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February 2004

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Community News

The monthly newsletter of the Moscow Food Co-op



Here's the Beef

By Vicki Reich

The recent Mad Cow disease scare has brought new attention to natural beef. We've been fielding lots of questions from customers who want to know where our beef comes from.

We carry three brands of beef, and all of them are fed a completely vegetarian diet. Organic Valley is the only certified organic beef we carry and, of course, it couldn't be certified if the cattle weren't fed a vegetarian diet. Organic Valley gets their beef only from small family farms. The animals are treated humanely, given access to pasture and never given antibiotics or hormones. They are not necessarily fed only on grass.

The cattle from Alderspring Ranch in Tendoy, Idaho are fed only grass and hay their entire lives. Alderspring is a family-owned and operated ranch that raises cattle from birth

and never gives them antibiotics or hormones. Because the cows are fed only on grass, the omega-3 fatty acid levels are much higher than grain-fed beef, the beef is very lean, and it has a richer flavor. Alderspring Ranch uses all organic

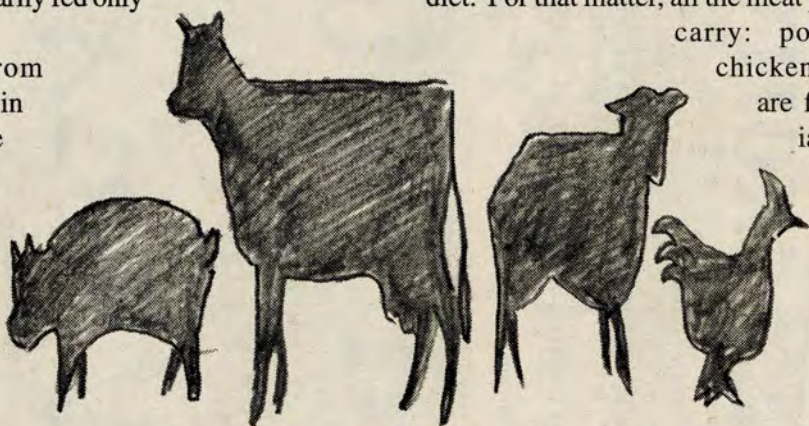
practices in raising their cows, but they are not certified. Their beef is processed at a small local USDA-certified meat processor who processes only their beef on a given day, eliminating any chance of co-mingling with other beef.

Montana Natural Beef from Ronan, Montana, is a cooperative of family ranchers. They use no antibiotics or hormones on their cattle and feed them a completely vegetarian diet.

As you can see, all of our beef products have been raised on a completely vegetarian diet. For that matter, all the meat products we

carry: pork, lamb, chicken and beef,

are fed vegetarian diets. If you'd like more information about these three beef supplier, they each



have a website with more information. The addresses are <www.organicvalley.com>, <www.alderspring.com> (an excellent website with tons of really good information), and <www.montanaturalbeef.com>.

www.moscowfood.coop

Community News

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 Hallvik, LMT - First 2 massages @ \$45 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. drindak@earthlink.net, 883-9933

Mabbutt & Mumford, Attorneys; Mark Mumford & Cathy Mabbutt - Free initial consultation. PO Box 9303, Moscow, 883-4744

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

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

Denise Moffat, The Healing Center - Co-op members pay \$65/hour for naturopathic work. Regularly \$95, 413 E. 8th St, Moscow, 882-3993

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

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

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.



Your Co-op Membership Card, an Update

By Kenna S. Eaton

Last year we rolled out our new scanable membership cards. Most members love their new cards: they're easy to find, they don't melt like the paper ones did, and they have speeded up the whole checking out process at the register. Hopefully by now, you've gotten your card, gotten used to using it and gotten used to receiving those wonderful benefits that are part of being a Co-op member.

Because our system is so "State of the Art," it literally keeps constant track of our inventory. At any time, we can run a report and see exactly how much product has sold and how much we still have on the shelves. Managers use this information to determine product selection, product ordering and product profitability. However, one side effect of scanning your member card is that we are also inadvertently keeping a record of what you've purchased, which I know makes a few customers unhappy. They are worried that the Co-op now not only has a record of exactly what is sold, but who bought it. As a result of this concern, we reviewed our privacy policy and re-affirmed that not only are we not interested in who buys what but that we will never willingly give or sell this information to anyone.

Another potential concern raised addresses the issue of information "walking out" of our computers (meaning someone took it without asking). So, the Co-op recently hired First Step Research (FSR) to conduct an audit of our computers and their security systems. FSR regularly conducts such audits for various local businesses, such as Gritman Medical Center, to ensure that private information is kept private. We got a good rating and also made some improvements to our security system as a result of their recommendations.

Remember, if you ever don't want us to scan your card, that is fine, you simply need to show the cashier your "temporary" card that you received when you last re-newed your membership. Now comes the part where we need your help: we want to make sure that you're OK with your Co-op collecting this information. So, starting in early February, we are going to ask that when you renew your membership you read and sign a statement that you both understand and agree to let the Co-op scan your membership card. We, the Board and management, have tried to assure ourselves that we have all the necessary, yet secure, information about our products that we need to run a strong, healthy business. Thanks for your help!

Come to the Co-op for Valentines Day!

By Stephanie Wade,

Evening Assistant Kitchen Manager

On Valentine's Day, Saturday, February 14, the Co-op will hold a silent auction to benefit the North Idaho Aids Coalition. Local artists of all mediums are donating works of art, which will be on display throughout the Co-op for the month of February. The auction will take place at Moscow

Food Co-op. Hors d'oeuvre will be served from 5:00 to 7:00 p.m. and bidding will take place between 5:00 and 6:30 p.m. The recipients of the art will be notified by telephone either that night or the next day. If you have any questions, please direct them to Stephanie at the Moscow Food Co-op at 882-8537.

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Upcoming Events

By Annie Hubble, Front End Manager

Once again there are lots of chances to enjoy life at the Co-op.

Come on down to the store on a Tuesday evening and be entertained by live music while you shop.

Better still, just come down, seat yourself in the deli area, have some yummy dinner, (I highly recommend the mashed potatoes and tofu) or dessert and a special coffee drink, and take some time to yourself and enjoy the coffee shop-style musical evening. An added bonus is that 2% of anything you spend on a Tuesday goes to local charitable organizations. So you can enjoy the music and do a good deed at the same time!

On Saturday February 14, there will be an art auction at the Co-op; all proceeds from which will go to North Idaho AIDS Coalition. Local artists have donated all the items. It

should be a great show.

On Saturday February 21, there will be another Taste Fair – your chance to try new things. This is a really fun day. Lots of people attend, and there are so many good things to taste, you definitely should not eat much before coming down.

And don't forget the ever-popular pizza night on Friday evenings. This has been going on for many years now. So many local people turn up for a slice of the best pizza in town, that you can be sure of bumping into a friend or making a new one! Pizza is usually served at about 5.00pm, and continues 'til sold out. On some Fridays, this doesn't take very long. So, come on down, everyone, and light up your late Winter days with a visit to the Co-op.

The Volunteer Corner

By Annie Hubble

In case there are new people in town, I will explain the volunteer program at the Co-op. By helping out at the Co-op, in any of the myriad ways possible, you can earn yourself a discount, while supporting one of the great alternatives in the area.

First you have to be a member of the Co-op. This is a very simple procedure. Lifetime membership is \$150.00, but we divide this into yearly payments of \$10.00 for one person or \$17.00 for a two-adult household. Young people High School age or younger are free. Talk to one of our cashiers if you want to become a member. Once a member of the Co-op, the next stage to volunteering is to fill out an application form. These forms are found on the notice board behind the shopping carts in the front of the store. Put the completed application in the envelope also on that board. When we reach your application chronologically, we will contact you and invite you to an orientation. The waiting time will vary from a week to a couple of months, depending on how many people are ahead of you. We only have a certain number of volunteer positions, and so can only offer them as they open up. It is important, therefore, to fill out that form as soon as possible.

At the orientation, we will explain the program, show you around the store, and in the process, get to know you a little. Within a week or so from the orientation, we will try to match you up with a position. While certain volunteers, such as the newsletter team, have slightly different systems, in most cases, working three hours a week means an 18% discount on all purchases in the store; two hours a week, 13%; and one hour, 8%.

Volunteering at the Co-op is a great opportunity to meet new people, support the Co-op and help your Co-op purchasing power with discounts.



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20th of each month

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

Welcome!

By Laura Long, Membership Services

Have you thought about how happy your sweetheart would be if they received a gift certificate for a massage, or something beautiful from Wild Women Traders? Or maybe your loved one would rather have something cool from Northwestern Mountain Sports. Whatever your leaning this Valentines Day, don't forget that Co-op's business partners will offer you great discounts and premiums if you have a membership. Just show your membership card at the beginning of the transaction, and they will give you all the details. For a complete list of participating businesses, look on the front page of this newsletter.

I also want to invite everyone to come on down to the Co-op for our annual Taste Fair to be held Saturday the 21st. While you're out sampling some of Moscow's finest jazz music, why not come on down to the Co-op and sample some of our best products from local and organic vendors. I hope to see you here!

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Xylitol: How Sweet It Is!

By Brenda Guettler

No matter how much we all might "like" our dentist as a person, most of us would prefer to see her/him as infrequently as possible. As a matter of fact, I consider it a failing on my part if I have to see my dentist more than my scheduled biannual check-ups. If you're like me and would prefer to limit those inevitable trips to the dentist, you might be interested in an exciting sweetener called xylitol.

Xylitol was discovered in 1891 but was not highly utilized until World War II caused a sugar shortage in Finland. Interestingly, the Finns noticed that those who used xylitol seemed to receive some health benefits. This observation sparked interest and studies concerning the new sweetener. Found naturally in some fruits, vegetables, and various hardwood trees, xylitol has been used in human food since the 1960s. Xylitol is slowly absorbed which means that it won't affect insulin levels like sugar and some other sweeteners. This makes it a great tasting alternative for diabetics.

Xylitol is classified chemically as a sugar alcohol. Sorbitol is another sugar substitute that shares this classification. A major difference between these two sweeteners is that sorbitol is a 6-carbon sugar while xylitol is a 5-carbon sugar. Xylitol is, therefore, a more appropriate choice for dental care because its 5-carbon structure does not allow bacteria to flourish. Numerous studies have shown that chewing xylitol gum or candy can actually help prevent cavi-

ties. "Clinical and field tests demonstrated dramatic reductions in new tooth decay, along with arrest and even some reversal of existing dental cavities" (Pierini, 2001). I know it sounds too good to be true, but it gets even better. Xylitol also wreaks havoc on bacteria that can cause chronic sinusitis and ear infections.

In addition to its antibacterial qualities, xylitol is also an antioxidant and is being studied further for its other positive health benefits. Here at the Co-op, we have cinnamon, peppermint and fresh fruit-flavored xylitol gum (located in both the candy and oral care sections). Yes, the fresh fruit flavor really does taste like Juicy Fruit. We also carry Xlear Nasal Wash made with xylitol. Many people have found relief from allergy symptoms, sinus problems, and ear infections when using Xlear.

Remember to consult your health care professional about xylitol to find out if it's right for you and your family. Also, stop by the Co-op to pick up a brochure about Xlear and some gum while you're at it.

Sources:

"Xylitol: A Sweet Alternative" by Carolyn Pierini, CLS, CNC, Sept. 1, 2001, <www.vrp.com/art/>

"Xylitol", The Natural Pharmacist



The Buy Line

By Vicki Reich

Wouldn't it be great if you could come in to the Co-op and have a little taste of that product you've been wanting to buy but weren't sure you'd like. Or maybe you've wanted to have a chat with some of our local suppliers and find out how they do what they do. Well, your wish will become reality on Saturday, February 21 from 10:00 a.m. to 4:00 p.m. when the Co-op once again hosts (drum roll, please) Taste Fair.

If you've never been to a Taste Fair, you are in for a treat. If you've been before, I'm sure you've got your calendar out and are writing down the

date. Taste Fair is a fun and crazy day at the Co-op where you can try all kinds of new products and taste all the great things our local vendors have to offer. We'll have tables set up in every nook and cranny of the store, piled high with a staggering variety of tasty treats.

I've got a long invitation list so I am sure there will be lots of local vendors plus a variety of new products from national brands. You won't want to miss all the fun so make sure you mark your calendar for February 21, and make sure you come hungry!

2% Tuesdays: Moscow Civic Association

By Lois Blackburn

Moscow Civic Association is honored and delighted to be the recipient of the Co-op's 2% Tuesday grant for February. When you shop on Tuesdays this month, you will also be supporting the Moscow Civic Association.

The Moscow Civic Association was formed after a few friends got together in the summer of 2002 to discuss a need for progressive voices to be heard in community affairs. Motivations included examples of the City Council ignoring the clear voices of citizens as well as decisions and advice from advisory groups such as Planning and Zoning and the Moscow Tree Committee. The MCA founders developed a list of community members to invite to an organizational meeting. In September of 2002, over 50 people met at Janet LeCompte's house, and a smaller group volunteered to be a steering committee, later the Board of Directors.

The mission statement of the new group began, "Our vision is of a just and equitable society, a community in which information on important issues is readily available to the citizenry, a place of strong, non-partisan grassroots democracy." The first meeting of the MCA, December 3, 2002, began this dissemination of important information on issues with a program on Moscow streets, water, and other public works. Since then, there have been monthly meetings of the MCA (with a few exceptions),

covering topics such as Transportation and Highways, Idaho state-mandated achievement tests for public schools, Palouse water and aquifers, Moscow School District facilities, a continuing series on "Smart Growth for Moscow," and a forum for the entire slate of candidates for election to Moscow City Council.

In line with the original vision of keeping City Council members accountable to the community, Moscow Civic Association identified and promoted two progressive candidates, Nancy Chaney and John Dickinson. Both of these candidates were elected to City Council.

Continuing our mission to provide information on community issues to the community, we will incorporate into our programs speakers from other cities, chosen for their relevant expertise, experience, and/or status. There will be expenses involved in bringing these speakers to Moscow. For example, for our March general meeting, a continuation of our "Smart Growth for Moscow" series, we will bring Elaine Clegg, Boise City Council member and co-Chair of Idaho Smart Growth Commission. She has agreed to do this for us in exchange for airplane travel, lodging, and per diem. The 2% Tuesday grant from the Moscow Food Co-op will provide the funds needed for these expenses, with possibly some left over for our next out-of-town guest speaker.

The Board and members of the Moscow Civic Association are honored by the award from the Co-op of the 2% Tuesdays Grant for February.

Lois Blackburn is a long-time Co-op member and the president of the Moscow Civic Association.

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From the Suggestion Board

By Vicki and Carrie

Can you stock dried buttermilk? It makes great pancakes (you used to carry it).

We still do, it just moved from a big bin to a jar with the bulk baking needs—Vicki, Grocery Manager.

Could you carry Odwalla bars? My husband and I are in love with Chocolate Chip Peanut. Could we order cases? Thanks.

I'm sorry, ever since Coca Cola bought out Odwalla, I haven't had a distributor for their products—Vicki.

Please get the dog greenies in bulk again—they are cheaper plus there's no need for all that packaging like on the "single serve".

Unfortunately, they are no longer available without packaging. Unwrapped would be my preference, too—Carrie, Personal Care Manager.

Can you stock whole oat groats? I have to "import" them from Tri-Cities! They are great overnight in a crockpot. Thanks!

Look for them with the bulk grains—Vicki.

We should have sturdier small bags for bulk items. The white paper ones often come apart at the seams.

Look for small Ziploc bags soon—Vicki.

Have you stopped stocking the small bags of Kettle Salt and Vinegar chips?

