

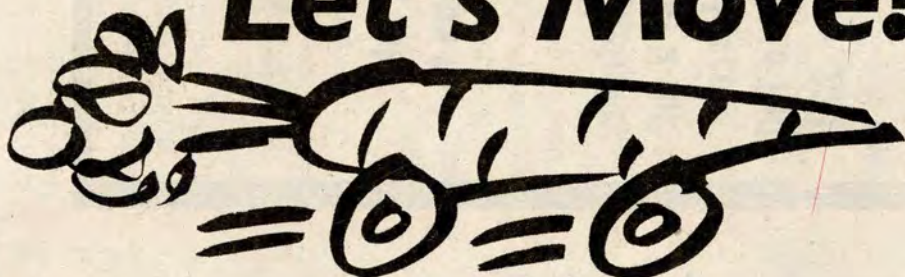
February 2005

FREE!
Please take one.

Community News

The monthly newsletter of
the Moscow Food Co-op

Let's Move!



Let's Move the Co-op!

We're moving to the building at Fifth and Washington Streets where Garts is now located.

The Co-op will begin demolition and renovation in February at the new site at 105 East Fifth Street. That building began as a Safeway in 1960. The building, with 15,000 square feet, is twice the size of the Co-op's current location. The move will be completed in August.

The costs associated with the move, including major renovation of the building, new equipment and products, are expected to total about \$1 million. The bank financing has been secured and

the Co-op has begun a community loan program to raise \$350,000 in loans, as well as donations and paid-in-full memberships of approximately \$15,000, from local individuals and families. Loans will earn from 4 to 6 percent interest, depending upon the amount of the loan. Former Co-op general manager MaryJo Knowles will coordinate the community loan program.

To invest in the Moscow Food Co-op through the loan program, contact MaryJo Knowles at 882-0251 or <maryjoknowles@msn.com>.

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.spiritherbs.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 Orman, 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

Professional Mall Pharmacy - 10% discount on any compound medication & breast pumps and supplies. 1205 SE Pro Mall Blvd., Pullman.

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

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

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

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

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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, Membership Services

Hey! Guess what? If you haven't heard already WE'RE MOVING! Okay, I think I used enough exclamation marks to get you all excited, now for the hard part. We need to raise about \$1 million to make this all happen, and this is where you come in. How many times have I mentioned in my articles that your member dollars are used to buy equipment and improvements for our Co-op? Well, it's true. That \$10 you pay every year, or that check you wrote for \$150 two years ago is called member equity. It's not a fee, it's actual capital that we put back into our business to make the store what you see when you come shopping.

Now there's a big cinder block building about two blocks from here that is sitting empty, waiting to become your beautiful new Co-op (yeah, go peek in the windows, it's huge!). Part of the \$1 million we need to raise will come in the form of new and renewing memberships. Every \$10 will help, and \$150 would be even better. I have a really great prize drawing this month for one lucky person who joins or renews in February. Putumayo World Music has given us a great prize that includes a T-shirt, and World Groove CD.

As an added incentive, I have ordered 100 canvas shopping bags with our cool Co-op logo on the side. 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 will be available at the cash registers sometime after the first week in February so please see a cashier for details.

"But wait. I'm already a Lifetime member, and don't need to renew. But I'd really like to keep helping," you say. Well, for you I have a very special idea. Why not "re-membership." Just like married couples that reaffirm their wedding vows at special anniversary dates, why not reaffirm your commitment to the Co-op by joining again. It's not required, of course, but all those membership dollars go toward the \$1 million mark and help us buy new equipment like ovens, bulk bins, freezers, and comfortable chairs for the deli just to name a few of the items on the Co-op's wish list.

So, ask not what your Co-op can do for you, but what you can do for your Co-op (OK, I stole that from President Kennedy, but he was an incredibly talented man), whether it's volunteer work, paying membership dues, or bringing in a friend. It will all help to make our move down the street that much more successful.

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MEMBERS SAVE!

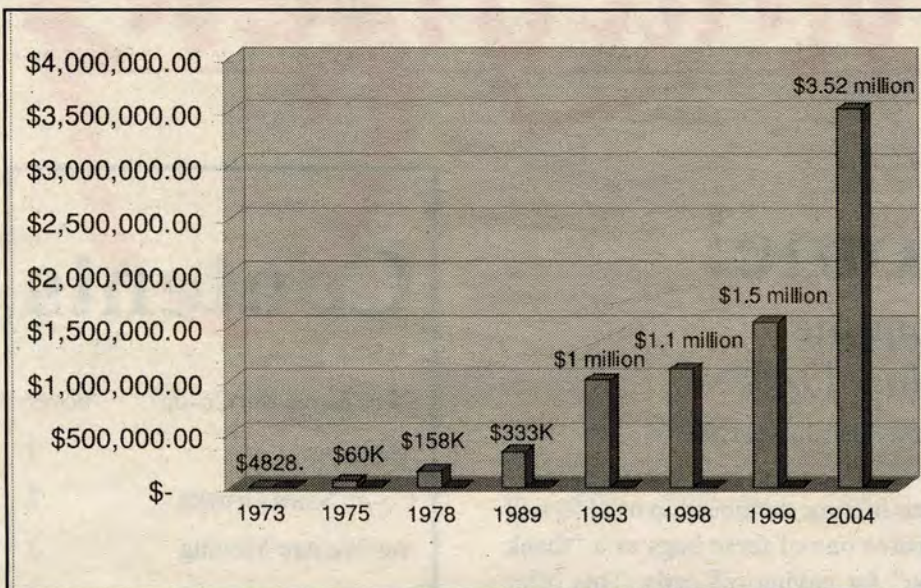
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Open 7:30 am to 9:00 pm Daily

Let's Move!



Graph prepared by Bill London and Laura Long

Co-op Sales Growth The following graph shows co-op sales beginning in 1973.

Co-op Sales Growth

By Bill London and Laura Long

SINCE THE MOSCOW FOOD Co-op's humble beginnings in 1973, annual sales have reached \$3.5 million. And following the growth of Co-op sales on the graph, there are several obvious conclusions.

First, the Co-op has become a well established business, and an anchor store in downtown Moscow.

Second, when the Co-op moves to a larger location (as happened in 1975, 1978, 1989, and 1998), a significant increase in sales results.

1973 Good Food Store opens for business.

1975 Moscow Food Co-op moves to South Main St..

1978 Moscow Food Co-op

moves to South Washington St..

1989 Moscow Food Co-op moves to West Third Street, former home of Kentucky Fried Chicken.

1993 Moscow Food Co-op has it's first million dollar year.

1998 Moscow Food Co-op signs a lease and remodels the East Third Street store, our current home.

1999 Moscow Food Co-op opens its doors for business in January

2004 Moscow Food Co-o.p breaks the \$3 million mark with a bang and signs a 15 year lease for the East Fifth St. home.



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

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221 East Third St.
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Printed on Recycled Paper
Deadline for Articles & Ads
20th of each month

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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
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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!



Yes We Are Moving

By Kenna Eaton

Stepping out of yoga class the other

morning I heard a familiar question "Is it true? Is the Co-op moving?"

The answer is "Yes! It's true!"

All those rumors you have heard around town are true, well, most of them anyway. My yoga classmate asked why we were moving and it took me a moment to collect my thoughts and to remember why. I think the answer is complex but worthwhile explaining. I believe the primary reason is for our community. The concept of the third place perhaps describes it best.

If your first place is your home and your second place is your workspace, what is your third place, the place where you meet your community? It could be your church, or a favorite bookstore, or the Farmer's Market, or even your local Co-op.

We would like the Co-op to continue to be that central place, but the gathering area in the store is minuscule and one of the main entrances cuts thru the center of it. So, where else can we gather with our friends to discuss local politics or share a cup of tea or listen to a local musician? That's really why I want to move: more space. More space at the Co-op, not just for more products, but also for more gathering space, more conversation space, and more community space.

Almost everyone I have talked to has been excited by this move. The response really has been overwhelmingly positive with members already asking how they can help and if they can lend us money! (More on that later, as we will make it easy for everyone to help make this move possible.)

Flashback to mid-November 2004: it was a Saturday and the Co-op Board of Directors was meeting for a day-long retreat focused on planning for our future in a space that was rapidly becoming too small to serve us well. We heard the rumor that Garts was leaving town—vacating the building at 105 East Fifth Street that had started life as a Safeway in 1960 and then in 1978 became a sporting goods store.

We wanted the Co-op to be in the space as long as we could collectively remember. Our imaginations were

sparked and our day's plans hijacked as we starting visioning the Co-op in a larger space with all our dreams fulfilled: still downtown and still a community center.

Following our board's tentative support for a move to the Garts building, we started talking to Bethine Kenworthy, the owner. Beth said that Gart's Sporting Goods had decided that the space in Moscow was too small to fit their standards so they weren't renewing their lease.

At 15,000 square feet it is twice the size of our current location and

won't be moving again anytime soon.

Frankly, we feel that this is the pinnacle for us: a real grocery store building in the center of Moscow with its own off-street parking, where we would continue to be a thriving, vibrant part of Downtown Moscow.

A couple of years ago the Economic Development Council conducted a survey that found that year-round the Co-op is the "number-one reason shoppers visit downtown Moscow." The Co-op is an anchor store for downtown, a fact that we're very proud of. We strive to be good neighbors and community stewards. We try to buy from as many local producers as we can and constantly look for ways to enrich our community.



Illustration prepared by Debi Robinson-Smith

On the Move Preparations begin early for the Co-op's move to the Gart's Sports location.

just the right size for us. It seemed so serendipitous right from the start. Our current lease was due to expire in September 2005 and Garts was leaving by the end of January 2005.

The board and staff spent uncounted hours looking at the numbers, deciding the move was a doable option. By mid-December we were able to negotiate a lease for 15 years with an option to re-new afterwards. So after we complete this move, we

For this move, the projected cost of leasehold improvements, new equipment and related expenses is close to one million dollars. While that may sound like a lot (and it is) it is also a number that may come down as we get closer to knowing exactly what needs to be done. We certainly will not go over that amount. The financing will come in the form of funds already saved by the Co-op (\$100,000), a loan from a

local bank (\$400,000), a loan from Clearwater Economic Development Assn. (\$150,000), and loans from Co-op members (\$350,000). We will also be looking for donations and paid-in-full memberships of approximately \$15,000.

When we moved to our present location in December 1998 and January 1999, we budgeted \$300,000 and came in under budget and on time! \$77,000 of that came from members as loans, about 25% of the entire cost of the project. We even took a few more loans to pay for our seating area remodel in 2001 and all member loans were repaid in full by November 2004. So, we've done this once already—successfully completed a move supported by member loans.

Loans are a great way to support the Co-op and keep your money invested locally. Plus, we offer interest rates well above available bank rates. We will pay 4% interest annually on loans from \$100 to \$10,000 (at 4 years), 5% annually on loans of \$10,000 to \$20,000 (at 5 years), and 6% annually on loans of more than \$20,000 (at six years).

