

Pay-ww  
HD  
3284  
N98

April 2005

000

**FREE!**  
Please take one.

# Community News

The monthly newsletter of  
the Moscow Food Co-op



## COMMUNITY LOAN PROGRAM

### Community Loan Program Succeeds

By Kenna S. Eaton

**T**hanks to the incredible level of support from this community and our members, we have surpassed our goals for the community loan program in less than two months.

By late February the member loans were rolling in fast and furiously and a new, worrisome question had arisen: what would we do if we surpassed our goal of \$350,000 in member loans? Would we stop taking loans? Or would we raise the ceiling?

After quite a few hectic emails between the finance committee members a decision was made to go for another \$100,000 and drop the financing from Clearwater Economic Development Assn. (CEDA). CEDA's terms were less than ideal and they could use the money to loan to somebody else if we didn't need it. Not more than a week later we had reached our new goal and we had to make

the tough decision not to take any more member loans. The Finance committee felt that it was a good idea to keep our debts in more than one place, so with \$450,000 in member loans and \$500,000 from Adaama LLC (a private lending institution) we had secured all our financing and were on our way to a new store!

The most amazing part of this story is the positive response to the member loan program. We are thrilled and gratified to see such unconditional support from our membership. It really is heart-warming and wonderful to know that so many of you believe in what we are doing, enough to lend us your kids' college funds or your retirement savings. I personally want to thank each and every one of you who have contributed in your own way to making our dream come alive!

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

## Co-op Business Partners

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

**Ball & Cross Books** - 10% off on any purchase for Co-op members. 203 1/2 N Main St., Moscow, Mark & Kristin Beauchamp, 892-0684.

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

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

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

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

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

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

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

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

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

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

**Dr. Linda Kingsbury, Professional Herbalist** - 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation. www.spintherbs.com, 883-9933.

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

**Maria Maggi, Intuitive Astrology & Gardener** - \$5 off astrological & flower essence consultations. Please call for an appointment, 882-8360.

**Market Drug** - 10% off regularly priced gift items. 209 E. 3rd St., Moscow, Joanne Westberg Milot, 882-7541.

**Denice Moffat, The Healing Center** - Co-op members save \$10 off on first exam with mention of this ad. Regularly priced at \$65. 413 E. 8th St., Moscow, 882-3993.

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

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

**Movement Improvement Feldenkrais Center** - First individual lesson 40% off, and first group lesson free. 520 1/2 S Main St., Moscow, 883-4395.

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

**Palouse Discovery Science Center** - 10% off on all items in the Curiosity Shop. 2371 NE Hopkins Ct., Pullman, Alison Oman, 332-6869.

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

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

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

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

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

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

**Sid's Professional Pharmacy** - 10% discount on compound medication, breast pumps & supplies. Pullman Care Community, 825 Bishop Blvd., Pullman.

**Susan Simonds, PhD., Clinical Psychologist** - 10% reduction on initial consultation to writers. 892-0452.

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

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

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

# Community News



## Welcome!

Notes from the Membership Desk

By Laura Long

Congratulations to the winner of our February membership prize drawing. Dan & Barb Hagen were the lucky winners of our Putumayo gift basket. I'm really happy with the response that we have had to our membership drive. Thanks you so much to all of you who have taken the time to pay your member equity. All this money will go toward our goal of \$1 million to make our move possible.

We still have a few Moscow Food Co-op canvas tote bags left. Any member who would like to pay off their lifetime membership of \$150 will receive one of these bags as a "thank you" for paying off early. This offer will be good until the bags are all gone, and we are asking for a minimum contribution of \$20 to help generate the magical \$1 million figure. Bags are still available at

the cash registers so please see cashier for details.

For the month of April every new and renewing member will also be entered in our prize drawing, and one lucky name will be drawn at the end of the month. This month Nature's Gate body care company has donated a gift basket loaded with tons of wonderful, natural skin care products. Check out our display near the front of the store if you are interested.

And thank you to all the members who have been loaning us money and donating time and art to our silent auction. We have reached our goal of \$450,000 in member loans. You have no idea how much we value your commitment and trust in us. Just wait till you see the new store that we can build for you!

## ADVERTISEMENT

*Strengthen our community by supporting our youth!!*



If you would like to help strengthen our community by supporting our youth, we invite you to be a volunteer mentor with the Moscow Mentor Program. Giving a child your personal attention for *one hour* every week can change his or her life... and yours!!

For information or application materials, contact Angela Schweigert, Mentor Program Coordinator at 892-1149, or check out the Safe and Drug-Free Schools link on the Moscow School District web-site ([www.sd281.k12.id.us/sdfs](http://www.sd281.k12.id.us/sdfs)).

Attention all responsible, caring, community-minded men!! We really need male mentors!

The Moscow Mentor Program is part of the Moscow School District's Safe and Drug-Free Schools Program. Program funding comes from the the Moscow School District, Idaho Department Of Health and Welfare Substance Abuse Prevention Services Contract (administered by Benchmark Research and Safety, Inc.), the United Way of Moscow/Idaho County and private contributions.

## Contents

Ann. Member Meeting	cover
Welcome!	1
The Front End	2
Art at the Co-op	2
Feasting for Fun	3
New Store Update	3
Investing in the Co-op	4
From the Suggestion Board	5
Paradise Creek Cleanup	5
Volunteer Program	6
Bikes, Bags, Flowers, Almost Earth Day	6
Board Announced	6
Guidelines for Submissions	7
New Wine, New Beer	8
Word of Mouth	8
Personal Care Corner	8
Annual Report to Members	9
Deli has Biodegradable Pkg	9
Ultimate Coolness	10
Volunteer Profile	11
Staff Profile	12
Business Partner Profile	13
Kumquat, Fructify, Quahog Crepuscular	14
Butternut Squash Medley	15
Earth Mother	15
Nature in the City	16
Allergy Free Gardening	17
Chinese Medicine	17
Greater Yellowlegs	18
Critter Corner	18
10 Reasons to go to Moscow Ren. Fair	19
Memories & a Book Review	20
Commentary	21
Auntie Establishment	22
Hwy 95	22
Community Celebration Planned for Eath Day	23
Paradise Path Planting	23
Comm. Supported Agriculture	23

# Co-Operations



## The Front End

By Annie Hubble, Front End Manager

I WAS AMUSED to find the following

haiku in the cashier logbook the other day, offered by our lovely cashier, Ida Jokisaari.

Veganise

The glue that holds the Co-op Together always.

Amused, I began to wonder at what it is indeed that holds the Co-op together, (if not indeed the lowly Veganise).

The store is full of talented workers. We have amazing customers. Moscow itself, with its openness to new ideas, is part of the picture. But none of these things in and of itself would make the

Co-op the viable and cohesive organism that it is.

Watching the loans pour in, memberships renewed, silent auction items offered for the fundraiser, all kinds of help volunteered, I see anew how dear to its heart this town holds the Co-op.

People are shopping with their new shopping bags with the Co-op logo. Others are wearing 'I love my Co-op' button. The forthcoming move has I think made obvious once again the devotion that this town has for its favourite store.

That devotion, that caring, I think is "The glue that holds the Co-op Together always."

Thank you all for caring.

## Art at the Co-op

By Annie Hubble, Art Program Coordinator

YOU WILL ALL RECOGNIZE April's artist, but not perhaps her art. Julia Harakay has worked at the Co-op for a couple of years now, first as a deli server and now as a cashier, and her smiles and gracious ways make everyone welcome (though you may have a little nervous on Halloween when her alter ego, The Winter Queen, reigned supreme at the register and offered everyone Turkish Delight!).

A native of Idaho, Julia lives in Moscow and is a student at the University of Idaho, about to graduate with a double degree in landscape architecture and Spanish. I am excited to have this chance to see her art.

Conte crayon was her first love in the art field, but for the last two years she has been learning and practising printmaking. She has done woodcarving, intaglio, etchings and monotypes,

but etching is what attracts her the most. Julia explains that the process of etching involves covering a copper plate in a ground. The design is etched out, and then the copper plate is dipped in acid for over an hour. The ground is removed and the plate run through a large press. The results we will see in the art show, along with works in other mediums.

With her university studies, her cashier shifts at the Co-op, a radio show on KUOI, interests in running, biking, swimming, sewing and reading, and her love of art, Julia is a very accomplished and busy young woman. I hope you will all come to meet her at the opening on Friday, April 8th from 5.30 pm till 7.00 pm.

The show will run until Thursday May 12th.

Published by

Moscow Food Co-op  
221 E. Third, Moscow, ID 83843  
(208) 882-8537

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op.  
Contact the editor to secure reprint rights.

For advertising rates and information:  
contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:  
Moscow Food Co-op  
Bill London, Editor  
221 East Third St.  
Moscow, ID 83843  
london@moscow.com

Printed on Recycled Paper  
Deadline for Articles & Ads  
20th of each month

Editor  
Bill London

Issue Editor  
Therese Harris

Layout  
Melissa L. Simpson

Advertising Manager  
Aly Bean

Illustrations  
Debi Robinson-Smith

Distribution  
Donald Stanziano - Moscow  
Beth Hemmer - Pullman  
Mary Zuber - Lewiston-Clarkson

Back Cover Design  
Taylor Barrett  
taybarrett2@yahoo.com

Webmaster  
Bob Hoffmann  
webmaster@moscowfood.coop

General Manager  
Kenna Eaton 882-8537 (882-8082 fax)  
kenna@moscowfood.coop

Photographs  
David Hall

Board of Directors  
President

Mike Forbes  
mikeforbes@moscow.com

Vice President

Theresa Beaver  
tbeaver@uidaho.edu

Secretary

Bonnie Hoffmann  
bonniehoffmann@hotmail.com

Bill Beck  
wbeck@moscow.com

Al Pingree  
lapbmw@adelphia.com

Will Simpson  
will.simpson@kestrelcreek.com

Kimberly Vincent  
vincent@math.wsu.edu

Regular Board of Directors meetings are scheduled for the 1st Tuesday of every month at 7pm at Mabbott & Mumford's Law Office, 111 E. First Street in Moscow.

### MEMBERS SAVE!

- 10% off on bulk special orders
- Up to 18% discounts off for working members
- Monthly sales promotions just for members



ANY CASHIER CAN HELP  
YOU JOIN, JUST ASK!

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year for one person, \$17 for 2 adults, and \$5 for senior citizens.

Join the Moscow Food  
Co-op and Save!

Open 7:30 am to 9:00 pm Daily

# Let's Move!



## Feasting for Fun

By MaryJo Knowles, Community Loan Prog. Coord.

ALL THE TICKETS have been sold for the Co-op's great feast and auction on Saturday, April 16. All 240 tickets were sold in about a month. That wonderful success means we will be raising some real money for our Co-op and the move to the new location.

At the feast, we'll be sharing some great Co-op lasagna, live music, and a chance to bid on the 100 or so auction items we have

collected so far.

The auction items include classes (yoga, fitness, etc), art, collectibles, and other imaginative gifts of all kinds.

If you would like to help the Co-op and want to donate to our auction, please fill out the yellowish form at the Co-op.

*MaryJo Knowles directed the Co-op's Community Loan Program, and with the help of a talented crew, organized the Dinner/Auction.*



## New Store Update

By Kenna S. Eaton

O N MARCH 11th we (finally!) got

the keys to the new building and we quickly moved to close off the parking lot at 5th St. so we could jump-start the deconstruction process.

At this point we had only a rough floor plan that would be still need to be finalized and a desire to get going! The floor plan was first unveiled at the Annual Membership Meeting and then posted in the current store so you can peruse it to your heart's content.

Once we have finalized the inside plans including layout, electrical and mechanical, they will go to the City for formal approval and permit issuance. Unfortunately this is a busy time of year for that department so we will have to be patient as we wait secure that important piece of paper. Much of this process so far has been fraught with a similar sense of hurry up and then wait, much like traveling by plane these days. We plan to start construction as soon as we can, hopefully by mid-April.

In the meantime we will be looking for the extra equipment we need, cleaning the equipment we've already purchased and generally getting all our ducks lined up.

We've also begun the long process of figuring out how to staff the new store, writing job descriptions, planning our work flow and generally getting our inside systems ready for a huge change.

We've also started a blog on our web site to post updates and answer questions. So please be sure to check out: [www.moscowfood.coop](http://www.moscowfood.coop) and see the latest news!

### Top Ten Questions Asked:

1. When will you be moving?

Early August is our best guess.

2. Where will you be moving?  
105 E. 5th St, previous home of Garts Sports.

3. Are we excited? You betcha!

4. How much will it cost?

Between our savings and financing we are hoping to spend less than one million dollars.

5. Is this a financially sound project? Well, we've done our homework and it will be tough for a few years. However the community support is overwhelming and if we are as busy as we think we'll be it will be no problem to repay our debts.

6. Will the seating area be larger? You betcha! We are planning lots of space both inside and out to accommodate diners.

7. How will the deli grow?

We'll be doing more of the same great food with a few extra services such as sandwiches made to order plus a salad bar filled with great organic veggies and wonderful toppings (that's my favorite part can you tell?).

8. Will there be a stage?

We are planning to put in a raised platform area into the seating area. During the day it will hold tables and chairs and at night can be transformed for multiple purposes.

9. Will you be hiring? And when?

Yes, we will need more staff. We will do some hiring this summer and some right before we relocate.

10. What will you miss most?

Ummm...that's a tough question. Although we will miss the close-knit tightness that comes from working in small quarters, the relief of being able to have the space we need to work and serve our members is right now outweighing any potential losses.

### Increase Your Business

#### Advertise with the Co-op Newsletter!

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

### Dr. Ann Raymer

Chiropractic Physician

Gentle holistic health care for your whole body and your whole family

1246 West A St.  
moscow  
(208)882-3723



**Camas Prairie Winery**  
Local wines by the bottle & glass  
**Tasting Room & Wine Bar**  
noon-6:30 p.m.  
Tues.-Sat.  
*Idaho's Oldest Independent Winery*  
(800)616-0214 • 110 S. Main

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

-- Barbara Richardson Crouch, executive director, Latah Economic Development Council citing the 2002 LEDC Shopper Survey.

### Invest in the Moscow Food Co-op and support the Move!

Contact Co-op Community Loan Program Coordinator MaryJo Knowles, 882-0251 or [maryjoknowles@msn.com](mailto:maryjoknowles@msn.com)

# Let's Move!

## Investing in the Co-op: The Palouse-Clearwater Environmental Institute (PCEI)

By Tom Lamar



**PCEI recognizes** both the strong community value of the Co-op and its wise investment in the future.

The palouse-clearwater Environmental Institute (PCEI) Board of Directors voted in February to loan \$50,000 from the PCEI Endowment Trust Fund to the Moscow Food Co-op for its move to the new location.

Five years ago, the PCEI Board of Directors established the PCEI Endowment Trust to demonstrate our on-going commitment to the community, and to allow a vehicle for donors to express their commitment to PCEI's mission. The PCEI Endowment Fund is a never-ending, open account composed of gifts of cash, stocks and bonds, and other securities, which is held in perpetuity for the permanent use of the PCEI mission. Since 1986, through education, community organizing and hands-on projects, PCEI assists members of our communities in making environmentally sound and economically viable decisions that promote a sustainable future.