No, they were just out-of-stock when you were here. They should be back in stock now—Vicki.

I've recently decided to become a vegetarian. Please carry an organic GMO free, canola/rapeseed oil free, tasty meat substitute.

Have you read the labels on all our meat substitutes? I have, and at

least half of the products we carry meet those criteria. You can also do amazing things with plain tofu as well. If you have a specific product you'd like us to carry, let us know and we'll see if we can get it—Vicki.

How about organic chicken nuggets?

At this time I don't know of any company making organic chicken nuggets—Vicki

Dried savory and dried chervil. Thank you. They are specialty and may not sell well.

We have tried selling both of these herbs in the past, and they do not sell fast enough to ensure a fresh product. I can special order both of them in one pound bags. I can also get them in jars (which make it much more expensive)—Vicki.

Spice jars are too fussy. How about a simple jar with a cork. Makes cooking faster.

I can special order a variety of jars for you. Come see me in the store some time, and I'll show you your choices—Carrie.

Does buying organic eggs or others you sell here insure you won't be endangered by salmonella? My kids want to lick the batter!

From what I can tell, buying farm fresh or organic eggs may lower your risk of Salmonella, but there is nothing definitive out there. There is very little chance of getting salmonella; only one egg in 20,000 has it and adults are at very low risk of getting more than an upset stomach. However, children run a higher risk of more serious ailments. I eat our eggs raw with no ill effects, but I'd be hesitant to feed them raw to kids—Vicki.

CO-OP QUILT



THE CO-OP QUILT WAS CREATED IN 1997. IT WAS MADE UP OF LOGOS AND ARTWORK FROM T-SHIRTS FROM OVER 54 CO-OPS AROUND THE COUNTRY AND WAS SEWN TOGETHER BY SEVERAL CO-OP MANAGERS IN THE MID-WEST.

THE QUILT SERVES AS A FUNDRAISER FOR EDUCATION AND TRAINING OF CONSUMER CO-OP MANAGERS AND STAFF.

THE PRIVILEGE OF DISPLAYING THE QUILT IS AUCTIONED EACH YEAR, SENDING IT TRAVELING AROUND THE COUNTRY.

SINCE THIS QUILT WAS CREATED, THREE OTHER CO-OPS HAVE MADE THEIR OWN QUILTS, ALSO FROM CO-OP T-SHIRTS AND LOGO ARTWORK.

COMING TO THE MOSCOW FOOD COOP: FEB. 1ST-20TH

From the Cheese Department

By Samuel Abrams, Assistant Kitchen Manager

This month we feature two new cheeses made from sheep's milk. One is from Italy called Myzithra. Myzithra is a wonderfully textured dry cheese. This salty cheese will add a beautiful touch crumbled or grated over pasta or a light green salad.

In a different direction with sheep's milk, we offer a New Zealand sheep's milk white cheddar. This soft textured lemon cream-colored cheese has a subtle yet remarkable taste with a definitive finish quality. The New

Zealand white cheddar is the perfect companion for a Merlot or as an appetizer.

Speaking of cheeses that accompany wine, try Saint Nectaire. With a smooth cheesecake-like texture, this earthy French cheese is delicious on a baguette or plain. It's from cow's milk and definitely made for a beefy Red wine. Enjoy these foreign treasures, and if you only need a small piece, check out our "bits o' cheese" basket located by the Deli and in our cheese department.

Everything you wanted to know about **2% TUESDAYS**



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

Applications are available online at www.moscowfood.coop or call 208-882-8537 for more information.

Recycled Container Etiquette

By Stephanie Wade,
Evening Assistant Kitchen Manager

Have you ever wondered how the recycled container program works at the Co-op? Perhaps you've wondered how they're cleaned, stored and used. I would like to clear up some of the haziness about re-using containers and educate you on what we accept or not and where you can take them if we don't.

Plastic containers such as yogurt or cottage cheese containers in varying sizes are great for serving deli salads and using for bulk items. Glass jars like baby food or mustard jars are fine for some items in bulk in the grocery department; however, if you have an excess amount, we may not be able to accommodate them, so it is good to check with a deli server before dropping off containers to see if we have room for them or if we can use them. Please don't just leave things off without seeing someone.

Please bring in clean containers. We do wash and sanitize them, but it is much easier and more considerate of our volunteers to have them delivered spic and span. We have wonderful volunteers who come in a few times a week to wash and sanitize our containers. The containers are sani-

tized in 140-degree water and then air-dried before use.

Some things we can't reuse are liquor bottles, medicine bottles, pill bottles, old water or soda bottles, or extra large glass containers. Also plastic containers from fast food restaurants or other items made of thin flimsy plastic cannot be sanitized because they melt, so it is better if you take them to your local recycling center, the Moscow Recycling Center, which is located at 401 N. Jackson St., in Moscow.

If for some reason we have an abundance of recycled containers and cannot accept what you are offering, there are a couple things you can do. You can take them home and bring them back at a later date or you can take them to the Moscow Recycling Center. Moscow also offers curbside recycling for many things and is working to expand this program to include everything. Curbside recycling is free and is picked up once a week.

We appreciate your efforts and support of the Co-op's recycled container program and hope this will give you a better understanding of how it works and what we can use.

Recycled Container "Etiquette" from a Volunteer Perspective

By Gary Macfarlane

This is the unofficial version of container "etiquette" (please also read Stephanie Wade's piece in this edition of the newsletter, the official version). In other words, this will be a more irreverent take on the topic by an opinionated know-it-all.

The Co-op is not the Moscow Recycling Center nor is it the landfill. Cigarette butts are just one example of items that have shown up with the containers. Greasy bones, with the meat half-gnawed off, are another. These are far from the most shocking things I have seen, but "etiquette" dictates a certain degree of circumspection. Perhaps somebody confused the recycled container bag with the trash bag.

Please, please bring in clean containers. Hardened grease is difficult to clean, even with the high pressure sprayer and scrubbers, and the taste tends to remain locked in the plastic polymers for millennia.

Most clear plastic items (#1 recycled plastic) tend to melt in the sanitizer. Pop bottles are usually made out of #1 plastic but many clear deli containers from other stores — the Co-op's clear tubs are mostly #5 and can be sanitized — are #1 plastic and are not sturdy enough to be sanitized.

A word about the grab-and-go and clamshell containers that pervade all take-out food establishments, including the Co-op. They are an abomination. They are so flimsy that they become cracked in washing even if they don't melt in the sanitizer. Maybe members can convince the Co-op to adopt another type of container that can be more easily re-used.

Just a bit of a digression regarding plastic . . . the following comes from the "Guardian" newspaper (reporter/author, George Monbiot), real news from across the Atlantic, as opposed to what we generally have here in the U.S., "No one with expertise in the field is in any doubt that the global

production of oil will peak before long." According to the article, estimates vary from this year, 2004, to 2037 as to when that will occur. At the same time, demand is increasing. Monbiot has it right, "The price of oil will go through the roof." Plastic comes from petroleum. Enough said.

Plastic containers wear out eventually. When that occurs, they need to be taken to the recycling center. Glass is a good container to re-use and is superior to plastic in most ways, but it is heavy and care must be taken not to break it.

If you bring in egg cartons or bags to be reused, please take them to the back of the store in case of egg cartons and to the cashiers in the case of bags. That way the items will be re-used more quickly.

Finally, when shopping at the Co-op, please bring your own containers for items. That way the re-used and sanitized containers will last longer and go further. Besides, it shows you are someone who is responsible for what you use and discard.



Salmon Safe Wine

By, Dani Vargas,
Beer and Wine Buyer

Those who live in the Pacific Northwest know that the salmon is a key species in our region and what we as consumers and growers do to the earth can directly affect the salmon in the rivers. Salmon Safe is a non-profit organization devoted to restoring agricultural and urban watersheds to protect the salmon so they can spawn and thrive. The organization is based in Portland, Oregon, and they certify farms that follow their guidelines to make sure the salmon are protected from farming practices. Their label is one of the nation's leading eco-labels, and more than 30,000 acres of farmland has been certified.

For the wine industry, viticulture practices can cause runoff and erosion, which in turn bring silt into streams inhibiting the ability of salmon to spawn. With the certification, vineyards protect and restore salmon habitats by planting trees on streams, growing cover crops to control runoff and by applying natural methods



to control weeds and pests. Look for the Salmon safe label and help protect our salmon and promote healthy thriving ecosystems. For more information about Salmon Safe, please email

<info@salmonsafe.org>
or go to their website,
www.salmonsafe.org.

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Message from the Co-op Board

By Mark Mumford llw jld br

I am inspired to write this after hearing an extraordinary speech delivered by Tim Wise, the key-note speaker at the Latah County Human Rights Taskforce Martin Luther King breakfast. I hope you had a chance to hear Tim's address - it was spectacular. And if you missed his talk, he will be back in Moscow on February 18 at the University of Idaho, speaking at events commemorating Black History Month. Don't miss Tim's talk and look him up at www.speakersandartists.org/People/TimWise.html.

Tim inspired me to think about my responsibility as the beneficiary of the privileges I enjoy in life. I am privileged, although it is sometimes hard to admit, because of my race and gender and my economic status. I am a member of a privileged community. We are all, for the most part, in this community, white, well-educated, resourceful, and comfortable economically and socially, and we have the luxury of contemplating issues such as privilege, equality, justice, and diversity as though these are abstracted intellectual inquiries. The luxury of dealing with these issues at a remove from reality tends to lull us into the miscomprehension that all is well in our world. And every now and again, someone like Tim Wise reminds me that the equanimity I take for granted, because I live in the midst of such plenty, is far from the reality of the world.

We can disregard racism, because, for the most part, we live in a white homogeneous community, and we can contemplate racism as a cultural evil at a remove. We believe that racism does not exist in our town because we are all liberal, inclusive, well-meaning folks. But I wonder whether we consider ourselves to be inclusive of diversity only because our community is so uniformly white, middle-class, and comfortable. I wonder whether the perpetuation of the racial and ethnic and economic homogeneity that characterizes our community is a matter of historical circumstance or whether our lack of diversity is the result of a subtle but pervasive exclusivity.

We maintain that we are not racist until we realize that some in our

community would have us believe that our nation's history of slavery was a benign wrong. We need not confront inequality and injustice in our community, until we realize that at any moment the FBI can infiltrate our peace in the middle of the night and order innocent people out of their homes and interrogate and threaten and imprison them just because of their national and ethnic identity. We are not faced with poverty and human degradation in our community, but all we have to do is look beyond our own comfortable lives to realize that many in our community do not share the economic security we take for granted.

As a member of the Co-op board I have been thinking about what my responsibilities are as a director of a business, which is also a locus for our community. In addition to the immediate responsibility of making sure that the Co-op thrives and continues to grow as a business, as a board member, I must think more broadly about my responsibility. What should the Co-op's responsibility be in promoting diversity within our community? As Tim put it, we should not measure success by how well the universities and our town attract minority faculty, students, and other individuals, but true success should be measured by how well we retain racial and ethnic diversity in our community. What should be the Co-op's role in this effort?

As a food cooperative, what should we be doing to help solve some of the problems of poverty and want in our community? What should the Co-op be doing to lead the way to better serve the needs of our community? I don't have answers for these questions, but maybe you have suggestions and ideas about these issues. I hope that you will feel free to let me know your thoughts. Please let me know what you think - you may comment at mmumford@moscow.com.

Mark Mumford has been on the board since 2000. This March he will step down to become the Co-op's corporate counsel.

Midweek Grower's Market and Organic Standards Questions

By Eva Jo Hallvik

The Midweek Grower's Market will start its third year this May. The basic requirements to be a seller at the market are: 1) you must be local, within 100 miles of the market, 2) you must be organic, with explanation of organic practices, 3) you must sell raw produce; no products of the raw form, i.e. no salsa, or hats with flowers (no crafts).

To find out what it takes to be organic you will need to review the National Organic Program on the USDA website (www.usda.gov) or better yet, talk to our local Extension Agent or Master Gardener's program. The information on the USDA website can be quite beefy in government rhetoric, but worth the study. There are articles ranging from poultry practices to marketing, and many, many links and government supported non-profit agencies with the sole purpose to explain it all. I, myself, started to get a little irritated while I was trying to find some quick and dirty information, so I suggest setting aside some time and patience and focus to find what you are looking for.

As of 2002, the standards have become nationally uniform, such that there can be no individual state or private company that can grant any differing organic standards. So there is no difference with the organic standards between Washington and Idaho, or any other state, as far as that goes. But each individual state, usually through their department of agriculture, is the "certifying body" that a farmer will apply to for their organic status. So, the USDA is not the "certifying body," but is the final body that dictates all rules pertaining to the ability to use the organic label.

There are other organizations that are trying to develop a second label that will help consumers recognize a difference between what the USDA has come up with and what others think is "more organic." This growing movement, sometimes referred to as "beyond organic," has mainly been led by a guy named Elliot Coleman, who believes that the organic movement was bastardized by government intervention. Coleman's book "The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market," has been referred to as the

"Bible of organics." He seems to have quite a following.

Other books on organics are "Rodale's All-New Encyclopedia of Organic Gardening," "The Indispensable Resource for Every Gardener" by Marshall Bradley, "Five Acres and Independence" by Maurice G. Kains, and "Backyard Market Gardening: The Entrepreneur's Guide to Selling What you Grow" by Andrew W. Lee.

Just the title of the last book I listed here should entice some of you out there to join the fun as a local producer at our Midweek Grower's Market. We hope to fill the space with as many producers as possible. The more producers we have, the more customers we will draw, and the more people will be eating locally grown, fresh, organic food. This leads to happy bellies, and happy bellies lead to happy souls, and happy souls lead to a peaceful community, and a peaceful community leads to a peaceful world. Do you get the picture? John Lennon had a song somewhere along these lines...imagine.

There are other groups like California Certified Organic Farmers, a non-profit membership based organic certification and trade association, dedicated to promoting and supporting organic agriculture. And Oregon Tilth, also a non-profit, research and education organization certifying organic farmers, processors, retailers and handlers throughout Oregon, the United States, and internationally. Both of these groups along, with others, have an idea of creating a second label that would tell consumers that not only is their food nationally certified and recognized by the USDA, but that it goes beyond that. For example, the EU, European Union, has higher standards than the U.S., so if a Washington apple farmer wanted to market internationally, maybe this second label would enable them to get an "organic" price for their product. This is just an example to show you that the USDA doesn't uphold the highest of organic standards, but at least it is finally nationally recognized, or not?

Eva Jo Hallvik, a local massage therapist, buys only organic at every possible chance, and as locally as possible. May peace be with you!

Members Decide: Moscow Food Co-op Board Election

There are three candidates running for the two available seats on the Co-op Board. Co-op members will be voting in the store in March.

The two Board members who have completed their terms are Peg Kingery and George Bridges. Peg will actually not leave the Board but will stay on for an additional year to complete Mark Mumford's term. Mumford will resign from the Board in March to become the Co-op's legal counsel.

The Co-op thanks George and Peg for their service, and thanks the three candidates profiled here for their willingness to serve.



Will Simpson

How can I describe my volunteerism and what the Co-op has meant to me? I have been a lifetime member of the Co-op for as long as there have been lifetime members. Back in 1990, I started my volunteering as a humble "chip bagger," bagging the various bulk tortilla chips into smaller bags. The truth be known now, I was dreamy for one of the other "chip baggers" and to make a long story short, now we are sharing a life together. In my current Co-op volunteer role I help distribute newsletters to some of the outlying communities.