Our lease at the Garts building starts March 1, 2005, with an anticipated move date of August 1, 2005. We would like to be in and up and running by the time the fall semester starts. We will have to take all our equipment and inventory with us in order to keep costs low and we will be asking our members to help for the same reason. The new store will basically double our current space, allowing every department to double in size.

While we are still in the process of figuring things out and separating our wants from our needs, we would like to add both fresh, natural meats as well as fresh ground flour, two services we currently don't have room for. We envision a much larger deli seating area with a small stage for music or poetry readings as well as wall space for art.

Well that's it in a nutshell. We've studied this move carefully. We're convinced this is the right move for your Co-op. Surely things will change as we get deeper into this project, but we are excited to see what it looks and feels like to finally have enough space to fit our needs and possibly our dreams.

Let's Move!

Moving Questions & Answers

By Kenna Eaton,
Co-op General Manager

Q: Why does it cost so much to move the Co-op to the new building?

A: The new building is not so new. It was built in 1960 as a Safeway grocery store. While the building is sound, it will likely need an upgrade of the electrical and plumbing systems. We will need to build walk-in coolers, a complete kitchen, bakery, and offices -- as well as flooring, painting and lots more. We are budgeting \$1 million for these renovations, for the new products and for the move itself. We may not need all that money, but it would be good to have it available if we do run into serious renovation problems, for example.

Q: The Co-op moved in 1999, and now will move in 2005. How long will the Co-op stay at this new building?

A: Forever, I hope. There is no other building in downtown Moscow that is better for us. We have been fantasizing this old Safeway store for years. And the Co-op will not move again after this. If we start to outgrow this store, ten years from now, we might consider opening a second store, perhaps in Pullman -- but I do not see us moving the Co-op ever again.

Q: Raising \$350,000 in loans from Co-op members sounds difficult. Can we do it?

A: Yes, I am convinced we can. First, we have the strength of our Co-op and our excellent track record in growth and repayment of earlier loans (in-

cluding the member loans from our 1998/1999 move). Second, we can rely on our 3,000 member families and the larger supportive community. Third, loaning money to the Co-op is a sound financial decision, since the 4 to 6% annual interest is better than you will get for a CD or bank savings account. Fourth, MaryJo Knowles is coordinating the loan program and she can be very persuasive contact MaryJo at 882-0251 or <maryjoknowles@msn.com>.

Q: Why didn't all the members get to vote on making this move?

A: The short answer is that the Co-op's board of directors is responsible for the decision and empowered to decide without a member vote. The long answer is that we have learned that involving the membership in these complex, secretive, financial negotiations is not a good idea. Setting up a membership meeting adds weeks to what can be a tight schedule, and making everything public too early can result in hurt feelings, disappointment and anger.

Q: Why is this happening now?

A: For two reasons -- first, our lease at our present location is up in September this year and second, the lease at the future store became available in January when Garts decided to leave Moscow. The Garts building is not likely to be available again, at a time when we are more "ready" to move. And we had to decide whether or not to commit to our present site for another five or more years. It was a great opportunity, one we could not pass up.

Q: Can I volunteer to help with the renovation?

A: Yes, please do. At this time, we do not know any specifics about the renovation project, who will be hired to do the work, or how volunteers can be incorporated into the job. And given a

strict timeline and liability concerns, we may not be able to use many volunteers for renovation work. I would assume that we will need a huge number of volunteers to move inventory, however. To volunteer, please fill out the form at the bottom of the yellow flyer or talk to me at the Co-op.

Q: What is the difference in size between the new building and the present Co-op?

A: At 15,000 square feet, the new building is almost exactly twice as large as our present Co-op. At the new site, we will have the 30 car off-street parking lot all to ourselves.

Q: I worry that the Co-op will not feel like the Co-op if it gets too big.

A: We are all aware of that issue, and assure you that the new Co-op will still be the good old Moscow Food Co-op. The staff is not going to change, the products won't change, and the same shoppers will keep coming. What will be different is that there will be enough room for new products, bargains from volume sales, more live music and readings on our own Deli stage, and more space for the conversation and interaction that makes the Co-op so much a part of our lives.

Q: What is the timeline for this project?

A: The lease (for 15 years) was signed in January. We are now arranging for architects and contractors. Demolition should begin in February. The renovation should be done by the end of July. We will move in early August and open for business there before school starts. We have until the end of September to clean up the present store and vacate.

Q: Is the Co-op now growing just for the sake of growing?

A: Moving to this new location is not mindless growth. The new store will actually be the appropriate size for the

Moscow Food Co-op. We will have the space to do what we want to do. We will still be downtown. We will be able to continue and expand the programs we have developed (like the 2% Tuesdays grant program) to benefit the community. And perhaps most important, we will be able to benefit more local producers (by marketing their produce) and more shoppers and members (by supplying better food at less cost).

Q: I've heard the Co-op called an anchor store for downtown -- what does that mean?

A: At a mall or retail shopping area, the anchor stores are the big retail stores that serve as magnets to draw customers to the area to shop at the smaller stores nearby. For the downtown Moscow shopping area, the Moscow Food Co-op is the anchor store. And that is not just my opinion. According to the Latah Economic Development Council's recent shopper survey, "All year long, the number one reason people come to downtown Moscow is to shop at the Moscow Food Co-op." With our move to the larger location, we will be fulfilling that role even more effectively, and thus helping bring more vitality to downtown Moscow.

Q: What has been the response of Co-op members and Moscow residents to the news of this move?

A: Everyone I talk to has been excited and supportive. And people ask me about this wherever I go in town. They all welcome the idea of the Co-op moving into the Garts store.



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Let's Move!

Still the Co-op

By Vic Getz

IN THE NOVEMBER NEWSLETTER, the column I wrote looked back over the last 20 years. This column looks in the other direction, toward the future and the upcoming move to a new space previously known as Gart's Sports previously known as Safeway. Remember when it was a Safeway? Many do. I found that out as I did an informal survey of people's reactions to the news of the move. I wanted to get a sense of what people thought about it and what they'd like the new space to have that our current space lacks.

Mary Geary loves the idea of the move since she always wanted it in the old Safeway. The reality of more space and thus more seating appeals to her. "It's always crowded," she said. One good reason for the move: to accommodate more people who love to shop and eat at the Co-op. She also hopes that the Holiday Bazaar will be brought back. How about a play space for kids?

Bill Kirsch likes the present location since he can walk to it from work but acknowledges, "I can adjust." You go, Bill!

Fiona Black thinks that the Co-op Board has made some really good choices in the past that have led to the Co-op becoming a more integral part of the community. "It used to be just granolas but now it's everyone. A bigger space is great so they can have more good things."

As I sat in the deli eavesdropping on conversations, the move was a definite topic of interest. One man, whom I'll call "Unknown Regular Shopper Guy" came in asking about it and made the observation that "It's a big building." His take was that the Third St. location is functional but "I'm not against the move. Other people know a lot better than I do."

That may be true. And though the survey I did was far from "scientific" the consensus was support for the change. The least enthusiastic response was guarded support.

Debbie Storr says that though she's disappointed that Gart's isn't going to be there, the Co-op definitely needs more space. With that, they could have

interesting Co-op activities that aren't just retail oriented, like classes that introduce new ways of cooking with new kinds of foods.

Cat Rodrigues thinks it's a good idea especially because the seating for the deli can be expanded. She's heading to Australia for two years in February so by the time she gets back, she'll have a brand new place to sit. Ideally that will include a really nice outdoor seating area. Very important to Co-op culture.

Stephanie Hrbacek, known to many of you as the Co-op's volunteer Friday Night Sample Lady, said she'd just walked past Gart's and lamented the lack of windows. But, offsetting that was her opinion that it'll be nice to have a bigger space that will bring more jobs. She also voiced concerns about what's going to happen to the current space since it's become such a vibrant corner.

Like many others, she says that the seating area for the deli really needs expansion. "Everybody comes here to eat. That's one of the best parts of the Co-op." Chendra, her 2 1/2 year old daughter concurred. I asked her if she likes the Co-op. "Yeah," she said with an "of course, silly" shrug. "Well, why do you like it?" I asked. Her answer summarized what anyone else might say if asked that silly question.

"Because I do!!"

So, there's a sampling of customer reactions to the news of the move. If you've got ideas for what you'd like to see at the new space, let staff and the board know. Who knows what dreams can be realized? If you can also dip into your pockets to help meet the member loan portion of the move (See Kenna Eaton's article in this newsletter), all the better. Put your money where your mouth is...while you enjoy a bigger and better Co-op experience.

Vic Getz doesn't believe that bigger is always better but she's got confidence that in this case, the spirit that embodies the Co-op will be enhanced by the changes we're seeing. The more the merrier. Move over. Let's make room.

BOARD OF DIRECTORS REPORT

By Kimberly Vincent

THE LAST MONTH AND A HALF has been anything but ordinary for the board of directors.

By now the news has spread through our little town...the Co-op has signed a lease for the building that housed Gart's. It sounds so easy...it just rolls off the tongue—we are moving into our dream space. But the journey to this statement has been anything but simple. At our November meeting, we voted to sign our lease for another five years at the current location, as our lease was to expire at the end of 2004. But everything changed Nov. 20th at our annual all day retreat with the intent of developing a long-term business plan for the coop. The board was assembled around my dining room table munching on muffins when a rumor was shared—"Did you hear? Gart's is closing." Our original agenda was out the window. Cindy Carlson was there to facilitate our retreat but we had enough enthusiasm to sway the meeting away from a business plan and we spent the day brainstorming pros and cons for moving, developing lists of questions that needed to be answered in order to make a decision to move or stay.

Kenna went to work gathering all the information we needed while she and Bonnie confirmed the rumors with Beth Kenworthy. Meetings were scheduled with bankers and accountants. Dec. 7th we had our monthly board meeting to discuss the financial information gathered. We set up another meeting in two weeks, only to be unable to vote on which lease to sign, since we still did not have a commitment from the bank. We voted to continue the pursuit. We met Dec. 28th with the intention of voting on which lease to sign, but still no commitment from the bank. After debating over what to do next, we voted to sign the lease with Kenworthy for the Gart's space, contingent on the bank

loan. We all felt the urgency as we had until the end of the year to sign one lease or the other. Thankfully, Kenna was able to negotiate a two-week extension for both leases, while we waited for the bank to give us the requested funding. We met Dec. 30th to decide what course of action we were to take. During all of this Kenna and I began interviewing architects. Kenna continued the process while I was away.

The ups and downs coupled with this huge financial commitment were playing its toll on the board and Kenna. Emotions were erratic. We were trying to balance the dream with the reality. The stress of delays bumped up against the need to make the decision as the deadline loomed. Finally word came, while I was at a conference in Atlanta, the bank approved a loan to help with some of the costs of the move with a contingency that we raise money from member loans. I am sure you heard my cheers from Atlanta in chorus with the board members at home when we read the news in an email. The board met Jan. 11th and discussed the terms of the bank loan, the lease at Gart's, trying to answer any other questions. We voted unanimously to make the move, completing the decision with a toast of nonalcoholic champagne. There was an audible sign of relief (at least I think I heard it) before someone said "Oh, my god, what have we gotten into?"

