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July 2004

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



## The 3rd Annual Co-op Pool Party

By Annie Hubble

Yes, amazingly a year has gone by since the last pool party. This year's pool party for all Co-op members (our third annual!) is on Wednesday, August 4th, from 8 p.m. - 10 p.m. at the Hamilton Lowe Aquatic Center (830 Mountain View Road in Moscow).

These parties are really fun. It is wonderful to have the whole pool to ourselves: no long wait for the slides (oh those glorious slides!); plenty of room for lap swimming; and a chance for every-

one to play in the kids' area. Some folks prefer simply to float around and around the little island on inner tubes, or hang out and visit in the shallows. And then there is the ever-popular potluck snack table where people can rest and warm up between dips.

So come to the pool on August 4th! Bring your swimsuit, towel, Co-op membership card, and a potluck snack, and have fun in the water!



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

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

# Community News



## What It Means to be a "Real" Co-op

By Kenna S. Eaton

Our intention at the Co-op is not to preach or judge, but to offer education, information, and alternatives. And, for many of us raised in this consumer society, there has been a point where we begin to realize the consequences of our lifestyle and seek to make changes as a result. However, that isn't true for everyone and may not be for the people coming into our store for the first time.

Based on a survey we conducted this spring we found that there are several miss-conceptions about the Co-op, its vision, mission, values, and goals. Many people assume that we only cater to a certain type of customer, but the fact of the matter is that to remain in business here in the Palouse everyone who walks through our doors must be made to feel comfortable. As a result of this long-term commitment to our community we are slowly changing the common perception of both the Co-op and of living lightly on our planet.

When anyone walks into the Co-op, our goal is to immediately make them feel welcomed by our staff. The store is full, bright, and clean: helping to erase the misconception that the Co-op is a dirty place; a far cry from 10 years ago when we were chastised in the local paper as "hippies, who don't shave or wear deodorant"!

Actually the Co-op's Board of Directors is not seeking increased sales simply for the sake of increased sales but as a measure of reaching out to and serving a larger section of the Moscow community. However, we are not abandoning our commitment to the "core consumer," the long-time members who have supported the store for so many years. The Co-op continues to provide bulk foods, organic products and good value to all shoppers. At the same time, we want to increase the number of people who buy local and organic products which,

in turn, helps keep our producers viable. Also, we seek to expand the Co-op community so that more people can be exposed to our values (such as community ownership, sustainable agriculture, recycling and waste reduction, etc.).

For example, while the Co-op strives to find the most environmentally friendly packaging available on the market, we, at the same time, have to take into account consistency, quality, availability and price. Thus we offer new containers while continuing to be committed to recycling. We have an active recycling program that utilizes 3 volunteers per week taking items to the recycling center; we provide compostables for local growers; we sanitize plastic containers for customer re-use both in the deli and elsewhere in the store; we re-use paper and plastic bags at the register; we re-use egg cartons for local eggs, and the list goes on and on.

To me, in the long run, it's the things that we do that really count: being accessible to more people, offering good value for good food, being a source of alternative information and a model of good practices while helping build a stronger community. Staying viable in this community for over 30 years has meant softening our words and cleaning up our look but not compromising our message. How's that for a definition of co-operative?

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# The Volunteer Program

By Annie Hubble and Janna Jones

During the last month we have been busy filling volunteer positions. The list of available jobs is getting shorter, so apply soon! Not only will you be doing a good deed, but you will also receive a discount on purchases!

In the last few weeks we have placed volunteers in positions such as

bakery helper, deli server, store closer, coffee bin cleaner, and recycled container sanitizer. As you can see, volunteers are an integral part of the Co-op. They are everywhere helping out, and the various departments of the store appreciate the help.

So go fill out that application form soon while the jobs last!



# New from the Produce Department

By Dani Vargas, Produce Manager

The local produce is starting to pile in. You really can tell the difference between the freshness of the produce that is grown here and the produce that comes to us via a distributor.

So far this season we have received produce from the Moffetts who have an organic farm down in Wawawai. They have brought us salad bunches, fresh flower bunches, plus a little bit of parsley and cilantro. Dale and his famous Clarkston tomatoes have started to appear. Carol Bradford brought in a few pounds of delicious snow peas. George and Sue from St. Maries, Idaho, have brought some organic bunched spinach, dill bunches, white radishes, and all of the

beautiful lettuce heads that we have. They also dabbled a little in the bok choy business. Elizabeth from Santa, Idaho, has been supplying us with organic kale, collards, some rhubarb, and some mixed bunches. Cindy Hadley has been bringing organic zucchini, cucumbers, cherry tomatoes, baby eggplant, and of course her eggs. Brad and Kate Jaeckel from Orchard Farm have been supplying us with bunched onions, bagged spinach, bagged spring mix, and chard. And Kelly and Russell from Affinity Farm have brought us arugula and bagged spring mix (salad greens).

The season is just starting, so look for all of the great local produce in our department.

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

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## New in the Beer & Wine Department

By Dani Vargas, Beer & Wine Buyer

It seems every month we are getting something new in the beer and wine department. This past month; on recommendation from Vicki, I brought in a new type of Sake. Nigori is unfiltered Sake; this is the way sake first appeared when it was brewed for the Imperial Court in Kyoto. This sake is the sweetest of all our sakes and is great paired with spicy food or rich and well-seasoned dishes. Nigori sake is also excellent as a dessert: Sara, a new stocker, recommends freezing this sake and drinking it just as it has begun to freeze, as a slushy.

An interesting fact I learned about the company that produces Nigori Sake, Takara, is that they were established in 1982 in Berkeley, California, and they feel a strong responsibility towards sustainability and educating people on the importance of coexisting harmoniously with nature. Other products we have from Takara are Classic Light Sake, Ginjo Sake, Organic Nama Sake, and Plum Wine.

New beer added to our collection is from the Kona Brewing Company, which has been Hawaii's leader in the microbrew industry since 1996 and is the largest microbrewery on the islands. The Kona brew kids are com-

mitted to and passionate about brewing excellent quality beers and working in high integrity environments.

Two of their beers we have are the Longboard Lager and the Fire Rock Pale Ale. The lager is aged for five weeks at very cold temperatures and has a smooth flavor, resulting in a crisp and medium-hoppy beer. The Fire Rock Pale Ale is a "Hawaiian-style" pale ale with a deep copper color and distinct hop flavor and aroma. I have heard good reviews from all who have tried both of these beers, and the Sake is hard to keep on the shelf. If you are looking for something new give any of them a try.

Also new these days is Red Truck: a new red table wine from California, produced and bottle by Cline Cellars. A blend of their Sonoma County Syrah, Merlot, and Pinot Noir, it has hints of blueberries and chocolate. It is a good light wine to drink with dinner, but would also be good to drink with appetizers and friends.



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## Personal Care Corner: Aromatherapy with Tim Blakely

By Carrie A. Corson


If you've been wondering about all the uses for Tea Tree oil, or how to make your own aromatherapy products using 100% pure essential oils, don't miss the opportunity to see Certified Aromatherapist Tim Blakely of Frontier Natural Products Co-op when he comes to Moscow on July 13th. Tim will be talking all about the use of essential oils during his class, which is sponsored by the Moscow Food Co-op.

Tim has been involved in the herb and aromatherapy industry for over 25 years. Over time he has been an educator, business owner, practitioner, grower, researcher and consultant. He has co-owned and managed an herb school, taught at numerous conferences, schools, and naturopathic colleges, and put on several herb conferences. In 1997 he created and managed the National Center for the Preservation of Medicinal Herbs. This Frontier-sponsored project was begun to help alleviate the over-harvesting of wild, medicinal herbs. Tim's book, "Medicinal Herbs in the Garden, Field and Marketplace," (1998) was selected as book of the year by the International Herb Association and is considered a standard for growers/processors in the U.S. and Canada.

Tim is currently an educator for Frontier.

Tim has titled this class "Aromatherapy for Health and Beauty: Everything you need to know about aromatherapy from quality issues, therapeutic uses, formulas for various health issues and how to blend oils." Participants will have the opportunity to make a product or two to take home and there will be discussion on how to make a variety of products for health and beauty. Tim will also talk about safety issues and what to look for when purchasing essential oils and aromatherapy accessories. Class participants will leave with a working knowledge of some 20 key essential oils that they can incorporate into their lives.

The class will be held Tuesday evening, July 13th from 6:30 to 8:00 at the United Methodist Church located at 322 East Third in Moscow. There is no charge and everyone is welcome to attend. If you have any questions about the class, feel free to ask Carrie or Brenda when you see them in the store or give them a call. Hope to see you there.



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## Hot News and Cold News from the Co-op Deli

By Amy Richard, Kitchen Manager

Starting in July the deli will be expanding the selection of hot lunch and dinner entrees we offer every day. With a little shuffling of schedules our excellent deli cooks will be able to offer up more delicious meals than ever before. We will still put out our monthly hot special menu (available at the deli and at the cash registers) but each day our hot cook will create

an extra meal choice for you. Come in and check it out!

What do you want when you're tired, hot and thirsty? Well, iced tea of course! This summer we have lots of good choices to satisfy your thirst. Everyday we'll offer iced teas in three flavors: Market Spice (black), Lemon Ginger Green Tea and an herbal tea of the day! Served up on the rocks with a slice of organic lemon!

# From the Board of Directors

by Kimberly Vincent

WOW! It has been quite a ride for my first few months as a new Board of Directors member for the Co-op. I am usually one to jump in feet-first and start doing. But surprisingly (those who know me intimately might have trouble believing this) I have been sitting back and learning. I sometimes ask the same question(s) several times, and everyone very patiently answers again. Thank you all. I am starting to understand the structure of a co-op—ours in particular. There are always acronyms to learn when you get involved in new endeavors and some of those are still eluding me, but they will become part of the vocabulary after hearing them enough. Being on the finance committee means I am getting a big picture of how the Co-op operates and how stable we really are. After getting into the nitty gritty, I realize it is not so very different from many other businesses. Money is a big concern for all involved. Salaries, benefits, liabilities, profit, deficits, etc. are always a driving force in a healthy business. Despite the appearance of Huckleberries and natural food sections in other grocery store chains, the Moscow Food Co-op is doing well. But money is not all the Co-op is about: 2% Tuesday is one of the Co-op's outreach efforts for local work on a variety of issues. Watch for the appearance of Board member Peg Kingery's new way to give recognition to the recipients of funds from 2% Tuesday.