I look forward to the challenges of volunteering as one of the directors of the Co-op. These are exciting times for the Co-op and our community. The Co-op's mission has never been more important. The Co-op's vitality is imperative to the civic and cultural health of Moscow. The Co-op is more than just a grocery store, it brings together healthy products from both local and regional small producers in an atmosphere that looks like a grocery store but is so much more. The Co-op is really made up of the people; the staff, volunteers, producers, suppliers and all the varied customers. Together we make the Co-op the social environment and educational resource it truly is.

Today there is an increased awareness of how important and complex our food supply is. We are all looking for knowledge and guidance. The Co-op plays an integral role in helping us with the often confusing decisions about eating well, consuming well and living well. We as consumers have to educate ourselves and

make choices that are life affirming rather than blindly follow the corporate machine that now masquerades as our government certified food supply. With all the pesticides, herbicides, antibiotics, pathogens, hormones and genetic modifications in foods, we need to do everything we can to support and foster the growth of those organizations that steer us through this increasingly bizarre and confusing area.

Will lives in a small cabin east of Moscow with his true love and fellow former "chip bagger," Mary Zuber, their chocolate lab Boykan and three neurotic cats.

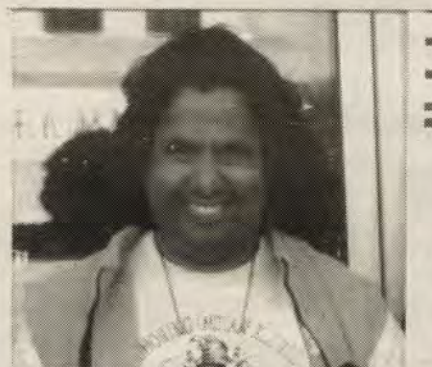


Kimberly Vincent

Starting with the first meal I cooked, good wholesome food has been a very integral part of my life both socially and spiritually—there is nothing quite as soothing as kneading dough with your bare hands. I supported my first food co-op when I was 18 in a small town in Maine. I worked at an organic grocery store in Pocatello, Idaho, for many years while I was working my way through school.

I have been a member of the Moscow Food Co-op since I moved to Moscow in 1987. In 1993 I developed many severe food allergies, but thanks to my experience and the expertise of the staff at the Moscow Food Co-op, I found new ways, new foods and new inspiration to prepare interesting flavorful meals and still enjoy cooking. As a lifetime member of the Moscow Food Co-op I have a vested interest in it remaining a vital successful business. I would like to provide the support and input to see the Co-op continue to reach out to an ever more diverse clientele (which

means continue expanding to make the mainstream culture welcome, how's that for turning the tables?). The Co-op is committed to providing a necessary service to our community, I look forward to returning the time and energy to be a community member committed to servicing the Co-op.



Julian Matthews

I grew up in Coeur d'Alene, Idaho, and have lived in a number of places since moving there from San Jose, California where I was born. My mother was a full-blooded member of the Nez Perce Tribe and my father was Irish. Both are deceased; my mother having passed away in 1976, and my father recently passed on December 28 of 2003. I feel that their personalities and experiences were passed on as both were committed to social concerns within their communities. These two people and their values that were instilled in me is what make up my personality and my interest in serving on the Board of Directors for the Co-op.

I have always liked Moscow and the surrounding area since visiting my brother here in the 1980s who was attending law school at the U of I when I was home on leave from the Navy. I have always known and been aware that Moscow has been a focal point for students and others who care about the environment and the impact we humans have on it.

Since moving to Pullman, Washington, from Portland, Oregon, in 1994, I have been working for my tribe, the Nez Perce, in a variety of positions at the Tribal Government and the Casino. Being a member of the tribe, I believe that indigenous people have a strong tie to the folks at the Co-op and those who have a passionate concern for the

environment. One of the reasons I like the Co-op so much is because the patrons, employees and volunteers are so friendly and I feel so much in common with them whether shopping or volunteering.

After I got out of the Navy, where I went to be able to afford to attend college, I graduated from Gonzaga University in 1991 with a Bachelor's degree in Business with Finance major. While working full time at the Nez Perce Tribe, I have continued my educational endeavors and completed a Master's of Public Administration degree in May of 2000. I am currently pursuing a Master's in Higher Education Administration and am gearing up to go into a Ph.D. program in Education. I also am an adjunct faculty at the Northwest Indian College in Lapwai, Idaho, where I have taught a number of courses.

Elouise Montes de Oca and I have been together for ten years and she has two children who are now attending school in Portland, Oregon, living with their father. Xeno is attending Portland Community College, and Athena is finishing her last year of high school.

The main reason I have been a member of the Co-op and volunteered there is because of the desire I have had to learn more about food and other issues that concern us all today. I have met many people who have the same concern I have about the environment, whether it's the dam breaching or grazing or other topics. The people I have met at the Co-op and those who are associated with it have allowed me to learn about the foods we eat and the environment.

Being a member of the Tribe has helped me get practical understandings of how the Tribe also can benefit from learning about the issues related to food. As the diet of the indigenous people was changed so drastically, I feel that the types of food and the knowledge available at the Co-op can benefit all people who care about what goes into their bodies and to the Earth. I appreciate your support in this election.

Business Partner Profile - Kelly Kingsland, Licensed Massage Therapist

By Sarah Walker

Kelly Kingsland is a calm person, but she gets pretty excited describing how she has found just what she's been looking for. She's a 1998 graduate of the Moscow School of Massage who is very inspired to be learning a complimentary practice called, simply, "Manual Therapy." "Manual therapy is something I've wanted to learn more than anything else in life!" Kelly exclaimed, her face lighting up as she describes how fulfilling it is for her to explore this art. Even though she calls herself "just a wee grasshopper" in terms of the years of study it will take her to transition from Massage Therapist to Manual Therapist, I personally would argue that she's pretty darn good at it, having had a few of her massages myself.

Manual Therapy accesses the corrective mechanisms in your own body. The therapist is there to facilitate and correct so that your body can recover itself. What are the corrective mechanisms? "Good question!" said Kelly, replying, "Energy flow would be one answer." Energy can't flow freely when something hurts. The Manual Therapist works to sense barriers that interrupt the flow of energy. By placing her hands on the painful spot, she "listens" for signs of the disconnect. The therapist must be able to calm and center herself sufficiently to be able to hear what's going on inside the body, as well as being "willing to wait for the whole answer." It's not intuitive. Instead, the therapist seeks answers from the client's body — "giving credit to the body on the table," Kelly puts it.

Before you assume it's simple to pinpoint your bodily woes, you should take a look at some of the training manuals for Manual Therapy. Kelly showed me a hand diagram. A small area in the center of the therapist's palm is labeled for the different processes it might sense. There were so many labels, it reminded me of an engine manual where they show the carburetor with dozens of parts names covering the page! But in Manual



Therapy, the body isn't just mechanical, it's an organism propelled by spiritual, emotional, and physical means. When one part gets out of synch, we feel it physically. A Manual Therapist can detect what's not working, and help restore the energy flow.

It's taken Kelly years to find Manual Therapy. "I've wanted to help people for a long time," she told me. She started out as a Sociology major at the University of Idaho, wanting to become a Tribal Social Worker on the Kootenai Reservation near Bonner's Ferry (where she grew up). But the scale of social work — programs aimed at whole populations — didn't make her feel like she was helping individuals.

"I'm thrilled that Massage Therapy has taken me to Manual Therapy," she says. And Kelly is one to use the word 'luck' to describe the turns on her life path — "I feel so incredibly lucky," she says. "The more you pursue, the deeper you look, the better your life gets. The more you give, the more you get back. I love this dance in the world where things are provided for you as you need them." As a Massage Therapist, as well as a producer of organic vegetables, her endeavors have enriched her own life, "We eat really well, we

live really well."

After my interview with Kelly, I went home feeling steady and centered. She has that effect on people!

She says that Moscow has always been there for her. She's lived here 15 years and has always found work at the Co-op when she needed it. She

likes raising her 13-year old daughter Kate here. She and her partner Russell sell their local no-spray vegetables at the Co-op's weekly Growers Market.

For a massage appointment, call Kelly at 892-9000. Co-op members get a discount on the first two sessions (\$35). Her office is at 106 East 3rd Street, Suite 1-A.

Sarah Walker hopes to go on feeling steady and centered when she starts her new column called "Nature in the City" in March. She thanks Kelly for keeping her in line, and Bill London for his patience and encouragement.

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Customer Profile -

Customer Collage

By Vic Getz

What is there to say about the Co-op? You know those "person on the street" interviews that can be found in some newspapers? I've always liked them if the questions were interesting and provocative. I thought it might be a nice twist to the customer profile. So, armed with pen, paper and camera and a not-so-provocative question, I went to the Co-op early one morning to see who I could find to ask, "What would you like to say about the Co-op? Tell me anything." (Readers: Send in your provocative and/or interesting questions for another exciting Customer Collage.)

Standing outside discussing the



current economic situation were Sean Kinsella and Patrick Bageant. I snapped their pic and asked them the question. Sean, verbose as usual said, "Nice people. Good coffee." Pat didn't blink an eye, "Sometimes it smells funny but I still come." P.S. Pat and Sean claim to be male dancers and are available for hire for your next party. I dare them!

Inside the Co-op, two friends, Lois Blackburn and Ruth Hoffman, were having breakfast. Ruth said, "If

I want to know anything about anything, I can find it out from the staff at the Co-op." Lois said, "What a wonderful warm experience on a chilly winter day."

Next up, Mark Solomon, man about town and mountain. For those of you who know him, his comment may come as a surprise. Mark: "Uh. I can't think of anything to say today." (You heard it here first!)

When I asked Cindy Pitchard to take part, she didn't hesitate. "I love it. The deli is wonderful. I have a hard time not buying a lot. I started out with the Chocolate Dream Pie."

She got the recipe from the deli and says, "Now I make it all the time."

Sheila O'Brien, sleepy-eyed as she got her coffee to go, said, "It's a great place to wake up."

Who could resist young Jackson Alexander (age 2, son of Joan) as he stood drooling by the deli case? He was *very* willing to have his picture taken ("You asked the right guy," his mom said.). So, Jackson, what do you have to say about the Co-op? Without hesitation he said, "They have **good** cake!" He followed this pronouncement with a sweet little cake dance.

I imagine a person could walk into the Co-op any time of day and find a variety of people who would be willing to share their thoughts. All ages and types of people shop here and express similar sentiments about it. I imagine they'd be willing to share their thoughts on just about anything. Why doesn't that surprise me?

Vic Getz would love to have you submit questions to be asked for a "Person in the aisle" interview. Send yours to her at <vgetz@moscow.com>.

Staff Profile -

Joseph Melior

By Carol Spurling

Spot a young man dressed in black, riding a skateboard, and you might think, "aimless." Or "slacker." But my conversation with Joseph Melior, who wore dark grey, with his skateboard tucked off to the side, left me thinking, "Wow. Here's a guy with some plans, and the attitude to get them accomplished."

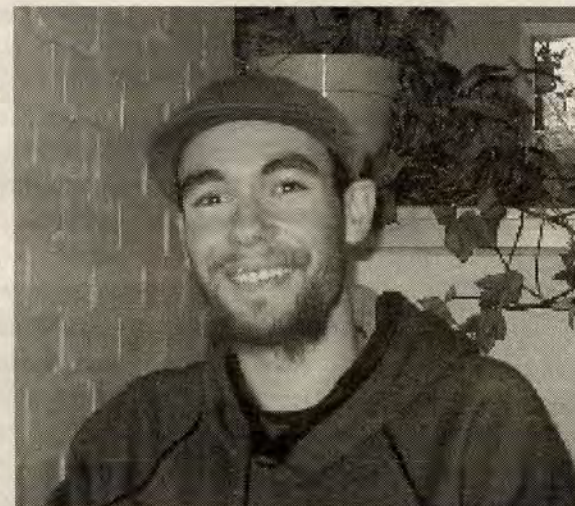
Some of that energy rubbed off on me. After talking with Joseph I rushed right home and took out the garbage and washed dishes, clearing my space and my mind, the better to ponder some of the big issues we discussed, such as sustainable agriculture, intentional communities, and alternative economics.

Joseph is just twenty-one years old, and is a full-time deli cook/deli server at the Co-op, having worked there about a total of one year. He's lived in Moscow since he was seven years old, after moving here with his mom Annie and sister Chantra from Colorado when his parents split up. "They offered me the choice of staying there with my dad or coming up here, and I decided to try to keep as much of the family together as I could," Joseph said. Staying close to his family is still important to Joseph, and he has stayed near to Moscow since finishing high school, with a few stints away, working on a sustainable farm near the Canadian border, and living with a friend in Eugene, Oregon and soaking up Eugene's unique energy.

"I took a druidic rune class there. It's a kind of divination, like tarot card reading. The teacher brought many traditions together and slammed our minds for six weeks," Joseph said. "Eugene is also the only town I've ever seen that has both palm trees and cedar trees. Not very healthy looking palms, though."

Joseph had just taken the ACT exam when we talked, in preparation for taking classes at the University of Idaho. He hopes to study poetry and some English literature. Considering both his parents were English majors, he finds it to be a natural inclination. "I've been reading lots of poetry and I'm especially interested in the spoken word," Joseph said. "So I've been reading Walt Whitman and Allen Ginsberg and Rumi and Saul Williams. I want to do that myself."

Joseph has worked with local teacher and poet Craig Hill doing some poetry events at Mikey's, and also going to a poetry festival in Portland recently. Joseph also opened for poet Taylor Mali. Going to college, and perhaps becoming a teacher, is part of Joseph's larger plan, of having a "marketable" mainstream skill, to round out his more "alternative" dreams of having an organic farm, cooking, doing massage, and writing and performing poetry along with a tribal band of friends at Rainbow gatherings and bar-



ter fairs.

"There's a group of us, we call ourselves 'Clan Meniscus,' and we're each exploring in different ways, then we can come back to the tribe and share what we've learned," Joseph said. Joseph already has a lot to offer, as he enjoys dance, theatre, playing in African drum circles, cooking "feel good food" to share with friends, reading, and taking care of plants. He's also doing the rapping for a hip-hop project with a friend.

You can bet Joseph won't be joining the rat race, ever, although he did say he enjoys having a job like his Co-op one in which he is learning a useful skill like cooking. "I'm pretty disgusted and disappointed with the economic system in the United States," Joseph said.

Other schooling in Joseph's future plans includes massage school, and more experience on a sustainable organic farm. He's already trained in Reiki, an alternative healing therapy.

The admissions folks at the University of Idaho have their own methods of deciding who is allowed into their hallowed halls, and I'm sure an ACT score is just part of the overall picture. But as a fellow English major, I'd like to offer my recommendation of Joseph Melior for admittance. Any literature class will benefit from his ideas and energy. And who knows whom our next great poet might be?

Carol Price Spurling likes to imagine a world where poets, scholars, caretakers, and cooks are held in the highest regard.

Volunteer Profile - Gary Macfarlane

By Heidi Heffernan

What do grizzly recovery, recycling, snowshoeing, the overtaking of our government, and the problems with being a farmer all have in common? Well, not much other than these were just a few of the things I discussed with Gary Macfarlane the other day as he and I sat at the Co-op discussing his volunteer job. Gary is one of the Co-op's illustrious container recyclers, one of those brave souls who rummage through the bins of reusable containers that we all bring into the



Co-op for re-use by the truckload.

It's a job he describes as "one of the most important volunteer jobs. It IS the most important volunteer job. In fact it's the most important job in the Co-op. I wash the recycled containers, so the Co-op can be a true Co-op and espouse its own principles... That right there is the entire foundation of the Co-op."

So, in a nutshell, Gary's volunteer job is being the foundation of the Co-op. He's been our foundation for about two and a half years now. He obviously enjoys doing it and spending time in the kitchen area. There are many perks to the job, he says, including getting to sample what's cooking and finding great containers for his own use. The only complaint he seems to have is that the job has given him terrible dishpan hands.