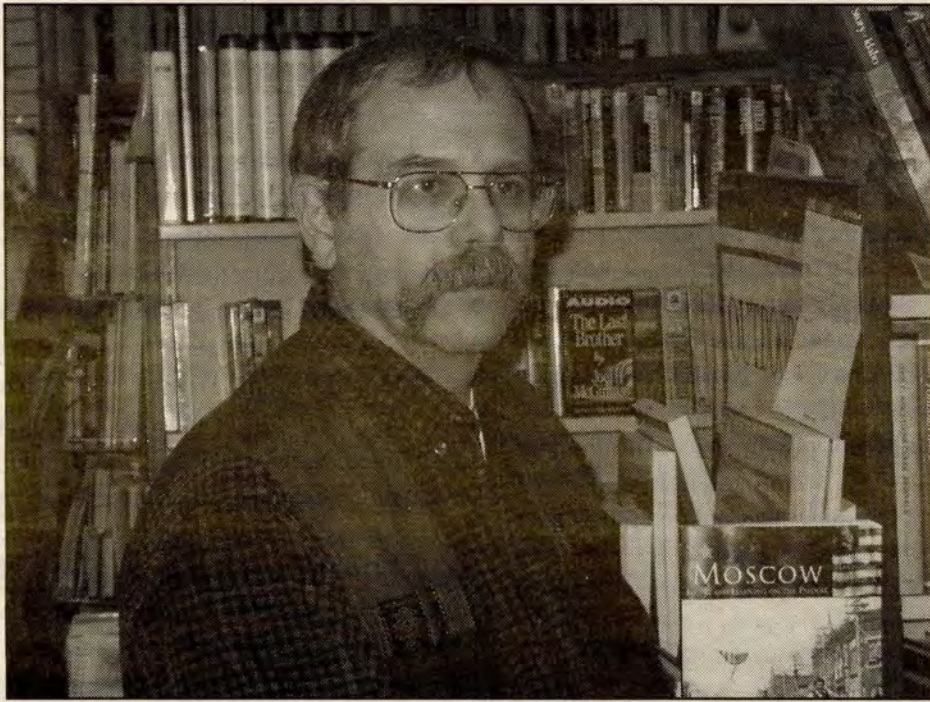
Now the hard work begins. We have to raise member loans, hire a project manager from the bids we have received, lay out the new store, and remodel the long coveted space. We are excited now that the decision is made. The managers have all given wish lists to the board at a dinner with the directors back in early November. We are on the move...

Taste Fair

February 19, at the Co-op - 10am to 3pm

FREE SAMPLES of hundreds of products - tons of fun!!!

Let's Move!



Bob Greene, owner of Book People, looks forward to the new array of options the new location of the Co-op will serve.

Investing in the Co-op:

Bob Greene

By Pat Vaughan

This column begins a series profiling individuals who have contributed to the significant fund-raising effort for the Co-op's move to its new downtown location. The diverse, creative community of Co-op members and shoppers will provide much energy, money, expertise and moral support for this transition. We hope this series reflects the unique perspectives of some of the individuals that have chosen to invest in the Moscow Food Co-op's future.

Bob Greene is the owner of Book People, Moscow's hometown independently owned bookstore. For 24 years Bob has experienced what it means to be a downtown retailer; weathering the ups and downs of the local economy, and ultimately meshing changing customer needs with a long-term commitment to the community.

Book People started out as a cooperative. The store's name comes from the book, "Fahrenheit 451" (the temperature at which paper burns), in which people memorized books when books were outlawed. Bob's favorite aspect of running the downtown bookstore is "Just being here and meeting people. There's

little money in it, but no ruts." He finds the biggest challenge is the extremely competitive nature of the book-selling business. "We have to constantly strive to be better than we are, and not just rest on our laurels." He sums up what distinguishes Book People from others by saying, "You're a person, not a statistic. We care about your heart, not your wallet."

Bob's long experience as a downtown Moscow business owner gives him a thoughtful perspective on the interaction between business and communities. "The nature of contemporary capitalism and constant technological change seems to break down connections and ties between people. Whatever happened, Moscow drew a lot of people who have a stake in community. And they put their money where their mouth is. Moscow is a pleasant place because people put a lot of effort into making it nice. It's about economic health as opposed to economic growth."

He references a recent newspaper article about economic development in Orofino. An expert from Australia emphasized the importance of how people talk about their town. Bob sees that people have a lot of nice things to say about the quality of life in Moscow—the university, an ice rink, the Co-op, and Book People, to name a few. "And some say this is the healthiest downtown in all of Idaho. So it's not about growth for growth's sake."

Why does Bob support the Co-op's move to a larger downtown location? (He was the first donor to the Co-op's fund raising program; before the official announcement). "First, it's important to have a good facility as a retailer. It's a good structure in a great location. And, that building was the first outside chain store in Moscow. Now it's like a local business re-claiming a local property. It's a strengthening of the core downtown and will generate increased traffic to the area."

Bob points out, "If you really want an alternative to growth at any price in your community, then a business needs to stay up with current needs." He sees more people who don't cook for themselves, who want good food, or who have low carb or vegan diets being better served. He likes the potential for more seating space to eat there, and just more public space where people can re-connect and say hi to each other.

Economic development is another reason why Bob supports the Co-op's upcoming move. "The most important aspect of economics is where the dollars are spent. A lot of the Co-op's dollars, and its employees' dollars, are spent locally. Then there's the potential for rural people to market beef, poultry, pork and produce that are healthy and raised on local, small-scale farms.

Finally, Bob remembers that 200 people literally helped move Book People across the street to its current location. He views contributing to the Co-op's move as a way to return a favor.

"It's a community effort. A community building effort is a way to build a strong body. This move will mean a healthy heart and a healthy body."

Pat Vaughan appreciates that he can walk to an independent bookstore and a food Co-op in Moscow.

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.**

Let's Move!

From the Suggestion Board

Stonyhill Cultured Milk (kefir) Low Fat. Can we get that? Sorry, but we don't have a distributor for that brand of kefir-Vicki, Grocery Manager

Where's your clock? It broke. We have a new one now-Vicki.

You should get the animal chocolate bars back!! We still carry the Endangered Species animal chocolate bars. Are you referring to a different product?-Vicki

More 1% milk! You run out all the time-when you still have lots of whole and 2%. We've been known to leave w/o buying anything and go to a competitor because we don't want to make two shopping trips. We have upped our order. Thanks for bringing this to our attention-Vicki.

A grinder for wheat berries would be nice for the bulk section. Check out the one at Rosauers. I'm hoping we will have one in the new store-Vicki.

Please stock more of the cascade farms salt free organic butter. It has been out the last 3 shopping trips. I believe you are referring to Organic Valley butter. They have been having shortages of butterfat and have been out of stock of butter on and off all winter. We continue to order it and hope it comes in soon. Sorry for the inconvenience-Vicki.

Would it be possible to stock Silk Nog all year? It's sooo good! I agree, however, Silk only makes the big containers of Silk Nog during the holidays. I'll let you in on a little secret, the 11 oz containers of Spiced Silk Latte that we carry with the grab and go milks is the same stuff, just a different name-Vicki.

Please stock Ribena blackcurrant cordial. I am from the UK and suffering from severe hot cordial withdrawal symptoms here this winter! Sorry, but we don't have a distributor for this. Annie says you can get it in Canada-Vicki.

Raw dairy products-pasteurization kills living enzymes. We carry a number of raw cheeses. Federal and state laws prevent us from carrying raw liquid dairy products-Vicki.

This is just a love letter to my Co-op. I love to come here; it looks good and smells good. The food is delicious and the people are great. Thanks so much. We always appreciate love letters-The Staff.

Paul Newman's pumpernickel pretzels! Please get them! They sound great but my distributor is not carrying them at the moment. I'll keep my eyes open for them-Vicki.

How about low sodium veggie juice. Look for low salt Very Veggie soon-Vicki.

Often times the co-op has wonderful tables set up for people to snack and test out various foods, or drinks. The small cups that are used get thrown away. Any chance of getting ones that are recyclable? At this time, we don't have a source for recyclable tasting cups-Vicki

Could you carry: 1. Great northern beans in a can? 2. Edamame not in the pod? Thanks. I just brought in Westbrae canned Great Northern beans. We currently carry shelled edamame in the freezer. Look for it next to the other edamame-Vicki

Thank you for carrying Patak's Lime Relish! This is an authentic South Indian relish that I was amazed to find here in Moscow! Your selection of spices for Indian food is also wonderful. Thanks. Glad you found what you were looking for-Vicki.

I was wondering what the starting wage for your employees is and whether or not they receive benefits. It depends on the job. Our lowest starting wage is \$6.50/hr with opportunities to move up through the system. Our employees do receive a number of benefits depending on hours worked. Hope this is the information you were looking for. When we post a job opening we do post starting hourly wage-Kenna, General Manager.

Please-can you stock turkey jerky? I see turkey sticks but no jerky...thanks! I'll try and squeeze some in-Vicki.

Please carry Magick Botanical Shampoo and Conditioners. Sorry, this line is no longer being carried by our distributors-Carrie, Personal Care Manager



Front End Managing

By Annie Hubble, Front End Manager

THE COLD OF WINTER IS UPON US as I write this article. Snow, icicles, ice and today, hoar frost on the trees, are all evident and have their own special beauty, but after snowshoeing or skiing or simply trying to get the car to work, it is good to have a warm comfy place to go to. That place, that home away from home, can be your own friendly Co-op. Come on in, and have a warm drink and a visit with friends. We take pride in our customer service and will do all we can do to make your visit enjoyable. Members of staff will welcome you, try to answer your questions and guide you to products. We have even been known to help customers to decide on their dinner menu! So whether you need an obscure herbal remedy, want to know what to have for dinner, or just need to get warm, come on down to your local Co-op!

Volunteer Program

By Annie Hubble, Volunteer Program Manager

AS THE NEW SEMESTER GETS UNDER WAY, some volunteer jobs have opened up due to schedule changes for many students. So finally I am making my way through the backlog of applicants. Most recently we have placed a new Tuesday morning bakery helper and a new Friday bakery demo person. There are a few jobs still open so if you have been patiently waiting for a volunteer position, you may receive a call very soon. I call people in order of application. As always we are very grateful to those who do volunteer. Your work helps the store run smoothly. Thank you all very much for your hard work.

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Co-Operations

Co-op Board of Director's Election

By Mike Forbes, Co-op Board President

IT IS THAT TIME OF YEAR AGAIN for all of us to vote for candidates wishing to become members of the Board of Directors. This year we have 2 positions open with a record number of 7 candidates.

Posted below is a brief biography of each candidate and photo. On February 22nd (Tuesday – 10-6pm) and 26th (Saturday – 9-5pm) voting will take place in the store.

If you are unable to vote either of those days please contact me, Mike Forbes, by February 15 at HYPER-LINK “mailto:mikeforbes@moscow.com”mikeforbes@moscow.com or 208-882-3002 and I'll arrange to get a ballot to you.

All ballots must be collected by February 26th. The new board members will be announced at the annual membership meeting in March.