I have quickly learned, through our board meetings, that the human component is a vital part of how this Co-op is operated. It is reassuring that the people (members, managers, employees, volunteers, and board members) contribute to directions and choices and not just data and numbers—I am not the typical mathematician believing in numbers only—I believe the social element is a vital force that should be considered in decision making. It is very refreshing to be involved in a business for which the people element is perhaps as important as the \$. The balance of all elements is what makes for a healthy business and our Co-op strives for a balance.

Our Board of Directors is very diverse, just as the membership is. We each have a different emotional investment in the Co-op and different reasons for wanting the Co-op to succeed. This diversity in the board members' beliefs brings unique experiences, and so a lot of ideas come to the table for consideration. Decisions are not based

on one idea, but instead a comparison and merging of many ideas. For someone like me who loves brainstorming, I like this aspect of our board and committee meetings. I thought this would be an entirely different world than the academic world that I revolve in, but I am finding that similar issues arise and a passionate energy drives those involved to become very proactive and creative.

Some brief notes from what the board is up to...

The Board of Directors continues to search for a succinct way to articulate the Mission Statement for the Co-op. Currently the list is long and cumbersome, so we are working on tightening it up.

We are in the process of formalizing a procedure for evaluating the general manager.

We are negotiating a contract for legal representation for the Co-op.

Theresa Beaver (Board member) shared a link to a short video on the web, [www.meatrix.org](http://www.meatrix.org). It is a spoof of the movie "The Matrix." There is a link to a page listing ways the consumer can battle some of the issues in the meat industry and when I typed in our zip code, up came the Moscow Food Co-op as a source for meat that does not contribute to the issues brought up in the video. This is an example of how the Co-op's mission influences the products offered.

I am looking forward to helping one of my favorite local businesses to thrive.

# Recycled Container Etiquette

By Stephanie Wade, Kitchen Assistant

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 let you in 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 please 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 with a matching lid. We do wash and sanitize them but it is much easier and more considerate of our volunteers to have containers 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 sanitized in 140-degree

water and then air-dried before use.

Some things we can't re-use are liquor bottles, medicine bottles, pill bottles, 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 which is located at 401 N. Jackson Street, in Moscow.

Please *always* check with a deli server before dropping off any recycled containers. If 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. The City of 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.

## A Week at the Co-op

By Annie Hubble, Front End Manager

Summer in Moscow slows down as many people leave town, but the Co-op is still the place to be every day of the week!

Tuesday evenings, with live music and barbecue from 5 p.m. to 7 p.m., are getting busier and busier. Eric Gilbert has lined up many local musicians for your listening pleasure and the kitchen is putting out very tasty food to accompany it. Sit and relax, eat good food, and enjoy the music.

Friday night is pizza night at the Co-op. (A not-so-well-kept secret: you can now also get pizza at Monday lunch!) Friday night pizza is a long-time tradition at the Co-op. There are always many choices of delicious pizza, and it is a great chance to meet up with friends, old or new, and have a good visit.

A wonderful way to spend a Saturday morning, in my mind,

would be to grab an early morning coffee and munchie at the Co-op, go on to the Farmers' Market, visit BookPeople, check out the deals at Goodwill, and come on back to the Co-op for lunch—a lovely tour of downtown Moscow.

And don't forget we now have Sunday brunch foods also. Come and enjoy the relaxed atmosphere of Sunday at the Co-op before going for your hike or bike ride.

Then, if you consider sesame ginger stir-fry for lunch on Wednesdays, and smothered burritos on Thursdays, and that, of course, in between all these wondrous happenings, you can always shop and visit, sure of great choices and excellent service, obviously the Co-op is the place to be!

Every day is a fun day! See you soon!

# Feed Your Self

Come eat  
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# The Midweek Grower's Market:

## Where Reasoning and Intuition Balance

By Eva Jo Hallvik

Every Tuesday evening through October, the Co-op's Midweek Grower's Market is where the ideal human being will be. The 'ideal human being' is one who has found balance in his or her life—balance of logic and emotion. That's my synopsis after reviewing many of the 9196 sites found by a Google search for "ideal human being."

One of the best examples of this notion was found in an essay by Edward Moore ([proteus28@juno.com](mailto:proteus28@juno.com)), titled *Salvation and the Human Ideal: Plato, Plotinus, Origen*. Moore states that "since the human being is struck with awe by the phenomena of Nature...it occurs to Plato that the desire to understand the reason for such things may lie not in a simple affective 'awe,' but rather in a more 'spiritual' desire to transcend the clouding influence of these things, and to see reality in its pure, truthful light. Furthermore, that the human mind does not desire the phenomena it seeks to understand, but the *reasons for the being* of such phenomena, implies that the human mind is allied to the source of these things, and is not a mere effect of a primal cause. This is why Plato can say that knowledge consists in "likeness to God as far as possible" (*homoiôsis theôi kata to dunaton*) (*Theaetetus* 176b).

Now there is nothing more like God than the farmers, patrons, and produce itself at our Midweek Grower's Market, as well as the Ohioans in the OEEFFA, Ohio Ecological Food & Farm Association, an association that lists a dozen very rational, instinctual, and godly reasons to buy local. The reasons are:

**1. Freshness.** Locally-grown organic fruits and vegetables are usually harvested within 24 hours of being purchased by the consumer.

**2. Taste.** Produce picked and eaten at the height of freshness tastes better.

**3. Nutrition.** Nutritional value declines, often dramatically, as time passes after harvest. Because locally-grown produce is freshest, it is more nutritionally complete.

**4. Purity.** 80% of American adults say they are concerned about the safety of the food they eat. They worry about residues of pesticides and fungicides. These materials are not permitted in an organic production system either before or after harvest.

**5. Regional Economic Health.** Buying locally grown food keeps money within the community, contributing to the health of all sectors of the local economy & increasing the local quality of life.

**6. Variety.** Organic farmers selling locally are not limited to the few varieties that are bred for long-distance shipping, high yields, and long shelf life. Often they raise and sell wonderful, unusual varieties you will never find on supermarket shelves.

**7. Soil Stewardship.** Soil health is essential for the survival of our species. Conventional farming practices are rapidly depleting topsoil fertility. Creating and sustaining soil fertility is the major objective for organic growers.

**8. Energy Conservation.** Buying locally grown organic foods decreases dependence on petroleum. One fifth of all petroleum now used in the United States is used in Agriculture. Organic production systems do not rely upon the input of petroleum-derived fertilizers or pesticides and thus save energy at the farm. Buying from local producers conserves additional energy at the distribution level.

**9. Environmental Protection.** Organic growers use practices that protect soil, air, and water resources, and that promote biodiversity.

**10. Cost.** Conventional food processes don't reflect the hidden costs of the environmental, health and social consequences of predominate production practices; consequences such as correcting a water supply polluted by agricultural runoff, or obtaining medical treatment for pesticide-induced illness. When these hidden costs are taken into account, locally grown organic foods are seen clearly for the value they are, even if they cost a few pennies more.

**11. A Step Toward Regional Food Self Reliance.** Dependency on far-away food sources leaves a region vulnerable to supply disruptions and removes any real accountability of producer to consumer. Regional food production systems, on the other hand, keep the food supply in the hands of many, providing job opportunities and enabling people to influence how their food is grown.

**12. Passing on the Stewardship Ethic.** When you buy locally produced organic food you help raise the consciousness of friends and family about

how food buying decisions can make a difference in your life and the life of your community; and about how this basic act is connected to planetary issues.

I'll see you at the Market. For more information on selling at the market contact Kathi at [kscp@turbonet.com](mailto:kscp@turbonet.com) or Eva Jo at [webeam@hotmail.com](mailto:webeam@hotmail.com).

*Eva Jo Hallvik is a Licensed Massage Therapist who is always seeking the ideal balance.*



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Dinner 5:00-9:00	Smothered Burritos Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onion, Sour Cream and Guacamole and smothered with homemade Mole Sauce Choice of Spicy Tofu, Chicken or Organic Chicken	Thursdays	Peking Chicken Peking Tofu Organic Chicken or Organic Tofu in a spicy Orange Sauce. Served with Seasonal Green Beans and Fried Rice
	Thai Peanut Stir Fry Organic Broccoli, Carrots, Red Cabbage, Red Bell Peppers And Teriyaki Tofu Served Over Rice Noodles	Fridays	Gourmet Pizza by the Slice 5:00pm
Breakfast 8:30-11:00	Fresh Fruit Crepes! Made with local seasonal fresh fruit and organic whole grain crepe mix. Small Veggie & quinoa available too. Tofu Scramble Hash Browns with organic potatoes	Saturdays	Quesadillas Roasted fresh peppers, organic onions, green chiles, black olives and Monterey jack cheese. Served with sour cream and salsa

## 2% Tuesdays in July: Palouse Prairie Foundation

by Mary Fauci

photos by Dave Skinner

The Palouse Prairie Foundation is grateful to be the recipient of the 2% Tuesday sales this month. Thanks, Moscow Food Co-op!

Palouse Prairie is diverse grassland with abundant wildflowers or forbs growing amongst bluebunch wheatgrass and Idaho fescue. In the thickets found along the draws there were hawthorn, rose, dogwood and other woody species. The riparian areas had sedges and camas meadows. Deep fertile soils formed under the grasslands, and these soils now grow some of the highest yielding dryland wheat in the world. During the past 125 years, virtually all Palouse prairie has been converted to agriculture. A 1995 U.S. Geological Survey study found that 99.9% of the Palouse Prairie has been lost. What remains exists mostly in tiny patches called "eyebrows" on steep slopes or on rocky areas unsuitable for farming.

The Palouse Prairie Foundation formed about 3 years ago in response to growing awareness in the area of significant loss of native habitat on the Palouse. Our mission is to promote preservation and restoration of native Palouse Prairie ecosystems in Latah and Whitman Counties (in Idaho and Washington), through public awareness, education, literature resources, encouraging responsible local seed production, and acting as a leader or consultant in Palouse Prairie restoration efforts. Our current focus is primarily the plants of the Palouse, but also the insects (beetles and butterflies), mammals, birds, amphibians, microbiota, soils, and everything related.

Funds from the 2% Tuesday sales

at the Co-op will purchase supplies for our seed increase program. With this program, we are responsibly collecting native Palouse forb and grass seeds



from the wild. Then we clean and plant that seed in containers. The resulting plants are planted into nursery blocks so that we can collect more seed. This seed increase is needed to get enough seed for restoration planting because currently there are few commercial sources of our local native wildflowers' seed. Using local seed is important because the introduction of distant stock into an ecosystem can be detrimental to existing natives. We also help commercial seed growers properly identify wildflowers so they can produce the quantities of seed that are needed for larger re-vegetation projects. And we are looking for more growers interested in this!