Many of you probably know Gary through his work with the Friends of the Clearwater (FOC). FOC is a local non-profit organization dedicated to preservation of the wildlands of the Clearwater basin. Gary serves as the organization's Forest Watch Director, "Whatever that means," he said self-effacingly. After years of doing volunteer work for FOC, the organization hired him about three years ago. He describes his job as varied and fun. He does everything from stuffing envelopes to writing comments to the government on their various docu-

ments. He says that Moscow, Idaho is a good place to that from. For more information about upcoming FOC events (as well as to get involved with FOC in any way) please call Gary at the Friends of the Clearwater office at 882-9755.

I'm always interested in how people wound up in Moscow, so I asked Gary to tell his story. "My ex was looking into vet schools, but we also knew some people up here and we had heard about Moscow being a cool place. It also had the reputation of being the biggest radical-lefty community outside of Berkeley in the West." Originally he settled in Pullman, but as he spent more time in Moscow, he eventually wound up here. We reminisced about the old store ("the Kentucky Fried Co-op"). Gary misses the closed-in narrow aisles. The old store had a real feeling of being the corner market with lots of wood shelves, and it wasn't so glitzy. But we both agreed that the Co-op's present location brings its own special aspects with it.

Currently, Gary and his partner, Bobbi, own a small developing farm in rural Troy. Gary often does the 15+ mile commute by bicycle. Originally from Utah, Gary grew up on a farm, a fruit orchard. Gary doesn't aspire to be a farmer himself; that's Bobbi's domain.

"I grew up on a farm in Utah, even though my father was a school teacher, because you can't make any money farming everybody knows and you can't make any money teaching school, so if you combine the two you might do it. So I know about what farms are like. So I don't hold any romantic illusion about farming." Currently, Bobbi is producing plant starts of herbs and vegetables for folks to transplant.

When I ask Gary what's in store for the future, he sees more of the same ahead. He obviously loves Moscow and plans to stay for a while. He talks about Bobbi having him committed to putting up a second hoop house on their property this summer. "...and I'll be cussin' the whole time, all three days it takes to put up that SMALL structure." They are also looking into fruit tree varieties to plant on their farm. But they need to find a way to keep the deer out. Says Gary, "Which is another reason why we like the wolves and grizzlies!"

Heidi Heffernan is a Moscow resident who fantasizes about her own hoop house and has plenty of romantic illusions about farming.

Volunteer Profile: Carol Spurling

By Patrick Vaughn

From Iowa to Wales and England, Montana, Alaska and finally Idaho. Carol Spurling has drawn from each place to find material and inspiration upon which to write. She enthusiastically volunteers her talent now by writing profiles of the Co-op's hard-working staff. This month the tables are turned on our newsletter writer and published essayist. We're profiling HER.

Carol has a persistent connection to Iowa where she was born and raised. She stayed in Iowa to earn a bachelor's degree in English from Central College in 1990. And now she owns a piece of her grandparents' original farm near Grundy Center, Iowa. She and her husband and 3-year-old son have settled here, but she likes the attachment she feels to the place "she's from." There is pride and commitment in her voice when she talks about exercising some stewardship over that land where she feels her roots are.

Between then and there (Iowa) and here and now (Idaho) she has had some wonderful experiences. Carol spent a semester in Wales while earning her degree. She found the geography beautiful, and haunting. She delved into some of Wales' long history, enlivened by the fact that her ancestors (surname: Price) came from there. She has lived in London, working in a youth hostel during two summers.

Carol obtained a master's in Literature from the University of Montana in 1992. She met Walt at a contra dance camp in Montana. They were married two weeks after her graduation. Carol and Walt left Missoula for Sitka, Alaska, and spent a year there helping run a coffee shop. They returned to Iowa for two years, fixed up an old house and sampled living in the country. Carol and Walt moved to Sitka again, this time for five years. Their son, Reed, was born and Carol worked in a bookstore.

Carol's academic preparation is actually related to some of her passions. She loves books, writing and travel. She has a long-time dream of owning a bookstore. Over the years, she has maintained a friend-

ship with the owner of Brused Books in Pullman (they had met in Missoula). When he offered Carol a position in the store, she headed to the Palouse. Carol is now the manager at Brused Books. Her family lives in Moscow, "where we can walk to the Co-op and drive to Pullman to work." She and Walt are committed house "fixer uppers." She says they refer to their life as a perpetual summer camp where they are earning badges in plumbing, electrical wiring...

All along Carol has been developing her talents as a writer. While in Iowa she wrote about gardening. She wrote book reviews in Sitka. In Moscow her writing is becoming more prolific. You may have noticed some of her work on these pages. In February she began writing es-

says for our newsletter, in addition to her ongoing staff profiles.

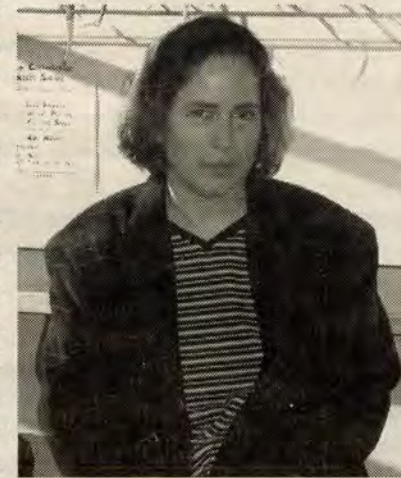
Carol was selected by the *Moscow-Pullman Daily News* as one of the inaugural "Town Criers," a forum for essays by local citizens. Recently *Ume* magazine published a letter Carol had sent to *Brain, Child* magazine, along with the article that provoked it. And Carol wrote one side of a *Pro & Con* article that appeared in the December issue of *Brain, Child* magazine.

"Ellen Goodman is my hero," Carol says. "I love her writing." Describing her own writing she says, "Whatever I'm interested in at the moment, I write about. I'm interested in family issues because I'm raising a child. I'm also interested in political and community issues." She says that when it comes to controversial subjects she tries to find the middle ground.

"I'm so grateful for the *Community News* having given me the opportunity to get practice at writing and meeting a deadline," she says. She also appreciates an unintended result of her volunteer assignment. "I'm not naturally an outgoing person. But I have grown to love doing the Co-op staff profiles because I've met these great people I otherwise may not have met."

Carol has a balanced perspective on complex issues. I enjoy her writing because it is a considered and articulate expression of that perspective. We are blessed to have her talents as a newsletter volunteer for as long as she is "earning her badges" on the Palouse.

Pat Vaughn profiles newsletter volunteers. He is forever grateful for his Mother's love.



Okonomiyaki

By Jackie Miyasaka

Okonomiyaki is a Japanese-style savory pancake or pizza. "Okonomi" means "as you like it" and "yaki" means "grilled." Okonomiyaki is made from flour, water, eggs and cabbage. To this is added anything you like. Common things to add would be thinly sliced pork, thinly sliced beef, chopped onions, squid, mushrooms, scallions, shrimp, etc. Like pizza, you usually pick one or two things to add. The ingredients are mixed together to make a batter and then poured on a griddle or frypan to cook like a pancake. When one side is done, two spatulas are used to flip it over and cook the other side. When it's finished, it is topped with okonomiyaki sauce, mayonnaise katsuobushi (dried bonito flakes), and aonori (dried seaweed flakes).

The okonomiyaki style of cooking originated in Osaka and Hiroshima, but is popular throughout Japan. In Osaka style okonomiyaki, the ingredients are mixed with the batter and cooked, while in Hiroshima style okonomiyaki, noodles are added to the ingredients, which are cooked separately between two thin pancakes. At many okonomiyaki restaurants, the grill is at your table and you make it yourself. The waiter or waitress brings a bowl containing the batter ingredients that you choose, turns on the grill at your table and brushes the surface with oil; after that you're on your own.

You can make okonomiyaki at home using a portable griddle set up on the dinner table. Everyone can have fun participating in cooking this quick, inexpensive, and healthy meal.

Okonomiyaki

(adapted from Hiroko Shimbo's *The Japanese Kitchen*)

Serves 4

Batter:

- 2 cups flour
- 2 cups water
- 1 teaspoon salt
- 4 tablespoons potato starch (if available)
- 1/2 pound (about 1/4 small head) cabbage, shredded
- 4 eggs

Mix and match any of the following four ingredients:

- 1/4 pound beef sirloin, cut into thin strips

- 1/4 pound pork sirloin, cut into thin strips
- 8 medium shrimp, cut in half lengthwise
- 1/2 cup scallions, sliced thinly into rings
- 4 tablespoons vegetable oil
- 4 tablespoons toasted and finely crumbled nori
- 1/2 cup bonito flakes (optional)

Sauce (can also be purchased in the Asian section of supermarkets as "Tonkatsu sauce"):

- 1/2 cup tomato ketchup
- 3 tablespoons Worcestershire sauce
- 1/2 teaspoon Dijon mustard
- 4 tablespoons mirin
- 2 tablespoons sugar
- 2 teaspoons soy sauce

In a small saucepan, combine the sauce ingredients. Bring to the boil, and cook over low heat for 3 minutes. Remove from heat and set aside.

Sift flour into a bowl. Add water, salt, and potato starch, and stir to mix. Divide the batter between four bowls. Put 1/4 of cabbage and each chosen ingredient into each bowl, and make a depression in the center of each. Break one egg into the center depression of each bowl. Heat a skillet or griddle, add 2 to 3 tablespoons of vegetable oil to coat the entire bottom. When the oil is hot, pour out the excess oil and reserve it. Reduce the heat to low. Mix the batter and other ingredients in one of the bowls. Raise the heat to medium, and pour all of the batter in that bowl into the skillet. Spread the batter into a disk about 6 inches in diameter. Cook over medium heat until the bottom of the okonomiyaki is golden. Turn the okonomiyaki over with two spatulas, press it to flatten the bottom, and cook until the other side is golden. Spread some of the sauce over the surface of the okonomiyaki. Sprinkle 1/4 of the nori and bonito flakes on top, and transfer the okonomiyaki to a plate. Prepare the remaining three pancakes in the same way as the first, using the reserved vegetable oil. Cut each okonomiyaki into six pieces, like a pizza, and serve hot.

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

A Moroccan Mix of Quorn and Couscous

By Jen Hirt

Every time I find myself perusing the frozen foods at the Co-op, I linger on those orange, lower-shelf boxes and bags of something branded as Quorn. Already assailed with plenty of convenience-type fake meats, I was hesitant to bother with one more. But what was this "miracle food" from the UK? I'd even heard about it in the news.

Quorn is a fermented mycoprotein that is meat-free yet meat-styled. So it's a fungus that tastes like chicken, minus the cholesterol and half the calories, but full of protein and fiber. Last month, the turkey-style roast got me thinking. A Moroccan meat-based recipe that had been begging for a vegetarian update finally had its new ingredient.

What makes this main course Moroccan is the couscous. A tasty tiny semolina pasta, couscous is a staple in North Africa. Just add hot liquid, and couscous fluffs up. I had always used couscous as a bed for other things, like the unadventurous "zucchini on a bed of couscous." In this recipe, the couscous is stirred in at the end, and it sticks to the vegetables and the Quorn in perfect (I dare say magically perfect) proportions.

Moroccan Quorn and Couscous

(adapted from *Kitchen Secrets*)
Serves 4-5

- 1 Quorn turkey-style roast (or the chicken-style cutlets – just nothing breaded)
- 1 tbsp. olive oil
- 1 yellow onion, sliced
- 1 1/2 tsp. paprika
- 1 1/4 tsp. ground ginger
- 1 tsp. ground coriander
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 2 carrots, diced
- 2 1/2 cups broth of your choice
- 1 large zucchini, diced
- 1/2 cup dried apricots, soaked overnight
- 1 cup couscous
- 1/2 cup chopped fresh cilantro

One day ahead of time, soak the apricots in enough water to cover them. They will reconstitute themselves into a sweet-soft texture. When they are soft, slice them. Discard any

extra water.

Bake the Quorn roast according to directions on the package, but decrease the cooking time by ten minutes. Then chop it into bite-size chunks and set it aside.

In a large skillet, heat the oil over moderate heat for a minute. Add the sliced onions and sauté them from about five minutes, or until they are limp. Add the chopped Quorn, the carrots, and all the spices. Stir well to coat everything. Add stock and bring to a boil. Reduce heat to low, then cover and cook for 15 minutes.

Add the zucchini and the apricots. Stir again. Cover and cook for about 8 minutes, until the zucchini is just barely soft.

Finally, stir in the couscous (dry) and the cilantro. Cover and remove from heat. Let it sit for five minutes, so the couscous can absorb liquid. Serve hot. As an optional bonus, provide a dipping bowl of marinara.

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

Broccoli and Butter

By Bill London

Of course, you know the cabbage family vegetables are so good for you. Hooray for broccoli, cauliflower, and all their cousins.

But what is not so good is the butter that I, for one, had habitually slathered all over the broccoli to make it so yummy.

But now I have reformed. I have changed my ways. No butter on my broccoli.

Now I use fresh lemon juice. I cut a lemon in half, and squeeze one half, then dribble the juice on my broccoli, as well as on the whatever else I am eating with it (great on rice and veg burgers).

The butterless broccoli is yummy again. And I am a happy eater.

Sunchokes: Love at First Bite, if not at First Sight

By Judy Sobeloff

First, a confession about what's buried in my backyard. When my friend Lahde, former Co-op produce manager, gave me sunchokes to plant two summers ago, I left them in a dusty corner of our kitchen until, finally, I put them in our garden and never dug them up. I wonder about them from time to time. I know about the giant underground fungus on the loose in Michigan's Upper Peninsula, so I keep my eyes open when I go outside.

Last month Stacey, assistant produce manager, stood right next to me and sliced open a sunchoke. It looked like a thumb-size piece of ginger or celery root. Did I want to try it? No. "It's really good," she promised. "Raw?" I asked, looking for a way out. But there she was, smiling, wielding her knife, so I bit in. The raw sunchoke was delicious: crisp, crunchy, even slightly creamy with a surprising hint of sweetness, similar to a water chestnut.

The sunchoke, also known as Jerusalem artichoke, is the root of a perennial sunflower plant. Sunchokes are native to North America, and, says Lahde, a "good local storage crop" that will keep in the refrigerator for several weeks or in a root cellar all winter.

First cultivated by Native Americans, sunchokes reached Europe in the early 1600s, where, according to food writer Peggy Trowbridge, the French, "who call it *topinambour* (incidentally also a term used for an uncouth, uneducated person,)" improved and cultivated them more widely. Trowbridge adds, "For many years, the Jerusalem artichoke was shunned due to an old wives' tale linking it to leprosy simply because of the similarity of the tubers to the shape of deformed fingers caused by the disease." During World War II, she says, sunchokes and rutabagas were the most widely available vegetables.

Trowbridge suggests using sunchokes as a substitute for potatoes, or mashed as a thickener for soups and stews. Lahde's favorite use of sunchokes is in spaghetti sauce — they taste like artichoke hearts. Lahde prefers peeling sunchokes if eating them raw, but not peeling them for cooking; others suggest scrubbing rather than peeling. Don't overcook because they quickly become mushy, and sunchokes can be difficult to digest, causing flatulence, so "first tastings should be in small amounts,"

says Trowbridge.

Surely the latter concern is what Jonna, age two, had in mind when she removed her first and only morsel of Deborah Madison's "Sautéed Jerusalem Artichokes with Sunflower Seeds" from her mouth after only a brief visit there. I thought I had erred on the side of undercooking, but Sarah, an avid eater of sunchokes, assured me she enjoyed the "crisp crunch" of my sautéed chokes. I then made "Quinoa Sunchoke Pilaf" next. This one's a keeper. Kate raved, "I love the crunch. It has a nice full flavor to it and it's healthy."