Bill Beck



Bill Beck

My name is Bill Beck and I am running for a position on the Co-op Board of Directors.

I am excited about the opportunity to support the Co-op as a member of the Board of Directors.

My love of the Co-op has grown since my involvement as a customer and volunteer in the late 1970's. I was General Manager of the Co-op in 1986. For twenty-five years I have watched the Co-op grow and prosper. I was always confident in the mission of the Co-op and it is not surprising to see the progress made over the years toward fulfilling this mission. The success of the Co-op is a testament to the hard work and vision of current and past management, staff, volunteers and Board of Directors, and last but certainly not least, the customers. For me, the Co-op is much more than a place to purchase good food and other healthy products. The Business Partner Program, 2% Tuesdays, as well as the art and music programs are examples of how the Co-op is at the very heart of our community. It is an example of how working togeth-

er, we can change the world (yes, in spite of the current state of affairs in the world, I have not lost my Sixties idealism) and insure a healthy and prosperous future for ourselves and others.

I first wandered into Moscow in 1973 and again in 1976. I had been living in various wilderness areas and University communities throughout the Western U.S. I had spent a lot of time alone in the wilderness and Moscow provided a community in which I felt comfortable. I was raised in Bakersfield, California and went to high school in the Los Angeles area. My work experience includes the retail book business, lab technician, geology field worker, ditch digger, janitor and corporate president. Poetry, art, music, reading, travel and wilderness camping are my passions.

In 1986, following my year as Co-op General Manager, my wife Kathleen and I moved to San Diego, California, to manage my family's business. I managed this commercial cleaning company (with two offices and 130 employees) until we sold it and returned to the Palouse last year. I believe this managerial experience makes me especially well suited to serve Co-op members. Being away from Moscow for these years has provided me with a perspective and vision for the future of the Co-op and our community that I look forward to sharing. I think the Board of Directors is an excellent place to apply my experience and vision. I know how to work well with others, set goals, provide leadership and work together toward those goals. I would like to serve the Co-op as a member of the Board of Directors and work hard to help sustain the Co-op's future.

Jo Campbell



Jo Campbell

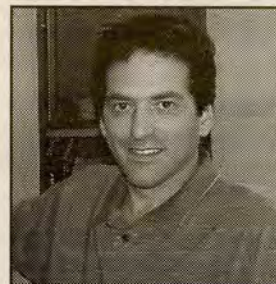
Since discovering the Moscow Food Co-op during my initial visit in 1990, and subsequent move to the Palouse

in 1995, I have watched, with pleasure, its steady growth and presence in our community.

The Co-op has established itself as a viable alternative market for the healthy, vibrant lifestyle that our area promotes.

My interest in working for the Co-op to maintain its mission in our area leads me to volunteer as a director to promote the advantages that we have all discovered as members.

Jeff Gossard



Jeff Gossard

Jeff has over 23 years retail experience to bring to the board. He worked in the grocery industry for 12 years and for the past 11 years he has worked at the Bookie in Pullman. He was the Department Manager of the Café and Convenience store for 6 years and was responsible for all food service operations. In August of this year, Jeff accepted the position as Store Manager of The Bookie, Too! (an off-campus branch store of The Bookie).

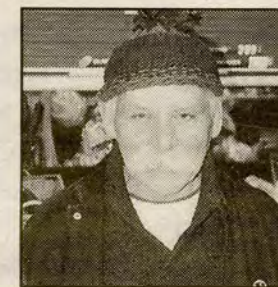
Most people know Jeff around the Co-op as the “recycle guy” — a volunteer position he has been doing for over 10 years. After finishing his Bachelor's degree, Jeff and his wife Marcia returned to Moscow (her home town) to begin graduate school. Jeff recently finished his Master's degree in Geography from the University of Idaho. Jeff and Marcia became the proud parents of a baby boy on December 2nd.

Jeff believes that the Co-op serves an invaluable service to the community — by providing products not found in other local stores and also as a place where community members gather. Jeff believes that eating healthy and having healthy food options available in the Palouse region is a high priority. As a member of the Board of Directors, Jeff would be proud to serve both the Co-op and the community.

Al Pingree

As a Life Member, Chair of the Finance Committee for the past 6 years, and senior member (in birthdays as well as tenure), it is a privilege to

serve on the Board of Directors of the Moscow Food Co-op.



Al Pingree

I began shopping at the Good Food Store when it was across from the Fire Station in 1974. Watching it grow over the past 30 years is an inspiration for the future. The staff and management deserve the real credit for the growth.

I regard my contribution to the establishment of staff benefits and debt retirement an accomplishment and consider my background in Finance and 100's of hours of volunteering an asset and would enjoy the continued opportunity to serve on the board and ask for your vote.

Phil Ronninger



Phil Ronninger

of the Moscow Food Co-op.

My commitment to local enterprise, healthy food and sustainable practices.

Healthy, organic foods have been a part of my family's life since the early '70's when my brother began the first health food market in the Salt Lake (Utah) valley. He then moved to Northern Idaho in the late '70's and began an organic seed potato business. I have embraced this aspect of sustainable living since the early '80's. I have a strong philosophical belief and actions that support the principles of Intermediate Technologies, local businesses and sustainable practices. Additionally, I have taught graduate classes from this perspective for more than 15 years.

To utilize my experiences serving on non-profit boards, consulting with non-profits and operating my own business.

I have been a board member of a peace advocate and mediation group in Louisville, KY for more than 10

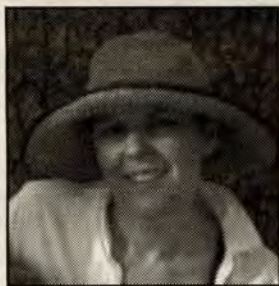
Co-Operations

years and served as the Chair for 2 years. I have also served with that city's United Way in one of the 5 key committees, which distribute funds to local organizations. My professional work has involved coaching the executives and managers of various sizes and types of organizations, assessing individual and organizational effectiveness, mediating, and facilitating. I started and operated a career management practice for more than 15 years and am currently on the counseling staff of Career Services at WSU.

Giving back to the communities of Moscow/Pullman that I have purposefully chosen as my home this last year.

I made a specific choice to move to this area because of the university communities and the small town cultures. I believe the Co-op is an essential and integral part of this culture and educates, provides essential services and products which promotes sustainability, and provides a positive work environment for the staff. Part of being a member of a community is giving back. At the Co-op I can give back to an organization congruent with my values and to which my previous experiences can be of assistance.

Valeri Shillberg



Valeri Shillberg

Hi, my name is Valeri. Though I'm new in town, I think this Co-op is a great asset to the Moscow-

Pullman community and I would be honored to serve on the board. Before settling in Moscow, I've been addicted to my local co-op from Seattle (PCC) to St. Paul to Isla Vista to Bonn (Ökomarkt) to Santa Monica (Co-Opportunity), and I can assure you that Moscow Food Co-op is a world-class operation.

In addition to my day job as a practicing architect for the past 12 years in Seattle and Santa Barbara, I've served on the board of directors of the Center for Urban Agriculture at Fairview Gardens (featured in founder Michael Ableman's book *On Good Land*), The Sustainability Proj-

ect, and the Washington Alpine Club.

My most important credential, however is that I love the Co-op. You will often find me there shopping or dining with my husband, Trent Smith (a professor of agricultural economics at WSU) and our daughter Semolina (a student of art, show-and-tell, and snack time in Mrs. Le Blanc's kindergarten class at Moscow Charter School).

Joe Thompson



Joe Thompson

I am a lifetime member and have been shopping at the Moscow Food Co-op since the late

70's when I moved here from Ohio, but don't hold my origins against me. I was attracted to the store for its uniqueness, the natural foods, the great reading material, and, of course, the community of interesting people. I made some good friends and learned a lot about my body, my mind and my spirit; how they are interconnected and how to take better care of them. I have been impressed and pleasantly surprised at the many positive changes that have occurred with the Co-op over the years. Today, the Co-op exudes quality and elegance, along with its signature open and friendly atmosphere. I would like to learn more about how this evolution has occurred, get to know some of the progressive people who are responsible for it, and hopefully, be a part of the decision making process for the progress yet to come. I am grateful for the many years that the Co-op has served my wants and needs, and it would be an honor and a pleasure to give a little back by serving on its board of directors.

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The Buy Line

By Vicki Reich, Grocery Manager

I LOVE FOOD. I'm sure I've told you this

before. I love everything about it; the colors and textures of the produce as I buy it, the feel of my knife slicing through whatever I happen to be chopping, the smells that emanate from my skillet, and, of course, the incredible variety of flavors that all the food available to us can produce. One of the other things I love about food is sharing it with the people I care about. It is one of my favorite ways to say "I love you."

With Valentine's Day on the horizon, I started thinking about how food can play a part in a celebration of love on the 14th. As I composed a romantic menu in my head, I began to think about aphrodisiacs and how I could incorporate them into my meal. I knew chocolate and oysters were supposed to increase sexual desire but wanted to base my menu on a greater variety of foods. Enter the Internet. There are lots of lists of aphrodisiacs on the Web and the foods are similar on all of them. I started planning my menu.

I decided to start with a salad of arugula, celery, cucumber and pine nuts. Arugula has been considered a sexual stimulant since the first century. Celery contains androsterone, a male hormone that may be released in sweat and attract women. Pine nuts contain zinc, which is purported to help maintain male virility. The Chicago Smell and Taste Treatment and Research Foundation found that women become aroused by the scent of cucumbers. I seemed to be off to a good start.

For the main course I'll serve filet mignon with caramelized onions, saffron rice, braised fennel and carrots, and a nice red wine. Beef is a great aphrodisiac because it provided you with the amino acid l-tyrosine that your body converts into dopamine and norepinephrine, which enhance concentration and alertness. Onions are considered an aphrodisiac in cultures from France to Egypt. Rice is considered a symbol of fertility and saffron, which comes

from the sex organs of a crocus, only enhances the stimulating effects of the dish (as well as making the rice that beautiful shade of yellow). Both fennel and carrots have a long history across many cultures as an aphrodisiac. Wine, of course, has been used to put people in the mood since it was first discovered. It lowers inhibitions and reduces stress, but don't drink too much or you'll just fall asleep after dinner. A glass or maybe two is all you need.

And for dessert, Bananas Foster over chocolate and vanilla ice cream. Bananas are considered an aphrodisiac for obvious reasons. Chocolate, one of the best-known aphrodisiacs, contains over 400 different chemical compounds. One of these is phenylethylamine, which some scientists believe give us the same feelings as first being in love. Vanilla is also thought to increase sexual desire and ice cream of any kind can be a turn-on, especially if served in bed. Here's my favorite recipe for Bananas Foster.

2 ripe bananas, cut in half lengthwise
4 tbsp. butter
1/4 c. brown sugar
1/4 tsp. cinnamon
1/4 c. banana liqueur
1/2 c. rum

Melt the butter, brown sugar and cinnamon in a frying pan until it forms a syrup. Add the bananas, cut side down, and sauté for 5 minutes on medium heat, basting them with the sauce. Meanwhile combine the rum and liqueur and warm it carefully on the stove. When the bananas are done, pour the warm liqueur over them and light with a match. Serve immediately over ice cream. Serves 2.