Our web site <[www.palouseprairie.org](http://www.palouseprairie.org)> has lots of information for the Palouse Prairie enthusiast. There is a database of 227 plants complete with photos; native mammal, amphibian, and invertebrate lists; and much more. Monthly meetings are held September through June. Our next scheduled meeting is at 7 p.m., September 9th at the Cougar Depot in Pullman.

Maybe the Palouse of the future will support more of the Palouse Prairie that dominated our landscape in the past. Thanks again to the Moscow Food Co-op for supporting this community effort.

Mary Fauci is a Palouse Prairie Foundation (PPF) Board Member.



## Empty Bowls to Full Bowls

By Aryah Fradkin and Kelly Riley

On a blustery, cold day in March the Moscow Food Co-op sponsored an "Empty Bowls" event to create awareness of hunger and food issues. The Moscow Community Garden, sponsored by Palouse-Clearwater Environmental Institute, was the beneficiary of this highly successful fundraiser. The donations from this event have allowed PCEI to designate over 600 square feet of growing space at the community garden for area food banks.

Kelly Riley, the Community Garden Coordinator began preparing the plots in April. For seven weeks this summer, PCEI is fortunate to have the help of a ten-member Americorps National Civilian Community Corps team. The team began weeding and planting in the food bank plots on May 26th. They will continue to plant, water, weed, and maintain the plots every Wednesday until the beginning of July. Americorps volunteers have been helping with the community garden, and other PCEI projects for the past five years. The plot contains a variety of vegetables but potatoes and squash constitute a good portion of the space. Refrigeration is limited at the local food banks and crops were selected for longer storage life. Potato harvest should begin in late July and will be distributed to the Moscow, Genesee, and Potlatch Food Banks, as supplies allow.

In addition to the designated food bank growing space, PCEI's Food

Systems program will initiate a community gleaning connection. The term 'gleaning' refers to the collection of crops from farm fields that have already been mechanically harvested or from fields where it is not economically profitable to harvest. Community gleaning may also include excess produce from backyard gardens and orchards. PCEI will be gathering names of potential crop donors and volunteers willing to help harvest. The produce will be donated to local food banks. If you have crops to donate, or are willing to help harvest the bounty, please contact Kelly Riley at <[makeitgrow@pcei.org](mailto:makeitgrow@pcei.org)> or call (208) 882-1444.

PCEI would like to thank the Moscow Food Co-op for sponsoring the "Empty Bowls" fundraiser, the potters for creating the bowls and the many people that generously contributed to this event. The nutritious and delicious produce grown in the food bank garden space will help fill many empty bowls.

Aryah Fradkin is a member of \*NCCC. He joined Americorps to give back to those less fortunate than himself. (\*National Civilian Community Corps) Kelly Riley is a wearer of many hats but often doesn't have one on when she is working in the garden.

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

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

## Greek Spinach Hors d'Oeuvres

By Jen Hirt

Go to any restaurant and you'll find that the appetizers are basically meals, in quantity and in price and in calories. Whatever happened to the true appetizer, the little nosh of scrumptious food that got you all warmed up for the main course? I recently found this tasty recipe in my Low-fat Moosewood cookbook, and I think it fully captures the essence of hors d'oeuvres – it's light yet spares no taste, and it looks tidy and fancy on a serving dish. Imagine your butler waltzing across the grand living room with a silver platter of Greek spinach hors d'oeuvres for your talk-of-the-town guests, or just imagine yourself pirouetting the two feet from your crammed kitchen to your rickety table with a tantalizing offering for a random gathering of your friends and family. With the fresh dill, spinach, and scallions available at the various farmers' markets, this is a great seasonal dish easily made vegan (skip the feta) or not (feta is delicious and oh-so-Greek).

The Moosewood cookbook recommends that these appetizers precede any mild fish or bean main course. They also make a good addition to a lunchtime salad.

Greek Spinach Hors d'oeuvres  
(Makes 18-24 appetizers)

2 pounds fresh spinach

1 cup chopped scallions

2 tsp. olive oil

2 cups cooked brown rice

2 Tbsp. fresh chopped dill

1 1/2 Tbsp. fresh lemon juice

1 cup bread crumbs

1 cup grated feta cheese (optional)

salt and pepper to taste

Preheat the oven to 350° F.

Wash the spinach and discard any large stems.

Steam the spinach until the leaves just barely wilt. Vegetable steamers are perfect, but you can use a large pot too. I heat the empty pot over medium heat, add the spinach (wet from washing) and cover the pot. Within minutes, the spinach wilts.

While the spinach steams, sauté the scallions in the olive oil for about five minutes.

Next, combine everything except the bread crumbs in a large bowl. Stir

well. Using the back of the spoon, mash the rice against the side of the bowl as you stir. Since the rice has already been cooked, the mashing will create a sticky texture. The spinach should easily break apart and merge right into the mix, but you can chop it ahead of time if you want.

Ready a baking sheet with non-stick spray. Pour the bread crumbs into a bowl. Using a 1/4-cup as a guide, drop a ball of rice mixture into your palm – slightly damp hands helps, but there's no way around getting your fingers gooey. For smaller appetizers which won't require a fork, aim for an 1/8-cup-sized ball, or even more petite if you wish. Whichever size you choose, round the mix into a ball, then roll it in the bread crumbs. Give it a generous coating because the hors d'oeuvres will expand slightly as they cook. Line up the balls on the baking sheet. They can be close together, as long as they don't touch.

Bake for 25-30 minutes, until the bottoms are golden-brown and the tops lightly toasted. Remove from the oven and let them sit on the baking sheet for another five minutes so they can firm up slightly. The hors d'oeuvres should be hot and soft on the inside and just barely crunchy on the outside.

*Jen Hirt has an MFA in creative writing from the University of Idaho. Next fall she'll be the writer-in-residence at the Bernheim Arboretum in Clermont, Kentucky.*

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## Hosting a Dinner Party? Try Some Dim Sum!

By Sharon Fraser Allen

Have you ever prepared an incredible dinner for guests only to watch children leave the table without eating a thing? This happens to me all the time. I feel I must choose between starving juvenile guests or serving endless meals of pasta and hot dogs. But every problem has its solution. I discovered that Ling Ling Dim Sum products are ideal for multi-aged dinner parties.

"Dim Sum" is Cantonese for "a little bit of heart". It's a traditional Chinese brunch consisting of lots bite-sized food in small bowls. Dim Sum is inherently kid friendly: there is lots of food to choose from, the vegetables are well hidden inside starchy covers, and everyone is eating with their fingers. Furthermore, Dim Sum is tasty and exotic enough to appeal to both the adult & child guests and to satisfy my desire to present an elaborate meal. But the best part is that even though a Dim Sum meal seems elaborate, it is truly effortless.

My dim sum banquet required the following steps:

Stock my freezer with Ling Ling Dim Sum packages.

Pop them into an oven or pot of boiling water for 15 minutes.

Serve a steaming and delicious dinner.

While the Dim Sum was cooking I set out the accompanying sauces in small bowls for dipping. Just as a precaution I made a pot of rice and stir-fried some vegetables so I would have some emergency back-up food for the under-four crowd. But this was largely ignored as the kids and adults gobbled up all the Dim Sum they could get their hands on.

The tradition of Dim Sum can be traced back to the Ching Dynasty (1700 AD) where it first appeared in teahouses. For over a millennium the Chinese consumed nothing but tea in their teahouses, believing that eating food with their tea would lead to tremendous obesity. But eventually teahouses started to offer their hungry customers small snacks they called "Dim Sum." Later, Dim Sum became a tradition in and of itself. Today, in

China, or Chinatowns around the world, groups of people converge on restaurants for noisy dim sum brunches. Waiters roll rattling trays of savoury dishes from table to table, and customers boisterously call out their orders for the professionally prepared delicacies.

My dim sum didn't follow all these traditions. Instead of brunch we ate an early dinner. Instead of a noisy restaurant we had four preschoolers. And instead of Chinese chefs I used Ling Ling frozen products. Specifically, I used the all vegetarian Potstickers, Crispy Dumplings, and Spring Rolls. The spring rolls were the first to evaporate, followed quickly by the potstickers (dumplings filled with vegetables and spices) and then the tiny, delicious crispy dumplings with their sweet and sour sauce. My children never ate so many vegetables in one meal.

You can't miss the Ling Ling natural products in the Co-op freezer—they have a picture of a panda on the package. In fact, Ling Ling products gets its name from Ling-Ling the panda, whose name means "Darling Little Girl." She was a gift to the US from China in 1972, a tangible result of Nixon's peace making trips to China. Ling-Ling the panda lived in a Washington, DC, zoo for 20 years, until her death in 1992. Ling Ling products are produced by Discovery Foods, a California-based company which uses natural ingredients to make vegan or chicken and vegetable varieties of frozen "restaurant foods," most of which can be prepared in the time it takes to set a table.

My family was so impressed with the vegan Dim Sum that we are planning our next Chinese dinner. This time we are going to try out the chicken varieties. We are also planning to regale young and old alike with the fine art of making paper lanterns and eating with chopsticks.

*Sharon Fraser Allen is a freelance writer living in Pullman. She enjoys prowling the Co-op looking for new dinner ideas.*



# Matchmaker, Find Me A Cantaloupe

By Judy Sobeloff

*"Cantaloupe for breakfast,  
honey in a bun,  
put your shoes and stockings on  
and run, run, run."*

—favorite morning rhyme re-  
cited by my grandmother

You've heard of cantaloupe, tasted it, read the book, seen the movie. Maybe you even know how to spell it. Maybe you've dropped one on your foot. This month we take a deeper look, not into the crystal ball, but at the melon ball. Things I haven't yet tried: frying or boiling cantaloupe, juggling more than one cantaloupe, drilling three holes in a cantaloupe and bowling.

Depicted in Egyptian tomb paintings dating back to 2400 B.C., melons originated in the Middle East, spread across Europe, and later were brought to America by Christopher Columbus.

Cantaloupes are thought to have been developed in Cantalou, a former Papal garden near Rome ([www.foodreference.com](http://www.foodreference.com)). Apparently the true cantaloupe remained in Europe and has a "rough, warty" skin, while the melon we call "cantaloupe" here is technically a muskmelon ([www.wholehealthmd.com](http://www.wholehealthmd.com)). I'm not sure who gets to decide these things, maybe the same people who get to decide which is soccer and which is football.