SAUTÉED JERUSALEM ARTICHOKES WITH SUN- FLOWER SEEDS

- 1 pound Jerusalem artichokes, sliced into 1/4-inch rounds
- 2 tablespoons sunflower seed oil
- Salt and freshly milled pepper
- 3 tablespoons toasted sunflower seeds
- 2 tablespoons chopped parsley
- 1 teaspoon chopped thyme

Sauté the Jerusalem artichokes in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they can be done in 5 minutes or as long as 10. Season with salt and pepper, add the sunflower seeds, parsley, and thyme, and toss well.

QUINOA SUNCHOKE PILAF

- 1/2 cup quinoa
- 2 tablespoons oil
- 1/2 cup chopped onion
- 1-1/4 cup vegetable or chicken broth
- 3/4 cup chickpeas, cooked or canned (drained and rinsed)
- 1 cup peeled, chopped sunchokes
- 1/2 cup peas, fresh or frozen
- 1/4 teaspoon pepper

1. Place the quinoa in a large bowl; fill with cold water. Pour into a strainer, then return the quinoa to the bowl and rinse 4 times more. Drain well. 2. Heat the oil in a 2-quart saucepan over medium-high heat. Add the rinsed quinoa and cook, stirring, until it cracks and pops, about 3 to 5 minutes. Add the onion and cook, stirring, until the onion is soft. 3. Add the vegetable broth and bring to a boil over high heat. Add the chickpeas, sunchokes, peas, and pep-

per, and return to a boil. Reduce the heat and simmer, covered, 20 minutes. Fluff with a fork.

Judy Sobeloff has never ridden on a float in a parade, not yet anyway.

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Bittman, Mark. *How to Cook Everything*. New York: Macmillan, 1998.

Madison, Deborah. *Vegetarian Cooking for Everyone*. New York: Broadway Books, 1997.

Trowbridge, Peggy. <http://homecooking.about.com/library/archive/blv287.htm>

Newsletter Update

By Bill London

Sarah Walker is writing her last business partner profile this month. Our newsletter next month will contain the first of her new series on nature in our city. Sarah will be focusing on the amazing animals and plants around us in Moscow, and in other urbanized areas of the Palouse.

Replacing Sarah authoring the profiles of local businesses in the Co-op's business partner program will be Tanya Denison.

Welcome Tanya, and thanks for the good work, Sarah.

Bill London edits the Co-op's newsletter, and works on other writing projects in his spare time.

Back Issues Needed

By Bill London

Every month dedicated Co-op volunteer Gina Gormley mails about 40 copies of this newsletter — mostly to other Co-ops, but also to individual subscribers and to the University of Idaho Library.

The UI library has a full collection of the Co-op newsletters, beginning with the first issue in December 1984. The newsletters are stored in the Special Collections Department, and are available for anyone to inspect. They are kept there as part of the historical record of our times for future study.

The problem is that the UI library claims that it has lost the July 2003 and the December 2003 issues. We know they were mailed. They just cannot find them.

If you have an extra copy of either issue, please place that copy in the plastic newsletter slot on the wall in the Co-op office (to the left of the door). Thanks.

Co-op Coffeehouse

By Eric Gilbert,
Co-op Music Coordinator

Come in out of the cold and enjoy live music for free with your coffee and dessert at the Co-op on Tuesday nights from 7:00 to 9:00 p.m.

Expect great tunes from:

- February 3: Michael Phillips
- February 10: Potatohead
- February 17: Dan Maher
- February 24: Tara Howe
- March 2: Travis Silvers
- March 9: milo
- March 16: Tiana Gregg

If you have any questions or are a musician considering performing at the Co-op Cof-

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Gardening

Creating Vertical Drama in Your Garden

By Patricia Diaz

Inspirational vertical bloomers really give your garden a dramatic look and are often the missing element. Planting them at the rear of a border of flowers really creates a wonderful backdrop for shorter plants. Or you can cluster them in the middle of your island beds where they will anchor the lower-growing plants and help create a sweeping motion.

There are both perennial and biennial choices for vertical bloomers. Biennials produce foliage the first year and the spikes of flowers the second year. The flower choices discussed below like well-drained amended soil (amend with compost) and feeding in late winter or early spring. You should deadhead the stalks as soon as the flowers fade so that they will send up a new flower stalk later in the season.

Here are some old-fashioned choices for vertical bloomers:

* Foxglove (*Digitalis*) – this short-lived perennial comes in gorgeous colors including blue, lavender, mauve, pink,

purple, red, or white. They grow to 8' tall. They like full sun and regular water.

* Hollyhock (*Alcea*) – these plants grow from 5-9' tall, have heart-shaped leaves, and single, semidouble, or double flowers that appear in early to midsummer. They come in all sorts of beautiful colors including maroon, pink, rose, white, yellow, and an almost-black burgundy. They, too, like full sun and regular water.

* Verbascum – These plants have large leaves as well as spiky flowers. They like moderate water and full sun. The flower colors range from yellow, pink, red, violet, to white.

* Delphinium – These are really elegant spires that come in blue, lavender, mauve, pink, purple, red, or white and stand up to 8' tall. They love full sun and regular water.

Pat Diaz lives and gardens east of Moscow. She has been gazing longingly at gardening catalogs as she awaits her favorite season.



Serviceberries

By Patricia Diaz

One of my very favorite sights in the Spring is the serviceberry tree. Its beautiful creamy white flowers (sometimes pinkish) emerge early in the Spring, signaling rebirth and warmth to come. The serviceberry tree provides not only these beautiful flowers, but it also provides four-season interest and wonderful edible berries. In Autumn, serviceberry leaves turn a beautiful fiery red and then in Winter, the gray bark looks beautiful in our snowscapes.

A serviceberry tree might just be the perfect planting for your yard. It's a native of the area, and if you take an early Spring drive out into the country, you'll likely see many of these beautiful trees and shrubs.

Serviceberry trees are small trees,

often shrubs, and sometimes go by other names such as juneberry, Saskatoon berry, shadblow or shadbush. Birds love the tiny berries and they might get to them before you do. If you're lucky enough to find some of these berries, their wonderful nutty blueberry flavor is delicious in jams, cobblers, pies, muffins, etc. They were a favorite of Native Americans and early American settlers. Your serviceberry tree will produce berries after about two to three years.

The serviceberry is a member of the plant group Amelanchier (*am-clang-kee-urh*), a group of about 25 kinds of native deciduous small trees and shrubs. Serviceberries are related to roses but the flowers only

last about a week so most people don't plant them for their flowers. They are beautiful, however, planted against a backdrop of evergreens, where the serviceberry's flowers, fall foliage, and winter gray bark can stand out. They grow to anywhere between six to forty feet (we have a few on our property that have been there for many years and they aren't over about 18 feet) and spread anywhere from five to thirty feet. I would consider them to be a rather narrow tree for their height.

Serviceberries are very hardy (to -20) and, in fact, need a winter chill to produce Spring flowers. They need little pampering and will grow in both full sun and partial shade. They like a moist soil that drains well, but as you

can see in the Spring, they tolerate our clay soils.

When you plant a serviceberry, make sure the area where the main trunk meets the root ball (called the root flare) is just above the soil line. The hole needs to be three to five times wider than the root ball so that it can easily spread its roots. The roots are not invasive; therefore, you can plant things around them. The light shade provided by serviceberry trees won't overshadow other plantings.

I hope you will enjoy this harbinger of Spring as much as I do.

Pat Diaz gardens an hour east of Moscow near Dworshak Reservoir. She is eagerly awaiting the first signs of her serviceberries' Spring flowers.

Is it Spring Yet?

By Sharon Fraser Allen

When does spring start? March? April? May? Would you believe "February"? I arrived on the Palouse during the fall of 2002, and it was well past Thanksgiving when I was settled enough to turn my thoughts to the outdoors. I couldn't wait for spring and a chance to put in my first real garden. I had a shiny set of garden tools. I had packages of seeds. All I needed was spring. Or more precisely, knowing exactly when spring would arrive. Growing up in the Northeast taught me that the vernal equinox, or the calendar's announcement of spring, was followed by at least six more weeks of bitter cold. But I was confident that this land of wheat and lentils had a gentler climate. Starting shortly after New Year I began questioning people, "When can I start to plant?" I asked the staff at plant nurseries, professional landscapers, farmers, and people I met in grocery stores, libraries and coffee shops. They all answered in the same way, "Ah, it's hard to say. It could be as early as March or as late as May."

I remember once when we had snow flurries in June! My first winter

here was extremely mild by my standards – though all the born-and-bred-locals assured me it was a freakishly mild winter for them too. They told me to wait and see; it would get worse, a lot worse. I waited. I watched. I read my gardening books. I looked longingly at my seed packages. I read and reread the directions on the packages. Some gave very specific instructions right down to the month and day of the week in the Northwest, but others were more flexible. "Plant as soon as ground is workable."

"Hmm," I thought, "The ground has been workable since December. Still I hesitated. Planting vegetables in February went against everything I was taught. Then I remembered the Celtic festival of Imbolc. It was celebrated on February 2, 40 days after the Winter Solstice. Farmers went out to their fields, dropped their trousers, and sat on the ground to determine if it was time to plant. I wasn't about to go out on my front lawn and drop my pants and sit in a patch of wet cold soil. But, on the other hand, these Iron Age farmers had the right idea; they weren't bound by an arbitrary calendar, they let the earth tell them when it was time to sow."

So instead of continuing my "person-in-the-street-survey" I discussed

gardening with my garden. I squatted on the ground (fully clothed) and felt the earth with my fingers. My fingers told me that the soil was wet and cold, but soft enough to dig. So I dug. And a week later I dug again. I dug in peat moss. I dug in compost. I raked. And I dug again. And then I decided to throw caution to the wind – and while I was at it, seeds too.

On a chilly, but certainly not freezing February 25th morning, I set out with a bowl filled with lettuce, carrot, spinach, and onion seeds. My three-year-old twin daughters and I tossed seeds around as we sang "Oats and Peas and Barley Grow." We covered them with manure, and went back in for a warm bowl of soup. By May I had so much lettuce I couldn't give it away fast enough. One of my neighbours commented on my green thumb, saying that her lettuce was only an inch high. I tried not to look too smug when I offered her a bag of organic produce. Now that my green thumb is well established people ask me when they should start planting. I answer with complete authority, "Go outside in February and ask your garden."



Sharon Fraser Allen is a freelance writer who lives in Pullman. She is home-schooling her two children and making immediate plans to enlarge her garden.

Letter From the Land:

Winter Contrasts

By Suvia Judd

I was walking in the dark one January night and thinking about how so much of winter is about contrasts. I spend a lot of time walking at night. I value that time, with its little bursts of sound and life that stand out in the relative nothingness: a muskrat swimming, coyote tracks and voices on the mountain, the calling of the geese flying back and forth overhead. And I savor all the little nuances of difference between one winter night and another: one cold and thoroughly dark, with a skiff of snow on treacherous icy footing, another icy but muffled in fresh powder snow and lit up in the brilliant monochromatic light of the moon, with the distinct individual shadows of each ponderosa pine lying on the white ground like a black paper silhouette. And then you come inside, to warmth, color, brightness, flavor. We surround ourselves with color and shiny things at the dark of the year: Christmas lights, and shiny balls, and metallic wrapping paper. I like to cook in the winter; the flavors make up for some of the sensory deprivation. I also

like to read the sale catalogs that come from the art museums, and contemplate art books, and posters, and marked-down cards and ornaments. I was walking by the creek in the dark January night, thinking of these contrasts, and I thought also of garden catalogs and how they burst into the house in December and January, full of bright color and promise.

Not privy to my thoughts, a friend told me I should write about garden catalogs this month, about how the companies take advantage of us when our resistance is low, when we are starved for light and color and the vegetables in the stores look tired. I had always thought of garden catalogs as "good" sorts of catalogs, selling truly useful and positive things. I had never considered the perfidy of the seed companies and nurseries, but it makes sense. How better to capture the interest and buying power of the north-living consumer than for us to come home from work on a dark cold winter evening and find a catalog full of brilliant red and yellow tomatoes, new

varieties of flavorful bright green or purple or yellow bush or pole beans, tender crunchy gourmet lettuce varieties, in enticing shades? And the flowers: packets of zinnias; mixtures of warm yellow-red-orange-rust-lemon sunflowers; huge dinner plate dahlias, shocking in warm red to bright magenta. And the fruit: crisp aromatic apple varieties, meltingly sweet peaches, etc. I know all about it: when we had our nursery, I used to write some of this kind of copy myself.

And then there are the names: just when you may be feeling low, thinking about moving to Arizona, or at least

Asotin, you get a catalog filled with names like: "Jackpot," "Mystique," "Superstar," "Vitamin Green," "Bright Lights" (all vegetable varieties from 2004 catalogs). How can you go wrong? The tide has turned, it's your lucky number, the days are getting longer, and it's time to draw up those garden orders.

No, you couldn't pay me to live on Tortola (in the Caribbean). I need my dark and light.

Suvia Judd lives in Moscow where she walks in the dark with her dogs, and cooks, reads catalogs, and plans next summer's gardens.

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Smoke Detectors Save Lives!

By Lisa Cochran

This holiday season, I spoke with members of my family. My older brother, who lives with his wife and three kids in Colorado, told me a story that was sad. Two days before Christmas, someone had gone into their home and stolen not only personal things of value but also their Christmas presents. "But," he said, "We have so much to be thankful for because at least my family is alive and healthy."

The theft occurred while the family was attending a memorial service for a classmate of their nine-year-old son. Three days earlier, a faulty electrical problem had ignited a Christmas tree in the early morning hours and, while most of the family had reached safety, they were unable to rescue this child. Though there had been a smoke detector just off the kitchen and near where the fire began, it had been disabled. By the time the detector in the

hallway closest to sleeping quarters went off, the fire had taken hold.

Smoke and heat detector technology has been around for almost 40 years. Yet, despite improvements in technology, state laws requiring installation into new homes, and increased public awareness, preventable loss of life and property still prevails, and home fires claim a life in this country on the average of every few hours.

Home fires from cigarette smoking, electrical malfunction, candles, cooking, heating sources, child play, flammable holiday decorations, grilling and such occur despite a drop in the number of fatalities as a result of fire safety education and smoke alarm use. Installation of smoke detectors is at an all-time high; estimates show that 95% of homes in the U.S. have one.

Statistics also prove that fatalities occur disproportionately in homes

without them, and while most homes have smoke detectors, ironically, an estimated 1 out of 3 homes have devices that are non-operational. And the number is growing. Fatalities from fires where there were non-operational detectors now account for more deaths than in those homes that had no detector at all.

There are a variety of reasons for non-operational detectors. Some detectors have not been checked or maintained on a regular basis. Units should be tested monthly; batteries should be replaced every six months and entire units completely replaced every 10 years. Some tenants presume it is the landlord's responsibility to check and maintain detectors. If you rent, though, make sure your smoke detectors are operational during and be sure to test them monthly.

In other cases, alarms have not been installed on every floor and near sleeping areas. Low-income folks may be unable to afford smoke detectors or don't know of programs that might provide them at a discount or even free of charge. Finally, many of us have dismantled a smoke detector because it was set off by a wood stove, food preparation, or even steam or humid air? Purposely pulling the

battery to reduce "nuisance alarms" is one of the most common forms of smoke detector disablement.