Almost every food at one point in history has been considered an aphrodisiac. Food and sex have been linked since the beginning of time since both are necessary for the survival of our species. Whether certain foods really hold more power to turn us on is always being questioned but it sure is fun to experiment and see if they work for you. Come into the store on the 15th and I'll let you know how my menu turned out.

Co-Operations



From the Floral Department

Flowers, Fresh Flowers!
A perfect gift for Valentine's Day!
By Dani Vargas, Produce Manager

WE HAVE A FLORAL DEPARTMENT?? Why yes we do, and although it may be small it is stocked with beautiful bouquets provided by one of our local businesses, Sweet Peas and Sage.

Owned and operated by Kathy Gessler, Sweet Peas and Sage has been a growing business from the time Kathy started arranging flowers. She lived in Australia for seven years and while there, started learning about the unique native flowers and arranging them. She has been arranging flowers for 15 years starting from her home and three years ago moving into the location with Otto's Produce on the corner of Jackson and Sixth St. Her flowers are very reasonably priced and she does all sorts of arrangements for weddings, other events, and also everyday floral items such as bouquets.

Visiting Sweet Peas and Sage you will see that Kathy likes to keep up with the unique trends and styles. Her shop is very cute and she also has

some cute antiques and other non-floral items for sale.

In March Sweet Peas and Sage will be moving to a space in the Moscow Hotel facing Friendship Square. Kathy is very excited for this move; it will increase her space and also her ability to provide a wider variety of arrangements and plants. She is going to have outdoor garden baskets, herb baskets and made to order baskets available. She currently has a buy five get the sixth free, punch card where you can purchase five flower bouquets and get one free. I think this is a great deal and who does not love punch cards and free things??

Sweet Peas and Sage has been providing the Moscow Food Co-op with flower bouquets for about two to three years. With Valentines Day quickly arriving we will have one-half dozen rose bouquets, small and large flower bouquets available. We will also have a variety of small arrangements.



"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

From the Bakery Schedules, Gluten and Holding

By Amy Richard, Kitchen Manager and Aven Krempel, Bakery Supervisor

Three in the morning is very dark. And cold. Our dedicated bakers have been coming to work at 3 a.m. to bake our bread. As impressive and noble as this may sound it is very hard to keep up this schedule for very long and still stay awake for the other things life has to offer, like children, family, school, contra dancing, etc. Our bakers will soon awaken from their zombie inducing schedules and rejoin this great community. Bakers will start coming to work at the civilized hour of 5 a.m.. So? What does this mean for the rest of us? Our breakfast pastries will be hot out of the oven at 7:30 a.m. when we open and breads will start coming out of the oven at 8:30 a.m.. AND we will see our baker friends in the daylight again!

Due to an enthusiastic response to our gluten-free bread we will start baking it twice a week. On Tuesdays and Thursdays we will now be selling fresh baked gluten-free bread and rolls. Tuesdays we will make Garbanzo Bread made with garbanzo bean flour. On Thursdays look for Farmhouse bread, made with rice and tapioca flours. Please remember that we try our very best

to ensure these items are gluten-free but we cannot guarantee their purity (other flours are used in the bakery). If gluten makes you seriously ill you should try some pre-packaged breads from the grocery department, ask a cashier or baker to show you where they are.

There have been some questions lately about holding loaves of bread. I would like to stress that we cannot hold loaves of bread (or other perishable items); we have too often had to throw away food when someone forgets to come and pick it up. If you find that your favorite bread is always gone when you come to buy it, please let us know and we will adjust the production for that day. Also, we gladly take special orders! The bakery special order policy is as follows:

-Special orders must be placed 48 hours in advance

-Minimum order is six loaves for most breads

-No minimum for gluten-free breads (must be picked up on Tuesday or Thursday)

Thanks, we hope you enjoy your bread!



Aven Krempel

Sizing Down in the Bakery

By Aven Krempel, Bakery Supervisor

You may have already noticed some changes in

the bakery case if you come in regularly for breakfast. After some customer feedback in December we started experimenting with scaling back the size (and price) of some breakfast items. People seemed to like the smaller sizes, but people also seemed to like the old, bigger sizes. We've finally decided to offer some of each. Now in the bakery case you will find:

Berry Dream Rolls – same size, same price, and same delicious recipe

Cinnamon Rolls – smaller rolls with glaze for \$1, regular size rolls with frosting, regular size rolls with raisins and glaze

Scones – a little bit smaller, a little bit cheaper, still very yummy

Pesto Rolls – regular and small sizes available at regular and small prices

Muffins, Lemon Bread, Biker Bars, Focaccia, and all our delicious breads have not changed; they are still as great as ever. Thanks for bearing with us as we tweak things and remember that your comments and suggestions are always taken into consideration. Enjoy your breakfast!

Co-Operations



Why Support Shade-Grown Coffee?

By Sonja Ollig, Service Supervisor

COFFEE is a shade-loving

shrub that naturally grows best under a canopy of trees. "Shade grown coffee" as we know it today was the only way coffee was cultivated until about 25 years ago, when new, full-sun hybrid coffees were developed. These hybrids produced much higher yields for coffee farmers and led to the creation of large-scale plantations. New high yielding coffee is grown in full sun, which requires clear-cutting native forests and using toxic fertilizers and pesticides to ensure high production. The forests of Central and South America, where most coffee is grown, are winter habitat for millions of North American migratory songbird populations. This deforestation has unfortunately decimated songbird populations over the last 25 years.

Nix Chemicals!

When coffee farmers practice shade farming, it reduces or eliminates the need for chemical pesticides and fertilizers. Naturally occurring migratory birds maintain the balance by eating the insects that can destroy coffee plants. The diverse plants and animals that inhabit the shade canopy provide natural nutrients for the coffee plants.

Decrease Erosion!

Clear-cutting for full-sun plantations increases erosion and acidification of the soil, and produces toxic run-off when chemicals are then applied. The canopy and root systems maintained by shade farmers shelters and stabilizes the soil, reducing run-off and conserving rainwater. Shade grown coffee plants also live twice as long as full-sun hybrids and produce their own natural mulch, requiring less replanting and less chemical fertilizers.

Save Migratory Birds!

The rainforest is home to many plants and animals that are destroyed as we clear-cut for full-sun coffee growing. Most of the forests that now remain are in traditional, shade grown coffee plantations. Shade grown farms create ecosystems that

are almost as biologically diverse as a native tropical rainforest. Up to 150 species of migratory songbirds use these farms as wintering grounds. Some of our favorite backyard birds, such as hummingbirds, swallows, warblers, orioles, and tanagers refuge there. We have witnessed a 50% decline in bird populations over the last 25 years, caused most notably by deforestation for the creation of full-sun coffee farms, which have 95% fewer bird species than shade farms. Also, many of the plants being destroyed are valued for their medicinal properties and could hold answers to many of science's medical mysteries.

Indulge Your Tastebuds!

Coffee pros agree! The flavor of shade grown coffee is superior to that of full-sun coffee and it's less bitter! Shade grown coffee shrubs mature more slowly, have a longer life, and produce fewer coffee beans than full-sun hybrids, making the flavor more concentrated and mellow.

You Can Make An Impact!

With the advent of hybrid production, full-sun coffee growers have inundated the market with mass amounts of coffee. This has caused the price to fall to such lows that smaller scale shade farmers have lost their livelihood and fallen into poverty. By purchasing shade grown coffee, you support their traditional, environmentally friendly farming practices and let coffee retailers know that you are willing to pay a few cents more for a superior product that helps conserve our environment.

Café Mam brand coffee, which is served at the Co-op, is shade grown. Information gathered at www.cafemam.com/coffee.shtml, www.motherearthcoffeeco.com, www.nationalzoo.si.edu/ConservationandScience/MigratoryBirds/Coffee, www.GroundsForChange.com, www.seattleaudubon.org/shadecoffee/aboutsc/aboutsc.html, and www.atlantaudubon.org/pages/sgcfacts.

Art at the Co-op

By Annie Hubble, Front End Manager

OUR FEBRUARY ART SHOW will open on Friday February 11th with work by local artist and group facilitator, Katrina Mikiah.

Katrina is a resident of Moscow, and has explored many mediums in the art world. As well as the work in collage and photomontage that we will have the pleasure of viewing in the co-op art show, Katrina also offers classes/playshops utilizing art and improvisational movement and drama to 'encourage self-exploration, self-expression and soulful connection'. (Look for her new playshops coming up soon. 'Alchymia' is the name of her business).

These themes are also very much evident in her artwork. In her own words: "I find the process of creating

a photomontage to be a metaphor for the unfolding of life... as I'm moving images around in relationship to one another, patterns and larger pictures begin to emerge. Life too seems to be a gradual gathering of pieces that, over time and with experience, begin to find their places... It is in this revelation that for me lays the gift of creativity. The creative process becomes a ready reflection of my own inner journey and allows me to see and affirm areas of strength and growth, while providing gentle insight into and encouragement to nurture wholeness in the less refined areas of my life."

Katrina will be present at the opening on Friday, February 11th from 5.30p.m. til 7.00p.m. to share her art with you, and answer any questions you may have. The show will run until Thursday, March 10th.

Co-op Coffeehouse Music

By Eric Gilbert, Music Coordinator

The Co-op's commitment to providing live music at no charge to the community continues this winter.

Come on down to the Co-op Coffeehouse on Tuesdays from 6pm to 8pm for good tunes and good food to go with them.


Here's the schedule for February:

Feb. 1: **Zugunrue**

Feb. 8: **David Roon**

Feb. 15: **travis and abbie**

Feb. 22: **The Mobee Dix!**



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Co-op Crossword

By Craig Joyner

THIS MONTH, ALL YOU crossword puzzle fans can try out the Co-op Crossword. I'll be creating a new Co-op Crossword every month (you can also find the answers on a different page of the same issue).

It's been somewhat of an odyssey getting this puzzle finished. In December I downloaded a free crossword creation puzzle that takes a word list and makes it into a puzzle; the only problem was that it didn't form tight puzzles that encouraged guessing answers from partially completed words.

At first, I thought it was my word list so I created a traditional puzzle on paper, but when I transferred the words to the program it wasn't capable of recreating the grid even with tens of thousands of attempts. Since I was busy in Florida on vacation visiting my family and the newsletter deadline had arrived, the initial publication date had to be pushed back a month.

That led me to making puzzles on paper; unfortunately, due to my poor eyesight, I would complete a puzzle only to discover that one letter was off, which would ruin it and require me to start over, something I did almost a dozen times. All that effort produced one error free puzzle, which is what you see before you.

I hope everybody has as much fun solving this puzzle as I did creating it and I promise next month's puzzle will be an improvement on this one, which is something readers can help out with for people are encouraged to submit their own word and clue ideas and any other suggestions, especially regarding whether the puzzle was too difficult or easy.

Those with internet access can contactmeviacascadeeffect@hotmail.com and those who aren't on the disinformation duperhighway can leave messages, addressed to Craig, in the newsletter mail box in the Co-op office by the restroom—if you don't know where it's located ask a staffer for assistance.