Gifts to the PCEI Endowment Trust are investments in our community's future.

The principal of the Trust Fund is not available to PCEI in any way for our general operating expenses, but rather is invested in a socially responsible manner that also earns money for PCEI. Income generated by the endowment supports our projects each year.

By loaning this money to the Moscow Food Co-op, the PCEI Board of Directors recognizes both the strong community value of the Co-op, and the wise financial investment in this community's future. The PCEI Board of Directors is honored to help support PCEI's long-term future through this investment back into our own community. We can see no better way to provide for our future, than by investing in our community, our downtown, our Co-op.

Community members considering making gifts toward the PCEI Endowment Trust will be pleased to know that their gift not only helps PCEI, but is also invested to help other local interests as well. You can learn more about the PCEI Endowment Trust and PCEI's work at <<http://www.pcei.org>>

*Tom Lamar has been a lifetime member of the Co-op since 1984 and PCEI's executive director since 1990. He can be reached at <[lamar@pcei.org](mailto:lamar@pcei.org)>.*



ADVERTISEMENT

## ▼ Cholesterol & Bone Density Screening

### NEW! Food Allergy Testing

**No appointment necessary! Most Results in minutes!**  
Just a simple finger stick will determine your cholesterol levels.

- Cholesterol Screening \$35** (Fasting or non-fasting) Including Total Cholesterol, Triglycerides, HDL, LDL, Ratio, and glucose.
- CardioVision® Screening \$35** Taking over 6000 measurements in 15 seconds this non-invasive, computerized device measures: Arterial Stiffness (plaque buildup in the arteries), blood pressure, pulse, pulse pressure, and arrhythmia. *Short sleeves please.*
- Cardio/Cholesterol Package \$60** CardioVision® plus a Complete Lipid Profile (HDL, LDL, triglycerides, ratio, & glucose). Also includes the *Framingham Risk Analysis*--an assessment that provides your risk factor for developing Coronary Heart Disease.
- Bone Density \$40** Ultrasound of the heel bone.
- Liver Function (ALT) \$35** Tests for elevated liver enzyme.
- A1c \$35** A picture of your average blood sugar control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.
- Prostate (PSA) \$60** Prostate specific antigen--helps detect possible prostate problems including cancer. Results come from a lab directly to your home within 2 weeks.
- Thyroid (TSH) \$60** Thyroid Stimulating Hormone measures thyroid level. Results come from a lab directly to your home within 2 weeks.
- Food Allergy \$199** With a fingerstick the Aller-Food assessment will analyze your body's reaction to 96 different common foods through detection of food-specific IgG antibodies. (Fasting not required. Eat normally and drink plenty of fluids. See website or call phone number below for more specific instructions.)

**Screening available at the Moscow Food Co-op**  
221 E. 3<sup>rd</sup> St Moscow, ID  
Tuesday, April 12<sup>th</sup>, 2005, 9:00am-2:00pm

Screening provided by CardioQuick Health Resources, LLC  
[www.cardioquick.com](http://www.cardioquick.com) (208) 772-9466  
Cash, checks, or major credit cards accepted

# Co-Operations

## From the Suggestion Board

*A small complaint—I'm not so crazy about the yellow produce bags. They make the food look weird in my refrigerator and kind of hard to recognize.* We do still have clear bags for produce. They can be found on either ends of the produce racks—Dani, Produce Manager.

*Desert Essence Shampoo and Conditioner—please stock, thanks!* This is a line that I am considering for our new store. You can special order it in the meantime. However they are currently experiencing manufacturer outages so it may not be available for awhile—Carrie, Personal Care Manager.

*I have asked repeatedly in the past that you keep the tap drain clean. It never is and I'm never getting water here again. Dead moths—how revolting. Yeech.* We're sorry the drain was not clean when you came. We have assigned the job of cleaning it to a specific staff member and we hope this solves the problem—Vicki, Grocery Manager.

*Fix your suggestion board—it's falling apart!* We're going to try to make the old dear last until we move and then we'll have a nice new one for the new store—Vicki.

*Thank you so much for finally bringing in Toby's Tofu Pate. I missed it so much from Oregon and am thrilled to finally get it here!! Thanks again!!* You are most welcome. I was so excited when it finally got into distribution in this area. I love it, too—Vicki.

*Bubbie's Bread and Butter Pickles, quart size—They're the best!* I'll bring them in—Vicki.

*Please order more Zia Ultimate Moisture face cream. Thanks!* It should be on its way providing they are not out of stock—Carrie.

*Wasabi paste in the tube! Where's the wasabi paste?!?!?* I don't currently have a supplier for wasabi in a tube. Hopefully in the new store. Until then, Sushi Sonic wasabi powder is my favorite—Vicki.

*Please turn off the Muzak!* One person's Muzak is another person's music. If the station that is on while you're here lessens your shopping experience a staff person will happily change it for you—Carrie.

*Please carry Gardenburger Spicy Black Bean Burgers. Yum.* We don't have room right now but I will consider them for the new store—Vicki.

*I think it would be great if there were a salad bar here.* Look for one in the new store—Vicki.

*Westbrae Natural Dijon Mustard.* Hopefully I don't sound like a broken record but I'll bring it in to the new store—Vicki.

*A small counter area for bulk ordering, with forms, Mountain Peoples books, instructions, etc.* Port Townsend Co-op did this. Loved it! We'll see if we have room for something like that in the new store—Vicki.

*The Soy Dream ice cream sandwiches—carried for a bit—now, where are they?!* Occasionally, a product gets lost from our orders. I've made sure it's back on our radar and back on the shelves—Vicki.



## Paradise Creek Cleanup

By Annie Hubble

ON SATURDAY APRIL 23RD,

The Palouse-Clearwater Environmental Institute will be organizing the Paradise Creek Clean-Up. This is an annual event and one that the Co-op always helps with. It is a very worthy cause and a fun thing to do.

At the moment I am not sure exactly when we will all meet, but watch out for sign up sheets and posters about the event. The Co-op takes responsibility for a certain section of the creek, and the work only takes a couple of hours. Probably the team of volunteers will meet about 9 a.m. on that Saturday in front of the Co-op store, and make their way over to Paradise Creek. One year this was by way of a parade, which was extra fun.

So watch out for further information. And do consider putting in a couple of hours to keep your environment beautiful!

## Invest in Moscow's future... and earn a good return on that investment.

Loan money to the Co-op for our move.



Contact Co-op Community Loan Program Coordinator  
MaryJo Knowles, 882-0251 or maryjoknowles@msn.com

- Loan up to 10,000 and earn **annual 4% interest.**
- Loan from 10,000 to 20,000 and earn **annual 5% interest.**
- Loan more than 20,000 and earn **annual 6% interest.**

# Co-Operations

## The Volunteer Program

By Annie Hubble, Volunteer Program Coordinator

THE VOLUNTEER PROGRAM is running a smooth course at the moment with all the positions filled, and probably remaining so until May and the end of the school semester. At that point many students leave for the summer and positions open up again.

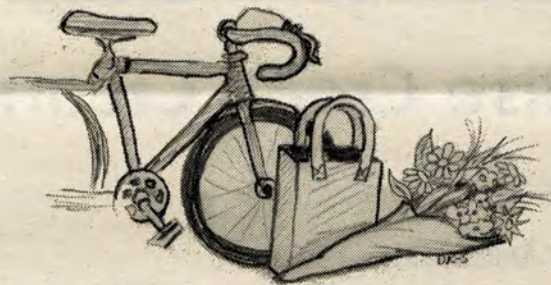
As always, I urge you to fill out an application form if you are interested in volunteering, even though there are no openings at this time. This means you will get a place on the waiting list!

And a plea from the cashier team. It is part of their job description to ask for your membership card and your volunteer card at the register. Volunteering is a privilege of Co-op membership, so we need to know that your membership is up to date.

Your volunteer card indicates to the cashier that you have worked during the last week and have thereby earned a discount. So please help make their job easier by showing your cards, and thanks to all of those volunteers who have their cards ready with a smile! Remember the cashiers are just doing their jobs.

I will be gone for the month of April, visiting my family in England, and Janna Jones has kindly agreed to act as Volunteer Program Coordinator in my place for that time, so please find her if you have any questions or problems during that time.

Enjoy spring! And thank you volunteers for all your hard work!



## Board Announced at Member Meeting

By Bill London

OTHER THAN SHARING SOME great desserts, the main order of business at the Co-op's membership meeting on March 23 was the introduction of the new members of the Co-op Board of Directors.

Two Board positions were open for election by the membership in February. Board member Peg Kingrey completed her term and retired. Board member Al Pingree completed his term, but stood again for election to the Board.

A total of seven Co-op members ran for those two open seats. Al Pingree was re-elected, and former Co-op general manager Bill Beck was elected. A hearty thank you was offered first to Peg Kingrey for her years of Board service, and second to the people who applied for a Board position and increased the number of candidates to the largest in our history.



Photo by David Hall.

**Kenna listens to a question** about a floor plan for the new location that was presented at the annual meeting. Ben Holcomb, Tim Daulton, and Kathleen Ryan look on, while Gary Macfarlane studies the plan from afar.

## Bikes, Bags, Flowers and Almost Earth Day

By Kenna S. Eaton

CELEBRATE EARTH DAY EARLY this year by bringing your bicycle out of the garage and into the sunlight. Saturday, April 16th we are sponsoring several events to help you do just that. Ride your bicycle to the Co-op that day and we will have bike mechanics on hand to help you get your bike in shape for the upcoming season, plus you'll get a FREE plant!

Village Bicycle Project and Paradise Creek Bicycles will set up shop at the Co-op from 10 am to 4pm, and they will be teaching anyone who is interested in the basics of bicycle tune-up and repair. If you simply need some help with your bike repair they'll be happy to do that too.

The bike workshops will be held on the 4th St. side of our building if it is sunny and in front under the awning if it decides to snow or rain. We will also be accepting used bikes for donation to the Village Bicycle Project. Moscow's Dave Peckham started this project to take bicycles to Africa, where the owners are then trained on how to maintain and repair their new

bikes. Dave is looking for donations of bikes (especially mountain bikes) parts, and cash. Be the first of 10 to donate a bike and you'll also receive a FREE Moscow Food Co-op re-useable cloth grocery bag! Remember we're only giving 10 of those away, so get here early.

If you are interested in learning more about the Village Bicycle Project you can check out their web site [www.pcei.org/vbp](http://www.pcei.org/vbp) or [ghanabikes@yahoo.com](mailto:ghanabikes@yahoo.com), or call Dave at 892-2681.

If you chose to ride a bike to the Co-op on Saturday the 16th we'll give you a FREE plant to take home and beautify your place. So bring your bikes, your friends and kids down to the Co-op and take home a flower and a healthy, happy bike.

*As usual the Co-op will also be putting together a crew for the Annual Paradise Creek Clean-up on Saturday April 23rd, the weekend after our bike day. The Co-op has committed to cleaning up several sections of creek at least once a year and we need your help to make it happen. Please read the article by Annie Hubble for more information if you are interested in helping with that effort.*



Photo by David Hall.

**Co-op members listen** to Kenna's presentation (and enjoy Rufus's huckleberry ice cream cones).

# Co-Operations

## Guidelines for Submissions to the Moscow Food Co-op Community News

By Bill London, Carol Spurling and Therese Harris, editors.

**SUMMARY:** ALL TEXT SUBMISSIONS are due on the 15th of the month, with final deadline of the 20th. Photos and illustrations are due by the 24th. Text submissions should be emailed to <editors@moscowfood.coop>. Photos and illustrations should be emailed to <msimpson@uidaho.edu>. Assigned articles and columns (with volunteer discounts arranged before submission) should be about 500 words long, up to a maximum of 700 words. Submissions from Co-op members announcing events or providing commentary on issues are encouraged, but do not receive volunteer discount and must be no longer than 300 words, with one photo acceptable. The Moscow Food Co-op Community News is meant to serve as a forum for discussion of food, health, and other relevant issues. It is also intended as a medium for informing Co-op members and shoppers about Co-op policies, activities, governance, and monthly specials.

We encourage Co-op members and other interested members of the community to share their ideas and concerns in this newsletter. We also urge representatives of community groups to announce their public events and programs to our readership by submitting that information to the newsletter. And we aim to provide a forum for Co-op members to discuss Co-op practices, products, and priorities.

The Co-op Community News is written and edited entirely by volunteers. In order to get this newsletter out on time and in a readable format, we need your help. Please submit your articles using the following guidelines.

### Submissions.

Please submit articles by the 15th of the month. The final deadline for submissions is noon, on the 20th of each month, for publication in the next month's issue. For instance, articles for the June issue are due by May 15th, and no later than noon on May 20th. Artwork/illustrations and photos

are due by noon on the 24th of each month. Early submissions are encouraged and very much appreciated.

Articles of general community interest are encouraged, and are used on a space-available basis. Articles supporting particular political candidates are not accepted (but that kind of partisan political message can be put into a paid advertisement).

We do not reprint brochures. Articles, which merely repeat brochures, political material, or advertisements, are not accepted. However, articles that include some previously printed material as support for the author's position are acceptable. The point is that the author must be a Co-op shopper/member and primarily use his/her own words to explain the issue.

Letters to the Editor are accepted—provided they are signed—and will be printed verbatim, on a space-available basis. Those letters can cover any relevant topic, and are especially encouraged if written in response to articles printed in the newsletter.

All submissions are preferred by email. Assigned articles, with volunteer discounts to the authors, must be sent by email. We will accept community announcements and commentaries that are handwritten or typed. All submissions should include the author's name and phone number for editorial verification (so we can call you if we have any questions); your phone number will not be published, unless you specifically ask that it be included. Anonymous articles/letters will not be published.

Submissions can be left at the Co-op. Please place submissions in the Newsletter Drop Slot in the employees' meeting room (which is also now Kenna's office), next to the bathroom. The drop slot is the brown plastic container mounted on the wall to your left, just as you enter the room.

Send articles via email to all three editors at <editors@moscowfood.coop>, and include the words "Co-op newsletter article" in the subject line. Since the editors alternate monthly editing duties, please send submissions

to all three editors at that address to ensure the right person gets it as soon as possible. Send graphics and photos to Melissa Simpson at <msimpson@uidaho.edu>.

### Format.

For each article submitted, please supply your own article headline or title, and byline (author's name). Please also include a short biographical sketch (25 words or less) to follow the article. Assigned articles are to be 500 to 700 words long (not counting separate-but-related recipes or sidebar information). Articles may be shortened by an editor to fit available space. You don't necessarily have to hand-count the words of an article; estimate 500 words per single-spaced page.

Member submissions (not assigned by newsletter editor) are welcome. These submissions can announce events of interest or offer commentary on important issues, and must not exceed 300 words.