Interestingly enough, cantaloupes are members of the gourd family, closely related to squash, with both having rinds, thick flesh, and seeds in the middle. The difference apparently lies in the sweetness and juiciness, with squash considered a vegetable and cantaloupe considered fruit.

As is true of many things in life, it's impossible to know for sure whether a cantaloupe is ripe before slicing into it, and by then you're committed. A cantaloupe left uncut at room temperature will not ripen further (i.e. become sweeter), but it can become softer and juicier. While choosing a cantaloupe is less of a commitment than choosing a life partner, the following tests, particularly sniffing, can help you make an educated guess with either endeavor.

According to [wholehealthmd.com](http://wholehealthmd.com), "Cantaloupes should be slightly golden—not a dull green—under the rind's meshlike 'netting,' which should cover the whole rind; reject those with slick spots. The stem end should have a slight indentation [and] the blossom



end will be slightly soft."

Matchmaking tips from [fabulousfoods.com](http://fabulousfoods.com): "Look for a nice rounded shape.... If your melon has a stem or rough stem area, [it] may have been harvested too early and may lack sweetness." Because cantaloupes are grown on the ground, they may have a slightly bleached area on the side they were lying on, but unless they are flat or lopsided, this does not indicate a problem. A ripe cantaloupe has a mild melon or flowery smell.

Cantaloupe isn't exactly new or exotic, but I started drooling when I read the recipes for cantaloupe ices, smoothies, shakes, lassi, and soup. I started with a creamy pink cantaloupe-strawberry shake, planning to try the other recipes, which tended to have similar ingredients (cantaloupe, milk or yogurt, sugar), in rapid succession. Though I tend to be a "fruit-doesn't-need-sugar" purist, I had to admit I liked the shake better with sugar. Jonna, age 2-1/2, liked the unsweetened version fine, however.

Unlike the dessert treats mentioned above, the recipe for cantaloupe salsa, on the other hand, appealed only to my morbid curiosity, reason enough to try it, I thought. Jonna spat it out, but it was beautiful, and, I thought, delicious.

"It has a really colorful flavor to it," Fred said.

For the grand finale I made cantaloupe Italian ice, taking a bold stand and refusing to strain the cantaloupe pulp as directed. The resulting cantaloupe ice was so good I started laughing when I tasted it. Fred described it as "an extreme version of eating cantaloupe itself, like cantaloupe on steroids." I can't wait to make this again, all summer long.

*Judy Sobeloff was pleased to learn that the mysterious muskmelon seeds she planted should actually bring cantaloupes.*

## Cantaloupe-Strawberry Shake

(adapted from

[www.southernfood.about.com](http://www.southernfood.about.com))

1 cup whole strawberries, hulled and washed (fresh or frozen, unthawed is fine)

1 cup diced cantaloupe  
2-3 tsp. granulated sugar (to taste)

1/2 cup milk (any kind)

Place all ingredients in food processor or blender and mix until frothy. Serve immediately.

## Cantaloupe Salsa

(from [www.fabulousfoods.com](http://www.fabulousfoods.com))

1/2 large ripe cantaloupe

3/4 cup finely diced red and/or yellow pepper

1/4 cup finely chopped cilantro

1/4 cup finely chopped scallions  
juice of 1 lime

salt and crushed pepper flakes,  
to taste

## Cantaloupe Italian Ice

(adapted from Angelo Boccato's  
Ice Cream and Pastry, New Orleans)

[NOTE: needs ice cream

maker]

1 quart water

1 lb. + 4 oz (approx. 2-1/2 cups)  
sugar

juice of 1 lemon

2 medium-sized cantaloupes

Dissolve sugar and water in 2-quart saucepan over medium-high heat. Bring to a boil and cook for 2 minutes. Remove from the heat and cool.

Peel and seed the cantaloupes. Cut into 2-inch pieces. Puree in food processor or blender. If desired, strain through a medium sieve.

Mix pureed cantaloupe (or strained cantaloupe juice) with sugar syrup and lemon juice with a wire whisk. Pour into ice cream machine. (If cantaloupe was strained, add some cantaloupe pulp, if desired.) Freeze to a smooth consistency, according to manufacturer's directions.

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## Customer Profile: Liz Bageant

by Vic Getz

It's hot here now, Liz Bageant pointed out. HOT? How did you handle Mozambique?

"I just suffered, and wore long pants," she said.

That's so "Liz." Keep on keeping on. Set your sights and go. It's simple.

At 20, Liz has a lot of going under her belt, including 105 absences from Moscow High School (but maintaining a high GPA). Life was wider than school so, "I just kind of dropped out." During this time she worked for the Co-op Deli—a place that eschews the crushing claustrophobia of status quo and embraces dreams of new vistas.

Liz worked for Northwest Job Corps for a year, then traveled by train across the US and Canada. Always open to possibilities that present themselves to the traveler, she obtained the email of a young Canadian man who was planning a bike trip across Canada to raise awareness about sustainability issues. Contacting him six months later, she was soon setting off from Victoria to Newfoundland for a four-and-a-half-month-journey.

"It was going out on a big limb for me," Liz says. The journey raised money for the Canadian Organic Growers Association's lawsuit against Monsanto. (See <http://www.cog.ca/>) That trip clarified her style of activism.

"I like to sit down in dialogue with people" rather than "in-your-face" activism. Liz learned her physical limits were fluid as she biked day after day wondering "Why am I doing this?" only to arrive at the end of the day with a feeling of accomplishment. "That made it great."

She stopped in Toronto and returned to Moscow to prepare for her next iteration: A year in Mozambique working on HIV/AIDS projects through the Institute for International Cooperation and Development. (See <http://www.iicd-volunteer.org/>). Six months of training with people from all over the world—Nepal, Armenia, Denmark, Nicaragua, Brazil, Japan—taught various skills including fundraising.

Among her seven-person team, only Liz stayed. The rest were gone after three months of arriving. A supportive co-worker said to her, "You have to decide why you're here. If you're unhappy, go home. And go home soon." Why stay? Adventure. The desire to travel and not be a tourist, to experience a new culture, learn a new language. To just go...



So she stayed, working on income-generating projects, starting youth groups to teach about HIV/AIDS, training women to provide home-based care, and managing a counseling/testing center. HIV/AIDS was not a primary issue in her life prior to going.

"But now it is," she said... "After spending a year I feel very connected to the issue."

Liz changed. "I'm not nearly as dramatic or self-absorbed, I feel more even-keeled. I know tomorrow will be better. If you're a compassionate person, you realize there are people with all these real, huge problems; unemployment, lack of food, giving birth to HIV babies, you see these are more important than who's mad at you, the things that can seem important but just aren't in the grand scheme of things. Americans get depressed and unhappy because they don't have the jobs they want or whatever. But at the end of the day, we've got a place to sleep, food to eat, access to health care even if the only option is going to the emergency room. At least you know you're going to get ok care."

She knew about people suffering, of course, but, in Mozambique the chains of events were so obvious: a man loses his job; the family must move into a house with 12 other people, four of them die of AIDS.

"Systems aren't in place to provide what we've got here."

Now, Liz is back in the familiar arms of Moscow which can sometimes be suffocating and other times not.

"Moscow is Moscow. It's totally home. I love it. There's the Co-op. I

helped move the Co-op twice when I was a child. I come back to regroup, clear my mind. I'm lucky to have that; a place to come back to, to lie in the park to read a book. To eat kale slaw. Moscow has a lot of constants for me. I love to come back and I love to leave."

She'll leave again. She will return to Mozambique, ride her bike through South America, work on a development project in Paraguay. And, for a total lifestyle change, she wants to attend Cornell for a degree in International Development.

From the perspective of a traveler, Liz said, "Life can unfold if you let it and don't box yourself in." Keep on going.

Note: Liz has scheduled a free public presentation about her volunteer work with HIV/AIDS patients in Mozambique for July 14, 7 p.m., at BookPeople in Moscow.

Vic Getz hopes to see Liz at the public presentation of her journey. Email Liz at <lizliz@turbonet.com> for more info.

## Outdoor Music

by Eric Gilbert

Live music, delicious BBQ food, and sunny picnic tables for the audience: that's what we all can enjoy on Tuesdays at the Co-op's 'Hot Off the Grill' music series. Just come over to the south side of the Co-op, the sunny side of the building facing the Post Office, every Tuesday from 5 p.m. until 7 p.m. (weather permitting) to claim your place in the sun.

Here are the musicians scheduled for July and August:

July 6th Blackberry Jam  
 July 13th Kami Miller  
 July 20th Joan Alexander  
 July 27th Travis Silvers  
 Aug. 3rd SpareTime  
 Aug. 10th leo [nu beatnik society]  
 Aug 17th breadgirl & eugene  
 Aug 24th Oh Holy Family  
 Aug. 31st John Larkin

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## Staff Profile: Sara Foster

by Susan Simonds

Sara Foster, who works in the Co-op's kitchen making breakfast, has the graceful presence of a gazelle. It is no surprise to learn that she began studying ballet at the age of five. Exploring how the body moves continues to be a passion. She is currently a yoga teacher-in-training at the Moscow Yoga Center and a devoted student of Nia, a move-



ment system that integrates healing arts, martial arts, dancing arts, Feldenkrais, and yoga. One of the reasons that Sara is delighted to have a job at the Co-op is that it gives her flexibility to pursue her interests. In addition to studying movement, she is a photographer of natural and botanical subjects. Sara showed me several photographs of wildflowers that mirrored her own gentle essence. I could easily imagine Sara leading a yoga class, nurturing the same atmosphere of serenity and openness conveyed by her photos.

Growing up outside of Denver, Sara's heart was never in the suburbs.

"Everything was the same. Nobody challenged society....People there didn't respect community or land. It's the opposite of here." At the University of Wyoming in Laramie, where she majored in botany, she found a different kind of community. "I loved Laramie."

Don't worry. Sara adores Moscow, where she moved four years ago to pursue a masters degree in botany at WSU and to work with a professor whom she considered to be the premier person in her field. Her research focused on the impact of people on the land. Studying the historical impact of a program that eradicated a wheat-killing fungus gave her the opportunity to talk to fascinating rural people. A turning point came when she took a course in global environmentalism, in-

spiring her to visit Ecuador. She described the trip as a formative experience which changed her view of the world and stimulated an interest in the politics of how richer countries deal with poorer countries. After earning her master's degree, she came to the realization that she was more of a "people person" than an academician.