Hopefully, March's puzzle will be built by a better crossword creation program, if the company ships it fast enough, that will allow me to build the puzzle one word at a time and will suggest suitable words for each situation, which means more of the clues

will be Co-op oriented than in the inaugural puzzle.

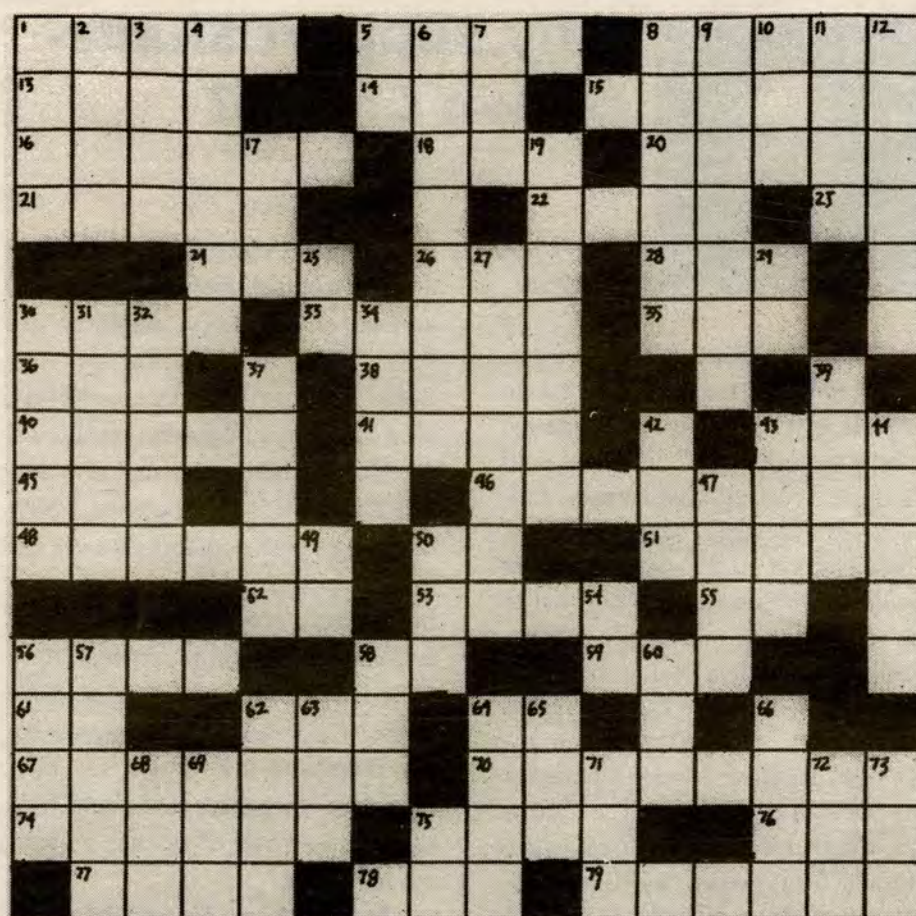
Since you know how the puzzle traveled its circuitous route to publication, I thought it'd also be useful to learn about its author, me. I came to Moscow, about twelve years ago, after spending my second summer with the folks of Cove/Mallard in the Nez Perce National Forest. Having lived almost exclusively in Florida, the land of two seasons: summer and not summer, I fell in love with the changing of the seasons, the snow, and the rugged mountains and pristine wilderness areas.

The week I arrived I immediately started DJing at KUOI and have been doing so ever since. I play an eclectic mélange of non-corporate music from jangle pop to sonic rock to Americana to electronica to jazz. My current moniker is brentbent and I'm on Friday nights 8:30 to 10:30. I'm also greatly excited by all the news programs airing on Radio Free Moscow, especially Michio Kaku's, Carl Sagan's heir to explaining science to the layperson, "Explorations" on Mondays at 10:00 a.m.

Politics has an undeniable effect on me, especially environmental, queer, and free speech issues. Like many, I am addicted to the news and have to force myself to take the occasional break from the barrage of disturbing and depressing stories so my optimism can recuperate.

As some might have deduced from my email address, I am a huge fan of fantasy and science fiction and hope to complete a novel one of these days, which is a task that is far more difficult than it seems. Gene Wolfe is an author that has significantly influenced me, especially his seminal Book of the New Sun series, which is set in a dystopian future, so far away from the present day that the sun is beginning to fail, where science and magic are nearly indistinguishable.

And, of course, I am an avid, daily Co-op shopper who is excited by the prospect of our store moving, yet again, to a larger space. Hopefully, this relocation will be as prosperous as the previous one and will provide for an even larger selection of delicious and healthy products.



ACROSS

1. originating from Tahiti, this fruit is rarely consumed alone
5. Far East
8. green pasta sauce
13. proposal
14. mythical, predatory avian
15. beluga, lumpfish, or osteria
16. _____ and Commander
18. a journal of positive futures
20. penne, ziti, or radiatore
21. digitized correspondence
22. avocado
23. dive or trance
24. get by with great difficulty
26. electronics corporation
28. yang's companion
30. music instrument or fish
33. modern design magazine
35. street
36. mimic
38. barrage
40. farro in Italy and dinkle in Germany
41. bullets
43. water or snow
45. type
46. mythical city
48. tutorial
50. Yale's state
51. Adzuki, Anasazi, navy, and white
52. capitol or comic book company
53. champion
55. trauma center
56. political largesse

58. ____ Here Now

59. served with green eggs
61. useless in winter and luxurious in summer
62. resort
64. Graceland state
67. purple laver, hijiki, dulse, or nori
70. large, tubular, ribbed pasta
74. aged soy sauce with little to no wheat
75. Japanese buckwheat noodles
76. hip
77. confectioner Cloud _____
78. homemade
79. simian fruit

DOWN

1. Lisbon, Meyer, and Eureka
2. 2nd most imported Dutch soft cheese
3. larger than a butte and smaller than a plateau
4. one of the Co-op's best selling cookies
5. Clinton's gubernatorial state
6. vegan treat
7. diamond
8. the juice of this tropical fruit can be used to tenderize meat
9. slippery
10. female sibling
11. British gallery or boss on Bewitched
12. colorful fruit
17. nearby town, ____ River
19. petite onion

Co-Operations

- | | |
|--|--|
| 25. impresario Sullivan | 56. history |
| 27. weather | 57. Atlantic or Pacific |
| 29. only state with a unicameral legislature | 58. awful |
| 30. the ancient Romans thought this herb signified hate and misfortune | 60. medical group |
| 31. Gala, Sansa, or Braeburn | 62. arid |
| 32. searches | 63. architect of Pyramide du Louvre |
| 34. George Michael's pre-solo pop band | 64. ancient city-state and regional town |
| 37. The Day the Earth _____ Still | 65. fountain pen writing tip |
| 39. dermis | 66. variety of plum tomato |
| 42. Bravo's ____ 5 | 68. cleanser Bon ____ |
| 43. Betelgeuse or Andromeda | 69. languid |
| 44. concern | 71. chat |
| 47. Indian super botanical with several medicinal and environmental properties | 72. negation |
| 49. Raleigh's state | 73. Co-op employee who suggested the crossword puzzle (hint: first name) |
| 50. activist Guevara | 75. Spanish sure |
| 54. this state's name comes from the Iroquois for "good river" | |

Answers to February's crossword puzzle are provided in the back of this month's newsletter!

2% Tuesday League of Women Voters

By Amy Ford

WHAT A WONDERFUL surprise to come back from the holidays to find the letter from the Moscow Food Co-op informing us, the League of Women Voters of Moscow, that we were awarded the 2% Tuesday Grant for February.

The League of Women Voters is an organization familiar to many of you. It has certainly been around a long time—84 years in fact. Suffragists organized it in 1920 in anticipation of the passage of the 19th amendment that gave women the right to vote. The goal of the League back then was not only to help women learn how to vote, including the mechanics of it, but also how to educate them to vote responsibly. The goals of the League remain the same today: to encourage informed and active participation of citizens in government, to work to increase understanding of major public policy issues, and to influence public policy through education and advocacy. We are non-partisan on political party candidates and positions, but take strong positions on issues that we have studied.

The League of Women Voters of Moscow celebrated its 50th anniversary in 2002. Many people associate the name with Voter Service—registering people to vote, providing information on candidates through voter guides and public forums, providing information on the voting process itself, and encouraging participation in the elections. Special attention is given to the next generation of voters through our sponsorship of the National Student/Parent Mock Election. In 2004, over 2900 Latah County students participated in our Mock Election—a truly successful event.

Though our Voter Service is our most well known activity, we also sponsor a speaker's series at noon every Wednesday during the school year in the UI SUB Chief's Room. The purpose of these meetings is twofold. First, it increases the League's and the public's understanding of major public policy issues by inviting speakers who are knowledgeable

about those issues. League has championed such issues as the need for a sanitary landfill and for a recycling center, an adequate and safe water supply, fair housing, and the cleanup of Paradise Creek, to name a few. Second, it provides a forum for local public service organizations to explain what they do and how they do it. The public is welcome and encouraged to attend these meetings, which are free of charge. Check the newspaper calendar sections for announcements of the meetings.

New challenges await League. The Help America Vote Act (HAVA) has brought promises of electoral reform. In Idaho, the Secretary of State's office has included League on its advisory board, which will research ways to implement HAVA. League has also been asked to help with the educational component of this Act. Additionally we have developed a position on the selection and use of electronic voting machines and hope to monitor the state's selection of this technology and the training that must go with it. And we hope to help with voter education in using these new technologies. We are working to avoid the greatest dangers to elections—improper voter-roll purges, confusion over voter registration requirements, and confusion over provisional balloting.

It is in this area of voter education and advocacy, that the 2% Tuesday Grant proceeds will be dedicated. We are extremely grateful to the Moscow Food Co-op for awarding us this grant and thank the committee for honoring our work.

For more information about the League of Women Voters of Moscow, go to our website at [HYPER-LINK "http://community.palouse.net/lwvm"](http://community.palouse.net/lwvm) <http://community.palouse.net/lwvm>. The League is open to all persons 18 years and older, both men and women, and we invite you all to join.

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



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

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

Staff Profile

Mary Jo Knowles

By Susan Simonds

Very soon before my deadline, I received an eleventh hour phone call from our trusty newsletter editor, Bill London, asking me to interview Mary Jo Knowles. Stop the presses! I felt like a real reporter with actual fast-breaking news to report. As you will discover from many articles in this issue, the big Co-op news is the planned move to the Garts building and Mary Jo has been hired to help raise the money needed to make this exciting event possible.

Mary Jo's job is so new that she was not yet sure of her job title at the time that I interviewed her. She will most likely be called something like, Fundraising Coordinator and Loan Specialist, which conveys the gist of what she will be doing. The Co-op will contract with Mary Jo to work for about four months to bring her skills to the formidable task of raising \$350,000. Says Mary Jo, "It's a win-win situation the way I see it. For people who have money in the bank or in CD's, they will make more interest investing in the Co-op."

