed at tightening up our nation's security. By the end of that day (September 13th), Congress had already unanimously passed resolutions (quickly signed into law) authorizing the use of military force and allowing for victim compensation. That same day, the speeches and debates already started to outline the shape of legislation to come: lowering the barriers to cooperation between the FBI and the CIA, dropping sanctions against our "new allies" (most notably Pakistan) in the war on terrorism, tightening oversight on the world's money supply and expanding surveillance over residents and citizens of the United States. One by one, resolution by resolution, these suggestions would become legislation and then law.

Six weeks after the attacks, on October 26th, Congress passed the crowning piece of this flurry of legislation, a sweeping bill which redefined relationships between law enforcement and the military, domestic and international intelligence, citizen and non-citizen, even between a citizen and the state. The Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act (USA PATRIOT Act) became law. I'm sure we don't need to be reminded of the storm of media warnings and government pronouncements which prevailed that Fall; in that atmosphere, the bill passed with little debate, with only one Republican, and a handful of Democrats, voting against it.

In roughly 170 pages, the act deals with such subjects as: "Enhanced surveillance procedures," "International money laundering abatement," and "Removing obstacles to investigating terrorism." There is only one problem: On September 17th of 1787, Congress ratified the United States Constitution, and it is unclear whether the two documents are compatible.

Fast forward to 2003: At least one thousand people (and at least 50 American citizens) have been arrested and held without charge, trial, or legal counsel. The federal government is building a massive database containing all obtainable information on all Americans. Any American (or anyone, really) may be declared—at the

discretion of our President—an "enemy combatant" and handed over to indefinite detention, potentially followed by a military tribunal. Churches and other groups are openly (or at least legally) being watched for evidence of potential terrorism. Your library records, bookstore purchases, financial and medical records, and e-mail and website histories are all fair game for government investigators.

On a more positive note: Over 145 municipalities and counties, and three states (Alaska, Hawaii and Vermont) have passed laws which condemn or limit the enforcement of the USA PATRIOT Act. The U.S. House of Representatives (led, in part, by Rep. Butch Otter, R., Idaho) has voted to repeal that section of the law which allows "sneak and peek" searches, whereby a search warrant may be served on you and you might not be told about it for up to 90 days after its issuance. Both The American Civil Liberties Union and the Center for Constitutional Rights are engaged in lawsuits over the legality of the Act.

Here's where you come in: There is a move afoot to pass resolutions affirming the workings of the U.S. Constitution here in Idaho. The Palouse Peace Coalition has started a petition drive to request that the Moscow City Council pass such a resolution. This has proven so popular, that petitions are being circulated for the Pullman City Council and Latah County Commissioners as well. Other groups are trying to pass resolutions in Boise, Lewiston, and Sandpoint, and even a statewide resolution is being proposed. Citizens, supported on occasion by their elected representatives, are trying to take back their inalienable rights.

If you would like to help pass a resolution in your area, read the Resolution, and sign the online petition supporting the Resolution at our web site: <palousepeace.org>. If you have any questions about the Resolution you can always find us Saturday mornings at our Palouse Peace Coalition booth at the Moscow Farmer's Market.

Christopher LaPaglia has lived in Idaho for 21 years, in Moscow for about 11 years. A graduate of the U. of I., he currently works in the Soils Department as a lab technician. He lives with his wife, Kirsten, and their daughter Katrina (with another child due this September). A Co-op member, he is active in the Palouse Peace Coalition.

Back to School 101

by Carol Spurling

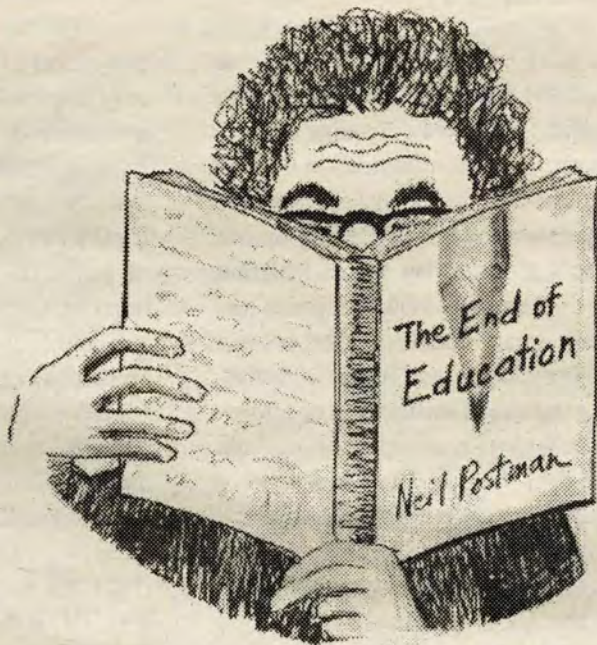
It's back to school time again, when parents joyfully send their offspring off to school for another year of "education," and kids must wear shoes and pay attention in class.