A job at the Co-op seemed just the thing to allow her to pursue yoga, photography, and political activism. Last November she became a baker. With the exception of making an occasional cookie at Christmas,

Sara had never baked. However, she felt an instantaneous connection with baking when she encountered the pastry called, kollache, which was a favorite in her Italian family. She can now say, "I love baking!"

When we spoke, she had just begun a new shift as the breakfast person. She gets up at 2:30 a.m. so she can be at the Co-op by 3:00. At first, this was hard for a night person like herself, but she feels that getting up before the sun rises is good for her yoga practice. Now, one day a week she is a server and three days a week she makes coffee.

With freedom from graduate school, Sara has delved into new endeavors. Last fall, she performed in *The Vagina Monologues* at the University of Idaho. In April, she went to Washington, DC, to attend the March for Women's Lives, a trip funded by the Idaho Women's Network. In the fall, she plans to take a course in the social revolutions of Latin America.

Sara conveys a contentment and enthusiasm about her current life. She lives in a house in the Fort Russell district in her own apartment, with close friends in the same building and within a few blocks. She can walk to work at the Co-op, which she sees as the major center of Moscow. Explains Sara, "I have the perfect situation."

*In her work life, Susan Simonds is a clinical psychologist, a dance/movement therapist, and a creative arts therapist.*

## Business Partner Profile: Eva Jo Hallvik, LMT

By Tanya Denison

One of the great things about writing for the Co-op Community News is meeting the wonderful people who make up our community. I recently had lunch with Eva Jo Hallvik who discussed her massage practice, philosophies on life, and what she loves about Moscow. I found Eva to be a woman with a sweet personality and a passion to make a positive change in this world.

Eva Jo Hallvik is licensed as a Massage Therapist in Oregon and a Massage Practitioner in Washington. She is an assistant representative of the northern unit of the Idaho Chapter of the American Massage Therapy Association and, as such, is helping to develop a licensing & certification program for Idaho.

Eva Jo graduated from the Moscow School of Massage in 1996 among the first class of students. In her practice, she works to heal the entire person—mind, body, spirit, and soul. She uses a combination of traditional massage and new techniques she has learned over the past eight years. One of these treatments is cranial-sacral therapy. This treatment frees blockages within the body by working on the tissues surrounding the cranium, spinal cord, and nervous system. She also uses somatoemotional release. The basis of this treatment is removal of the physical blockages within the body created by emotions from the recent past, early past, and past lives. Eva finds tendencies and restrictive patterns within the body, and works on them until they are released. When these blockages are freed, built-up and repressed feelings can emerge. Sometimes the positive effects are immediate, and sometimes they take time to become known.

"I try to work at a level which is easiest for the body to receive," she explained. "Physiologically, you can tell when the body is not ready. I work at the body's pace."

"The body holds all the answers,"

Eva asserted, "It knows how to heal itself; we need to honor that." After treatment, she says her patients feel lighter, more centered, and more aware.

Besides her massage practice, Eva has worked in the Peace Corps, on an organic farm, and for a small, international non-profit organization.

"I believe in making choices moment by moment that bring the most peace and calmness," she said. "At first, I thought massage was too slow to affect lots of people. But I have found that I am bringing peace to the world, one person at a time. My work is incredibly rewarding. My patients are appreciative, and I am thankful for the opportunity."

Eva has a special place in her heart for Moscow: "I have left 3 times,



and it keeps pulling me back," she says. Her favorite place is Idler's Rest, and the Co-op is "like no other place. It keeps the energy flowing; it is a real community store." She is also a Co-op volunteer, coordinating the Mid-week Grower's Market.

Moscow Food Co-op members receive \$10 off the first two massages from Eva Jo Hallvik. Eva points out that this pays for one year of your Co-op membership. Her office is located at 106 East 3<sup>rd</sup> Street, Suite 2A, in Moscow. Please call her at (208) 301-2246 to set up an appointment.

*Tanya Denison's favorite place in the world has a view of the Palouse in the summer.*

# Gardening

## Landscaping For 'Flying Flowers'

By Patricia Diaz

Butterfly watching is a fun activity that is rapidly growing in popularity, and no wonder—it truly is a joy to see these 'flying flowers' in your garden. There are a number of things that you can do to set the stage for attracting butterflies to your garden.

Butterflies need nectar as well as host plants for their eggs and caterpillars. One of the great benefits to providing these necessities is that you not only have a fragrant and beautiful garden, you have the opportunity to watch the fascinating life cycle of butterflies: egg, larva, pupa and adult. The female lays her eggs on particular plants that the larvae, or caterpillars, will eat when they hatch. You can attract certain kinds of butterflies if you know which host plants they prefer.

Families of butterflies include whites and sulphurs; coppers, blues, and hairstreaks; swallowtails; true brushfoots; longwings; admirals; satyrs; milkweed butterflies; and fritillaries. An excellent book on butterfly gardening is *The Butterfly Gardener's Guide*, edited by Claire Hagen Dole.

It is important to start with a sunny location for your butterfly garden, one that gets at least six hours of full sun a day. If you plant a variety of nectar flowers that bloom at different times throughout the growing season, you will attract a constant array of these beautiful creatures. They also like to see a wide patch of flowers the same color, knowing that they can gather lots of nectar without expending energy flying from patch to patch. Apparently concentration of color is more important than having specific kinds of plants. The colors they like best are purple, white, pink, orange, and yellow.

Avoid using pesticides and insecticides in your garden and limit weeding and cutting back of plants as you might deprive caterpillars of food or wipe out newly laid masses of eggs. Keep an area of your garden moist or wet as butterflies will flock to that moisture. Butterflies acquire mineral compounds they cannot get from plants by

gathering on moist or wet ground, an activity called 'puddling.' They also like basking stones, especially black ones, to rest on and absorb the sun's heat.

For our climate there are a number of suitable perennials that make good host plants. These include asters, columbine, daisies, coneflowers, honeysuckle, lupines, sedum, violets, bleeding hearts, dicentra, false indigo, hollyhocks, flax, dill, milkweed, pussy willow, sulfur buckwheat, and stonecrop. Good annual choices include marigolds, parsley, nasturtiums, rue, sunflowers, and rudbeckia. Perennial nectar plant choices include purple coneflowers, butterfly weed and butterfly bush, yarrow, lantana, and autumn joy sedum. Annuals for nectar include calendula, cosmos, heliotrope, impatiens, sweet William, zinnias, alliums, Asiatic lilies, and King Alfred daffodils.

Autumn-blooming gardens are a very important source of nectar and give butterflies a boost before they either over-winter or move on to their winter homes. Late bloomers that provide this important boost include sedums, pink and purple asters, salvia, lantana, penta, and dark night bluebeard.

You can also have a wonderful butterfly garden on a deck or patio. Butterflies are small and like cozy feeding areas, so get some containers and start planting their favorite plants! The only thing that would be different would be making sure containerized plants have sufficient water, as they tend to dry out faster than those in the ground. And there's nothing better than sitting on your deck or patio and having one of these beautiful, gentle creatures land right on your arm or

foot where you can see their beauty up close.

Here are a few websites that you can consult for further help: [www.butterflies.com](http://www.butterflies.com); the North American Butterfly Assn., [www.naba.org](http://www.naba.org); and the Xerces Society, [www.xerces.org](http://www.xerces.org).

*Pat Diaz has been seeing beautiful butterflies this Spring in her garden by Dworshak Reservoir, as well as all the other wonderful garden critters.*



## Let's Rendezvous in the Park

By Jon Anderson, Rendezvous Board Member

Rendezvous in the Park kicks off its 22nd season starting Thursday, July 15, with an evening concert series and daytime children's arts festival that features award-winning national and regional artists. This community event for all ages takes place for four evenings every July in the beautiful setting of Moscow's East City Park.

This year's event kicks off with an evening of Celtic music. Hailing from California, Craicmore will present a classic and contemporary Celtic performance followed by West Coast storytellers Tiller's Folly. This Vancouver B.C.-based group has been described as a cross between Stan Rogers and the Clancy Brothers.

Blues Night will follow on July 16, featuring the up-and-coming young blues phenom Jackie Greene and Spokane's own The Fat Tones. This year Greene has been nominated for two California Music Awards in the categories of: "Outstanding Guitarist" and "Outstanding Blues Album" (for the re-release of his debut album, *Rusty Nails*). Last year, he won the award for "Outstanding Roots/Blues Album" for *Gone Wanderin'*.

Country star Eric Heatherly joins the list of Rendezvous featured artists on Saturday, July 17. He has been featured on *The Craig Kilborn Show* on NBC, PBS's *Austin City Limits*, and the *Country Music Award Show Performances* in 1997 and 2000. His debut single, *Flowers on the Wall*, was *Billboard Magazine's* #3 Top Country

Single of 2000. Coltraine, the regional winner of Lewiston's Jimmy Dean True Value Country Showdown, will open the show.

Classical music will return to Rendezvous on Sunday, July 18th, featuring the Rendezvous Chamber Orchestra, assembled by Moscow Pro Art founder Bill Wharton. The ensemble will include local and nationally renowned artists. They will perform a wide variety of works including Baroque, Classical, Romantic and Contemporary works.

Rendezvous for Kids will be held July 15 and 16. Arts events for kids will include art stops and workshops as well as performances by the Idaho Repertoire Theatre youth program and magician Jeff Holding. There are still a few spots available. Registration information is available at [www.moscowmusic.com](http://www.moscowmusic.com).

A new feature to this year's events will be the guitar raffle giveaway to benefit the Moscow All-City Band program. A minimum of \$1,000 of raffle proceeds will go directly to the band program to help purchase instruments for young musicians in the community. Raffle tickets are available at the Farmer's Market, Guitar's Friend and during the Rendezvous events.

Concert-goers can bring a picnic or choose from a variety of local full meal and dessert vendors. (Note: alcohol is not permitted in the park). Many attendees also bring a blanket or lawn chair for the concerts.

### Common Host Plants & Butterflies They Attract:

Plant	Type of Butterfly
Aster	pearl crescents
Clover	sulphurs
False nettle	red admiral, question mark
Grasses, sedges	wood nymph, satyr
Hackberry	mourning cloak, hackberry
Parsley	anise swallowtails
Vetch, alfalfa	sulphur, western tailed blue
Violets	fritillaries

# Dragonflies Come to Town

by Sarah Walker

We're used to seeing dragonflies along lakeshores on lazy summer days—so what are they doing in town? When this big Blue Darner (see photo) came to bask in my yard, I dropped whatever I was doing for a chance to see it up close and take some photos.