### Layout/design details and other really picky things.

Please use a common, standard font such as Times New Roman. Leave the main body of the article in plain text, without indents or centering. Do NOT put your title in ALL CAPS. The layout/design folks will make it look like an article—and it's much quicker and easier to do that when starting with the plainest text possible.

Do not use special formatting or symbols such as italics or underlining, fractions or foreign language letters, except when absolutely necessary, as they often do not translate well between software programs.

When submitting by email, if you send the article as an attachment, also please paste the article as text in the message, in case the attachment does not open.

Do not leave an extra blank line between paragraphs—a hard return after a paragraph is usually enough. Co-op is hyphenated (without that hyphen it's a place where chickens roost.)

### Electronic photo submission guidelines.

Please send your digital photos at 150 dpi or greater resolution. If they are at 72 dpi (screen resolution) please make sure they are at least 8"

x 10" when viewed in a photo application such as Photoshop. Jpeg or tiff format is acceptable. Send illustrations and photos only to newsletter designer, Melissa Simpson, at <msimpson@uidaho.edu>, not to the editors.

*If you have any questions about submissions, article topics, suitability, or discounts for newsletter work, please contact Bill London at <london@moscow.com>. Thank you for your interest in, and your support of, the Moscow Food Co-op.*



**Animal Care Center P.A.**  
328 N. Main, Moscow, Idaho 83843  
8:00 a.m.–5:30 p.m. Mon.–Fri.  
(Tues. & Thurs. until 7 p.m.)  
(208) 883-4349  
Certified Acupuncturist  
Nancy Maxeiner, D.V.M.

## Paradise Creek Bicycles

- GIANT
- RALEIGH
- KONA
- ADULT RECUMBENT BICYCLES
- WE HAVE RENTALS

We Sell The Best  
And Service The Rest.

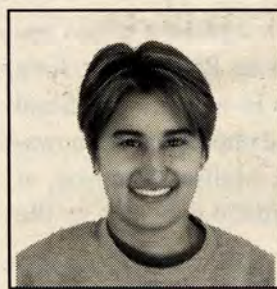
10% discount  
to all co-op  
members  
with card

**882-0703**

Open 7 days a week!  
513 S. Main • Moscow



# Co-Operations



## New Wine, New Beer, Oh My!!!

By Dani Vargas, Wine and Beer Manager.

WE RE-  
CENTLY  
STARTED

working with a new beer distributor Great Micros, based in Spokane, Washington. They offer a lot of great local (Washington, Montana, California) microbrews. They also have some great imports so when our beer department is a little bigger that section will be a bit more expanded. Some new brews to look for will be Boundary Bay, from Washington, North Coast Brewing, California, Lang Creek Brewing, Montana, also Snoqualmie Falls Brewing, also in Washington.

Another new beer I recently got in from a different distributor, Odom, is the Black Strap Stout from the Bridgeport Brewing Company located

in Portland, OR. This beer was recommended by a past employee, who said it was "one great beer." Odom is also working on bringing back our Fish Tale Brewing, and Spire Ciders. Also they are in the process of increasing their Rogue Brewing selection. Someday that Rogue Hazelnut Brown will be back.

In the Wine Department there are two new additions. The Australians have done it again, bringing us two new excellent wines: Red Knot Shiraz and Red Knot Cabernet Sauvignon, both produced and bottled in South Australia. They are both delicious wines. The Cabernet Sauvignon is very fruity and smooth and the Shiraz very rich and peppery. Enjoy them!!



## Word of Mouth

By Vicki Reich, Grocery Manager.

Is there anyone who doesn't like butter? It is

such a comforting food that adds pizzazz to everything. A light schmear on toast or fresh baked bread, a little dab in a sauce, a whole pound in a pound cake, it makes anything it touches better. We carry four brands of butter and the Hog Heaven Handspinners were curious what the difference was between them.

We tested only salted butter from Organic Valley (\$4.99/lb), Horizon (\$5.99/lb), Straus (\$5.95/lb) and Meadowbrook (\$3.29). At first glance, there was a quite a difference in color. The Organic Valley and Meadowbrook were a very pale yellow while the Horizon and Straus were much yellower. There was also a difference between what those of us who grew up on the East Coast and those would be raised on the West Coast thought butter should taste like. The Horizon butter was the favorite of the Westerners and was described as

Grandma's butter. It is creamy, tastes like real cream and is not very salty. The Easterners preferred the Organic Valley butter. It is silky, subtler in flavor and a bit saltier. It also has a nice shine when spread on bread. The Straus butter was the only European style butter we tried. It has a higher butterfat content and lower moisture than the other butters. The higher butterfat was discernable by the testers. Some liked it but others thought it was too greasy. The Meadowbrook butter is the only one not grown organically. It is the saltiest but had a good flavor and was a second choice of several testers.

Needless to say, they were all good. It's butter, for goodness sakes. Personally, I buy Organic Valley because they are a co-op of small family farmers and I like supporting them but you can't go wrong with any of the choices the Co-op offers. Now where did I put that recipe for butter cookies?

## Personal Care Corner

### Producer Profile: Sumptuous Soaps

By Sarah Long, Personal Care Assistant Manager.

PULLMAN RESIDENT KATHLEEN TETZLAFF'S passion for soap making is the result of a lifelong interest in chemistry. From her days in high school and nurses training to the home schooling of her sons, chemistry has always fascinated Kathleen. It was a newspaper article about making soaps and a book on the topic that finally inspired her to put her chemistry knowledge to use.

Although Kathleen had to stir her first batch of soap for almost three hours, she was quickly hooked on the hobby. This first batch was made without scent, but she has since discovered that adding essential oils to her soaps lends them a wonderful fragrance while also imparting health benefits. Lemon, lavender and peppermint are among the essential oils she now adds to her soap formulas.

Kathleen found that her family loved the soaps so much that they couldn't go back to the store-bought variety. In order to continue making soaps, Kathleen realized that she needed to sell them. Thus was born Kathleen's home-based business, Sumptuous Soaps. Her business is dedicated to making "high quality handcrafted soaps which are healthy for the skin and pleasing to the senses." Kathleen's formulas use 100%


vegetable oil and no fat. Kathleen uses the cold-process method to ensure that all of the glycerin, a byproduct of soap making, is left in the bars. Glycerin is a humectant, which means it attracts moisture to the skin. Kathleen and her family have found the soaps to be so creamy and moisturizing that they no longer have to use lotion, even during the dry winter months.

In addition to leaving the glycerin in, Kathleen slightly "superfats" her soap, which means she adds extra oil to the soap. The extra oil ensures that all of the sodium hydroxide is used up in the reaction, resulting in a very mild, soothing soap. The oils added in this step include olive oil, coconut oil, and palm oil, all of which were chosen for their skin care qualities as well as their ability to make a good soap bar that lathers well. Jojoba oil and shea butter are also used in her soaps to add extra nutrients.

Sumptuous Soaps bars can now be found in the Health and Beauty section of the Moscow Food Co-op in such scents as Beloved, Orange Glow, and Sweet Earth to name just a few. Aromatherapy sprays, a newer addition to the Sumptuous Soaps product line, can also be found in four different varieties at the Moscow Food Co-op.



**Most Colorful  
Little Shop Downtown!  
Check out our bigger store!  
Behind Mike's Gyros,  
527 S. Main  
Monday-Sat 11:00-5:30  
\*Don't forget - co-op members  
get 10% off!  
208-883-4779  
www.tyedyeeverything.com**



Weekly hiking, backpacking, and canoeing trips to Nat'l Parks and wilderness areas in OR and WA.  
Family-friendly trips,  
diabetic-friendly instructors.  
Two instructors and  
5:1 student teacher ratio.  
Cost ranges from \$40-\$200 per trip.  
Parents FREE on some trips.

For info contact Donal Wilkinson.  
(208)310-3010  
donalwilkinson@yahoo.com

# Co-Operations

## Annual Report to Members

By Kenna Eaton, General Manager.

2004 WAS AN INTERESTING year although most of our story was eclipsed by the announcement that we are relocating in late summer 2005. The staff at the Co-op has worked hard over the past 6 years to make us the best alternative grocery store on the Palouse to shop in and frankly it has shown in sales increases beyond anyone's expectations. Increased growth has put pressure on the store to keep up with ordering and stocking and generally being able to continue to offer great customer service but we feel that we did an excellent job keeping up with the demands. Thus moving is a testimony to how well we are doing, I guess.

In 2004 we gave \$10,585 to different organizations through our "2% Tuesday program" and other donations. In March we sponsored the "Empty Bowls" project linking local potters, both professional and amateur, with the community to raise funds for the Community Garden. The Co-op sponsored a Bio-diesel forum in early April and a "bicycle round up" for the Village Bicycle Project later in the month.

During the summer we continued to have the Tuesday nights "Hot off the Grill" BBQ and music series as well as the mid-week Growers Market; a great opportunity for everyone to support local growers. Later in the summer we

held a mid-summer swim party at the pool and sponsored the film "Super Size Me" at the Kenworthy Performing Arts Center.

We participated in the Downtown Art Walk, sponsored a local farm tour, and worked with Rural Roots to develop a "Buy Local, Buy Fresh" Campaign both aimed at increasing awareness of local producers. The Co-op sent out 3 coupon books to members and sponsored a 20th Anniversary party for our very own Community News. Also we helped negotiate the structural change to our National Co-op Grocers Association, NCGA. Moscow Food Co-op is now part of a 94 member strong organization that will not only increase our buying power but also strengthen our marketing position as well as raising awareness of Co-ops across America.

Whew, what a busy year!

The end of the year brought the knowledge of Garts leaving town and the possibility of the Co-op leasing that space. Since that time we have secured the financing, started designing the floor layout and bought some of the equipment we'll be using in the new store. Perhaps the project isn't going quite as fast in this stage as we had hoped but we still keep chanting our mantra "On time and under budget," won't you join us?

So, how will it all work in 2005?

Well to be honest we don't really know yet. During 2005 we will be focusing on relocation, but at the same time operating AS IF we were going to stay here: generating as many sales as possible, keeping our expenses low, offering excellent customer service and generally acting as normal. We anticipate relocating right before the fall semester and frankly it's hard to know exactly how much it will cost to run the new store until we get there. We can guess many parts: sales, gross profit margin and general operating costs but there are large parts we won't know about until we move, like exactly how many people will it take to run our new store! In the meantime we have decided to be cautious in our spending. We have put our 2% Tuesday Grant program on hold as well as stopping most donations and unnecessary expenses. We know that after we move we will have to start actively saving to repay the member loans of \$450,000 as well as begin making regular payments to Adaama, the lending institution we borrowed the other \$500,000 from. Money will be tight for a few years as we figure things out and we need everyone to help us find ways to be as profitable as possible without compromising our values: great food, great service and great finances.

Thanks for your continued support and we look forward to serving you at our new store later this year.

## The Deli Has Biodegradable Packaging!

By Amy Richard, Kitchen Manager.

WE ARE SO EXCITED TO BE adding some great new biodegradable packaging to our deli. The newest item is a clear plastic-looking container made from annually renewable resources. It is called PLA, which stands for Polylactide.

These products are currently made from dextrose in corn but other crops can be used such as rice, wheat, sugar cane, sweet potatoes and sugar beets. We currently carry a PLA round lidded bowl for salads in the grab and go case and a PLA cold cup for your smoothies!

In the next few weeks we hope to get more PLA containers in other shapes and sizes. Look for the green "biodegradable packaging" sticker on them or check the bottom of the container for the PLA logo. You can find out lots more information on PLA on the website [www.natureworksPLA.com](http://www.natureworksPLA.com)

How do you dispose of these containers? Good question, I asked that one myself. I called the recycling centers in Moscow and Washington State University. Both places told me they would love to be able to compost them but are not currently set up for this type of composting program. Andy at the Moscow Recycling Center told me he is working on a program that would support composting these new containers but it is a couple of years down the road. For information regarding this program email him at [moscowrecycling@turbonet.com](mailto:moscowrecycling@turbonet.com). So... for now you can add them to your home compost or throw them away. They should still break down in the landfill.

We also still offer biodegradable straws, forks, spoons, and knives to go! The spoons and forks are made from non-GMO wheat and the knives and straws are made from cornstarch. Our new coffee-to-go cups are made from unbleached paper.

Each year brings us more and better packaging options for the deli. Maybe someday we can have all biodegradable packaging! It is closer now than ever before.

### Volunteer Opportunity

Make a Difference on Make a Difference Day

Join your local AmeriCorps team as they work with the Village Bicycle Project to send bicycles to Ghana.

Enjoy food, music, and good company as we help a local grassroots group to help people across the world.

For more info, and to RSVP, contact Jake:  
[jake@pcei.org](mailto:jake@pcei.org) or (208)882-1444

Saturday,  
April 23

10 a.m.

1091 N. Mountain  
View Rd.

### Brused Books



Sunday 1 - 6  
M - F 11 - 6  
Saturday 10 - 6

• buy • sell  
• trade  
• hardbacks -  
paperbacks  
• science to  
• literature to  
psychology

509-334-7898

235 E. Main  
Pullman, WA 99163

# Co-Operations

## Ultimate Coolness is Now Just One Purchase Away!!!

By Dani Vargas, Produce Manager.

WOULD YOU LIKE TO BE THE coolest person in town? Well, now it's easy. You are already so close, you 1) shop at the Co-op, the coolest store in town, and 2) live on the Palouse. Now all you need is one of our new Moscow Food Co-op Nalgene water bottles.

They come in a wide variety of colors and two different sizes. You could get the wide mouth 32 oz. bottle or the narrow mouth 16 oz. bottle. We will also soon have the sippy lids that can be inserted into the 32 oz. bottles so the water won't just slosh out while drinking and trying to do any other sort of activity like moving.

The greatest thing about these bottles is that you can promote your Co-op. I am a member and love to stand behind our Co-op and show my support. There is also a health benefit that comes with all of this coolness. Drinking water daily is probably one of the easiest ways to start in the direction of heading yourself down a healthier path.

I used to be a horrible water

drinker but tried something different. I brought my Nalgene bottle with me everywhere and then did not have an excuse to not drink some water. I have it with me at the gym, the pool, at work, in the car, everywhere I go and anything I do I make sure it is with me.

So imagine this: you are sitting in the new coolest coffee shop on the Palouse, One World Café, sipping a cup of joe, lets say you are reading the book Naked, by David Sedaris (very cool book) quietly by yourself. You've got your "I luv my Co-op" button on your bag and your Moscow Food Co-op Nalgene bottle sitting on table. You get thirsty, you reach for your meadow green 16 oz. narrow mouth bottle to take a drink and accidentally knock it on the floor, but it doesn't break (because it is that cool). You pick up the bottle, unscrew the lid, have a nice long refreshing drink and pause to have an intro- and extrospective look at just how cool you are. Congratulations you have reached ultimate coolness!!! Enjoy.