My son is too young for formal education. His "school" is a shady dirt pile next to our garden, where he builds roads and collects rocks and makes friends with worms. And when he is older, he'll be homeschooled. So the ritual of shopping, and nervously meeting new classmates and teachers, will not be the same for him. We'll create our own beginning of school rituals, so that someday he'll get the adrenalin rush I still get every September.

School was easy for me and I always looked forward to it, despite the torture that was back to school shopping. (I didn't get a pair of brand name jeans until ninth grade—too late.) I tested well, never missed a spelling word, and was proud of my "smarts." But even so, school was bittersweet. I regret the many hours we wasted in class harassing our teachers and busily completing insipid language arts workbooks. And it still hurts to remember the social suicide I committed by continually wrecking the curve.

Looking forward to my child's education, I've been reading a lot, most notably everything by Neil Postman, Maria Montessori, and "The Geography of Childhood" by Gary Paul Nabhan and Stephen Trimble. I'm humbled by the sheer numbers of lessons to be learned, the myriad of ways of approaching truth, and the weight of a teacher's responsibilities. How could there possibly be enough hours in the day? Especially when language arts workbooks are still in existence.

I have high hopes that our children's love of learning, so obvious when they're barefoot in a sandbox, won't be squashed by their formal education. I also hope that they won't be pigeonholed too early by so-called achievement tests, and that the light in their eyes won't be dimmed by too much of the "sit down and be quiet"



method of education.

May all students be eager, and may all teachers act as my own elementary teachers, Mrs. Teale, Mrs. Jones, and Mrs. Rosenberger, who encouraged us to work hard, be kind, and read, read, read.

Home-schooling parents are stereotypically overprotective, and I don't deny it. This summer my nine-year-old nephew visited us briefly, bringing with him all the trappings of the technology-agog consumerist society I want to pretend don't exist: a Gameboy, a CD Walkman, Disney CDs, and brand-new, brand name clothes.

To his credit, my nephew shared all these things with great good will. He's earned Reed's undying adoration and my respect for the amount of time he patiently spent with his cousin.

I admit I used every bit of willpower at my disposal to keep my lip zipped. I figured that to ruin their fun and forbid the battery-operated gadgets would work against me in the long run. Just as I acknowledge the balloons and the candy at the grocery checkout stand, but never buy them or even hint that they could be bought, I calmly pretended not to mind the expensive toys. So far it hasn't occurred to Reed to ask for any of his own. But I've heard that seven-year-olds aren't so easy. (Sigh.)

Is it so bad to be overprotective? I consider it "sheltering," which is different than "smothering." Several books on the death of childhood exist; I'm on a mission to make sure Reed gets a real childhood, with lots of outdoor, non-electric, unscheduled time.

How rose-colored our lives are, to never have to explain war to our preschooler, or television commercials, or guns. And I'm confident that not learning to use a computer before the age of eight will benefit, not harm, his ability to learn.

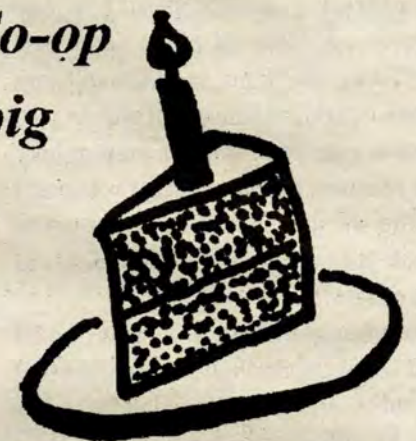
I don't know if protecting a child from adulthood for as long as possible will do anything to make the world a

better place. But it might make his life sweeter. And maybe kids who grow up with blissful childhoods work harder to make their adulthoods less harsh. I'm willing to give it a try.

Carol Spurling wishes everyone in the country would read *The End of Education* and *Amusing Ourselves to Death* by Neil Postman.

**Moscow Food Co-op
celebrates the big**

30!



Sunday, September 7th 5-8pm

Dance to the steel drum sound of the "Toucans".

30 cent hot dogs, burgers, and veggie alternatives.

Lots of fun for the whole family: *henna hand painting, clowns, and more!!!*

And don't forget there's birthday cake too!