Dragonflies: they're so decorative! No wonder they're models for jewelry and garden ornaments. Bright blue, green, yellow or red marks their long, three-part bodies. The striking patterns appear on their abdomens (the long tail-like part at the back) and on the thorax (the chunky middle section). At the front, huge eyes bulge from the head section. Four clear wings attach to the top of the thorax.

To other insects, dragonflies appear as fearsome predators. Those big compound eyes can see up, down, and around. Those four wings can propel their owner at speeds up to 30 mph. Dragonflies can zip forward, backward, or sideways—and stop on a dime. Mosquitoes, and other insects, don't stand a chance against these aerial hunters.

The dragonfly in my yard was far from his pond-side home. Darners are strong fliers, known for visiting towns. It was a cool morning, so he perched on the ground and aimed his body toward the warming sun. Then he flew away and the buzzing sound from his powerful wings faded as I lost sight of him. He has a busy schedule, and not much time.

For most of its life, the gorgeous Blue Darner is a dull tan nymph that lives under water, changing its skin 10-15 times as it enlarges. After a few weeks—or a few years—it becomes a ferocious two-inch killer with a retractable jaw armed with sharp hooks. When mosquito or other larvae, snails (or even small fish!) swim by, it shoots out its lower lip to snag a meal.

When the nymph is ready to reinvent itself, it crawls out of the water onto a nearby stem of grass or a rock. Its 'skin' splits open and out comes the adult dragonfly, slowly and magically.

During their short summer lives of just a month or two, adult dragonflies are busy capturing and eating prey, patrolling their territory, mating, and depositing eggs in or near water.

Mating can take place 'on the fly.' Males and females can actually fly around as a connected unit. You've probably noticed this weird arrange-

ment if you hang out by lakeshores or springs in the summer.

The female's head is held tightly by the claspers on the tip of the male's abdomen. She curls her abdomen around to the male's waist where he's left a packet of sperm for her. When everyone's hooked up (with the male's body on top), they appear as a flying circle of two insects, called the wheel position.

If you find a dragonfly at rest, you might have time for photographs and notes. First decide whether it's a dragonfly (wings spread out flat when perching), or the smaller and daintier damselfly, which folds its wings together when perching. Dragons' eyes look huge and fused together; damselfly's eyes bulge out to the sides.

Check out the color patterns, the ones along the abdomen plus any stripes on the top or sides of the thorax. Are the wings clear, or are there smudgy patches? Is it big (2-4 inches long) or small (1-2 inches long)? Does it perch horizontally, or hang vertically?

Dragonflies are 'in' right now, so good field guides are available through our local bookstores.

I took my notes and photos to Frank Merickel, "Keeper of the Bugs" at the W. F. Barr Entomological Museum on the University of Idaho campus. He showed me lots of Idaho dragonflies and helped me with identification. Visiting the museum is fun because there's a lot of neat stuff to see there! It's in Room 136 of the Plant, Soils & Entomology Building. Go through the arch on the west-facing side of the building, on Rayburn Street across from the law school parking lot. Phone is (208) 885-7079.

*Sarah Walker urges you to always stop whatever you're doing when something exciting flies into your life. Keep writing her at <sarahwalker@orofino-id.com> about your finds!*



Adult Blue Darner basking in a Moscow yard. When a big dragonfly like this perches, there's time to check out the pattern of spots on its long abdomen, plus the diagonal stripes under its wings. (Photo by Sarah Walker)

## Book Review:

### "Dirty"

By Meredith Maran

Reviewed by Bill London

When teenagers drift into an angry, self-destructive, drug/alcohol-addicted worldview, their parents are often lost as well, uncertain of what to do and where to turn.

Meredith Maran's book, "Dirty," is a great place to start for anyone who wants to understand what is happening to America's youth and why. Maran wrote this book after she almost lost her own son, Jesse, to a cycle of drugs, crime and rebellion. She continued her search for answers. And this is what she discovered: "one-quarter of the teenagers in America are living, and dying, high and wasted. To save them, we've got to fix what is wrong with adolescent drug treatment. More important, we've got to fix what's wrong with the treatment of adolescents."

To investigate teen drug culture, Maran selected 3 very different teenagers to befriend, counsel, study, and hopefully understand. Mike, the crank addict, Tristan, the psychedelic dreamer, and Zalika, the prostitute, all told her

their stories and shared their treatment choices.

There were no happy endings to their stories. But this book is a honest, deliberate, and very real attempt to illuminate the very murky pathway to teen sobriety. Maran writes well, and the passion and sorrow of the stories kept me reading. She did a great job of getting a handle on this huge issue.

This book is available at BookPeople and at the Moscow library.

*Bill London edits this newsletter and remains thankful that communication with his daughter was never severed in such a sorrowful way.*

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# Letter From the Land: Night-time Walks and Forest Flowers

By Suvia Judd

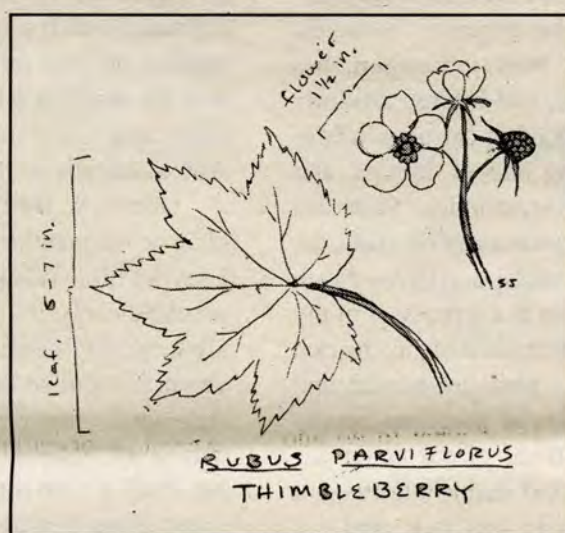
I have written about the Palouse Prairie a lot recently. I am in awe of the Prairie. The truth is, however, that I get nervous whenever I am out of sight of a tree, because I am, at heart, a forest person. Two nights ago I took one of my favorite walks in on Moscow Mountain. There was enough light that I could walk without the flashlight, but from time to time I turned it on to seek out particular plants. They are all white-bloomed, so I infer that their pollinators are either night-flyers or scent-seekers.

On a dampish, northeast-facing bank, where the forest changes from dry Ponderosa pine habitat to wet red cedar habitat, there has grown for a number of years a patch of bog rein orchid, also called scent bottle (*Habenaria dilatata*). Last year the highway district re-ditched the road, and I was afraid the plants

might have been lost, so I was relieved earlier this spring to see their foliage coming back. On my walk the other night the beam of the flashlight picked out the straight green spires arising from the apple green leaves. Each stem was well covered with buds, and white flowers which were just beginning to open. Each tiny flower has a hood, a flaring downward lip, and a spur which curls down and under the lip. The flowers have a smooth texture like magnolia petals or heavy cream, and an intense and pleasing perfume. It is always worth it to lean down and sniff this *Habenaria*. (One of the several other *Habenaria* species on the Moscow Mountain smells like turpentine to me.) Look for *H. dilatata* also in small swamps with flowing water.

Along the road a ways I turned my flashlight on a patch of thimbleberry growing around the base of a stump where the forest canopy opened up when the tree was cut several years ago. I often see thimbleberry in loose, recently disturbed soil in forest openings, particularly along roadsides. The plants and flowers are often covered with a heavy layer of road dust, but the other night these

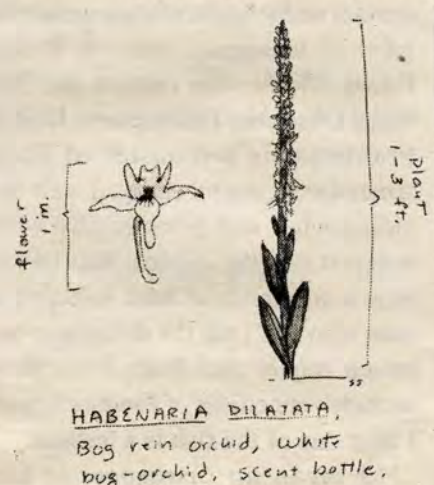
plants were clean and lively looking after the recent rains. Thimbleberry (*Rubus parviflorus*) is in the raspberry branch of the rose family, and has the raspberry habit of throwing up new canes every year. I had read that the new shoots are supposed to be excellent peeled and steamed and eaten like asparagus. (The authors of *Plants of Southern Interior British Columbia* report that native peoples ate the young shoots peeled and raw or cooked in a meat stew.) At this season the plants are well grown and covered with very large, palmate, maple-like leaves, and decorated with many large, pure white



five-petaled flowers shaped a lot like wild roses. The perfume is driven off by hot sunny days, but in the night, early morning, or on damp, misty days you can pick up a wonderful spicy-sweet

fragrance. Soon the flowers will go on to squat, thimble-shaped red berries that have lots of seeds, but are very tender and liable to crumble when picked. I find their flavor exquisite.

Coming back down the road the other night I paused where two little creeklets meet and go under the road. There is a long season of wildflowers at this spot. On a little knoll below a clump of cedars and above the tricking water there are bunchberries growing, and my flashlight picks out their blooms. Tiny members of the dogwood family, bunchberry (*Cornus canadensis*) has the classic four white bracts supporting a clump of in-



conspicuous greenish white flowers. The medium dark green leaves of the bunchberry also have the typical parallel veining of dogwood, and are perched on the single stem right under the white bracts. There are typically six leaves, arranged in a cross of four over a longer pair. The tiny flowers later on will develop into a cluster (a "bunch") of red berries which are reputed to be edible, although I have never tried them. *Plants of Southern Interior BC* reports that Coastal peoples ate them, but Interior peoples did not.

When I find a plant which is new to me, I use field guides to find plants

which resemble my find to get close to the identity. Then I use a botanical reference to confirm the species. Can I enjoy the plants I see without knowing their names and their relatives? I can and I do, but searching for the name and relationships opens up another level of enjoyment for me.

Reference: *Plants of Southern Interior British Columbia*, Roberta Parish, Ray Coupe, and Dennis Lloyd, editors. B.C. Ministry of Forests and Lone Pine Publishing, Vancouver, BC. 1996.