*personalized care  
blending ancient &  
modern healing ways...*



**Sharon Sullivan**  
Herbalist, Registered Nurse  
Reiki Practitioner


Tortoise and the Hare Herbals  
106 East 3<sup>rd</sup>, Suite 5B, Moscow  
By appointment only  
(208) 883-8089

**TJ's Books**  
*where used books  
are like old friends.*

SELL  TRADE

OPEN TUES-SAT  
9AM-11AM, 12PM-6PM

205 S. Almon St.  
Moscow  
882-8781





## The Moscow Renaissance Fair Needs your Help!

We need several hard working people to help make the fair happen on April 30th & May 1st.

Come be part of the magic!

- Stage hands
- Craft Booth Assistants on Friday, April 29th
- Children's Area set-up and take-down
- Children's craft & origami assistants

Interested? Please call Miriam @ 882-7192, Steve Lindsey @ 310-6131 or Laura @ 208-596-2593

## Something for everyone... Hodgins Drug & Hobby



Architectural Model Building  
Supplies Top Quality Model  
Railroad Kits Radio Control  
Models & Supplies Model  
Rocketry Doll House Kits  
Miniatures Military  
Simulations, Breyer Horses  
Erector Sets, Brio  
Playmobil Puzzles and  
much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)  
Free Local RX Delivery • Drive in Window  
24 Hour Emergency Prescription Service  
Most Insurance Plans Honored

Dependable Prescriptions Since 1890  
Special Orders Welcome • Layaways Available

**307 South Main, Downtown Moscow**  
**882-5536 • Sun 12-5 (pharmacy closed)**



## Volunteer Profile

### Nicole Weiss

By Yvonne McGehee

**N**icole Weiss is a once-and-future Co-op volunteer. Born in Seattle, she lived there until moving to Pullman at age 11. She attended college in Pullman, getting a BS in horticulture, met and married her husband David Drake there, and her parents still live there. She and David left to spend 3 years in Ohio where David got his MFA. He now works at the University of Idaho woodshop as a sculpture technician. She and David have 2 daughters; Katja, age 10, and Miriam, age 4.

Nicole has been a Co-op member for about 10 years. During her time in Ohio, she spent 2 years as a VISTA volunteer for Rural Action. VISTA is the acronym for Volunteers In Service To America, which was started at about the same time as the Peace Corps. Rural Action is a local grass-roots non-profit organization in Athens, Ohio. They foster community outreach and utilize VISTA volunteers to manage the National Center for the Preservation of Medicinal Herbs, and to write grants supporting further herbal studies. Returning to the Palouse, Nicole worked as a staff dessert baker at the Co-op for a year, then left to manage the Sage Baking Company in Pullman for 8 months. After that, she worked doing landscaping. This was a time of exploring options.

About 3 years ago, Nicole's grandmother died. She used hospice, and was able to die at home, in her own space, cared for by those who loved her; she had control of her surroundings and control of her own death. She was actively dying, just as much as a person actively gives birth. This was a significant event in Nicole's career journey. She has been a volunteer for Hospice of the Palouse for the past 3 years. She feels that how we die is a huge and often overlooked part of our lives. Being able to die in your own home, and to have control over that process, is equally important as giving birth, and is a huge gift for a caregiver to give someone. Hospice helps enable relatives to give that gift to the dying person. Sometimes, caregivers find themselves unable to cope with giving the care, or with allowing the person to die at home. One of the things hospice does is to give care to the caregiver. Volunteers sit with the dying patient, so the caregiver can have a break and take some precious time for him or herself.

Nicole was initially surprised to find how close she became to the families during the time they used hospice. "You come to love the patients; you have to, because you have to treat them as you yourself would want to be treated," says Nicole.

In December she started her job as a CNA, or certified nurse's aid, at Good Samaritan Village in the Skilled Nursing Center for those who need full-time



Nicole Weiss and daughters Miriam, age 4 and Katja, age 10.

care. She took a course, passed a clinical and a written test, then spent several days in an orientation before starting.

She has learned a great deal in these first three months on the job. She volunteered at the Co-op during the last 2 years doing laundry, but last month her job was eliminated. Because Nicole has a tight schedule working full time and caring for her daughters, she has to wait until a suitable volunteer position comes up; she hopes that in May she will be volunteering once again. She loved working at the co-op and misses the community at the store, which is like the family's neighborhood grocery store.

Nicole looks forward to starting in a nursing program this fall. The pieces of her own story and her search for work that is right for her are falling into place. She wants to work with critical care infants, or with hospice. She likes Moscow, likes her kids (she says as she hugs them close), likes being near her parents, and likes her life's new direction in the nursing field. Her quick sympathy for others will surely improve the quality of her patients' lives during their time in her care.

*Yvonne McGehee breeds and feeds borzoi a fresh food diet. See her beautiful dogs at <http://personal.palouse.net/valeska>*

## ADVERTISE WITH THE CO-OP NEWSLETTER

WE CAN HELP YOU REACH AN INTEGRAL AND UNIQUE  
PART AND HEART OF THE COMMUNITY!

CONTACT ALY BEAN AT 208-882-1444

OR EMAIL HER AT [ALY@PCEI.ORG](mailto:ALY@PCEI.ORG)

## Staff Profile **Aly Bean**

By Susan Simonds

As soon as Aly Bean, the Co-op's advertising manager, breathlessly arrived for our interview, she rapidly changed from her well-worn bicycle shoes into comfy-looking black clogs. An AmeriCorps volunteer at Palouse Clearwater Environmental Institute, she rides her bicycle all over town.

Three years ago, Aly reluctantly moved to Moscow from Durango, Colorado, when her partner, Sean, decided he had to come to Moscow to pursue a master's degree in creative nonfiction at the University of Idaho. Aly broke up with him at first because she could neither bear to leave Durango nor tolerate giving up her own goals for a man. But after one month without Sean, she found that she truly wanted to share her life with him and here she is.

Growing up in a suburb of Denver, Aly was a "city girl" who became interested in the environment at Fort Lewis College in Durango, where she had planned to play softball. However, when she discovered that playing college softball lacked the carefree spirit of high school, she said goodbye to the sport and has never looked back with regret.

Durango offered Aly exposure to an entirely new culture of outdoors devotees with whom she found a deep affinity. She became a rock-climber and began leading wilderness youth trips in the woods. As she described Durango to me, her face glowed and she seemed transported into a dreamy, trance-like state: "It is close to the Four Corners, surrounded by 14,000 foot peaks, next to the desert, and near the canyons of Utah. So you can go from alpine to desert. And the weather is fantastic!" A thirty-day hike with Sean covering the entire Colorado trail solidified her commitment to the environment. Aly and Sean recently bought a "small little bit of land" near Crested Butte, Colorado, giving them roots in the terrain they adore.

... among her favorite activities are backpacking trips for teens and a women's mountain bike trip.

When Aly decided to finally move to Moscow, Sean's roommates at the time told her that there were only three places in Moscow where she would want to work: BookPeople, PCEI, and the Co-op. As fate would have it, there was an opening at the Co-op for a baker and Aly was immediately hired. She is now a devoted fan of Moscow, thanks to working at both the Co-op and PCEI where she said she has met so many amazing and like-minded people.

After her first year at the Co-op, Aly quit her baking job to spend the



**Aly Bean** also focuses on environmental education as an AmeriCorps volunteer for PCEI.

summer working with youth in Denali, Alaska. When she returned, an AmeriCorps position opened up at PCEI, and she jumped at the opportunity. This is Aly's second year as an AmeriCorps volunteer and she is extremely enthusiastic about the work she has been doing. She focuses on environmental education, which means providing programming in the schools. For example, she had just given a class for first graders on the rain forest. She is delighted by the freedom PCEI gives the AmeriCorps volunteers to create their own programming, provided that the work is consistent with PCEI's mission: To connect people, places, and community.

Aly is passionate about the outdoors and women's issues and among her favorite activities are backpacking trips for teens and a women's mountain bike trip.

Aly took on the ten hour per month job of advertising manager about eight months ago. She explained the job as quite simple: she contacts the public about advertising, makes sure that ads for the newsletter are in the correct format, forwards ads to the layout manager, and occasionally writes a press release. Despite minimal interest in working on computers or the newsletter, she took the job because she wanted to continue to be connected to the Co-op.

Now that she has become a champion of Moscow, she is reluctant to leave after Sean graduates this spring. At the moment, future plans are vague. They have been accepted at the University of New Mexico into an alternative teaching certificate program, but they are considering other possibilities. Aly has certainly come a long way in her affection for Moscow. Her parting words to me were that she hopes that there is some way that she and Sean can stay here.

*Susan Simonds lives near Moscow Mountain.*

## Business Partner Profile Motherwise Midwifery

By Jill Maxwell

**N**ancy Draznin is very accommodating—able to deal with a procrastinating reporter on deadline while simultaneously monitoring six children, without getting flustered.

This ability to keep cool in trying circumstances is an essential one for Nancy in her profession as a midwife. Babies seldom arrive at a convenient time.

Nancy has been involved in childbirth for 14 years, first as a labor assistant and childbirth educator, then as a midwife since she began Motherwise Midwifery in 1999. She learned her midwife skills as an apprentice to a midwife in the Santa area. Now a mother of three children, she became seriously interested in becoming a midwife when she was pregnant with her first child. "I read a lot about it," she recalls. "It was like a light bulb going off...a revelation...Oh, this is what I'm supposed to do."

Since she became a midwife, Nancy has delivered somewhere around 105 babies into the world. Each birth is different she says, and she learns something from each one. "I do it because I want to empower women," she enthuses. "I love that. I think, 'this is how I'm going to change the world'." She thinks that people who are interested in home birth should give it serious consideration. The level of service and care a midwife provides is really

"I do it because I want to  
empower women...  
This is how I'm going to  
change the world."

high; a prenatal visit can last an hour or more, she explains. During labor the mother will have the midwife's full attention for as long as it takes the baby to be born. A midwife will treat a pregnant woman as a whole person, Nancy emphasizes.

"Midwifery," insists Nancy, "is the oldest way that women have been having babies." She is proud to be part of the continuous chain of women that have been nurturing each other through childbirth for as long as humans have been on the planet. "Women like to feel like they are part of that long chain, and that a woman can guide her through birth."

Nancy believes that people who are thinking of having a home birth should educate themselves. She recommends childbirth classes, because they help parents-to-be understand what to expect. She also recommends that prospective parents have a working relationship with a doctor who will agree to meet them at the hospital should the need arise. "I like people to be aware of the risks that are associated with child birth," she explains, "and the limitations that midwives have. We don't have the equipment to deal with serious complications."

Also, having a working relationship with a doctor makes it easier for her to order any tests, such as ultrasounds, that she would like her clients to have. Although she believes that hospitals in general are not supportive of home births, Nancy believes that all of her clients have received very good care from local hospitals.

The actual preparation for a home birth is not difficult, say Nancy. To make it even easier Motherwise Midwifery has birth kits that people can order. As for preparing themselves for labor, "the most important thing for a pregnant woman to do is to eat a wonderful healthy diet," recommends Nancy. "It's hard for us to watch our bodies get big, but it's worth it." Finally, she says, women need to learn to trust their bodies and to learn how to relax during labor. A midwife will help them do that.

Nancy offers other services in addition to midwifery. She can provide labor support for hospital births. In this role she will go to the hospital with the laboring woman to give her extra physical support. She will help the parents-to-be make decisions, and help them understand the options they are given so that they can make informed choices.

Motherwise also provides birth tubs on a rental basis for women interested in a water birth. The buoyancy and warmth provided by a warmth bath provide a lot of pain relief without drugs, she explains, and some people believe it's a more peaceful transition for babies.

Finally, Nancy sometimes provides post-partum care on an individual basis. As a business partner, Motherwise Midwifery offers Co-op members pregnancy tea for the whole pregnancy. Nancy lives outside of Genesee. She can be reached at Motherwise Midwifery, phone 208-285-1020.

*Jill Maxwell's children both celebrated birthdays in March.*

**Brused Books**

*Purveyors of Chair Traveling*

- buy • sell
- trade
- hardbacks -
- paperbacks
- science to
- science fiction
- literature to
- psychology

Sunday 1 - 6  
M - F 11 - 6  
Saturday 10 - 6

509-334-7898  
235 E. Main  
Pullman, WA 99163

**FIRST RIDES**

Horseback Riding in Palouse

<http://www.firstrides.com>



Call to schedule a lesson  
(509) 878-1817



**Susan Simonds, Ph.D.**  
Clinical Psychologist  
Counseling & Consultation

*Specializing in:*  
-Women's Issues  
-Writer's Block

208.892.0452  
[www.MoscowMountain.com](http://www.MoscowMountain.com)

**Advertising with  
the Co-op is a  
SMART Choice!**

**for rates and other  
information,  
contact Aly Bean  
882.1444 or  
[aly@pcei.org](mailto:aly@pcei.org)**

## Kumquat, Fructify, Quahog, Crepuscular

By Judy Sobeloff

MY FRIEND WRITES FRONT-PAGE stories for The Washington Post, but her journalistic career began, not by riding around on Air Force One as she does now, but by writing about school lunch menus in a tiny New England town. Likewise, I wrote about carrots and bananas before reaching the long-awaited pinnacle of any food-writing career, the kumquat.

From a distance, kumquats gleam like jewels, looking like brightly colored olive-sized oranges. Holding one in your hand, you can see why someone might call a loved one "my little kumquat." Tasting one, however, is a different story.

I let Fred go first. "I think it's a little thrill," he said, "but I can't imagine anyone else liking one." Biting into one myself, I couldn't believe how unpleasant the experience was. Maybe they weren't quite ripe? For about a week afterwards, I tried additional kumquats daily, as if shipping myself off to some self-imposed kumquat boot camp.

Isn't there a name for the condition whereby one repeats the same behavior again and again, hoping for a different result? Or is this unfounded hope simply a defining human trait, like having opposable thumbs?

Originating in China and Indochina, the name "kumquat" is Chinese for "gold orange," with the first kumquat recorded in the 12th century.

They spread next to Japan before coming, much later, to Europe and the United States. Although I read widely that the kumquat is a citrus fruit, technically it is not. In 1915 it became a member of its very own genus, *Fortunella*, named for the horticulturist who first brought it to London in 1846. What distinguish kumquats from bona fide citrus fruits are their edible peel and the fact that they break into fewer segments. Not only is the peel edible, it is the sweet-

est, and, I found, only palatable part. Because of this thin skin, kumquats only last a few days at room temperature and keep longer when refrigerated.

To add insult to injury, our little kumquat joins "fructify, quahog, crepuscular, kakkak, gargoyle, cacophonous, aasvogel, brobdingnagian, and jukebox" in qualifying as the 10 "ugliest sounding words" in the English language, according to wordsmith Willard R. Espy in his Book of Lists: '90s Edition. As if this isn't infamy enough, "kumquat" also makes it onto the list of "Top Ten Sexually Suggestive Produce Items," but only ranks tenth, beaten out of first place by "peach" ([www.eros-la.com](http://www.eros-la.com)).

When it comes to cooking, though, the kumquat fares better. Kumquat Refrigerator Pie was a snap to make and surprisingly delicious, like key lime pie, only better, praised by my friend Jessica for its "punch."