We've got to get the word out about the importance of smoke detectors in the home. Smoke detectors do save lives, but only if they are installed correctly, are located properly around the home and are fully operational! Also essential is the discussion and practice of fire escape drills; there should be at least two escape routes from each location rehearsed.

Contact your local fire department for more information on how you can protect your family and home from fire and then share the information. Next time you visit a friend, neighbor or acquaintance, ask if their smoke detectors have been checked lately. Start a special awareness event in your church, school or other social groups. Often, grassroots awareness and education efforts reach more people than formal programs.

After I hung up with my brother, I walked over to my smoke alarm that sits on the ceiling just beyond the kitchen and thrust the nine-volt battery back into proper position, retested the unit, and sat down to write this story.

Lisa A. Cochran is a longtime Moscow resident.

Hop on the Bus, Gus

By Carol Spurling

During January's spell of deep snow and icy cold, my self-employed husband exercised his right to stay home on one of the worst days. The next day, not having that option, I decided to let someone else scrape the ice off the windows, shovel the driveway, and navigate the 8 miles to Pullman and back again. I rode the bus.

Admittedly it was a chilly wait at the stop, but once the Wheatland Express pulled up and I climbed on board, life suddenly felt easy again. I ate my portable breakfast leisurely, letting my mind wander and my eyes rest, remembering all the good times public transportation has afforded me. Having grown up in small-town Iowa, public transportation wasn't part of my daily life until I went overseas in college, and I quickly discovered the joys of British Rail and the ubiquitous buses. Freedom. Mobility. Economy. I grew to love anyone in a public transportation uniform; they were helpful and friendly, always keeping me enroute to where I wanted to go.

Traveling on the continent alone as a student, I soon learned that the only time I truly relaxed was the moment I stepped on the bus or train, leaving one destination and its incom-

prehensible menus, strange toilets, and greedy taxi drivers behind, and looking ahead to the next destination, where I could dream about more favorable exchange rates, quieter youth hostels, and proficiency in a useful foreign language.

When winter snows gripped Missoula, Montana during my grad school days and after, I rode the bus, the "Mountain Line," again. Sometimes it was so full I had to stand, and although we passengers rarely spoke to each other, there was a fellow feeling on those rides that we're all in this together, trudging to the bus stop, getting to class and work, getting home again.

Feeling as Holly Golightly-like as one could in Montana, I loved hopping off the bus at the main downtown stop in front of the stately courthouse, just opposite the bagel shop where I would eat breakfast on the way to the office. Although I was early, due to the bus schedule not quite matching my work hours, I was glad to forego deal-



ing with the car and trying to find a parking space downtown in exchange for a few extra quiet moments before the day turned crazy.

I remember riding the bus home from class one wintry day in 1991, listening to NPR on the radio, and learning, along with the crowd heading to my neighborhood, that the U.S. was going to war in the Gulf. Better recollections are of riding the Seattle bus to the University

district in the rain, with my husband, to get a coffee at the Allegro and browse at The Magus bookstore and Beauty and the Books, catching another one to see a movie on Capitol Hill, and riding home in the dark, still crying after watching Andie

McDowell's character die in "Unstrung Heroes."

Rich memories all. So I am quite excited to see what transpires with the new bus service coming to Moscow this winter. Some friends commented that without knowing the route or the stops, at this point, it seems like a "ghost bus," on which you can ride but never get off. I, to be less sinister, am focusing my thoughts on the built-in child seats with which these busses will be equipped. That means my son might soon have his own public transportation memories to smile about, if we're able to ride the bus to the University for concerts and plays and sports events, or downtown for a hot drink and a matinee. Public transportation is good for everyone, not just students, and the best way to make sure it's available when we need it is to use it as much as we can. A few minutes out of my day to let someone else do the driving has always made me feel more relaxed, and I'll be glad to take Paul Simon's advice. I'll just ignore the part about leaving my lover, and take him with me for a ride, instead.

As Carol Price Spurling writes this, the snow continues to fall. Let's get those busses rolling!

Earth Mother - The Doll's Dress

By Julia Parker

Fourteen years ago, when I was just 22, a co-worker with fake fingernails, a curly perm and a thick paste of make-up called me "earth mother" when I brought a homemade loaf of wheat bread to share at work. That moniker must have struck home because I have remembered it for so many years and have decided to use it for this column. I hesitate to write anything about mothering or environmentalism because I cannot claim to be the most earth-loving, most wonderful mother on the Palouse. But, at least, my goals tend in those directions.

Today, at 36, I have two children - 16 year-old Joshua and 3 year-old Simone. (And, yes I would highly recommend this age range for children because it gives you the chance to see how the first one is turning out before you venture into parenthood a second time.) So, now with these two children, I am constantly trying to balance my preferences for a sustainable, low-commercial, peaceful existence with

the preferences and culture of the rest of America. There are many days when I say to my partner, "That's it! I'm taking the children to live in a cave away from all these crazy people." But, I don't. Somewhere there has to be a balance between blue-frosted-cupcake-Barbie-birthday parties, Nintendo wielding, car-obsessed, internet-porn-exposed teenagers, and homemade wheat bread loving, television-hating, politically active, vegetarian mothers, right?

Although the modern industry of child entertainment upsets me, I admit that my home sometimes appears to be developing rather high levels of plastic junk, Disney characters, toys, and, yes, one Nintendo Game Boy. In an attempt to combat this accumulation, I've begun to secretly remove toys, focus more on homemade crafts and making do with a little imagination and a bottle of glue.

This column is my attempt to explore some of those attempts at a sus-

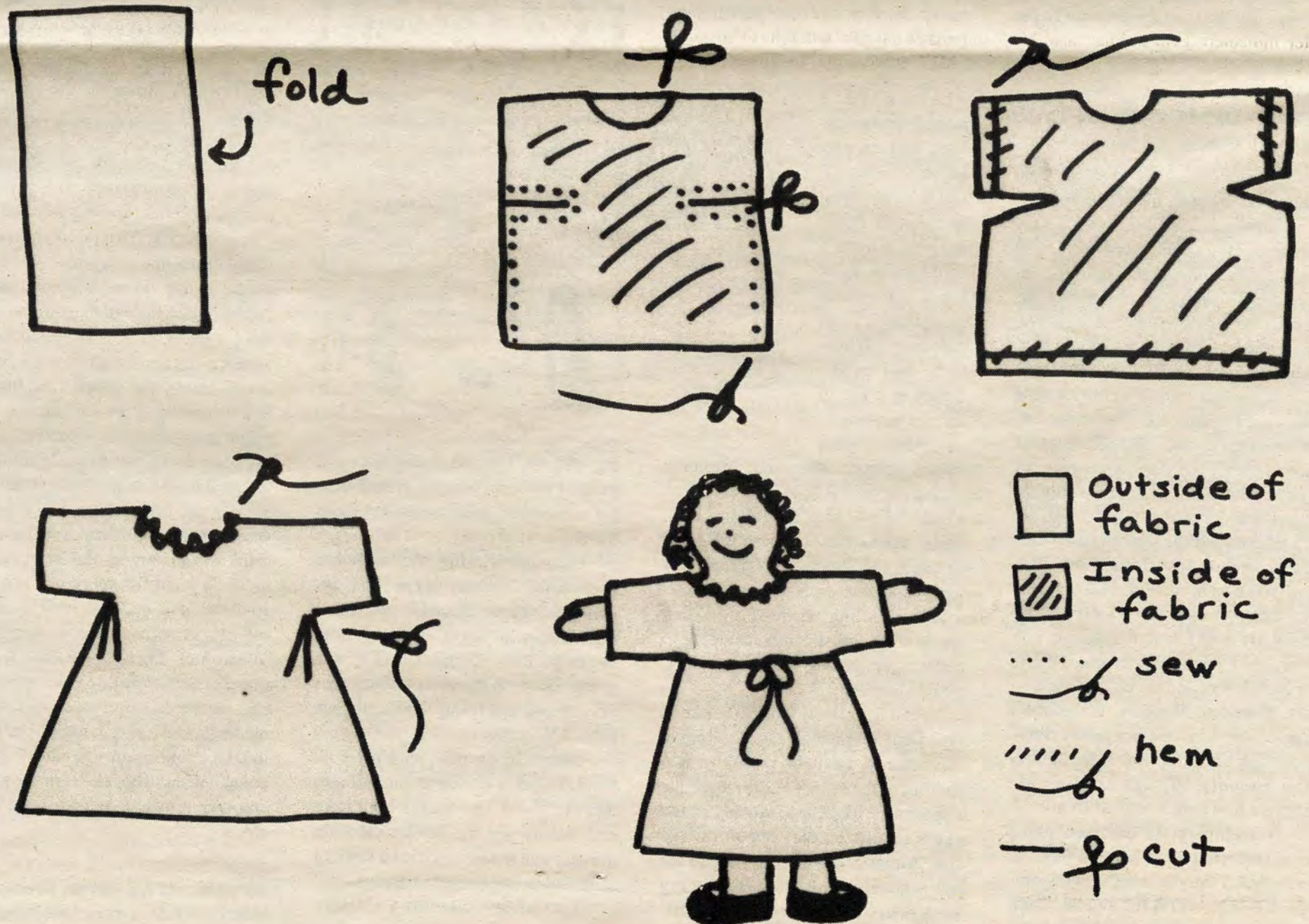
tainable life-style with kids in tow and more importantly, a column in which I'll share specific ideas about activities, projects, foods and other goodies to have fun with for parents and kids (or grandparents, or babysitters...). Each month I'll bring the Co-op newsletter a project that is low impact on you, your kids and the planet. I'll pledge to stay away from plastic stuff, glue guns, and hopefully the co-modification of childhood as brought to us by Disney, Nintendo, Mattel and the rest. My goal is to keep us from wandering the malls in search of plastic stuff for our kids and to give kids and adults a fun thing to do together that is cheap and earth-friendly. Of course I am always open to suggestions!

The project I want to share this month can be adapted for kids from 3 to 8 or so. It involves minimal hand-sewing skills, and the involvement of your child can be adjusted to what he or she can do.

How to Make an EASY Hand-Sewn Doll Dress with Your Child

- Cut out a rectangle of material about as wide as the doll with outstretched arms and twice the length of the doll shoulder to knee (or ankle or whatever length you think appropriate) + 2 inches.
- Fold material in half.
- Cut a hole for her head on the fold.
- Cut in from the edge about where the dolls waist would be.
- Turn wrong side out.
- Sew the bottom sleeve edges.
- Sew the sides of the skirt.
- Make small folds in the top of the skirt (under the sleeves) and put a few stitches in to keep in place.
- Use a wide piece of ribbon or an extra piece of cloth to make a belt.
- Tack down a piece of lace, rickrack, whatever's handy to finish the outside of the neck.
- Hem the sleeves and the skirt or finish the same as the neck.

Voila! A doll's dress. (And an afternoon project that keeps you from wandering in the mall)



Proof Play Includes Co-op Members

By Roger Wallins

The Moscow Food Co-op is well represented in this month's Moscow Community Theatre (MCT) production of "Proof." Pam Palmer, Co-op volunteer since 1980, directs this award-winning play by David Auburn.

Palmer, who received her Master of Fine Arts degree from the University of Idaho in May 2000, directed the successful production of "Art" at the Kenworthy Performing Arts Centre two years ago, and recently received a QuickFund\$ grant from the Idaho Commission on the Arts to direct "Proof."

Co-op cashier Eric Gilbert, a UI graduate with a B.A. in Music History and Literature and a B.A. in Music Theory, is sound designer for "Proof." Eric, a keyboard player, also plays guitar and sings. Currently he plays music with the local bands Oracle Shack, Old Man Winter and The Transients. As last month's Co-op newsletter indicated, Erin Palmer, also a cashier for the Co-op, is understudy for the lead role of Catherine. Erin is scheduled to play the role in one performance. Dona Black, Co-op member and December 2003 UI graduate with a B.F.A. in Interior Design and B.A. in Interdisciplinary Studies, works as scene designer for "Proof."

"Proof" is the story of four people: Robert, a mathematical genius and a professor at the University of Chicago, who recognizes that he "went bughouse;" his two daughters, Catherine and Claire; and his former graduate student, Hal. While the play is nominally about a mathematical "proof," the plot also "proves" (in the sense of "tests") the relationships of the other three characters with Catherine. In addition, "proof" is required to show that Catherine's mathematical ability is inherited. Finally, however, if indeed she has inherited her father's genius, might she also have inherited an incipient insanity?

"Proof" won the Pulitzer Prize for Drama in 2001. It also won Tony awards that year for Best Drama for playwright Auburn, and for best actress Mary-Louise Parker. Parker is currently a member of the ensemble for TV's hit series, "The West Wing."

The play garnered additional accolades with the Joseph Kesselring Prize

and the Drama Desk Award.

Kelly Quinnett, a University of Idaho Theatre Arts faculty member, has been cast as Catherine for MCT's production. Quinnett is well known to audiences in the Inland Empire for her theatrical roles in the region, for her role in the movie, "The Basket," and for her work on television, including "Law and Order."

Isabella Whitfield, a UI Master of Fine Arts student in Theatre Arts, plays Claire, Catherine's older sister. Dean Stewart, pastor of the Emmanuel Lutheran Church in Moscow, shares the role of their father, Robert, with John Dickinson, former head of the Computer Science department at UI, and newly elected Moscow City Council member. Robert's former graduate student, Hal, has also been double cast: Michael Carpenter, an English Education major and Theatre minor at Washington State University, alternates this role with John O'Hagan, an MFA student in UI's Theatre Arts department.

The MCT production of "Proof" opens at the Kenworthy Performing Arts Centre on Wednesday, February 18 at 7:30 p.m., and continues with evening performances on February 19, 20, and 21, and concludes with a 2:00 p.m. matinee on Sunday, February 22. It contains adult language and may not be suitable for children.

Tickets are \$15 general admission, \$10 for Students and Seniors, and \$5

for registrants at the American College Theatre Festival/Northwest Drama Conference hosted by the University of Idaho (registration badge required). Tickets are available at TicketsWest in the North Campus Center, at BookPeople, and an hour before each performance at the KPAC box office.

For additional information about the play or to learn about volunteer opportunities with this production, contact Pam Palmer at 883-3741.

Roger Wallins is Media Coordinator and erstwhile actor for the Moscow Community Theatre, and a community arts activist.

Moscow Civic Association: Two February Meetings

By Lois Blackburn, MCA president

The Moscow Civic Association will broaden its usual schedule to hold two general meetings in February. Both meetings will be free and open to the public — and both will focus on human rights.

The first, in honor of Martin Luther King and Black History Month, will be a forum entitled "Examining the Neo-Confederate View of Slavery." It will be held Saturday, February 7, at 4:00 p.m. at the University of Idaho Commons Horizon/Aurora room on the fourth floor. The forum will be a rebuttal and examination of the Neo-Confederate views of Moscow's Christ Church pastor Douglas Wilson and Louisiana minister Steve Wilkins, authors of the now-infamous slavery booklet.

This public discussion is sponsored by Moscow Civic Association and the University of Idaho Office of Multicultural Affairs. The members of the panel will include University of Idaho historians Sean M. Quinlan and William L. Ramsey; Washington State University professor E. Lincoln James, editor of the Western Journal of Black Studies; and Stan Thomas, former director of the Campus Christian Center and UI adjunct faculty in religious studies. Quinlan and Ramsey will discuss the historical inaccuracies of the Neo-Confederate view of slavery. James will focus on the African-American perspective on the Neo-Confederate pro-slavery position. Thomas will discuss the view expressed by Wilson and Wilkins that slavery is supported and encouraged by the Bible.