**New
Co-op Hours!
Starting
August 25th
Open 7:30am
To 9:00 pm Daily**

Slide Show from Haiti

By Nancy Casey

How was Haiti? What exactly did you do there, anyway? Are you going to have a slide show or something?

Those are the questions people asked most frequently when I returned from Haiti in May. The last of those three questions is the only one that's easy to answer: Yes, I'm going to show my slides. This month. Thursday, September 11. At The Attic, 314 E Second Street, in Moscow. 7 p.m.

I spent the first four months of this year on Lagonav, an island off Haiti's coast, in a village called Matenwa, located in the mountains in the center of the island. It was a trial period. Can I learn to function in a new culture? Can I learn the language these peasants speak? Will I be able to stand the heat? What about typhoid, malaria, giardia, dysentery, hepatitis, AIDS? What skills do I have that would be useful here? Will I even want to come back here and apply them?

Well, I'm going back in mid-September. Because while I was there, despite the physical and psychological hardships, I got a life. A life that I truly love. Taking the donkey to the spring to get water. Teaching teenage boys to sing Bob Marley songs. Eating mangoes. Making kites. Dancing. Walking to Josiann's house every afternoon to pick up the meal she cooked for me. Going to the market on Fridays. Flirting. Singing. Laughing. Making people laugh. Laughing. Making people laugh. Laughing....

A Haitian man once said to me, "I hear that Americans only laugh when they are happy." For him, this is a mind-boggling notion. "Haitians can't be that way. We'd never laugh. There is always misery. Telling jokes and laughing is what we give to each other. While you are laughing, you don't feel your suffering."

Everyone in Matenwa is malnourished. There is no "technological" health care, only traditional health practitioners and (can you believe it?) Reiki.

The environment is ravaged. Nobody has enough to eat. The whole place feels like it is a hair's breadth away from being a refugee camp. Nobody has enough to eat. Deforestation has radically disrupted rainfall patterns. Nobody has enough to eat. Children hang out by my house in the afternoon when they know I'll be returning from Josiann's with a meal. Nobody has enough to eat. Most of what people eat is imported from the

Haitian mainland. Nobody has enough to eat. It's hard to imagine a problem that this country doesn't have, but to my mind, the biggest ones relate to food.

I know stuff about food, about agroforestry, about soil building, about gardening. Ideas that you read about in this newsletter regarding locally produced food, and agricultural sustainability apply directly to Matenwa, except that they are less about quality of life than about life it-

self—the literal survival of individuals, their community and culture.

The peasants of Matenwa realize this all too well. They speak matter-of-factly about their doomed way of life. They grasp the importance of change and are wary of it, too. They want feed themselves without giving up their connection to the land. It's hard to figure out which things that I know are relevant, and harder still to try to communicate what I know in a meaningful way, but I try. I suppose

Silk Scarves

Hand Painted in Haiti by the Women of Matenwa

On the tiny island of Lagonav, women are struggling to survive as the black fertile dirt that once produced an abundance of fruits and vegetables now runs into the sea with every rain. Children believe that rocks grow. the adults explain, "The Mountains are showing their bones".

With few resources left to do their traditional crafts, a group of women in the villiage of Matenwa, in collaboration with two women artists from the States, are now experimenting with painting on silk. The images they create reflect their everyday lives and stories from their childhood.

Scarves will be on display and for sale at the Slide Show from Haiti, Thursday the 11th, 7pm at the Attic. (See article this newsletter).

More Info: <http://personal.palouse.net/Nancy/scarves>



that's what I'm "doing" there. That's why I'm going back and staying longer this time.

That's part of the reason anyway. The larger reason is that in four months I somehow developed a beautiful life. Come see my pictures. Thursday, September 11. 7 p.m. At the Attic, 314 E. Second Street in Moscow.

Nancy Casey has lived in the Moscow area for the past 15 years.

Illustrators Come and Go

by Bill London

After eight years of volunteer service, first as the author of our food column and then as our volunteer newsletter illustrator, Pamela Lee is retiring due to other personal commitments. This is her last issue. She says she may return when her load has lightened, but for now she leaves with our thanks for a job well done.

As her replacement, we are pleased to have Debi Robinson-Smith agree to volunteer for the newsletter illustrator position. Debi has worked as a professional artist and publications illustrator and now also works at the WSU Women's Resource Center.

Welcome, Debi! She will begin with the October issue.

Bill London edits this newsletter and continues to be very proud of the professional work provided by the newsletter volunteers.