My friend Kate, nine months pregnant, made such a face upon hearing the word "kumquat" that I thought she was having a contraction. But she thought Kumquat Tangerine Sauce was great, as did my three-year-old, who had the sauce later on a fabulous bruschetta and liked the sweet and sour parts alike.

Kumquat Oatmeal Cookies with white chocolate chips were fine as cookies go, but somehow less exciting than anticipated. Perhaps we were reaching our kumquat saturation point?

Nonetheless, on the last day of boot camp, a tiny miracle happened. "I think these are a little sweeter," Fred said, bringing home yet another bagful from the Co-op. I still didn't like them, but their tartness crossed the line into tolerable, and at least I could recognize them as food. And so I attempted yet one more foray with kumquats: boiling them with sugar and cinnamon. Not seeing the point of dumping sugar into water that would only be poured away, however, I didn't add enough sugar and the resulting kumquats were still too sour to be appealing. What to do with the potful of sugary cinnamon kumquat water? Not to worry.

Fred began whipping up pancake batter into which he dumped the contents of my pot. Hence, a culinary discovery: Dr. Fred's Kumquat Pancakes, subtly sweet and citrusy and

oh so good. Due to the secret ingredient (boiled extract of kumquat juice), we discovered that these pancakes should be cooked on a slightly lower temperature with slightly more care. O Kumquat! my Kumquat! our fearful trip is done.

### KUMQUAT REFRIGERATOR PIE (adapted from [www.kumquat-growers.com](http://www.kumquat-growers.com))

1 baked pie crust, 9"  
8 oz. whipping cream  
2/3 cup pureed kumquats  
1 can condensed milk  
1/2 cup lemon juice  
Beat condensed milk and whipping cream. Add lemon juice and beat until thickened. Add pureed kumquats, pour in pie shell and chill in refrigerator for several hours.

### KUMQUAT & TANGERINE SWEET BRUSCHETTA

adapted from [www.absoluteaxarquia.com](http://www.absoluteaxarquia.com)

12 kumquats  
4 tangerines  
2 cinnamon sticks  
1/3 cup sugar  
2 tablespoons maple syrup  
1/2 cup water  
1/2 baguette  
1 tablespoon unsalted butter  
1. Thinly slice kumquats crossways, removing seeds. In a saucepan bring sugar, syrup, and water to boil with cinnamon sticks until the sugar dissolves. Add kumquats and gently simmer until kumquats are translucent and syrup slightly thickened (about 15 minutes).

2. Diagonally cut eight 1/2" slices from the baguette and brush tops with butter. Toast in oven preheated to 350 for 10 minutes until pale golden.

3. Squeeze juice from two tangerines and sieve into kumquat mix. Bring mix to boil and add tangerine sections from the remaining two. Spoon fruit and syrup over toasts.

### KUMQUAT OATMEAL COOKIES

adapted from [www.kumquatgrowers.com](http://www.kumquatgrowers.com)

2/3 cup margarine  
2/3 cup brown sugar  
2 large eggs  
1-1/2 cups oatmeal  
2/3 cup white chocolate chips  
2 cups flour  
1 tsp. baking soda

1 tsp. salt  
2/3 cup chopped kumquats, pureed. Beat margarine and sugar until fluffy. Add eggs and mix well. Combine oatmeal, flour, baking soda, and salt, and add to mixture, stirring well.

Add pureed kumquats and chocolate chips. Drop by large teaspoon on ungreased cookie sheets. Bake 8-10 minutes at 375 degrees or until golden brown. Makes 2-1/2 dozen.

### SWEETENED KUMQUATS

adapted from [salad.allrecipes.com](http://salad.allrecipes.com)  
1 pound kumquats  
2 cups sugar  
1/4 tsp. cinnamon

Wash kumquats, bring to a boil with enough water to cover, then simmer for 30 minutes. Add sugar and cinnamon, return to a boil, and cook for five minutes. Remove from heat and drain.

[NOTE: For DR. FRED'S KUMQUAT PANCAKES, save the sweetened water and add later to pancake batter.]

*Judy Sobeloff is looking for good homes for her last few boiled kumquats.*



**Use-It-Up  
Everything!**

Most Colorful  
Little Shop Downtown!  
Check out our bigger store!  
Behind Mike's Gyros  
527 S. Main  
Monday-Sat 11:00-5:30  
\*Don't forget - co-op members  
get 10% off!  
208-883-4779  
[www.tyed.ye.everything.com](http://www.tyed.ye.everything.com)

## Butternut Squash/Turnip Medley with Maple/Fennel Syrup

By Christian Wise

ON FEBRUARY 28TH AT 5:45 P.M., my wife and I welcomed our first child and I must say the world, or at least mine, seems to be changing dramatically for the better. Her name is Clara Morgen Apfel Wise and she is beautiful. In honor of Clara, I created a recipe. I'm sure more will follow, though Clara's diet is somewhat limited right now. We had it first about a week ago when several members of my family came in from Missouri and Washington states and I thought sharing it with you all would be nice. My "test group" concurred that the medley should be made again.

The following recipe should be enough to feed ten people as a side dish or five people as a main course.

### Butternut Squash/Turnip Medley

- 2 butternut Squash
- 3 medium turnips
- 3 medium carrots
- \_ cup of butter
- 1 bulb of fennel
- \_ cup of maple syrup
- \_ cup of butter
- 1 Tablespoon minced garlic
- 1 teaspoon sea salt

- \_ teaspoon ground fennel
- \_ teaspoon cinnamon
- 1 teaspoon black pepper (coarse grind)

The ratio of squash to turnips to carrots should be 1.5:1:1. The squash, turnips and carrots should be cleaned and peeled. The squash should be placed in the oven at 350 degrees for 30 minutes or until just slightly tender or par cooked. Once the squash is cooked cut into 1 inch cubes and set aside. The carrots and turnips should be cut into 1 inch pieces and blanched in boiling water until just slightly tender, also par cooked and set aside.

The second step is to clean the fennel by removing the root end by about three quarters of an inch and trimming back the green leafy top. In addition, trim any spots or blemishes off of the fennel sides. Using a mandoline, shave the fennel from the root side until you have a \_ of a cup of shaved fennel.

Now we are ready to start the assembly. In one 12-inch skillet, place a quarter of a cup of butter (one stick

and set the heat at a medium flame. Once the skillet is warm and the butter melted, place the squash, turnips and carrots in the skillet and sauté until the edges of the vegetables are nicely brown (caramelized).

In another 12-inch skillet, place a quarter cup of butter and set the skillet on a medium flame. Once the skillet is warm, place the shaved fennel in the skillet and sauté until the fennel begins to curl a bit around the edges. At this point, place the garlic in the skillet and cook for about another minute. We are ready to add the maple syrup and spices to the fennel and garlic. Fold them in nicely and let the maple syrup begin to bubble.

Now combine the maple/fennel sauce with the sautéed vegetables. Simmer for a few minutes, just enough to let the flavors meld and serve. A nice garnish would be just a sprinkle of dark brown sugar and a pinch of paprika.

As a side, this mixture goes with all red meats and dark poultry. As a main course, I suggest a brown rice with onions and mushrooms and a rich vegetable stock.

Hope everyone has good food. If anyone ever has a question about one of my recipes or food in general, I may be contacted by e-mail at phoenixfood@hotmail.com. I would be glad to try my best to answer any

questions. I am very excited about the Co-op's move to the larger location and hope everyone can make it to the April 16th event and silent auction. Ciao.

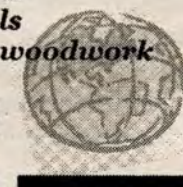
*After spending nearly 12 years as a lawyer, Christian decided to return to his original occupation and serve food again. Learning about yourself is the best way to evolve in a positive direction.*

### Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes  
Additions  
Remodels  
Custom woodwork

882-4938



## Earth Mother Take Back Mother's Day!

By Julia Parker

DON'T PANIC! MOTHER'S DAY is next month. I just wanted to get Moscow ready to take back Mother's Day. (It's May 8th to be exact - put it on your calendar.)

Someone told me a few years ago that Mother's Day was "a Hallmark holiday." He's just lucky that my memory is shot, and I can't remember who he was! His inference was that Mother's Day was just a manufactured holiday to put more money into the corporate coffers. He was wrong. Mother's Day has become a manufactured holiday to put more money into the corporate coffers - but it didn't start that way. Mother's Day is radical! Not radical like cool, slick, or nifty, or crackalacking (as my 4 year old

now says) but radical like left wing, tree-hugging, peace-loving radical. In fact, the U.S. version of Mother's Day was started in the name of peace.

Julia Ward Howe, who wrote the lyrics to the "Battle Hymn of the Republic," envisioned Mother's Day as a day to promote peace in 1872. In the early 1900s, Anna Jarvis campaigned to make Mother's Day an official holiday. However, after Mother's Day became an official U.S. holiday in 1914, Anna Jarvis was soon horrified by its commercialization. In 1923, she began to lobby to rescind the official status of Mother's Day. Shortly before she died at the age of 84, she told a reporter that she had intended Mother's Day to be a day of remembrance, "not of profit," and that she wished she had never started it.

So this year for Mother's Day, don't buy Ma a bobble, or a \$4.00 Hallmark card, do something to promote peace, and do something to thank your Mama. After all, she really did change your diapers.

You can use the illustration below to create a bookmark for your mother. Just color it, cut it out, glue it to a thin piece of cardboard and make your own peaceful Mother's Day drawing on the back. Tell your mother about the origins of Mother's Day in the U.S., and have a peaceful day. (Oh, and cleaning up your room wouldn't hurt either.)

See these websites for more information about Mother's day:

<[www.twilightbridge.com/hobbies/festivals/mother/history.htm](http://www.twilightbridge.com/hobbies/festivals/mother/history.htm)>

<[www.ehow.com/how\\_16110\\_teach-kids-origins.html](http://www.ehow.com/how_16110_teach-kids-origins.html)>

See these websites for more information about peace organizations:

<[www.peacemothers.homestead.com](http://www.peacemothers.homestead.com)>

<[www.newdream.org](http://www.newdream.org)>

<[www.palousepeace.org](http://www.palousepeace.org)>

*Julia Parker is a peace-loving mother with a peace-loving mother. Last month, she promised to provide bail money if her parents get arrested at a North Carolina peace march.*





## Nature in the City Seen Any Ladybugs?

By Sarah Walker

LADYBUGS HAVE BEEN SHACKLING up in my house all winter. They're cute, they don't make a mess, and I'm used to them. On sunny days I scoop them up and let them out.

I gathered some up in an Altoids tin and took them to the Barr Entomological Museum at University of Idaho where experts identified them as "Convergent" ladybugs, which is a very common native species. They were surprised because they were expecting the Asian Multicolored species (see photo).

Normally ladybugs sleep through winter in a type of hibernation called "diapause," but in my heated house they climb the curtains, rendezvous on their favorite lampshade, or even hike to the bathroom. They may have come inside via firewood or a houseplant that I brought inside last fall. There are about a hundred of them.

According to Frank Merickel at the Barr Museum (worth a visit, by the way, you'll see some neat stuff), ladybugs are big eaters. On the Palouse, their best source for aphids is the crop fields outside of town.

At the U of I Entomology Department, James "Ding" Johnson explained the short life of the Convergent ladybug to me. The most basic thing about them is exactly what we learned in the nursery rhyme: at certain times, they just want to fly away.

Let's start in summer when it's hot and dry and the green leafy plants and crops start to dry up. The aphids that lived on the sap in this spring greenery start to die off. These protein-rich aphids are what ladybugs and their larvae have depended on while they lay eggs and start new generations. When our landscape turns from green to gold, some ladybugs visit our watered yards. They need to fatten up for winter, so they switch to eating pollen. This is when they start finding each other and flying around like crazy—even, as my neighbor reports, flying right into people!

"Flying away" isn't easy for ladybugs because they are actually poor fliers. Like all beetles, their forewings are hardened to function as wing covers. In flight, the brightly spotted covers, called elytra (el-EYE-truh), stick out

stiffly to the sides, and the two membranous hind wings do all the work.

Yet ladybugs often travel hundreds of miles, and they do so by using the winds. In fall, rising thermals and westerly wind patterns take many of them up to Moscow Mountain or beyond where they cluster in sheltered ravines, protected in rock crevices or under bark (or, they may spend winter under your deck). At either location, they stay together all winter, fattened on pollen and needing neither food nor drink. Convergent ladybug clusters can be huge, from hundreds to millions of beetles.

It turns out that clustering for winter is an advantage if you are little and stinky like ladybugs are. A winter aggregation would make a tasty meal for mice or birds if ladybugs didn't ooze out a bitter liquid when pestered. A predator only has to try a few of the fat sleepy ladybugs with the "danger-don't touch me" red and black markings before it learns to leave the rest of them alone.

In spring the ladybugs become active. They start mating and leave the mountains, riding the winds down to lower elevations where aphids are sucking up the sap flowing through leaves of crop plants. In spring, ladybugs start families, attaching little cream-colored eggs by their pointy ends to the bottom of leaves. The larvae that hatch after 4-7 days eat so many aphids that they outgrow their skins, not once but several times (each molt is called an "instar"). The larvae consume more aphids than the adults. After 14-21 days as a larva, ladybugs spend 4-7 days enclosed in a pupa attached under a plant, hidden and sedentary while their worm-like bodies transform into an insect with wings, ready to start hunting for soft-bodied prey like scale insects, mealy bugs—and aphids.

Note: the aphids that we choke on in fall are the late-developing "Smoky-wing ash aphids." During early summer when ladybugs feed, these aphids are underground feeding on tree roots, not available for ladybugs.

Sarah Walker, [citynature@moscow.com](mailto:citynature@moscow.com), *wonders—has anyone else has boarded ladybugs this winter?*

### 2 common Palouse ladybugs or "lady beetles"



#### Convergent lady beetle (native)

*Hippodamia convergens*

Two diagonal (convergent) white lines behind head. Longer, flatter shape.

Common throughout the U.S. Most likely source for ladybugs in gardening catalogs.

Photo by Marlin E. Rice, Iowa State University



#### Sevenspot lady beetle (not native)

*Coccinella septempunctata*

Usually has 3 spots on either side + 1 behind head. Rounded shape.

Imported from Europe & distributed nationwide by USDA during the 1980s as a bio-control for Russian wheat aphid.

Photo by Marlin E. Rice, Iowa State University

### Common in Coeur d'Alene and Boise but not Palouse



#### Asian multicolored lady beetle (not native) *Harmonia axyridis*

Many variations in color and spots—see [www.ent.orst.edu/urban/Harmonia.html](http://www.ent.orst.edu/urban/Harmonia.html) for patterns—but when viewed from behind, look for an "M" shape behind their head. Known for wintering in houses in very large clusters. Photo by Scott Bauer from [www.ars.usda.gov/](http://www.ars.usda.gov/)



### Water Conservation Ordinance for the City of Moscow



The Moscow City Council has passed a Water Conservation Ordinance (2004-27). The Ordinance establishes an outdoor irrigation season from **April 1 to October 31** and limits outdoor irrigation to between the hours of **6:00 PM and 10:00 AM** local time during that season. Violation of the Water Conservation Ordinance has been classified as a Misdemeanor.