The second Moscow Civic Association event in February will be the monthly general meeting, this one entitled "Human Rights, a Community Responsibility." It will be held Monday, February 9, at 7:30 p.m. in the 1912 Center in Moscow. The forum topics will include the human rights issues related to the arrest of Sami Omar Al-Hussayen, a University of Idaho graduate student and the implications to our community of the Patriot Act. The meeting is free and open to the public. For more information, see our website <www.moscowcivic.org>.

Lois Blackburn is president of the Moscow Civic Association.

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History in Plain Sight – Latah County's African-American Settlers

By Julie R. Monroe

Historically Latah County has never had a large African-American population; however, three African-American families arrived early in the settlement of the county and stayed, leaving us with an important legacy.

Joe Wells and his wife Lou accompanied the Wells brothers, Grant and Crom, west from North Carolina, arriving in Latah County in 1889. Joe, an emancipated slave, homesteaded along Pine Creek and first established himself as a blacksmith. Later, he would go into logging. In acknowledgement of the county's large Scandinavian population, Joe reputedly commented, "I am the only white man in the Spud Hill area. The rest are Swedes." Joe and Lou were the parents of three children.

Joe would eventually hire another African-American, Eugene Settle, Jr., to work on his logging operations. Toward the end of the 19th century, Eugene's family left their home in Arkansas to relocate in Bluestem, Washington. On the journey westward, the train in which the family was riding stopped briefly in Moscow where Eugene's father encountered Lewis Chrisemon, also an African-American. Chrisemon, who operated a restaurant in Moscow, urged Settle to stay, but the elder Eugene was determined to reach his Washington destination. Eventually, however, the Settles returned to Moscow, and within a few years, Eugene's father had earned enough money hiring out as a farmhand to buy land in the county.

In an oral history conducted with Eugene, Jr., in 1975, he recalled little prejudice as a child and young man. "Well, of course, the first morning I went to school, all the eyes were focused on me, naturally. That I expected...And it seems like as soon as the kids found out that I walked and talked and breathed just the same as they did, then it wasn't very long before I got to be a very popular student in the Moscow High School."

However, after graduating from high school in 1914, Eugene was unable to find a job in Moscow. "Course they didn't tell me it was on account of my color, but they just told me they didn't have anything for me. There was some people thought that I was so well-known around Moscow that I might have a pretty good chance of getting a job. But I didn't get anything."



Class of 1899, which includes Jennie Hughes, the first African-American graduate of the University of Idaho. #ID 2-110-1, Historical Photograph Collection, University of Idaho Library.

The man who had urged the Settle family to stay in Moscow, Lewis Chrisemon, was the stepfather of the University of Idaho's first African-American graduate, Jennie Eva Hughes. Jennie, a member of the Class of 1899, was the daughter of Louisa Chrisemon and Alexander Hughes. Little is known of Jennie's father, and after her mother married Lewis Chrisemon, Jennie and the rest of the Chrisemon family moved west, arriving in Moscow in the early 1890s. They were Moscow's first African-American family. According to Jennie's University of Idaho registration card dated September 23, 1898, Louisa was a housekeeper, and according to this same card, the family lived on Almond Street, "Almond" most likely being in actuality "Almon" Street.

Jennie graduated from Moscow High School on April 26, 1895. As a UI student, Jennie excelled. She won the prestigious Watkins Medal for Oratory in 1898 and graduated with a Bachelor of Science degree, one of seven students in her class. After graduating, she married George Augustus Smith, and the couple moved to Wardner, Idaho, in the Coeur d'Alene mining district, where George worked as a lead miner and owner.

In 1912, Jennie and George, and their four children, left Wardner for Spokane. According to Jennie's grandson, Kenneth Smith, the Smiths departed Wardner, at least in part, because Jennie did not consider the rough-and-tumble atmosphere of the

mining district "a suitable place to raise children." Jennie's eldest son, Berthol, was the second African-American student to enroll in the University of Idaho. Sadly, he died in 1919, while still a student. Jennie died at the age of 60 in 1943 in Spokane.

Julie R. Monroe is a local historian whose article about Jennie Hughes Smith, "Not of Noble Birth: The Triumph of Jennie Hughes Smith," was published in the Winter 2003 edition of Here We Have Idaho, the UI alumni magazine.

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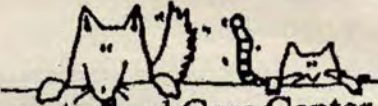
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PCEI Eco-Cuisine Dinner

The Palouse-Clearwater Environmental Institute invites you to an eco-cuisine dinner on Sunday, February 22. The dinner, which includes dessert, will feature local cuisine and will be held at Mikey's in downtown Moscow from 5:30 to 7:30 p.m. Music will be provided by local musicians, and proceeds will go to the PCEI Community Food System and Moscow Community Garden programs. The cost is \$6.00/per person for PCEI members, \$8.00 for non-members, and children under age 6 are free.

Please rsvp PCEI by phone, 882-1444, or email, makeitgrow@pcei.org, by Wednesday, February 18.



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Community Radio Station to Begin Broadcasting Soon

By Bob Hoffmann, Radio Free Moscow Board Member

Imagine: Rental space being evaluated, renovations planned, equipment arriving, excited volunteers setting goals and raising money. It's a description that could easily fit the Co-op's relocation effort back in 1999, but this flurry of activity is happening in Moscow today. KRFP, otherwise known as Radio Free Moscow, Inc., is on the move and aiming to be on the air by May 1, 2004.

Radio Free Moscow started as a small, informal group with a great dream to build a community radio station dedicated to broadcasting progressive news and opinions, civic affairs, diverse music and other programming not normally available from mainstream media outlets. Volunteers will be involved in all aspects of station operation, allowing an outlet for opinions that get drowned out by the major media.

Since our formation, we've incorporated, received nonprofit status from the IRS, and have raised over \$16,000. The FCC has approved our application for a 100-watt station, broadcasting at 92.5 FM. As we enter the new year, we have exciting news that we've made some major equipment purchases: We now have a transmitter and a studio consol. In the coming months, we will sign a lease, renovate the studio space, and install equipment, culminating in our first day of broadcast on May 1.

By definition, a community radio station needs support from the community. I would like to take this opportunity to thank the Moscow Food Co-op, which has provided over \$600 in funding through the 2% Tuesdays program. We are also grateful for the many people who have donated to the station, including students (who can become members for \$15), community members (\$25), and those who have become Founders by donating at least \$100. Individual contributions have brought us about \$4,500, making community members our second largest source of funding so far, after Foundation Northwest!

While we are proud of the distance we've come, we still have quite a way to go before we're on the air. We are seeking contractors and other skilled individuals to help us renovate our studio space and install equipment. We're seeking volunteers who want to begin developing programming and help with grant writing, fund raising, and the fine details of running a radio

station. We are ready to speak to groups and individuals who would like to produce programs and have a show. And of course, we are seeking additional members, additional donations.

This is a great opportunity to show your support for community values and institutions by donating to KRFP, Radio Free Moscow. In a day when the media are succumbing to the "bigger is better" mentality, resulting in massive consolidation and significant reductions in local programming, you can take a stand for the principle of "smaller is better." Invest in a radio station just big enough to serve Moscow and surrounding areas. Contribute to KRFP.

Membership levels

Students: \$15

Regular members: \$25

Founders: \$100 or more. We can bill you \$25 per month for four months, if you prefer.

You can mail your tax-deductible donation to KRFP, Radio Free Moscow, P.O. Box 8203, Moscow, ID 83843. If you are interested in supporting KRFP through underwriting, please contact us at the above address or at <info@radiofreemoscow.com> for more information. To view our budget, download membership forms, and listen to audio that we have already produced, please go to our Web site at <www.radiofreemoscow.com/>

Bob Hoffmann is a Radio Free Moscow board member, the Co-op Web Master, and an incurable mycophile.

Editor's Note: In Bob Hoffmann's volunteer profile appearing in the January issue, an incorrect figure was provided for the amount of money raised by Radio Free Moscow supporters. The correct amount (\$16,000 raised of the necessary \$25,000) is included in this article. We regret the initial error.

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Update on MaryJanesFarm

By Bill London

The fourth issue of MaryJanesFarm, a nationally-distributed ad-free storefront magazine designed and published in Moscow by MaryJane Butters, is available at the Co-op. And MaryJane reports that she is branching out to books, through a \$1.35 million two-book contract with Random House, and a just-signed contract with a Utah company to create and distribute a line of kitchenware and portable furniture under the MaryJanesFarm brand.

Several Moscow women are highlighted in this issue, including Lois Blackburn, Pam Palmer, the Hot Flashes, and the Satin Wheels. The fifth issue of the storefront magazine, which includes a catalog of the MaryJanesFarm organic prepared foods, will be available on March 15.

The first of the two books under contract, to be entitled "MaryJane's Gathering Place," will be available in the fall of 2005.

The new line of MaryJane's houseware products will be launched in March at the national housewares show in Chicago. The products will be sold nationally at Target and other hardware and household products stores.

Valentine's Day Dance

By Pam Peterson


Remember that great '80s song by the Kinks, "Come Dancing?" Well, here's your chance to come dancing on the most romantic day of the year and support the completion of the 1912 Center restoration at the same time. Heart of the Arts, Inc., Moscow's newest nonprofit organization, is sponsoring a Valentine's Day dance at the 1912 Center on Saturday, February 14, from 7:00 to 10:00 p.m. The Hog Heaven Big Band will provide the music.

The 1912 Center, a fine former school building, is being restored in phases; phases I and II are completed, but more community volunteerism is needed for a complete restoration. So, come swing to the beat of some great tunes with a sweetie...or find a new sweetie on the dance floor! Tickets are \$10 each and are available at the door. The 1912 Center is located on East Third Street across from the Moscow High School.

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Message from Australia

By Greg Brown and Mare Rosenthal

Greetings to our friends at the Moscow Food Co-op. For our family, this last year is hereby dubbed the "Year of Contrast." We started the year in sub-zero temperatures in Anchorage, Alaska, and ended the year 100+ in Adelaide, Australia. We began with moose and bears and ended with kangaroos and cockatoos. Spruce trees became eucalypts. Frozen shorelines are now white sandy beaches. Driving on the right side is now driving on the wrong side. Good mornings are G'days. Football turned into "footy." Baseball became "cricket." Good beer became...well...hard to find. Mate is a noun. And by most perceptions, we are now "Canadian." (Is that bad?) Welcome to the other hemisphere.

We are coping with the many changes since May when we made the big move from Alaska to Australia. Mare cringes a bit when I point out we are destined to live in places that begin with "A" and note there is at least one more such place located south of here (consult your globe). We are living in a rental house in the suburb of Medindie (rhymes with...nothing) not too far from the Central Business District of Adelaide. The

house comes complete with a dilapidated tennis court in the back yard to match the dilapidated game of its occupants.

The children, Mizan (10), Kodi (9), and Nurit (8), attend a public school called "Walkerville." Sounds quaint, yes? They seem to enjoy school and have made friends...err...mates quickly. Their school term just ended (December) and they will begin a new grade year in February (Kodi and Nurit in 4th grade, and Mizan in 5th).

Greg is enjoying his new position at the University of South Australia. In his first class of 150 students, he spent most of his conscious time grading papers. The remainder of his time was spent thinking about grading papers. He is presently looking forward to next term where he gets to grade more than 200 students' papers. Sigh. On the positive side...he did manage a vacation...err...conference visit to Tasmania in November and was very favorably impressed. It was nice to see mountains (sort of) again.

Mare spent most of her year packing and unpacking. When not doing this, she was trying to remember her metric conversions to teach the children (admit it...you don't re-

member them either!) As the family nutritionist, Mare has been challenged by the food choices (or lack thereof) in Australia. No...kangaroo meat is not vegan, and besides, they are just too cute to eat. More people are vegetarian and vegan "aware" in Australia, but they simply choose to eat really bad food. Have you ever tasted vegemite? We continue to marvel at the apparent success of "Outback" restaurants in the U.S. hawking "authentic" Australian cuisine.

As we begin a new year, we extend our warmest thoughts (we have plenty of heat to spare). From the redwood forests of California, to the gulf-stream waters, (feel free to sing along...), we are fortunate to have made more friends than enemies in the places we've lived. We count our friends at the Moscow Food Co-op among them.

Greg Brown and Mare Rosenthal are former Co-op stalwarts now living in Australia with their children Mizan, Kodi, and Nurit. They invite contact at:

16 Tennyson Street, Medindie, SA 5081 Australia. Ph. 61-8-8344-4719 or email at <greg.brown@unisa.edu.au> or <mare@dsl.empcom.net>.

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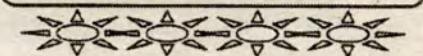
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Reviews

Book Review -

Master & Commander

by Patrick O'Brian -
Review by Mike Finkbiner

The recent movie *Master & Commander - The Far Side of the World* has brought renewed interest in the novels of Patrick O'Brian on which it is based.

The series consists of 20 volumes, starting with *Master & Commander* in which a young Jack Aubrey, just promoted to Commander, meets the surgeon Stephen Maturin, who will become his friend and companion and ends with *Blue at the Mizzen* after Napoleon's final defeat in 1815. The movie is roughly based on *The Far Side of the World*, the tenth book in the series.

O'Brian never intended to write a series. *Master & Commander* was intended to stand alone, but the publisher asked for a sequel, and as their popularity grew, more and more books were written.

In many ways this is just one long novel, exploring the world at the beginning of the Nineteenth century. It is more than a tale of combat at sea. Jack and Stephen are not just one-dimensional heroes. They are both serious amateur musicians; Stephen is a medical doctor and naturalist - who often complains that the navy allows him to see the world, but seldom gives him time to stop and study it! Jack is fascinated by the mathematics of celestial navigation, and builds his own telescope.

The books have depth. The characters live and love, grow and change, suffer loss and relish triumph. Through O'Brian's writing we learn about sailing a ship, doctoring sailors, driving a coach and four, rigging the stock market, fighting a duel, dissecting a bird, fomenting a revolution and trapping a spy. Without straining, he makes art, music, food and science part of the story, adding richness to the background without lecturing.

There is so much to be found in these books that many people have been drawn to create works exploring other facets, including a cookbook and collections of music. Here's a partial list:

Harbors and High Seas by Dean King: a synopsis of each Aubrey/Maturin book, with maps of

the voyage

A Sea of Words by Dean King: a reference to almost all the terms in the Aubrey/Maturin series

Patrick O'Brian's Navy: The Illustrated Companion to Jack Aubrey's World, Richard O'Neill, Editor: a large-format introduction to Napoleonic naval warfare

Persons, Animals, Ships and Cannon in the Aubrey-Maturin Sea Novels of Patrick O'Brian by Anthony Gary Brown: over 4,500 entries in 342 pages explain the identities and meanings behind the names of all the characters (human and otherwise) in the stories

Jack Aubrey Commands: An Historical Companion to the Naval World of Patrick O'Brian by Brian Lavery: a solid introduction to the Royal Navy of Jack Aubrey's era, with numerous quotes from contemporary sources

Lobscouse and Spotted Dog by Anne Chotzinoff Grossman, Lisa Grossman Thomas: a marvelous cookbook, created with humor and talent, for those who want to try some of the food of the period. Almost as much fun to read as a novel!

Musical Evenings with the Captain, Vol. 1 & Vol. 2, ESS.A.Y Recordings: Two CDs of music that is either mentioned in the books, or similar to it.

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MAR. 22-MAY 14

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Book Review -

Under the Banner of Heaven

by Jon Krakauer -
Review by Bill London

A friend of mine, who was raised Mormon but left that church as a teenager, sent me Jon Krakauer's book, "Under the Banner of Heaven," with the admonition to read it right away.