The former general manager of the Co-op preceding Kenna in the job, Mary Jo has a long history with the Co-op. She was responsible for moving the store from the Washington Street location to the old Kentucky Fried Chicken, where the Co-op was before its most recent move to Third Street. As someone who scoured Moscow to find the KFC building, she explained that those involved were always pining for the Garts building. So Mary Jo knows intimately why the newly chosen site is a dream come true: "Location, location, location. It's twice the size. It's square, which is much easier to configure than the present store, and we've looked at it for years. I just love to see the Co-op get bigger."

Originally from Oregon, Mary Jo has lived in Moscow since 1983. She lives with her husband, Randy Atwood. Her two children, now 25 and 22, grew up at the Co-op. For the past two years, she has been a full time ski instructor at Schweitzer and will be working there part time while she works for the Co-

One of her ideas is to gather input from everyone with a "PUT YOUR MONEY WHERE YOUR MOUTH IS" campaign.

op. She has seen the Co-op grow from a makeshift operation relying on used equipment, garage sale finds, and the ubiquitous white bucket.

You might say that Mary Jo is uniquely qualified to be the Co-op's fundraiser. After leaving the Co-op to go back to school to get a teaching degree, she ultimately decided not to teach, moving on to serve a five-year stint as a loan officer for Washington Mutual Bank. As Mary Jo explained,



Mary Jo Knowles is full of energy and full of ideas for fund-raising the Co-op's needs.

"I have expertise in money. I'm not afraid to talk about money and I'm not afraid to ask for money."

Mary Jo plans to make lots of phone calls and she prefers to meet with people one-on-one to make a more personal connection. She'll also be going door-to-door to the downtown businesses. She is full of energy and full of ideas. Before we said goodbye, she had my phone number so that she could follow-up with a fundraising call. One of her ideas is to gather input from everyone with a PUT YOUR MONEY WHERE YOUR MOUTH IS campaign. You will be able to share your dreams and schemes about the new Co-op by making a ten-dollar contribution with your suggestion. The winner will be rewarded with: WHY DIDN'T WE THINK OF THAT? So start fantasizing.

Susan Simonds was amazed to discover that no one had taken the domain name <www.moscowmountain.com>, so you can now visit her website at that address.

PUT YOUR MONEY WHERE YOUR MOUTH IS

Help us design the new Co-op store. Share your ideas and dreams for your Co-op.

Donate to make your dream a reality. Look for the display at the Co-op. Write down your suggestion for the design of the Co-op and include a donation (suggested amount \$10). We will read all suggestions and pick a winner for the "Why didn't we think of that?" award at the end of February.

Volunteer Profile

Julie Trail

By Yvonne McGehee

Julie is a firmly rooted Muscovite. Moscow, Idaho that is. She was born in Portland, but at two months old moved to Boise, Idaho, where she grew up. She came to Moscow to attend the University of Idaho, where she has completed degrees in marketing, English, and education. She met her husband Martin Trail here, married, and made Moscow her home. Martin is a Moscow native, and his parents still live here. He works right across the street from the Co-op at Northwest Mutual Financial Network where he is a financial counselor. Julie's parents moved to Moscow from Boise after her father retired from his dental practice there. Julie taught English at Moscow High School for three years, then retired from teaching when she had her first child, Carli, who is now 15 years old and attending Moscow Junior High School. Her son Cooper is now 10 years old and attends Lena Whitmore Elementary School.

With her background in education, and because she was staying home to raise her family, Julie carefully considered the schooling options available for her children.

After considering public, private, and home schooling options, the family selected the public school system. They decided that regardless of particular schooling differences, the individual teacher is the most significant factor affecting the quality of education. They have been very pleased with their choice so far. Cooper's school is only about 1 block from home, and right near East City Park. Julie and Martin both volunteer there. They started when Carli was a student there and are continuing now with Cooper enrolled.

The family doesn't have a TV. The Trails decided, before having kids, that they didn't want one in their house because of what it can take away from family time. And anyway, they are far too busy living life to have time to spend passively watching television.



Julie Trail is full of energy and full of ideas for fund-raising the Co-op's needs.

Instead, they are busy making art and music! Everyone in the family plays piano; Martin also plays harmonica, and Cooper has taken up the drums. They do photography. They have a lot of visitors over. Julie does quilting. And both Julie and Martin do a lot of community activities and volunteering.


In fact, Julie's retirement doesn't exactly seem very, well---retired. Julie has a couple of bookkeeping jobs, one for the Gamma Phi Beta sorority in which she was a student member; and she's also on their alumni advisory board. She leads a Bible study group for what was the Mountain View Bible Church, a small independent church. She started volunteering at the Co-op back when it was in the old Kentucky Fried Chicken building. In three guesses you will never come up with her job; she has been a laundress for the deli for about 13 years, an obviously necessary job which most of us would never think about! This job was perfect for Julie when she started, because it gave her complete flexibility to be with her kids at home.

She is "totally excited" by the prospective move to the Garts store location. She thinks that the move from the old KFC store to the current location was a tremendous improvement, and a move from here to the Garts location would be an equally tremendous improvement. More space would increase the flexibility of the store to try new products and carry more items. Julie thinks one of the particular values of the Co-op is the alternative products it carries that you can't get anywhere else, and the expansion would facilitate that even more.

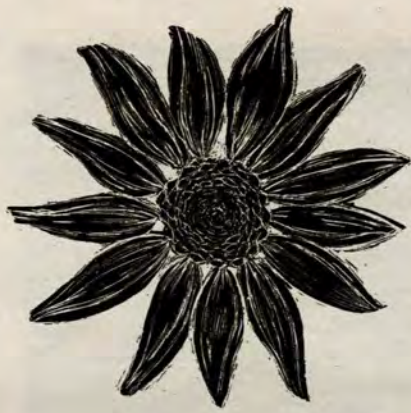
Julie is active but not an activist; she has opinions, but is not an agitator. She loves her community and likes to do things to benefit it such as supporting local businesses and events. She likes Moscow's controlled growth, the variety of people who live here, and the role the Co-op plays in bringing all sorts of people together. The Co-op might look just like an ordinary business, but it is far more than a grocery store in its role in the community. Julie looks forward to its continued prosperity, service and growth within the community she loves so well.

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

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Awakening as a Date Apologies to Franz Kafka

By Judy Sobeloff

AS GREGORINA SAMSA AWOKE one morning from uneasy dreams she found herself transformed into a giant date. She was lying on her hard, as if it were armor-plated, back and when she lifted her head a little she could see her dome-like brown belly on top of which the bed quilt could hardly keep in position and was about to slide off completely. She was surrounded by others just like herself, high up in a palm tree.

It wasn't my place to judge whether this transformation was merely metaphor, and if so, what Gregorina might be trying to say—her shiny brown casing looked real to me. Good enough to eat, you might say, but of course I didn't dare.

"Think of the opportunities for travel, for adventure!" I called up to her through cupped hands, unwilling to admit, even to myself, that the choicest ones—selection as one of the dates in King Tut's tomb, riding through the desert on camels with nomadic Bedouins—were largely inaccessible to her. Personally, I thought Gregorina's new identity was kind of cool, dates being potentially the world's oldest cultivated crop, date palm orchards "dating" back (heh, heh, I laughed nervously) to between 3,000 and 5,000 B.C.E. along the Tigris and Euphrates Rivers.

Haven't we all at some point, perhaps during an uncomfortable encounter with a friend or loved one, wished we could temporarily visit ancient Mesopotamia?

NOTE: Friends in crisis do not need facts spewed to them, but I persisted. "You're 70 percent sugar by weight!" As if Gregorina cared. "The botanical name for date palm is 'Phoenix dactylifera,' dactylifera being Greek for 'finger-bearing.'" She stared down at me impassively, as did

her many, many sisters and brothers clustered around her. I stepped aside, knowing each of those date or finger clusters dangling above my head weighed a good 10 kilograms. As if Gregorina would be thinking metric at a time like this! "That's about 22 pounds per cluster," I translated helpfully, thinking on my feet.

I babbled on with my little date tutorial, deep down terrified that the date palm's natural predator, the mouse, would run up that hundred-foot tree trunk and take a chomp out of Gregorina before I could talk her down. "In ancient Egypt, date palm hieroglyphs were used to designate a year, but we hope you won't be up there that long," I yelled. The wind was picking up, my throat beginning to get hoarse. I tried waxing poetic: "Dates are said to thrive 'feet in water, head in fire,' because they need lots of ground water and a hot arid climate." No response. I tried waxing comic: "Commercial date gardens typically have one male tree and 50 female trees planted per acre, kind of like your own 'dating' experience, heh heh?" I knew I'd hit a sore spot with that little quip when I felt myself pelted from above.

I started to run, bending to scoop Gregorina's fallen comrades from the ground. "Gregorina, the average date palm produces 100 pounds of dates a year, with a 'good' tree producing between 300 to 600 pounds a year for 100 to 200 years!" All I meant was that clearly she wasn't alone.

Once safely home, I drew the blinds and whipped up a couple of date treats: a date milkshake and Hot Spiced Dates. Tactless, I know. On a trip to California once, I'd searched high and low for date shakes, and I was pleased to be able to make something this tasty in my own kitchen.

Uncooked, the Hot Spiced Date mixture reminded me of spicy Play-Doh; cooked, they were a delicious bundle of contrasts, the hot date inside the melted spicy cheese a sweet surprise.

The Co-op carries medjool, also known as the "toffee date," as well ashalawi and deglect dates. Medjool, which my sister, Susan, says tastes like chocolate, is my favorite. If you've never tried medjools, you might want to clear the area around you in preparation for your inevitable swoon. "There are over 600 varieties of dates, Gregorina—that's 601 varieties now!" I called out my door, in case she was still listening.

Date Milkshakes

From <http://www.seaviewsales.com/recipes1.html>.

- 3/4 cup medjool dates, pitted and cubed
- 1-1/4 cups milk
- 1 pint vanilla ice cream

Put dates and 1/2 cup milk in blender on high speed. Blend until smooth. Add remaining milk and ice cream. Blend at low speed until mixed. Serve immediately.

Hot Spiced Dates

From <http://www.recipes4us.co.uk>

- 4 oz. butter
- 4 oz cheddar cheese, grated
- 4 oz. flour
- 1 tsp. cayenne pepper
- 24 pitted dates

Preheat oven to 425. In a mixing bowl, cream the butter and cheese together very well. Sift the flour together with the cayenne pepper, then slowly beat the flour mixture into the butter mixture. Wrap small pieces of the mixture around each date. Place on an ungreased baking tray and bake for 10-15 minutes. Serve hot.

Judy Sobeloff has never spent the night in a palm tree.

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Since 1988

Food for Lovers

Eating Locally in France

By Carol Spurling

WHILE IT'S TRUE THE FRENCH have some bad habits – smoking in restaurants, for one, and tailgating, for another – in most other regards my family found French life to be consummately civilized when we spent a month there over Christmas and New Year's. I learned how to sit and enjoy a meal for several hours, rather than bolting down my food. I learned that since businesses such as the post office, the city hall, and the bakery close for two hours at noon I must run my errands in the morning and focus properly on lunch.