#### Highlights from the Water Conservation Ordinance No. 2004-27

- Watering with sprinkler systems is allowed from 6 pm to 10 am daily between April 1 and October 31.
  - Most hand watering is not restricted.
  - Normal business uses and other listed uses are not restricted.
  - A variance from the restrictions is available for special needs.
- Violation of the Water Conservation Ordinance is a misdemeanor.

(Please consult the text of the ordinance for details)

The full Ordinance is available for reading on the City's web site ([www.ci.moscow.id.us](http://www.ci.moscow.id.us)) and at City Hall. If you have any questions please contact the City Clerk's office (883-7015) or

## Allergy-Free Gardening

By Patricia Diaz

THERE ARE MANY REASONS why people suffer allergies from plants – it could be from the air-borne pollen or contact with the plant itself or its pollen. But what do you do about big trees? And what if you don't even know which plants you're allergic to? Or maybe you get hay fever and didn't even know that your garden could be the cause! Usually airborne pollens don't travel far so the culprits are probably very close to home.

Thomas Ogren, a well-known horticulturist and author of *Allergy-Free Gardening and Safe Sex in the Garden*, has developed an allergy ranking system – OPALS (the Ogren Plant Allergy Scale), which ranks more than 3,000 common plantings. You can find the scale at [www.allegro.com](http://www.allegro.com).

One of the very biggest problems of all for allergy sufferers is that most communities have planted all male trees in the interest of avoiding litter and debris that female trees produce, such as seeds, pods, etc. Unfortunately, male trees produce pollen and without female trees to trap that pollen, you have airborne pollen flying around without a place to go except up your nose! So if you have seedless, fruitless trees in your yard or garden, chances are you have male trees. Female trees produce NO pollen and, therefore, are your safest bets for allergy-free gardening. Female plants and trees receive the pollen grains and act like traps or air scrubbers.

Minimize allergens in the garden before you get drastic and start getting rid of offenders. First, if you have a lawn, keep it mowed to about two inches. You don't want Bermuda grass and Johnson grass in your yard either. If you keep these short, you should be all right – rye, Kentucky Blue grass, and fescue. Also, keep your lawn fertilized so that the grass grows thick and chokes out the highly allergenic weeds like dandelion, nettle, and annual bluegrass.

It's important to know when pollen counts are high in your garden. The worst times to be out in the yard are on warm, dry, windy days. Try to garden after a long, soaking rain, but wait an hour for the pollen to dampen down. Pollen counts are higher in the morning in fall and in the afternoon in spring.

What if you have a great male tree that you don't want to take out? You

can affect a sex change by hiring an arborist to graft branches from a female tree onto the existing one and in one season your tree will become a pollen-free female tree. It might cost a couple hundred dollars, but then a great tree is worth it. Or try planting female counterparts so you can trap the pollen.

### LOW-ALLERGY PLANTINGS

Trees and Shrubs – try dogwood, crabapple, cherry, redbud, magnolia, and female versions of yew, juniper (Bar Harbor, blue point, and Iowa), yew pine, poplar, box elder, some maples (especially female silver and red maples such as Autumn Glory, and October Glory), willow, sour gum, azalea, fir, peach, plum, pear, and ash. Any holly with red berries is also a good choice.

Flowers – best choices are daffodil, iris, hollyhock, impatiens, nasturtium, pansy, begonia, crocus, poppy, tulip, clematis, peony, zinnia, and fully double sunflowers and chrysanthemums. Other herbaceous plants with showy flowers that are OK include daisies, geraniums, petunias, and roses. Perfectly flowered plants don't cause problems because their pollen is heavy and sticky and is transferred by insects not the air.

### WORST OFFENDERS

The worst offenders are male versions of ash, poplar (especially Italian and Lombardy poplars), willow, cedar, juniper, cottonwood, mulberry, box elder, holly, yew, pussy willow, Chinese ginkgo, smoke tree, seedless honey locust, and berry-less junipers. Some nurseries are beginning to tag plants with OPALS ratings. Look for plantings rated 3-4 or lower such as Autumn Glory red maple (1), yew trees (1), double hollyhocks (2), and single hollyhocks (3).

If you're unsure about what in your yard might be causing allergies, take a cutting to a local nursery, to Cooperative Extension Service at either UI or WSU, or hire a horticultural student to come identify what's on your property.

*Pat Diaz gardens on the eastern edge of the Palouse where farmers are already planting their fields.*

## Chinese Medicine

By Karen Young

CHINESE MEDICINE IS DYNAMI-CALLY flourishing right here in Idaho, many thousands of miles from its place of origin. It began well over 3,000 years ago when Taoist priests and monks who meditated on mountaintops developed awareness of organic life principles and the flow of energy in nature around them and within themselves.

The Chinese name of elemental energy flow is qi (pronounced "chi") and practitioners of Chinese medicine recognize that interruptions in its flow create disease and pain. If energy flows smoothly, the result is health. There is a functional relationship between internal organs of the body and energetic pathways throughout the body. When organ function is compromised problems arise along corresponding pathways, called meridians, throughout the body. When organ function is appropriate and in harmony with other organs, health issues are resolved from the inside out.

This is one of the salient differences between modern, western medicine and Chinese medicine. Because healing through Chinese medicine takes place from the inside out, with emphasis on internal balance, side effects, if any, are positive. It is common for a Chinese medical practitioner to have a client come for treatment for pain and discover, after a few treatments, that they are sleeping better, have improved digestive function, and feel more comfortable emotionally. Properly practiced, Chinese medicine is a highly holistic modality.

Effective practice of Chinese medicine requires many years of training. Traditionally, the medicine was taught by apprenticeship, often within families. A handful of early U.S. practitioners trained in China, France, or England or apprenticed with overseas trained practitioners. Formal training in the United States in Chinese medicine is relatively new. Richard Nixon opened the door to China with his 1972 trip to Beijing. On his heels, Ted Kapchuk, known as author of *The Web That Has No Weaver*, went to China to train in medicine and returned to start the New England School of Acupuncture. There are now a number of schools throughout this country; initial training is a 3 or 4-year postgraduate course.

Acupuncture is a one part of Chinese medicine. In traditional China, health issues are addressed at the lifestyle level first, progressing through

reducing stresses, use of exercise and diet, herbs, and massage to, as a last resort, the use of needles. In the United States this progression has been reversed. Chinese medical practitioners here are licensed as acupuncturists. Working with a trained acupuncturist will give people access to many avenues of healing, only one of which is treatment with needles. In Idaho a licensed acupuncturist may suggest lifestyle and diet changes as well as herbal treatment to support healing.

Idaho allows several types of practicing acupuncturists. Certified acupuncturists, usually chiropractors, can practice acupuncture with 200 hours of training. Some certified acupuncturists have studied some Chinese medicine, but their primary modality is not acupuncture. Licensed acupuncturists must have a minimum of 1760 hours of successful postgraduate training.

With a foundation in Chinese medicine, a licensed acupuncturist is more likely to address what are called "root causes" and contribute to permanent change. Certified acupuncturists can be helpful with pain control in some situations, and can apply treatment to help with addictions. In a few years a new sort of acupuncturist will probably appear in Moscow, the licensed medical acupuncturist. These are medical doctors who have trained in acupuncture (not Chinese medicine) as a secondary modality. Of the legally practicing acupuncturists, only licensed acupuncturists can be relied on to have substantial training in Chinese medicine.

Chinese and western medicine can be complementary. Western medicine specializes in emergency care, surgery, and suppression of infectious disease. In the areas where western medicine is often ineffective, such as chronic pain, allergies, asthma, chronic fatigue, and other complex conditions that do not respond to operations or drugs, and for people who are suffering side effects from drugs, Chinese medicine can be profoundly helpful. In China many hospitals use both medical modalities and integrate treatment. In the United States there is a trend toward "integrative" medicine; this article is written in hope of increasing understanding of what choices are available in our community.

*Karen Young is a licensed acupuncturist who has been practicing in Moscow since 1979. Prior to 1979 she managed the Moscow Food Coop and Evergreen Center for Natural Healing, among other things*

## Friends of the Clearwater Species Spotlight Greater Yellowlegs (*Tringa melanoleuca*)

By Will Boyd



**The Greater Yellowlegs** makes use of ponds and wet meadows in our region.

A MIGRANT THROUGH IDAHO, the greater yellowlegs makes use of ponds and wet meadows in our region to fuel up for its continuing flight north on its way to breeding grounds across central Canada and southern Alaska. This rather large shorebird will breed in open boreal forest, muskeg, or in wet bogs. Greater yellowlegs winter along both Atlantic and Pacific coasts, the Gulf of Mexico and throughout coastal South America in shallow fresh and saltwater habitats. They use their long thin bills to probe mud for the majority of their food, aquatic and terrestrial invertebrates, but they are known to consume small fish and frogs as well.

The greater yellowlegs is appropriately named, as its long bright yellow legs make it easy to distinguish from most other shorebirds. They can be easily confused with the lesser yellowlegs, however, a bird nearly identical in shape and markings. Just as a hairy and downy woodpecker can be distinguished when side by side, so it is with these two waders. There are several reliable ways to know you're looking at the greater of the

yellowlegs when the two aren't side by side, though. *T. melanoleuca* has a significantly longer bill which is slightly upturned, stronger markings along the flanks, and a sharp 3-5 syllable call, often given when alarmed and in flight. The lesser yellowlegs (*T. flavipes*) has a shorter, straight bill and a softer series of call notes usually only one or two syllables.

This is a good time to observe greater yellowlegs, as they are often one of the earliest shorebirds back in the Clearwater region. To learn more about the shorebirds that pass through our region visit the Palouse Audubon Society's webpage at <http://www.palouseaudubon.org/default.htm>. You can download a checklist for all of the birds in Latah County or the greater Palouse.

*Species Spotlight is brought to you by Friends of the Clearwater, a public lands advocacy group in Moscow since 1987. We are the only organization advocating for the wild lands of North-central Idaho. Visit us on the web at <http://www.wildrockies.org/foc>.*

## Critter Corner

### Close Encounters of a Smelly Kind

By Janice Willard DVM

IT WASN'T JUST AN ODOR; it was like being smothered by an evil presence, leaving me weak and nauseous. No, I wasn't Harry Potter menaced by Dementors, or Frodo facing the Black Riders. No, there wasn't a toxic chemical accident nearby. I was just facing my dogs who had been sprayed full on by a skunk.

They say that God had a sense of humor when he created the skunk, but I, like many pet owners when faced by this odious scenario, certainly wasn't laughing.

Skunk spray is a defensive mechanism that skunks, a member of the weasel family, use when they feel threatened. Skunks are nocturnal and live on the edges of human habitations. But, since urban areas are constantly sprawling into skunk habitat and because we inadvertently provide habitat and food for them, these encounters are bound to happen.

Skunks aren't bad. They hunt rodents and insects. You can prevent skunks from moving in too close by keeping garbage in closed containers and not leaving pet food outside at night. If you do, place it on a table at least 3 feet off the ground where most skunks can't reach it.

One thing to consider is the threat of rabies. If you see a skunk behave strangely, not showing fear or acting unusually aggressive or lethargic, keep away and contact your local public health department or wildlife officer. This is a good time to remind everyone of the importance of having all of your pets (including cats) consistently vaccinated against rabies. But none of this was going through my head the first time that my dogs encountered a skunk.

I tried everything; tomato juice, vinegar, to try to wash them and nothing seemed to help much. The smell slowly wore off the dogs. Over the years, this picture has replayed, a late night jaunt for the dogs, the overwhelming odor that leaves me weak and ill, ending in an ineffectual bath.

But last time I was saved by a wizard, an alchemist with a magic potion.

Back in the early 1990s, Paul Krebaum, a chemist, was working with some compounds that produced hydrogen sulfide gas, (which is the first in a series of compounds related to

skunk spray). This, as you can imagine, did not make him popular with workmates, so he developed a deodorizing formula. Then a colleague, whose cat had been sprayed by a skunk, asked if the formula worked on skunk spray.

"I just 'tweaked' the formula so it could be used on animals without harm," said Krebaum. "What was unexpected was how well it worked. I still expected the cat would be pretty darn stinky. So I was surprised when my friend told me the next day that the odor was almost undetectable."

The moment I sponged the mixture onto my dogs, I could feel the odor dissipating, the vice grip around my head seem to loosen. And the best part is that the magic potion was made from common household items you might have on the shelf—or can get at an all night grocery. Here is how it works: mix 1 quart of three percent hydrogen peroxide with a quarter cup of baking soda (sodium bicarbonate) and a teaspoon of liquid detergent. Don't wet your pet first, but sponge the mixture on, staying away from nose, mouth and eyes. After 5 minutes, rinse with water. The mixture can not be made up in advance and you can not store it in an enclosed container—as it is releasing oxygen gas, it could break the container. The mixture could bleach your clothes, and it may possibly bleach your pet to a lighter color (I pass on this warning, but my three dogs stayed black).

Additional information on contending with skunk spray on pets or objects can be found on Krebaum's website, <http://home.earthlink.net/~skunkremedy/home>, including a chemical explanation of how this works, for the curious.

*Dr. Janice Willard was a Co-op member long before she entered veterinary college. She lives with her husband Eric and children, Robin and Ethan, and more critters that she cares to admit. She will be writing a monthly pet care column for the Co-op community and the community of creatures who share our homes.*

## Ten Reasons to Go to the Moscow Renaissance Fair

By Fritz Knorr, Fair Publicity Guy

THE 32ND ANNUAL MOSCOW Renaissance Fair will be held under the trees at East City Park from 10am until dusk on Saturday, April 30, and Sunday, May 1. If you want more information, click on [www.moscowrenfair.org](http://www.moscowrenfair.org) or keep reading for some reasons you should check it out.

1. The artisans in the craft booths offer some fabulous stuff.
2. The music is fun, different, lively, and free. Don't miss "What the Chelm" for some bouncy Klezmer music.
3. There is even more music, and other performances, on the Other Stage at the Children's Area.
4. Kids will actually like the incredible stuff they can do at the Chil-

dren's Area.

5. Eat, and then eat again. Enjoy some wonderful food, all sold only by local non-profit groups, and then participate in the recycling program by separating your waste.
6. Salute the King and Queen. These are always people who really deserve it.
7. Dress up for the costume contest (yes, there are actual cash prizes). The costumes do not reflect any one historical period, but are bright, colorful, whimsical, and fun.
8. Thrill to the big parade, Saturday at 4p.m.
9. No dogs, no alcohol.
10. Yes, it's free. Be there or be square.



King Bill and Queen Gina ruled over the 31<sup>st</sup> Moscow Renaissance Fair in 2004.