*Suvia Judd lives in Moscow and enjoys plants wild and domestic, night and day, in person and in books and online.*

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## Ice Cream Social

by Pam Peterson

On Moscow's shady summer streets you'll find good, free fun for all ages on Sunday, July 25, 2004! That's the day that the popular annual Ice Cream Social and live music Chautauqua takes place, sponsored by the Latah County Historical Society.

The location is at the McConnell Mansion (Second and Adams Streets) and just up the block at the Unitarian Universalist Church of the Palouse (to the north of the 1912 Center). The time will be from 1 to 4 and it's almost completely free to attend...only the homemade ice cream sundaes will cost you!

The gracious McConnell Mansion is on the National Register of Historic Places and is wonderfully restored inside to the time when it served as a residence for Idaho's Governor, McConnell. The restoration of a second bedroom upstairs has just been completed by volunteers with funding from the Lewis and Clark Initiative program.

Out in the landscaped gardens of the Mansion you'll find shady seating for ice cream eating and a good chair for watching the live music and the children's impromptu old-time fashion show with an MC. There will be

horse-and-wagon rides around the Fort Russell Historic Neighborhood and the Hog Heaven Mountain Men and Women will be there with an encampment, dug-out canoes and black powder muzzleloaders! ...Cover your ears for that!

This event has been a favorite summer affair for over 25 years in Latah County. It's both educational and a good place to meet friends to visit. Check it out, all ages are welcome.

If you can't make it to the social, do stop by another time as our County Historical Society is a treasure; it's an award-winning museum and repository for thousands of photos, books, and artifacts that cover about 150 years of local history. Summer hours at the McConnell Mansion are Tuesday through Saturday, 1-5 p.m. If you want to contact them call (208) 882-1004 or just drop by the offices (327 East Second Street), Tuesday through Friday, 9-5.

And watch for notices of the upcoming guided Moscow Cemetery tour to be held on the second Sunday in September!

*Pam Peterson is a member of the Board of the Latah County Historical Society.*

# Working with Multiple Sclerosis

by Rick McGregor

Do you know someone who has MS (Multiple Sclerosis)? Living in the Northwest, chances are good that you do. Of course, the chances are also good that at least some of the people you know do, in fact, have MS, but are choosing to keep that part of themselves hidden from others. Many people with chronic illness are ashamed or afraid they won't be treated fairly if their secret gets out to the wrong person or agency. Some choose to keep quiet because of job discrimination issues (even though the Americans with Disabilities Act prohibits such unfairness). Others may be in denial (usually subconsciously), having a difficult time accepting the realities of living with chronic illness.

Multiple Sclerosis is a variable, unpredictable disease of the central nervous system (brain, spinal cord, and optic nerves). MS is not contagious. It is believed that the body's immune system randomly attacks itself in the form of eroding away (scarring) of the myelin sheath (insulation) around the nerves as well as sometimes attacking the nerve cells themselves. MS is variable in that it affects every one of us differently depending on where, when, and how severely the myelin and nerves are scarred. And MS is unpredictable in how it affects each person and unpredictable in its course within each of us who is afflicted with this usually progressive, unstoppable illness.

For some people with MS, the disease is mostly "invisible" to others. Most of us, at least initially, have remissions when the disease or at least the progression of the disease takes a vacation. But unfortunately, once we've been diagnosed and educated, we know MS is here to stay. What we don't know is when will it change, or how.

Sometimes the symptoms don't get better. Most of us, eventually or initially, experience a progressive worsening of symptoms which can lead to blindness, the inability to walk, difficulty speaking and/or thinking, or any number of problems. It's not surprising to learn that most of us are in varying states of acceptance and denial of our condition, even if we are able to understand the illness on an intellectual level.

There is good news! There are now at least five FDA-approved, but very expensive, prescription drugs that slow the progression of MS in some of us. Also, the Americans with Disabilities Act (ADA) provides those of

us with disabilities the right to disclose or not disclose our diagnosis. The ADA also requires employers to provide "reasonable accommodations," so people with disabilities who choose to disclose their diagnosis can keep their jobs and (for some of us) continue to be "productive members" of the work force. And, perhaps most importantly, I think we're getting closer to a "cure." I don't think we'll ever be able to make MS totally go away in someone who already has it, but I think we're getting close to developing a "vaccination" to prevent MS. And we may be getting close to developing a way to stop the progression of the disease in those who have it. So things are definitely looking up!

If you know someone who lives with MS—either their own disease or someone else in their family—try to remember MS is there, whether it shows on the outside or not. Most of us aren't looking for pity or special privileges, however a little compassion and understanding would be appreciated. Not sure what to do? Just ask, we'll be glad to share.

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*Rick McGregor is a lifetime member of the Moscow Food Co-op who has been living with mostly invisible MS for 24 years and was diagnosed in 1993.*

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## July's Art Opening at The Co-op

By Annie Hubble

I hope you all enjoyed, or are planning to enjoy, the Artwalk in Moscow. Artwalk had a grand opening on June 11th and will continue through the Summer. Take a self-guided tour, possible with the help of a brochure available from the Chamber of Commerce, and walk around the 28 participating businesses in downtown Moscow to see an amazing collection of art.

As part of the Artwalk, the Co-op has been hosting & enjoying the photographs of Antone G. Holmquist, but in July a new show will open, featuring the acrylics and oils of Ron Davis. Ron will be at the Co-op for this opening, from 5 p.m. until 7 p.m. on Friday, July 16, to meet the public.

Come to this art opening and support yet another talented, local artist. There will be yummy treats to eat, lots of good people, and good art. What more could a person want? See you there!

# Auntie Establishment

By Joan Opyr

Is the orgy over? Can we put our clothes back on? Please say yes. I'm beginning to feel like a Doukhobor.\*

I refer, of course, to the recent national orgy of revisionist nostalgia for the eight-year reign of Ronald Wilson Reagan, our 40<sup>th</sup> president. And, no, I haven't really taken my clothes off. I'm far too old for orgies (not to mention thongs, low-rise jeans, and eyebrow piercing). I'm so old, in fact, that I actually remember Reagan's presidency—the real one, not that thing the media manufactured for the official week of mourning. I remember his suspiciously black pompadour, his well-rouged cheeks, and the practiced flash of his expensive dentures. I remember Nancy Reagan, his anorexic wife, and her red designer dresses. I remember catsup as a vegetable, soaring budget deficits, and trickle-down economics. Stubborn images of the invasion of Grenada, the Iran-Contra scandal, and Oliver North also hang about in the recesses of my mind. Under Ronald Reagan, the rich got richer, the poor got poorer, and record numbers of homeless people flooded the streets of our major cities. For me and many others—not white, not male, not rich, and not straight—the Reagan years were far from milk and honey.

Michael Milken sold junk bonds on Wall Street and the Pentagon sold chemical weapons in Iraq. The Savings and Loan industry was deregulated, setting the groundwork for a multibillion-dollar taxpayer bailout under Reagan's successor, George H. W. Bush. James Watt was Secretary of the Interior and Edwin Meese was Attorney General. Mr. Watt (who was, if you'll excuse the pun, a dim bulb) never met a tree he liked, and Mr. Meese wasted millions establishing a Commission on Pornography, whose main purpose was to allow members of Congress to watch dirty movies and read *Penthouse* under the guise of legitimate research. It was Edwin Meese who created the National Obscenity Enforcement Unit, a Frankenstein's monster of First Amendment abuse, charged with deciding what was pornography what was just naughty erotica. This unit is now in the hands of John Ashcroft, a man who can't tell the difference between *Bambi* and *Body Heat*. Better hide your copies of *Finding Nemo*. I hear one of the fish is a lesbian.

I mean no disrespect to the

Reagan family. Alzheimer's is a terrible disease, and I'm sure they suffered greatly during his decade-long decline. But the tragedy of Ronald Reagan's illness and the pathos of his death can't erase the damage done by his administration. The mujahedeen Mr. Reagan supported became the Taliban who sheltered Osama bin Laden and made the lives of Afghan women a living hell. The Nicaraguan Contras Mr. Reagan celebrated as 'freedom fighters' used our illegally shifted tax dollars to massacre thousands of civilians. Reaganomics shifted the tax burden from the rich to the poor and the middle class, and paved the way for dismantling the social safety net. It was Mr. Reagan who marked the rise of the radical right, and Mr. Reagan who made William Rehnquist Chief Justice and placed Antonin Scalia on the bench.

George W. Bush would love to lay claim to the mantle of Ronald Reagan. I say let him. When you look at that mantle closely, it's not so fine. There are large moth-eaten patches and the velvet is worn so thin that it's shiny. Among the many moving moments during the national week of mourning—and by moving I mean I had to move into a distant room and scream into a paper bag—one of the most appalling was watching Paul Wolfowitz, Undersecretary for Defense and neo-conservative architect of the current Iraq war, escort a one-handed marine into the Capitol Rotunda to salute Mr. Reagan's flag-draped coffin. It was very Reaganesque in that it was a triumph of spin over substance. As a moving moment, it had everything: hubris, exploitation, hypocrisy, and nerve. A lot of nerve.

I'm just glad I don't have that nerve in my tooth.

\*The Doukhobors were a religious group who preached democracy, equality and communal living. They were widely known for holding nudist strikes, in which they stripped off their clothing and set fire to it. If you didn't know that, don't feel bad. You can always blame Ronald Reagan's funding cuts to higher education.

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*Auntie Establishment is the pen name of Moscow area fiction writer, Joan Opyr. Auntie and Joan invite you to visit their website at [www.auntie-establishment.com](http://www.auntie-establishment.com) where you can check out Chapter One of Joan's novel, *Idaho Code*, which will be published by Bywater Books in the Fall of 2005.*

# The War On Two Fronts: Part 1

By Lisa A. Cochran

*(editor's note: This is the first of a 2-part series on the hidden war on women and children here in America.)*

In this month of July, I continue to show my support for our troops abroad while wishing an abrupt end to war and strife throughout the world. Constant media attention keeps us informed about Iran, Iraq, Afghanistan and a multitude of other endeavors to "protect Americans and American interests."

However, my passion since the birth of my daughter has been to address issues of children and families in our own communities and sometimes problems that extend to our farthest borders. This month, as we observe our Nation's birthday, I wanted to revisit some of the more provoking thoughts and statistics which have personally touched and moved me not just as a parent but as an American. As the numbers show, there exists a hidden war being waged here at home against families and particularly against women and children.

First, despite increased education and attention to the issue of sexual assault, the numbers of victims continue to increase. Since 1990, the U.S. has been recognized as having the highest rate of sexual assault per capita than any other industrialized country, as stated by the U.S. Senate Judiciary Committee. Being an American female today means that you have a 1 in 3 or higher chance of being assaulted, battered or sexually abused and 1.3 adult women are raped every minute! (National Victim Center in their 1992 report).