Bulletin Board



MOSCOW FOOD CO-OP

moscow food co-op
221 east third
moscow idaho 83843

Organic Growers Market

**Tuesdays, 5-7PM • Co-op parking lot
Hot Off The Grill**

Free music to accompany the BBQ dinners available, weather permitting, Tuesdays, 5 - 7PM at the picnic area on the 4th St. side of the Co-op. Music by Surfer G's Acoustic Wave Machine (Sept 2), Open Mic (Sept 9), Evy (Sept 16), Milo (Sept 23) and The Boogie Doctors (Sept 30).

Moscow Farmers' Market

8AM-noon, Saturdays in Friendship Square, Downtown Moscow

LIVE MUSIC from 9:30-11:30AM

SEP 6: Full Circle - Blues/ Folk
SEP 13: Pullman Concert Band - Show tunes, marches, Dixieland and patriotic
SEP 20: Spare Time - Eclectic acoustic folk
SEP 27: Loose Change - Swinging jazz
OCT 4: Red Eye Gravy - Bluegrass

Earth-Healing Permaculture Design Course

August 30 to September 14

Skalitude Retreat Center, Methow Valley WA • 509-997-9200

La Leche League monthly meetings for Breastfeeding Mothers

Wed. Sep 3 9:30 AM meeting I: Advantages of Breastfeeding to Mother and Baby

Wed. Oct 1 9:30 AM meeting II. Baby Arrives; the Family & the Breastfed Baby

Meetings at Sacred Heart Catholic Church 440 NE Ash, Pullman

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

Friends of the Clearwater Field trip

Saturday, September 6

Field trip to Idaho's largest Western Red Cedar Grove and the Morris Cedar Grove. Limit 15. Call 882-9755

Happy Birthday, Moscow Food Co-op!

BBQ meals! Live music! Games for kids! The Co-op's 30th Anniversary Party Sunday, Sept. 7th from 5-8 pm on Fourth Street behind the Co-op.

Moscow Civic Association public meeting

Monday, September 8, 7:30 PM, at the 1912 Building.

www.moscowcivicasso.org

Contraceptive Choices

Sept. 9, 12:30 • UI Women's Center, Memorial Gym 109

Program presented by Emily Sly and Lori VanBuggenum. 885-6616

Summer of Discovery 2003: Moscow Library Book Discussions

Wednesday, September 10 at 7:00 p.m. in the Moscow Library.

Sign-Talker: The Adventure of George Drouillard on the Lewis and Clark Expedition, by James Alexander Thom.

UI Women's Center Open House

September 11, from 1:00 - 3:00 pm. Visit our new center in Memorial Gym room 109. 885-6616

Free Slide Show from Haiti

**7pm Thursday, September 11
The Attic • 314 E 2nd St.**

Nancy Casey will show slides and talk about her experiences in Haiti earlier this year. More info at <http://www.moscowfoodcoop.org>

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6:30pm

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Big Brother Co

**Friday, September 12
9:30pm, Kenworthy Arts Centre**

"Big Brother and the New Musical Company," the original Broadway musical, in concert. (6:30-9:30pm)

Harvest of Harmony

**September 20 • Evening 7:00-9:00 PM
in the Moscow Library**

music by The Boogie Woogie Club, Lisa Simpson (11am), Bluegrass Boys (11:30am), Transients (1pm), Echo Ave. (2:15), Steptoe (3:30), Galactic Tofu Farmers (5pm) and Oracle Shack (6:30)

Winged Migration

Kenworthy Theatre in Moscow at 7:00 p.m. Friday, September 26.

Sponsored by the Palouse-Clearwater Environmental Institute and the Palouse Audubon Society. Tickets for this fundraiser are \$10 at the door or \$8 in advance. For more information visit www.pcei.org

Contra Dance

Saturday, Sept 20, 7:30-11PM - 1912 Center, 400 E. 3rd St. Moscow

As always, there will be fabulous calling, lively music, and a good time! www.palousefolklore.org
509-332-8037

Moscow Arts Commission Seeks Metal Artists

Send a resume, artist statement and slides or photographs for consideration by October 6th to Moscow Arts Commission, PO Box 9203, Moscow, ID. For additional information, call 208-883-7037 or moscowarts@moscowartsc.org

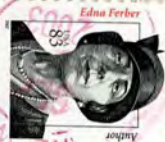
Vigil for Peace

Pullman: First Friday, Sept 12, 12:15 - 12:45

Under the clock by the fountain in downtown Pullman. nancycw@pullman.org

Moscow: Fridays 5:00 - 6:30PM

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



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

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