### THE 32<sup>ND</sup> ANNUAL MOSCOW RENAISSANCE FAIR MAIN STAGE

#### SATURDAY, APRIL 30, 2005

- 10:00 Welcome Ceremony: With King & Queen introduction.
- 10:15 Moscow Arts Commission Youth Choir: Directed by Ladene Edwards.
- 11:00 Acoustic Wave Machine: An eclectic mix of mostly, original music.
- 12:00 Spectrum II: Will perform an original enthusiastic and creative union in dance entitled "Here come the Brides."
- 1:00 Blackberry Jam: Bluegrass, folk, classic rock, jazz, and swing.
- 2:00 Maypole Dance: With Potatohead (by the volleyball court).
- 2:30 Celtic Nots: Traditional and neotraditional Irish and Scottish music.
- 3:30 Costume Contest: Creative as well as traditional garb encouraged.
- 4:00 Parade: A jubilant, ecstatic journey around East City Park.
- 4:30 Jazzukha: Jazz world improv.
- 6:00 What the Chelm: Klezmer, Middle Eastern, New York swing & European music.
- 7:30 Fire Spinning, Dancing, and Drumming: Performed at the volleyball court.
- 8:00 Frame of Mind: Eclectic multi-instrumental rock & roll with occasional improvisational interludes.

#### SUNDAY, MAY 1, 2005

- 10:00 Tara Howe: Singer/songwriter with folk and blues influences.
- 10:50 Travis Silvers: Solo acoustic instrumental finger pickin' compositions.
- 11:45 Boogie Doctors: They want to heal your blues.
- 12:45 Rod Alexander: Storytelling, yodeling, Country songs.
- 2:00 Laurel Brauns: Her infectious warbles roll from place to place.
- 3:00 Maypole Dance: With Potatohead (by the volleyball court).
- 3:30 Oracle Shack: Progressive indie/soul/fusion meets avant/electro/funk.
- 5:00 Ancient Future: Internationally acclaimed World Fusion Music Ensemble.

Main Stage performances are broadcast live on KUOI 89.3 FM & at [www.kuoi.com](http://www.kuoi.com)  
For more information, go to [www.moscowrenfair.org](http://www.moscowrenfair.org)

## Memories and a book review an appreciation of two teachers

Reviewed by Annie Hubble

'I hold my face in my two hands.  
No, I am not crying.  
I hold my face in my two hands  
to keep the loneliness warm—  
two hands protecting,  
two hands nourishing,  
two hands preventing  
my soul from leaving me in anger.'

Thich Nhat Hanh wrote this after he had heard of the bombing of Ben Tre and of an American soldier saying, 'We had to destroy the town in order to save it.'

Thich Nhat Hanh, a Buddhist monk, philosopher, and advocate for peace, was born in 1926. He saw his country of Vietnam devastated by war. He was eventually exiled, due to his allegiance to peace. He now lives in France in a Buddhist community, still pleading for peace by means of lectures and books.

I have read many of his books, but recently came across a collection of his poetry, *Call Me By My True Names* (published by Parallax Press in 1993). The poems move me to an amazing degree! Many were written during the Vietnam War, and are especially appropriate as we witness yet again a world apparently bent on warfare.

'If you want to cry,  
please cry.  
And know  
that I will cry with you.  
The tears you shed  
will heal us both.'

Recently mourning the death of my

father, and looking back over my life and of the life lessons he taught me, I realize that I cannot remember a time when I was not fully conscious of the horrors of war and the need of peace. I was born in England not long after the end of World War 2, when the adults around me still talked about the rationing, the blackouts, the hearing of bombs exploding, of planes flying over in the nights, and of so many young men not returning home.

As we grew older, my father passed on stories that adults had told him in his childhood; stories of the terrible trench warfare of World War 1. One story he told over and over to us. On a Christmas day apparently, sometime in those years between 1914 and 1918, the men from both sides got out of their trenches, shook hands, wished each other a happy Christmas, and ate together their meagre rations, only the next day to get back in their trenches and try to kill each other again, suddenly once more the enemy.

In 1963, when I was 13 and my brothers 9 and 15, my father took us to see the concentration camps. There was a collection of photographs of the horrors of those camps that are indelibly imprinted on my mind, including pictures of the skeletal survivors. This was a mere 18 years after the closing of the camps.

'Promise me,  
promise me this day,  
promise me now  
...promise me:  
Even as they  
strike you down

with a mountain of hatred and violence;

..remember, brother,  
remember;

man is not our enemy.

The only thing worthy of you is compassion—'

Thich Nhat Hahn explains what he means by compassion, certainly no wimpy sort of feeling, but rather strong action.

'Compassion means acting with courage and deep love...We have to remain strong... helping...by our firm, clear and compassionate action for peace—the kind of peace in which both sides win because it is based on mutual understanding.' (Thich Nhat Hahn, 'Yes' magazine, Spring 2005) His poetry and his lectures show us the importance of staying centered, strong and peace-full in these times of stress.


I have to thank my father for giving me such deep-rooted lessons about war and peace. I am grateful that Thich Nhat Hahn, with his clear vision and compassionate ways, is there to help us learn how to deal with these issues. Read his poetry. (*Call Me By My True Names* is available in Book-people...thanks Bob Greene for putting it in my hands!) And I wish you all peace in all ways and always.

'I support you,  
you support me.  
I am in this world to offer you peace;  
you are in this world to bring me joy.'

All quotes are from 'Call Me By My Real Names', with the exception of the quote from 'Yes' magazine.

Annie Hubble deplores all forms of violence and yearns for peace. She is excited about her forthcoming trip to her home country, England.

**PALOUSE**  
*Ocularium*  
VISION CENTER



Thorough, Personal Eyecare  
High-Tech, Quality Materials  
Down-to-Earth Atmosphere  
Your Best Value

**Dr. William R. French, Optometrist**  
**Dianne French, Optician**

202 E 7<sup>th</sup> St, Moscow  
883-EYES (3937)  
dfrench@moscow.com

Since 1988



Onward to the new home of East 5th Street we go!



**MOSCOW YOGA CENTER**

525 S. Main • Moscow, ID 83843 • 208-883-8315

**WINTER SESSION**  
January 12 - March 11, 2005

**SPRING SESSION**  
March 21 - May 13, 2005  
Gentle Beginning Levels 1-4  
Daytime and evening classes  
fill quickly so register early!

SCHEDULES AVAILABLE  
ON THE  
YOGA CENTER DOOR.

10% discount  
for full-time  
U of I & WSU  
students.

# Commentary

## Come Hell or High Water

By Janice Willard

THE MOSCOW SCHOOL DISTRICT is asking voters to approve a facilities bond to build a new high school on the edge of Moscow. This is an alarming plan.

Many of their justifications just don't add up, but the proponents want to have this, come hell or high water.

High water, we can guarantee them. The proposed high school site is in a substantial flood plain. Now look at the accompanying hell.

- De-vitalization of the central core of our town.

- Marginalizing our teens on a closed campus (which they will have to do for safety reasons) at the edge of town.

- Creation of a car commuter-dependent culture on roads that were not designed for increased traffic. Residents of northeast Moscow will bear the brunt of traffic gridlock on Mountain View, F, and D streets.

- Contrary to neighborhood schools concepts, few high school students will live close enough to walk, and inexperienced teen drivers commuting through neighborhoods to the peripherally placed school will make it unsafe for younger children to walk to McDonald, Lena Whitmore, Moscow Charter, and the Junior High schools.

- Rapid commercial, urban sprawl in northeast Moscow, like that surrounding Boise and Coeur d'Alene, after we, the tax payers, will have paid to bring roads, bridges, services, water and sewer to what will then become prime development land.

- Loss of the beauty, quiet, and scenery of our mountain view.

This is not Smart Growth, nor is it good educational policy. Stretching our resources for this major building project will drain existing, ongoing programs. School bond decisions should be good for education and good for the community. This one fails on both counts.

---

*Janice Willard lives in the Moscow School District and has two children who attend Moscow schools. For more info on this issue please see the website <<http://community.palouse.net/ResponsibleEduSpending>>.*

## School Bond Disappointment

By Tim Daulton

I ATTENDED THE FINAL MEETING of the Moscow School District Facilities Committee, since a Daily News report suggested that the committee was obtaining cost estimates for re-using portions of the 1912 Building for science labs. I was disappointed. Instead, I heard a committee member state that they refuse to consider any facility not "owned" by the school district.

That's sad. The district does not "own" the suburban forty acres being considered for a new school. The Mayor of the City of Moscow, which owns the 1912 Building, expressed the city's desire to assist the schools in any way it can. It appears that the facilities committee, despite their hard work, was only intended to justify the school administration's plan for a fancy new high school.

Questions about the accuracy of other cost estimates revealed further bias in the planning process. The school district's architect admitted that the cost estimates for remodeling our current high school were so high because they had been directed to only figure "comparative" costs of rebuilding Moscow High into their ideal "21st century state-of-the-art facility."

This narrow directive ignores many other more creative and cost effective remodeling solutions that some architects would love to tackle. Their refusal to include costs of developing a suburban site in new school estimates, while adding millions to remodeling costs for buying up downtown buildings to raze for parking lots, further distorts the decision making process.

I fear that our school administrators are so focused on the "new campus" idea that they are blind to the rich possibilities, unique to Moscow. It's all too easy to allow facilities to become "inadequate" when the goal is to get rid of them, but expensive new buildings don't ensure quality education or quality of life. Commitment and creativity are a lot more valuable and I think we have plenty of both in Moscow, if we would only use them.

For more information visit the National Historic Trust's Report: Why Johnny Can't Walk to School: Historic Neighborhood Schools in the Age of Sprawl Syn-



Photo by Janice Willard.

## Mountain View or McDonald's View?

opsis at: <[http://www.nationaltrust.org/news/docs/20001116\\_johnny\\_cantwalk.html](http://www.nationaltrust.org/news/docs/20001116_johnny_cantwalk.html)> Complete Report at: <<http://www.nationaltrust.org/issues/schoolsRpt.pdf>>

---

*Tim Daulton is a lifetime Co-op member, sculptor, builder, community activist, and a nurturer of small living things.*

(Editor's Note: Both Janice Willard's and Tim Daulton's commentaries were edited for length.)

## Vote for School Needs

By Bob Celebrezze

ON APRIL 26TH, THE MOSCOW School District will ask for voter approval of a \$29 million Facility Bond Measure. This includes a new \$20 million Moscow High School, grade 9-12 high school on a 40-acre site. The Trail family has gifted 30 acres of prime level land that is connected to Mountain View Park, with the purchase of 10 acres at fair market value. This site is located in an area of significant community growth, and connected to a bike/walking path.

The current 1938 Moscow High School site and buildings are a compilation of numerous building projects on a less than 4-acre site. The key areas of inadequacy include music spaces, technology, library-media center, professional-technical education spaces, numerous small square footage class-

rooms, cafeteria, gymnasium, science laboratories, parking, physical education space, athletic fields, and drama and foreign language teaching facilities.

The current Moscow High School would continue to be utilized as a learning center. The alternative school would partner with vocational learning courses, which would certainly benefit the entire community. Latah County has also expressed interest in leasing the 1991 annex that is directly across the street from the overcrowded county courthouse. The bond measure will utilize \$400 thousand for MHS reuse.

Russell and West Park Schools would be brought up to the same educational suitability levels as Lena Whitmore and McDonald schools. This would include \$8.6 million of site improvements to make them state of the art elementary schools, while maintaining their historic presence within established neighborhoods. The K-5 configuration would add teaching space to Lena Whitmore and McDonald schools, as the 6th grade would move to a 6-8 middle school model.

Public Education is the foundation of our nation; support for public education is put in the hands of voters. Please vote on Tuesday, April 26th.

---

*Bob Celebrezze is the principal at Moscow High School.*

## Auntie Establishment

By Joan Opyr

THEY CALL ME IDAHO JOAN.

Well, they call me that at my publishing house, which is in New Orleans. I suspect it's because my novel is called Idaho Code. It's about murder, and family, and romance, and, of course, Idaho—specifically, the Palouse. But I like Idaho Joan. It has a certain Butch Cassidy and the Sundance Kid sort of ring to it. It has a Calamity Jane as played by Doris Day kind of feel. Idaho Joan says buckskins, cowboy boots, and a great big hat. Idaho Joan just blew in from the Windy City, riding shotgun at the head of a wagon train. Idaho Joan is rough and tumble. Idaho Joan is roo-tin' and tootin'. She totes a gun; she drinks whiskey from a dirty glass; she spits on the floor and cusses and swears. She tells risqué but very funny jokes. I like that Idaho Joan.

Too bad I'm from North Carolina. I'm always careful to tell people that. I've lived in Moscow for twelve years now, but I'm from North Carolina, I say—I am Raleigh-born and Raleigh-bred. I'm a Southerner at heart. I'm a city girl. But am I? When I go back to North Carolina to visit my family, what do I do? I complain about there being too many people and too much traffic. There are more than 310,000 people living in Raleigh proper and more than a million living in the Raleigh-Durham-Chapel Hill area, AKA the Triangle. That's more people than live in the whole of Idaho. That's too many people. That's too many houses, too many cars, and too much pollution. The sky above is still Carolina blue, but you only get a peek every now and again, and at night the city lights obscure the stars, and I can't tell where I am because I can't see the Big Dipper.

I know where I am in Moscow. I know that spring is coming because the Big Dipper is no longer over my driveway but over the trees in the forest just beyond my house. I know spring is coming because the coyotes are just over the hill now where I can't see them, but I can hear them. They're calling to my border col-

lie and my Scottish terrier, inviting them out for an evening's romp. The border collie has better sense—he knows this tune and he howls back a polite but firm, "Thanks, but no thanks, chaps. I'm flattered, really, but I'm terribly busy with my knitting and my nuclear physics. Some other time, perhaps?" My Scottish terrier, on the other hand, is a creature of stout heart but very little brain. He sees himself as the coyotes' equal, not the coyotes' hors d'oeuvre. He has to be locked in the laundry room, where he scratches and claws at the door and whines plaintively. When I let him out in the morning, I can tell exactly where the coyotes have been because he stops and piddles on each coyote-trampled blade of grass.

I've had a lot of nicknames over the years. When I was a child, my great aunts called me Joanie. Some still do. My friends called me Bone, a name my partner and my in-laws have picked up and carried on. Many know me by my pen name, Auntie Establishment. But I like Idaho Joan. Like the Palouse, she's in my blood now. I'm going down to New Orleans in May to do a reading from my book for a literary arts festival called Saints & Sinners. I won't be wearing a hat or toting a gun. But I've bought one hell of a pair of Durango boots that will add two inches to my height and about ten pounds to my ego.

Yep. I like that Idaho Joan, even if North Carolina is her middle name.

---

*Auntie Establishment, AKA Joan Opyr, AKA Idaho Joan is a Moscow area fiction writer. Her first book, Idaho Code: Where family therapy comes with a shovel and an alibi, will be published by Bywater Books in Fall 2005. Please visit her website at [www.auntie-establishment.com](http://www.auntie-establishment.com) or listen to The Auntie Establishment & Brother Carl Show from 5 to 7 pm on Sunday nights at KRFP, Radio Free Moscow, 92.5 FM.*

## Let's Work Together for the Best Highway 95

By David Hall

THE IDAHO TRANSPORTATION Department (ITD) is moving ahead on the remake of the Thorncreek Road to Moscow segment of Highway 95 south of Moscow. In January, they presented five alignments—two to the west and two to the east of the current alignment, and one along the existing route. All have enormous cuts and fills. The two eastern routes require truck escape routes on the approach into Moscow.