So I did. And she was right - "Under the Banner of Heaven" is a very powerful book, written with the immediacy and gracefulness of Krakauer's prose and artfully relating the amazing story of America's home-grown religion, the Church of the Latter Day Saints, or Mormonism. The Mormon Church was founded only 175 years ago, and now with more than 10 million followers, is known as the world's fastest-growing faith.

However, this book is more than a well-written history of the Mormon Church - Krakauer uses that history as background to focus on the religious fanaticism inherent in that faith and specifically on the murderous story of the Lafferty brothers. In 1984, the brothers killed their sister-in-law and her daughter in a self-righteous frenzy

of retribution ordered by God.

Along the way, Krakauer takes us on a journey into the dark heart of the polygamous renegade Mormon fundamentalists who live in scattered settlements throughout the American West. These extended families survive on welfare benefits to their numerous kids and live to raise obedient girls who are married as teenagers to men old enough to be their fathers and grandfathers.

If you want to better understand religious fervor, polygamous pedophiles, and the allure of the mysterious golden tablets, read Krakauer's book. And if you are trying to fathom the nature and history of the Mormons or other patriarchal religions, this book is an excellent source. Jon Krakauer's book "Under the Banner of Heaven" is available at BookPeople and at the public library in Moscow.

Bill London edits this newsletter and is still trying to understand faith and community.

Something for everyone...

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Commentary

News of the West

By Auntie Establishment

Allow me to share with you my friend Julia's *Theory of Virginity*. Formulated back in 1985 on the occasion of my first somewhat over-enthusiastic sampling of tequila, AKA my nineteenth birthday, Julia offered me this little pill of wisdom in lieu of the aspirin I'd actually asked for. Pressing a wet washrag to my forehead, she said, "Auntie, there are a million kinds of virginity in the world — whoops, there goes another."

Even if this pithy observation wasn't exactly what I wanted at the time — as I recall, exactly what I wanted was a quick and painless death — this world-weary advice from South Carolina's deceptively youthful answer to Yoda has stood me in good stead over the years. From Julia I learned the importance of taking a philosophical approach to the world's aggravations, both large and small. Opportunities for growth are limitless, varied, and everywhere, and though some experiences are admittedly more pleasant than others, life is an adventure. Not only is there no point in crying over spilt milk, we ought to recognize that on some level, spilling milk is good.

(If you can wipe up that milk with an unsympathetic friend's cashmere

sweater, so much the better. The great thing about tequila, dear reader, is that it does not discriminate. The friend who is laughing today will, with the aid of orange juice and a little grenadine, be hopelessly hung over tomorrow, and that is when your love of Yma Sumac, Maria Callas, and the bagpipe corps of the Royal Highland Grenadiers is ripe to be fully expressed.)

The reason I bring up the JTOV (the Julia Theory of Virginity) is by way of explaining how, even in mid-life, virginities of one kind or another continue to abound. Just this past weekend, I shrugged off the last vestiges of my East Coast, fine-haired, bourgeois, Democrat-voting, Levis-wearing, uncomfortable-with-the-under-God-bit-in-the-Pledge-of-Allegiance self and went up to Spokane to lose my rodeo virginity. I attended the second night of festivities of the Wrangler Pro Rodeo Classic, where I watched bronc riding, both bareback and saddle, team roping, calf wrestling, and, what must be the *sine qua non* of extreme sports, bull riding.

As is the case with so many other lost virginities, my experience with rodeo was a mixed bag. I worried about the riders. I worried about the animals. And, as we were sitting only three rows back from the action, I worried that the constant spray of gravel, dirt and manure would get into my four-dollar and fifty cent cup of Bud Light. On the plus side, I enjoyed the thrill of the rides, the rush of adrenaline, and the cowboys' undeniable skill. I especially admired the pickup men, who ride alongside the bucking broncos so the riders can dismount, and the bull fighters, who distract the bull when a rider is thrown by running at, not from, fifteen hundred pounds of horns and hooves and temper.

I knew before I went that I would be in macho, flag-waving, Bush country, and I suspected that my views on civil rights, gay marriage, the Iraq war and sushi might not be shared by my cowboy-booted compatriots. I wasn't expecting to feel right at home. My feelings were more along the lines of lie down with Republicans, get up with fleas. Still, I wasn't prepared for the

tasteless stew of misogyny, sexism, homophobia, and Vaudeville that was served up in the form of witty banter between the rodeo clown and the announcer. I'm a woman. I'm a lesbian. My ticket cost eighteen bucks. There were three thousand spectators in the Spokane Arena, and each one of us had the exact same right to be entertained without being kicked in the teeth. But, as leaping into the ring and beating the tar out of them seemed a bit reactionary, I had to settle for wincing whenever they opened their mouths.

No, I don't want my money back. Far from it. As the sage Julia also observed, it's important to "try everything." Well, I've tried rodeo, and I'm glad I did. But the next Stetson-hatted fool who makes a crack about gays and calls women "chicks" is getting a face full of very expensive cheap beer. I lost my drink-tossing-for-justice virginity a long, long time ago.

Auntie Establishment, AKA Moscow writer Joan Opyr, appreciates your questions and comments at <auntiestablishment@hotmail.com>.

Nobel Laureate will Speak in Moscow

By Julie R. Monroe

As part of the 2004 University of Idaho Borah Symposium, Lech Walesa, who was awarded the Nobel Peace Prize in 1983, will present the Symposium's keynote address. In keeping with the theme of this year's symposium, "Strategic Nonviolent Conflict," the former president of Poland, will discuss the strategic decision of the Polish people to challenge the Soviet Union without resorting to violence. Walesa's address will begin at 7:00 p.m. on Wednesday, March 3, and will be held in the SUB Ballroom on the UI campus.

The 2004 Borah Symposium will take place March 1-3, and in addition to Walesa's appearance, several other events are scheduled. The Borah Foundation is teaming with the International Center for Nonviolent Conflict to present the 2004 symposium. According to the

symposium's website, participants in this year's symposium "will discuss ways in which organized nonviolence can topple dictatorial regimes or force changes in repressive social systems. Examples of the former include the student movement against Slobodan Milosevic (Yugoslavia 2000), and the Solidarity Workers Movement against the Soviet Union (Poland 1978-1980), and the latter include Martin Luther King and Cesar Chavez (USA)." (<www.martin.uidaho.edu/borah/2004_symposium.html>)

Preliminary schedule and speakers, according to the website cited above:

Monday, March 1
7:00 p.m. SUB Ballroom
"Understanding Strategic Non-

violent Conflict" - International Center for Nonviolent Conflict - This event will feature a half-hour highlight segment of the award winning documentary "A Force More Powerful, A Century of Nonviolent Conflict" followed by a presentation from ICNC members.

Tuesday, March 2

12:00 p.m. SUB Borah Theater
"Bringing Down A Dictator" - Documentary screening - The student-led Otpor! movement mobilized against Slobodan Milosevic in 2000, and is an excellent recent example of strategic nonviolence in action.

7:00 p.m. SUB Ballroom
"Making Nonviolent Liberation Work: A Panel Discussion on North Korea and Cuba" - ICNC, Dr. Daniel

Pinkston of the Monterey Institute of International Studies, and Dr. Terry Karl (invited) of Stanford University. This will entail a panel discussion of the feasibility/practicality of applying nonviolent models to regimes in Cuba and North Korea.

Wednesday, March 3

12:00 p.m. UI Commons
"Community Forum" - This event will permit community members to discuss ways that ideas of nonviolence might be applied in our local community and/or by community members in support of other causes.

7:00 p.m. SUB Ballroom - Keynote Address: "Poland vs. the USSR: Nonviolent Conflict in Practice" - Nobel Laureate Lech Walesa

On the Water Front

By Dianne French

On November 21, 2003, a petition was filed with Idaho Department of Water Resources (IDWR) Director Karl Dreher requesting that IDWR declare a Critical Groundwater Area (CGA) for the Grande Ronde aquifer and a Groundwater Management Area (GWMA) for the Wanapum aquifer. The petition was filed by a coalition of six groups: Palouse Water Conservation Network (PWCN), the Moscow Civic Association, the Moscow Food Coop Board of Directors, the Friends of the Clearwater, the Idaho Conservation League (North Idaho Chapter), and the Palouse Group of the Sierra Club.

Mr. Dreher had begun reviewing activities in the basin prior to the filing of the petition. Draft minutes from the 10/16/03 Palouse Basin Aquifer Committee (PBAC) meeting state that Larry Kirkland of PBAC went to Boise 10/20/03 to meet with Mr. Dreher in an effort that "could offer protection against a possible court forced designation of Critical GWMA." Mayor Comstock followed-up with a letter to Mr. Dreher (10/29/03) stating, "The purpose of the meeting was to introduce Moscow's situation and to review current groundwater management and the potential of designating our basin a groundwater management area pursuant to Idaho Code 42-233b." The petition was filed after the coalition had learned the City was already negotiating with Mr. Dreher as a means to ensure local citizens a voice in the process.

While the above events were occurring, coalition members were repeatedly contacting City Supervisor Gary Riedner about setting a date for the quarterly review of pumping data the City agreed to in June. Had Mr. Riedner responded to those calls, the petition would not have been filed. The appearance is that the City wishes to ignore its citizens, preferring to do an

end-run around working toward a local solution by trying to curry favor with the IDWR.

Part of the frustration felt by coalition members stems from years of attempting to work with the City to implement PBAC-recommended conservation measures with little effect.

The cornerstone of any sound water supply management plan is conservation. Numerous studies show conservation as the least expensive source of additional water. Any water removed from current use becomes available for future use. Water conservation is really about increasing water efficiency—doing the same or a better job using less water. Simple examples include turning water off while brushing teeth, shaving or scrubbing dishes. The 2.5 gallon per minute (gpm) showerhead given free by the Moscow Water Department works better than my old 10 gpm head and saves 37.5 gallons during a 5 minute shower (or 13,688 gallons per year). Better shower, less water.

Larry Kirkland of PBAC said in 2001 "with little cost, Moscow could conserve 200 to 300 million gallons per year." Moscow will set a new record by pumping about 919 mgy in 2003. Kirkland's estimate corresponds with the 20-30% average water savings most conservation plans achieve by adopting readily available technology.

Conservation alone solve will not solve our local water supply problem. Continuing growth will require water from additional sources, but for every dollar we spend on conservation, we'll likely save \$10.00 or more on new water development projects.

We cannot rely on inconsistent or non-existent state and federal funding to solve what is ultimately a local problem. The \$100,000 the Legislature earmarked for PBAC in 2001 vanished during budget cuts the following year. Had our community as-

essed an average of \$5 per month per ratepayer upon adoption of the 1992 Groundwater Management Plan (GMP), \$2.8 million problem-solving dollars could have been raised over the last decade.

Projections indicate that present per person consumption rates, combined with our steady growth rate of 1.5% per year, will double water use in 46 years. If growth increases to 3% per year, overall water consumption will double in 24 years.

We must not wait to solve this problem. Our children and grandchildren (and beyond) are counting on us to be conscientious, responsible, and ethical in our planning decisions today. Please become informed on this important issue and make your voice heard prior to the end of January when

Mr. Dreher will render his decision regarding our groundwater situation.

Dianne French is a board member of PWCN.

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Feb. 10 Potatohead
Feb. 17 Dan Maher
Feb. 24 Tara Howe
Mar. 2 Travis Silvers

Vision for the Forest Plan

Thurs., Feb. 5 • 7pm UI Law 103

Panel discussion on future of our national forests. Friends of the Clearwater 882-9755

Women's Winter Fun Weekend

February 6-8, 2004

A weekend of winter activities with Diana Proemm, Women's Center Outdoor Program coordinator. Stay at a cabin tucked away in the woods. 885-6616 or proe7519@uidaho.edu

Local growers meeting

February 7th, 2 - 4 p.m. Roberta's Attic, 314 E. 2nd St. Moscow

For those interested in growing organically for the Co-op. Contact Dani vargas 882-8537 Tues.-Sat 7am-3pm.

Forum: "Examining the Neo-Confederate View of Slavery"

Sat., Feb. 7 • 4pm • UI Commons • 4th floor, Horizon/Aurora

Open to the public.
www.moscowcivic.org

Singer/Songwriter Shannon Beck Concert/Contra Dance

Sat., Feb. 7, 7:30pm • The Attic- 314 East 2nd Street, Moscow

House concert by Shannon Beck of Seattle. By Donation only. Sponsored by the Palouse Folklore Society. 882-0273 • www.palousefolklore.org

Lacemaking Demonstration

Feb. 7 & Feb. 14, 1:00 to 4:00pm • 110 S. Adams

by Appaloosa Lace Guild members at the Latah County Historical Society's McConnell Mansion. Children's craft activity Feb. 14. 882-1004.

Cross-country ski trip

Sunday, February 29th

Rocky Mountaineers & Sierra Club. 6-mile easy-moderate day trip on the Lewis & Clark Trail near Lolo Pass. Friends of the Clearwater 882-9755

Valentines Day Dance

Sat., Feb. 14 • Best Western, 8 - 12

"Classic Rock" music provided by Citizen. Tickets: \$15, \$25/couple. Best Western is providing cash bar & a complimentary champagne toast. Tickets available at Bookpeople or from Rendezvous in Moscow, Inc. board members.

Earth-Healing Permaculture Design Course

Feb 7-21 • Sahale Retreat Center, Hood Canal, Washington

Friends of the Trees Society, 360-676-7704

Moscow Civic Association meeting

Mon., Feb. 9 • 7:30pm • 2 Center

Free public meeting. Topics include: Community development, related to the city, UI community. www.moscowcivic.org

Palestinian Symposium

Feb 10 • 7:30pm • 3A

Panel Discussion: The relationship between Israel and the Arab world.

Feb. 11 • 6:30pm • 3A

GAZA STRIP: A Journey of Discovery

Feb. 11 • 8:00 • Location: TBA

JEREMY HARDY VS. THE ISRAELI ARMY (film)

Feb 12 • 7:00 • Location TBA

FRONTIERS OF DREAMS AND FEARS (film)

Feb. 13 • K-House, WSU Campus

Middle Eastern Dinner, Compassionate Listening Project's Will Nash will speak about his Palestine experiences. Contact Melissa Saul 332-4253.

MARDI GRAS POSTER EXHIBIT

Jan. 23 - Feb. 27 • Third St. Gallery

"25 Years of Mardi Gras: An Exhibit of Poster Art." For information call 208-883-7036.

Silent Auction

February 14th

Silent auction to support the Idaho AIDS Coalition. Provided 5-7pm.

Winter 2004 Herbs

Monday 7:00-8:00

Feb 9: Herbs for Immune System Support • Feb 16: Natural Brain Boosters • Feb 23: Everyday Aromatherapy • March 1: Natural Remedies to Ease Winter Depression • March 8: Herbs for Pets

"The Miracle Worker"

Feb. 26, 27 & 28th and March 4, 5 & 6 • 7:30pm • Gladish Little Theatre

Presented by Pullman Civic Theatre. Tickets: \$8. Neill's Flowers & Gifts, Pullman Safeway, Dissmore's, www.pullmancivictheatre.com, 509-332-8406, or at the door if available.

"Proof"

Feb. 18 - 22 • Kenworthy

Moscow Community Theatre production. Tickets: \$15 adults, \$10 students/seniors., TicketsWest. Play includes adult language.

Adult Tutoring

The Latah County Adult Literacy Council provides free tutoring for adults in English as a second language and adult basic education skills (reading, writing, math, GED exam.) If you know of someone who needs assistance or want to volunteer as a tutor, please contact 883-2626 or write to adult_literacy@yahoo.com.

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Moscow: Fridays 5:30 - 6:30PM

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Edna Ferber