Christine Wall, Executive Director of Alternatives to Violence of the Palouse, reported that between July 2002 and July of 2003, her agency reported 4,000 local hot line calls; 420 of those calls were from direct victims and concerned family members and friends; they had 61 women who fled to the shelters and 2,600 in-person advocacy-based counseling sessions.

Likewise, despite reporting requirements and community awareness, the number of incidents of overall child abuse continue to rise. Reported cases of abuse and neglect of children of all ages in this country is close to 2 million cases per year. Combined with estimates of unreported

cases, the figures are estimated to be closer to 5 million. According to the National Center For Victims of Crime, a child is neglected or abused in America every 35 seconds!

The National Center for Missing & Exploited Children reports that in 1999 (the last study with specific data) an estimated 797,500 children were reported missing. In that same year, the NCMEC also handled more than 170,000 leads regarding exploitation of children, including child molestation (outside of the family), child pornography, child prostitution, online enticement of children, child sex tourism, unsolicited obscene material sent to a child, and internet exploitation.

Last year, almost 35 million people living in the richest nation on earth struggled to get enough nutritious food to eat; more than 13 million were children (Dept of Agriculture 2003 report) These are children whose current circumstances make life difficult and jeopardize their future economic well-being. Many of those not only do not get enough to eat to grow and thrive properly may have difficulty accessing basic health or dental care services, which compounds the long-lasting effects of both their current situation as well as their future. Poverty and hunger issues also affect educational achievement.

Finding quality child care needs for working parents remains a struggle. More than 25 million children in this country are in some kind of a child care program, many of which are mediocre to sub-standard. Often, the costs of child care are so impacting on a family that they must make critical financial decisions, such as eliminating health care coverage or other essential needs. According to the Child Care Action Campaign, "child care is a bottom-line issue for this nation. Good child care is essential for a functioning, humane society."

On the wages for work front, the U.S. Census Bureau also compiles statistics on the wages that women earn in nearly 400 different jobs throughout the land. In the 2000 report which documented income levels for women versus men in 1999, "women earned less than 74 cents for every dollar earned by a man." Yes, it is an improvement over decades past, but still not equal pay for equal work! According to the Institute for Women's Policy Research, discrimi-

nation against women who either might have or do have children is still a reality in today's job market.

For more information contact any of the following websites: The US Office of Justice Programs: Violence Against Women Office at <[www.ojp.usdoj.gov/vawo/](http://www.ojp.usdoj.gov/vawo/)>; Violence Against Women Online Resources at <[www.vaw.umn.edu/Vawnet/disab.htm](http://www.vaw.umn.edu/Vawnet/disab.htm)>; ATVP at 332-HELP or 882-HELP; <[www.Irna.org](http://www.Irna.org)>; Sojourners' Alliance at 883-3438 or by email at <[shelter@turbonet.com](mailto:shelter@turbonet.com)>, <<http://aspe.os.dhhs.gov/progsys/homeless/>>

Next month: Weapons of poverty, hunger, and homelessness used against women and children in America.

*Lisa Cochran and her daughter are both long-time Moscow residents considering moving to Canada.*

**MOSCOW  
YOGA CENTER**  
525 S. Main • Moscow, ID 83843  
(208) 883-8315

**SUMMER SESSION ENDS  
July 24, 2004**

**FALL SESSION BEGINS  
August 23, 2004**

*Daytime and evening classes  
Classes fill quickly so register early  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)*

Schedules available on the yoga center door	10% discount for full-time U of I & WSU students.
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# Auntie on the Web, Auntie Everywhere

by Bill London

Auntie Establishment, the political commentary column in our Co-op Community News, is written by an actual person, Co-op member Joan Opyr. Joan, who is now involved in the publication of her first novel and celebrating that magnificent accomplishment, has compiled her columns, essays, rants, and grumbles, and stuck them on the World Wide Web for all to read. You, too, can check it out, at: <[www.auntie-establishment.com](http://www.auntie-establishment.com)>.

Browse the site for some great examples of her caustic wit. With unforgettable prose, she skewers all the right targets. And she lets you in on the ground floor of her new "Church of Auntie Establishment" with promises of trashy merchandise to follow.

And hopefully, by the time you read this, she will have completed the "From Queer to Eternity" section, which is planned to include the 70 pages of Auntie's postings to the Moscow email list, Vision 2020, slamming, bashing, and belittling Doug Wilson, pastor of Moscow's Christ Church.

Anyway, consider yourselves warned. Exposure to Auntie Establishment will result in prolonged laughter.

*Bill London edits this newsletter and remains one of Auntie's biggest fans (and got the t-shirt to prove it).*

**PCEI HOSTS BACKPACKING  
TRIPS INTO EAGLE CAPS**

*newly discounted price!*  
**\$175.00**  
*includes 5 days of food, travel  
and evening workshops*

**Teen trip: July 26-30**  
**Women's Trip: August 2-6**

Enjoy the Wallowa peaks,  
learn backpacking & navigational skills, identify plants,  
flowers and wildlife.

**Let this be your excuse to  
get out and treat yourself  
or your teenager!**

For more information contact  
Aly Bean at PCEI 882-1444  
[aly@pcei.org](mailto:aly@pcei.org).





# Bulletin Board



MOSCOW FOOD CO-OP

moscow food co-op  
221 east third street  
moscow idaho 83843

## Farmers' Market Free Music

**Saturdays 9:30am - noon,  
downtown at Friendship Square.**

More info at 883-7036

JULY 3 - The Singing Nuns - Patriotic, popular inspirations, from 'Ave Maria' to 'The Sound of Music'

JULY 10 - Stan Chepaitis - Sizzling jazz violinist

JULY 17 - Snake River Six - 'The oldest Dixieland jazz band in the West'

JULY 24 - Paul Santoro - Moscow's favorite crooner

JULY 31 - Freemantle Children's Conservatory - Young musicians in a mix of classical, scat, early music and electronic improv

AUG 7 - Hog Heaven Band - Nostalgic music from the '20s - '40s

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

## MarketDay at MaryJanesFarm

**Saturday, July 3 and Sunday, July 4,  
11am to 4pm**

free admission and free entertainment  
882-6819

## Hot Off the Grill

Live music, delicious BBQ food, and sunny picnic tables for the audience. Just come over to the south side of the Co-op, the sunny side of the building facing the Post Office, every Tuesday from 5pm until 7pm (weather permitting) to claim your place in the sun. Here are the musicians scheduled for July:

July 6 Blackberry Jam

July 13 Kami Miller

July 20 Joan Alexander

July 27 Travis Silvers

Aug. 3 SpareTime

## Liz Bageant Presentation

**July 14, 7pm at BookPeople in  
Moscow.**

Free public presentation about her volunteer work with HIV/AIDS patients in Mozambique by Liz Bageant

## Reception for artist Ron Davis

**5:00pm til 7:00pm on Friday July  
16 at the Co-op.**

Exhibit of his artwork opens with appetizers and fun.

## Rendezvous for Kids

**July 15 & 16, East City Park**

July 15: The Family Night Concert presented by U.S. Bank - the modern Celtic stylings of Tiller's Folly and the traditional Celtic sounds of Craicmore.

July 16: The Rendezvous tradition of presenting the best in blues continues on with the Jackie Greene & The Fat Tones.

Tickets at BookPeople; Moscow Farmer's Market; Moscow, Pullman and Potlatch U.S. Bank locations; or by visiting [www.moscowmusic.com](http://www.moscowmusic.com)  
For more info, call 208-882-1178.

## Aromatherapy for Health and Beauty

**Tuesday, July 13, 6:30 - 8:00pm •  
United Methodist Church • 322  
East 3rd, Moscow**

Free workshop with Certified Aromatherapist Tim Blakely of

Frontier Natural

Sponsored by the

Participants will

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how to make a v

health and beau

about safety iss

for when purcha

aromatherapy a

participants will

knowledge of sc

oils that they ca

their lives.

For questions, s

the Co-op

## Backpacking Trips

**July 26-30 for Teens**

**August 2-6 for Women**

**August 9-13 for Teens**

**In the Eagle Cap Wilderness Area**

Join the Palouse Clearwater

Environmental Institute's experienced

guides in a week long backpacking

trip. Learn how to navigate via map

and compass and GPS, learn about

plants, flowers and wildlife in the

Wallowa region. All levels of

experience welcome!

contact aly bean at [aly@pcei.org](mailto:aly@pcei.org)

208/882/9075

## Idaho Watercolor

**Featured at T**

The Moscow Ar

sponsoring the

Membership Ex

Watercolor Soc

Street Gallery.

through July 23

The Third Stree

Moscow City Ha

Street. For info

7036.

## Pullman Civic Theatre presents

**the Rodgers & Hammerstein's  
musical: Cinderella.**

**July 29 & 30 at 7:00 p.m. July 31 at  
3:00 p.m. All shows in the Gladish  
Auditorium.**

\$10/\$5 Tickets (Adults/Children) at

the door or at Dissmore's, Neill's

Flowers & Gifts & Pullman Safeway.

More info at

[www.pullmancivictheatre.com](http://www.pullmancivictheatre.com)

## Literacy Council of the Palouse

The Literacy Council of the Palouse

offers free confidential tutoring for

adults in English as a Second

Language and in basic educations

skills. Those interested in being a

volunteer tutor or needing a tutor

should contact us at [adult\\_literacy@moscow.com](mailto:adult_literacy@moscow.com) or 208 882-3636.

## Latah Historical Society's

**annual Ice Cream Social and  
live music Chautauqua**

**Sun, July 25, 1 - 4pm, McConnell**

**Mansion & the Unitarian**

**Universalist Church of the Palouse,**

**to the north of the 1912 Center.**

The time will be from 1 - 4 and it's

almost completely free to attend...only

the homemade ice cream sundaes will

cost you!

## Vigil for Peace

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

Under the clock

downtown Pull

[nancycw@pullmanidaho.org](mailto:nancycw@pullmanidaho.org)

**Moscow: Friday**

Friendship Squ

Moscow. 208/6

[sperrine@potlatch.com](mailto:sperrine@potlatch.com)

Submit non-profit announcements to [co-opnews@sourjayne.com](mailto:co-opnews@sourjayne.com) by the 24th of each month.

For additional events & information, [www.moscowfood.coop/event.html](http://www.moscowfood.coop/event.html)