None of these routes adheres to the Federal Highway Administration's principles of context sensitive design, to "develop a transportation facility that fits its physical setting and preserves scenic, aesthetic, historic, and environmental resources, while maintaining safety and mobility." By law FHWA, and by extension ITD, is supposed to follow these principles. Only one presented alignment follows Environmental Protection Agency guidelines to make maximum use of existing infrastructure.

One new alternative mentioned is to follow the current alignment for

the southern portion but switch to the closer of the two western routes up near Moscow. This might be a very good compromise. A random survey of Moscow residents has found that, of those with an opinion, a solid majority opposes a route over the shoulder of Paradise Ridge.

There will be an open house (either April 11 or 13) at which ITD will present an overview of the comments received, and allow for more comments from the public. In addition, there will be a "breakfast meeting" with ITD April 12 (7 to 8 am at the Mark IV Restaurant) at which Dr. Wayne Melquist is scheduled to speak. Dr. Melquist is preparing a biological evaluation on the potential impacts of a new roadway on wildlife. (Buying breakfast is optional.)

*David has lived near Moscow for many years. Lately he has been keeping an eye (or two) on city and county water and other natural resource issues.*



## Community Celebration Planned for Earth Day

By April Overlie

THE 2ND ANNUAL PALOUSE

Community Earth Day

Celebration will

be held on

April 22nd

(Earth Day) from

3pm till dusk at

Reaney Park in

Pullman. This

celebration is a

time of

learning,

music,

food,

and fun. We encourage

everyone to come to the

park and take some time

to celebrate the earth we live on.

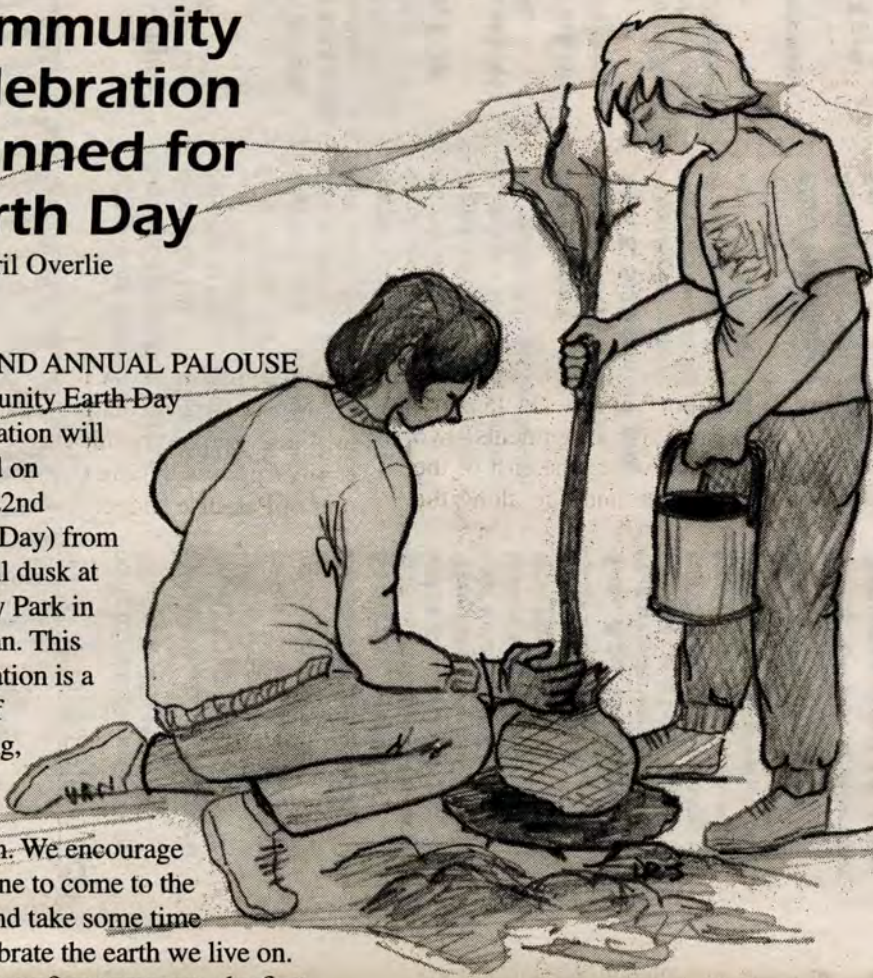
Twenty-five years ago, the first Earth Day celebration was held. This event brought millions of people together to celebrate our earth and to recognize the need for action to protect our environment. We want the Palouse Earth Day Celebration to bring our community together to address the concerns for the environment here in the Palouse. Many different community groups and environmental agencies will be present to educate others on what they have been working on.

These groups will also have many activities for people young and old to take part in. Last year there were free bike tune-ups. You could also plant your own herbs to take home, make a pinecone bird feeder, or paint a brick to help with water conservation. There are many more activities planned for this year's event.

There will also be bands playing all night in the gazebo. The celebration will close at dusk with a massive drum circle.

If you would like more information or would like to be a part of the event, please email <ASWSUETF@yahoo.com>.

April Overlie is chair of ASWSU Environmental Task Force and the coordinator of the Palouse Community Earth Day Celebration.



## Paradise Path Planting Day

By Becky Chastain

PLEASE JOIN US, THE CITY OF MOSCOW Paradise Path Task Force, in beautifying the Palouse. We'll be planting trees and shrubs along the Paradise Path at the east edge of Moscow on Saturday, April 16, from 8 a.m. until 2 p.m.

The planting will take place along the trail, which parallels Highway 8 from Mountain View Road to Carmichael Road on the way to Troy from Moscow.

Watch for the signs and balloons. Due to limited parking, please ride your bike or walk. If you do drive to the trail, look for signs indicating where to park. There is a small parking lot at Carmichael Road and you can park at the Alturas Research Park as well.

Refreshments will be provided. And for those who will be attending the Moscow Food Co-op feast and auction that night, remember that some exercise might be appropriate before you eat all that lasagna.

For any questions about the planting day, call 883-3485.

## Community Supported Agriculture: Next Best Thing to Being a Farmer

By Carol Spurling

LIKE LOTS OF FOLKS WHO ARE appreciative of the rural life, but who have never actually lived on a farm, I harbor farm life fantasies: apple pie cooling on the windowsill, muslin sheets on the clothesline snapping in the breeze, fresh milk from my brown-eyed cow, and rows of home-canned produce lining the shelves of my pantry. Oh, for my own nature's half-acre, I sigh.

These fantasies never include crouching on my creaky knees to pluck weeds out of the dew-wet dirt; chopping slugs in half with a trowel, shoveling cow pies; and steaming up my already hot kitchen to put up all those quarts of veggies.

My backyard garden efforts, even on a very small scale, never quite match up to my dreams, and in a huge reality check at the end of every September, I gaze over the chaos of my cherry tomatoes, the empty space meant for the melons that never transpired, the bolted spinach, and aphid-infested broccoli, and sigh again.

Who am I kidding? I'm no farmer. But the great thing about living on the Palouse is I don't have to be.

This summer, in my ongoing search for locally produced food, I've signed my family up for a half-share of produce from the Washington State University organic farm project. Every week for 25 weeks, from early May to late October, I'll pick up a box of fresh produce, in exchange for 2 \_ hours of labor. Those who have no time to spare can simply pay cash in advance of the season. It's called community supported agriculture, or CSA.

Moscow's own Brad Jaeckel, of Orchard Farm, manages the WSU organic farm project.

A half-share, he reckons, ought to be enough for two to three people, a full share for four or five. A half-share is \$300 for the season, a full share is \$500.

It's a beautiful system. The farm gets a guaranteed market for its crops, and operating funds up front. The supporter gets a weekly supply of a variety of fresh, organic produce, with more variety, most likely, than the average backyard gardener can

manage, and at a cost competitive with other sources of locally grown organic produce.

An extra bonus of the WSU farm project is that a whole crop of students who take Brad Jaeckel's field class will spend their summer working on the farm, and learning about organic farming. The more people who understand the benefits of organic methods of production, the better off we'll be, especially if even one of those students eventually becomes an organic farmer as a result of the experience.

The WSU organic farm project is not the only CSA program in the area. Affinity Farms, owned by Kelly Kingsland and Russell Poe, of Moscow, and Moffett Organics, owned by Stacia and David Moffett, of Colton, also offer CSA shares in their farms. Both of these farms offer just a few shares (15 at Affinity Farm, 6 at Moffett's), and are sold out for this season. But as the Moffetts are in their first year of offering CSA shares, "working out the logistics," as Stacia said, they might have more shares available next season.

MaryJanesFarm, of Moscow, is also considering a type of CSA program this season, with the help of some Colfax juveniles who will be participating in MaryJane Butter's "rehab through real work" program. With their help MaryJane hopes to do an egg and flower bouquet CSA, as well as a daily organic dinner delivery, with bread, salad, flowers, and a skillet meal type of CSA. The details are still in the works, so contact MaryJanesFarm to get the lowdown.

Of course, if you miss out on getting your very own CSA share this summer, the Farmer's Market on Saturdays in Moscow, and the Tuesday Grower's Market at the Co-op, along with the Co-op's usual produce offerings, will have more than enough of the green leafy stuff to get us hopeless gardeners through. Eat well!

*Carol Spurling will focus her gardening efforts on growing peas and other yummy things that her little boy will eat straight off the plant but not off his plate.*





# Bulletin Board

M O S C O W F O O D



moscow food co-op  
221 east third  
moscow id 83843

## Co-op Music

**Tuesdays, 6 pm - 8 pm**  
Good tunes and good food:  
April 5th The Lunatalks

## Vigil for Peace

**Pullman: 1st Fri. of the month, 12:15 - 12:45 pm**  
Under the clock by the Public Library. 509-334-4688  
nancyw@pullman.com

**Moscow: Fridays, 5:30 pm - 6:30 pm**  
Friendship Square 208-882-7067  
sperrine@potlatch.com

## UI Virginia Wolf Distinguished Service Award

**April 5, 5:30 pm**  
The Living Learning Center, Room #135-136 at UI. Refreshments and key note speaker; Dr. Shakti Butler. Call 885-6616 for info.

## Latah Ec. Development Council Meeting

**Wed., April 6, 12 pm**  
Kenna Eaton to speak at the UI Business Incubator, 121 Sweet Ave. (intersection of Hwy 95, south end of town). Luncheon meeting is free, lunch is \$7. For info, call Latah Ec. Dev. Council at 885-3800.

## Expert on Disability

**April 6-7**  
Jane Jarrow, a nationally recognized expert on disability issues, will be visiting UI and Moscow. All sessions are open to the public.

**6 - 7 pm** - Reception and Poster Session: Universal Design Projects, UI Interior Design Students, at the 1912 Center.

**7 - 9 pm** - Community Forum - We're All in This Together, at the 1912 Center.

**April 7, 1:30 - 3:30 pm**  
Local and University Community Issues. At Moscow Council Chambers, City Hall. For info call UI Human Rights Compliance Office at (208) 885-4212.

## "Random Acts of Love"

**Apr. 6 - 9, 7:30 pm, Apr. 9, 2 pm**  
At the Kenworthy. \$9 seniors/ students, \$15 adults at Book People & UI Ticket Office 208-885-7212 or 800-325-SEAT,

## League of Women

### Voters Speakers Series

**April 6, 13, 20, 12 - 1 pm**  
Meetings at the Schl District Offices, F st and Cleveland. Call Amy Ford 882-7065 for information.

**April 6** - Joann Reece on the School Facilities Bond Issue. Amy Ford on the Edu. Position Review.

**April 13** - Gerry Wright, Prof. of Fish and Wildlife Resources on the Palouse Land Trust.

**April 20** - Legislators Shirley Ringo, Gary Schroeder, Tom Trail will review 05 Legislative Session.

### Art at the Co-op

**Apr. 8 - May 12, Fri., Apr. 8, 5:30 pm - 7 pm**

-Opening Reception  
The Co-op will display the work of Julia Harakay: print making, wood carving, intaglio, etchings and mono type

### WSU MFA

**April 8 - M Fri., Apr., 1**

-Opening Reception  
This annual show features work by the MFA Museum hrs: 10-5pm Thursday 10-5pm

### Student Art

**April 8 - J April 8, 5**

See art work at High Schl student Gallery, 2nd and 3rd Hall. Gallery hrs: 10-5 pm. For info, call MFA 208-883-7036.

### PCEI Open House!

**Fri., Apr. 8, 4 - 7 pm**

Visit new office space at 1040 Rodeo Drive! Food, music, wine, and tours. Parking limited. www.pcei.org/rodeo.htm info@pcei.org for info.

### Moscow Marimba Band

**Sun., April 10, 3 pm**

Concert for Tendekai Kulture at the First United Methodist Church, Moscow. \$5 min. donation for cost of airfare to take Kulture

home to his family in Zimbabwe. 882-44

### Lydia Doleman

**April 13, 7 pm**

topic: green building on campus, CUE room aswsuetf@yahoo.co

### Celebrate Earth

**Saturday April**

Ride your bike to the Co-op for a FREE plant! Learn bike tune-up/ repair basics 10 am to 4 pm. Bring bikes for donation. First of 10 to donate bikes get FREE Co-op cloth bag.

### Path Planting Day

**Sat., Apr. 16, 8 am-2 pm**

Plant trees/shrubs along Paradise Path and Latah Trail, from Mountain View to Carmichael. Watch for signs and balloons. Parking limited, please bike/walk. If you do drive, look for signs to park. Refreshments. 883-3485.

### Co-op Dinner & Auction

**Saturday, April 16, 6 pm**

East Side Marketplace (old Sears space)

### Earth Day Celebration

**April 22, 3 pm - dusk**

Earth Day Celebration at Reaney Park in Pullman. Learning, music, food, and fun. Bands in the gazebo and a massive drum circle. aswsuetf@yahoo.com.

### Paradise Crk Clean-Up

**Saturday April 23, 9 am**

Meet at the Co-op.

### Moscow Ren. Fair

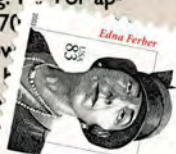
**Sat., Apr. 30, Sun., May 1**

East City Park rain or shine free admission all day, both days.

### Call for Artists

M.A.C. seeks artists for Moscow ARTWALK 2005 exhibit in the 3rd St. Gallery, Moscow City Hall, June 17 - Aug. 12. For application, call 883-7067. Application may also be downloaded at www.ci.moscow.idaho.gov/index.asp. The De

University of Idaho Library--periodicals  
Rayburn Street  
Moscow ID 83844-2364



Submit community announcements to taybarrett2@yahoo.com by the 24th of each month. For additional events & information, visit our website: www.moscowfood.coop/event.html