The notoriously rich French cuisine is only that if you eat multi-course meals at four-star restaurants every day. The average French lunch simply consists of a plate-sized "composed salad" which might include—on a mound of the freshest and most tender buttery lettuce—hard-boiled or poached eggs, breast of chicken or duck, slices of salami, green beans, tomato wedges, sweet corn, cucumbers, shrimp, or smoked salmon. Variety – in taste, textures, colors, and food groups – seems to be key.

There's always bread, of course (bakeries are open every morning, even on many holidays), and some wine, and to end the meal, cheese, or dessert, and coffee. But even traditional meals such as coq au vin or boeuf bourguignon, don't fill you up uncomfortably because the portions are much smaller, on average, than what American restaurants serve. You're as likely to get green beans on the side as pommes frites (French fries), and the French don't do doggy bags.

Ingredients on the menu that have been granted the "A.O.C." or Appellation d'Origine Contrôlée, are noted. This is the French system which allows only certain items produced in certain areas under certain conditions to be labeled with a particular name.

This A.O.C. business confirmed our suspicions that the French were especially careful about their food—a hunch we developed when, at the supermarket, we couldn't find the frozen food aisle, we saw an entire aisle of cheese next to an entire aisle of yogurt next to an entire aisle of

charcuterie (precooked meats and pate type things), and noticed that the origin of every item in the produce and meat departments was prominently labeled. Thus we learned that, while we were eating local lettuce and leeks probably from one of the many hundreds of greenhouses we'd seen while driving in the area, our tomatoes had been brought in from sunnier Spain and Morocco. Organic items were labeled separately, as 'biologique.'

Farmers markets are held year 'round, weekly in the smaller villages, and twice a week in bigger towns, everywhere in France. We happened upon the Friday market in Dijon, where a market hall the size of a Safeway was filled with butchers and vendors selling eggs, cheese, mushrooms, seafood, all kinds of produce, dried fruits, nuts, flowers, and yes, mustards. Vendors lined the outside of the building, too, tucked under the deep eaves, while customers crowded around, squeezing the clementines, sniffing the sausages, filling their baskets with just enough fresh food for that day and the next. Lord knows where all these people parked. A lot of them walked, bumping their wheeled carts over the cobblestones, having filled those carts with baguettes and other daily provisions.

Even with a large supermarket just ten minutes away in Salon-de-Provence, the tiny bakery, butcher, and greengrocer (who also sold fresh local goat cheese, eggs, flour, wine, and jams) in Grans, the nearest village to the villa we were housing, all did a thriving business each morning, as residents took care of their most important business: buying food.

Americans might think it's not very convenient, grocery shopping every day, but considering the size of most French houses, kitchens, refrigerators, and cars (tiny), and the fact that the produce probably arrived that morning, and the bread was certainly just baked, it only makes sense. Plus it is likely you'll run into someone you know waiting in line at the boulangerie, and you can greet them with a kiss on each cheek, and



Photo by Carol Spurling

A Variety of mushrooms for sale on Dijon's market day.

have a chat.

It's a humanizing experience not so far off from what we Co-op members and farmers market aficionados experience when we make these places a regular part of our days and week. Now if we could just get the bakery to make pain au chocolat...

Carol Spurling is eating a lot more salad and dark chocolate since she got back from France.



Photo by Carol Spurling

A vendor at Dijon market smiles while she helps several of her many customers.

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**Beanie
Babies!**

Producer Profile: Washington State University Organic Farm Project

By Pat Vaughan

This month's producer profile is not just one farmer or family, but a number of growers. They range from a local organic farmer, to university agriculture students, members of the public pursuing continuing education and even volunteers; all a part of and embodying Washington State University's Organic Farming Project.

In 2004 the project provided 1,000 lbs of certified organic pumpkins to our Co-op. The result of three years of efforts led by Cathy Colin Peck, the farm is now under the leadership of Brad Jaeckel, the project's Farm Manager. Many of us know Brad and his wife Kate from Orchard Farm here in Moscow. They have graced the Co-op's Tuesday Market and the Moscow Farmer's market with their organic produce. They also enjoy milk from their own small herd of goats and craft delicious goat cheese.

The "farm" on which the project is centered is a 3-acre plot of certified organic ground within WSU's Tukey orchard, on the airport road near Pullman. Last year half the acreage was cover cropped and half cultivated in flowers, herbs and vegetables. The bounty of pumpkins was a result of research in conjunction with the WSU Horticulture Department to compare organic and conventional methods and yields.

The Organic Farming Project combines institutional educational and research elements, Horticulture Club activities, community goals (providing food to the Pullman Food Bank, hosting tours for school groups), and marketing that give it a unique and synergistic quality. The marketing facet is even more important now that the project must be financially self-sustaining. In the works are plans to obtain a grant from the Pullman Food Bank, sell organic produce to WSU on-campus food services, offer CSA (Community Supported Agriculture) shares to individual and family subscribers, and market produce at local farmers' markets.

Beginning this year, the project will be host to a summer field course in organic gardening and farming, Practicum in Organic Agriculture (Soils 480). The majority of the course will focus on hands-on training, but lectures and instructional materials will cover market development and the science behind the practices, as well as social and environmental issues. Brad says, "The training will correspond to our local growing season, and include growing a mix of 30 different vegetables, flowers, fruits and culinary herbs."

According to the course description, "The course will be offered in the 2005 summer session for 12 weeks" immersing students in on-site lectures, demonstrations and skills-building exercises, group projects and weekly discussions, and visits to local organic and market gardens. The 6-credit course is open to students, professionals and the general public alike. The prerequisite is



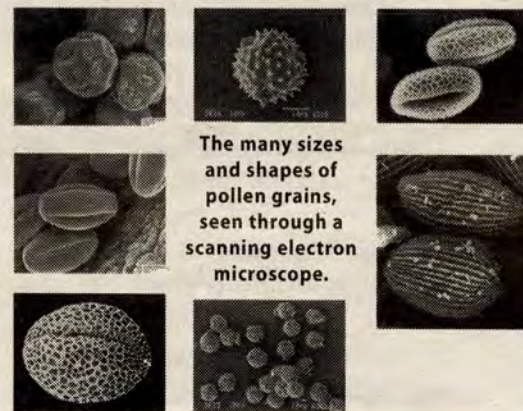
Fresh fresh fresh! Produce is abundant at the Washington State University's Tukey orchard.

"permission by application and interview."

So how can you participate in or support the Organic Farming Project? Apply to take the field practicum this summer for college credit and a transforming learning experience. You can also simply volunteer at the farm project on a flexible schedule that suits your needs. Volunteers can even earn CSA shares of produce for their time. If you just want to reap the benefits of a healthful harvest, you can subscribe for a weekly share of delicious organic produce. Subscribers will get their produce delivered at the Co-op's Tuesday Market in Moscow or at a convenient location in Pullman.

For details and additional information, contact Brad Jaeckel at 208-892-0655 or <mailto:jaeckel@wsu.edu>.

Pat Vaughan is excited to see sustainable farming initiatives surfacing in our local educational institutions.



The many sizes and shapes of pollen grains, seen through a scanning electron microscope.

Image provided by Sarah Walker. **Pollen Grains** as in reference to the article, Nature in the City, page 19.

Think Sunny Summer Color

By Patricia Diaz

THERE ARE TWO KINDS OF FLOWERS that, for me, definitely say sunny summer – calendula (or pot marigold – not to be confused with African or French marigolds) and zinnias. Both are fuss-free and give so much beauty to your garden.

Calendulas are a hardy annual and are native to southern Europe. They are a wonderful re-seeder and come in gorgeous shades of oranges and yellows. You can plant them directly in the garden or in mixed beds and containers. Since they have nice long stems, they also make great cut flowers. They like the cooler summer temperatures and do their best blooming in late spring and early summer. The variety Pacific Beauty is more resistant to summer heat than other varieties.

One of the nicest benefits of calendula, other than their beautiful color, is their soothing and healing purpose. Calendula was used during the Civil War in dressed wounds to speed healing. Today, you can purchase many calendula products, including soaps, skin creams, and salve used for minor cuts and burns. AND you can eat the flowers and leaves! In medieval times they were commonly used in soups and salads. You can also dry the flowers and use them as a “poor person’s” substitute for saffron. In potpourri, the dried leaves add great color while imparting no additional scent to your mixture.

You can plant calendula in full sun or partial shade and the plants tolerate most garden soils as long as you have good drainage. You can start the seeds about 6-8 weeks before the last frost or purchase seedlings at your local nursery. Seedlings need to be planted about 12 inches apart.

Calendula grows to about 1 to 2 feet tall with flowers that are 1 to 4 inches in diameter. The most common flower colors are oranges and yellows, but you can also find pale cream, gold, and apricot.

My other great summer favorite flowers are zinnias. There are SO many varieties and colors that it’s pretty hard to decide which kinds to plant! Another easy to grow plant, the seeds germinate quickly, the plants thrive on heat, they don’t need staking usually, and they don’t require a lot of water or fertilizer. No fuss, just enjoyment!

To grow zinnias from seed, sow directly into the ground in a full-sun area. While average soil is acceptable, adding compost and all-purpose fertilizer yields better plants. Sow the seeds 2 to 3 inches apart in rows that are 12 inches apart or intermix with your other garden plantings. Barely cover the seeds with soil, as they need light to germinate. Keep the soil moist until you see the seedlings (about 5-10 days). Thin to about 10 to 12 inches apart. Snails and slugs like the seedlings so protect them while they’re small. Water frequently at ground level until they reach several inches tall, then you can water less often but more deeply. If you prefer to buy nursery starts, dig a planting hole larger than the plant’s root ball, setting the plant in the hole so that the top of the root ball is even with the surrounding soil. Firm soil and water well.

Here are some suggestions for different kinds of zinnias:

ZINNIAS FOR CUTTING – *Z. haageana* is one of two types of zinnias perfect for cutting. ‘Old Mexico’ is a double flowered, mahogany colored flower; ‘Persian Carpet’ has orange and deep red flowers; *Z. peruviana*, also a zinnia for cutting, has tiny flowers in brick red or soft gold and the flowers make great dried blooms, even drying right on the plant! *Z. elegans* is also a cut flower favorite with long stems and large flowers. They can be prone to powdery mildew late in the season, however. Benary’s Giants (mildew resistant) come in a wide range of colors, as do the Yoga series; Splendor are scarlet, pink, orange or yellow; ‘Envy’ are a wonderful lime green ‘Candy Cane’ and ‘Candy Stripe’ both have striped flowers.

SPREADING ZINNIAS – *Z. angustifolia* (the Star series) have shorter stems and therefore aren’t as good for cutting. They are usually 12 to 18 inches in height and are wonderful for beds and borders. They flower quickly and are nearly maintenance free. The most common varieties are Star with white, gold or orange flowers, and Profusion with orange or cherry pink flowers.

Pat Diaz lives and gardens near Dworshak Reservoir on the eastern edge of the Palouse. She’s starting to think she lives in the Banana Belt this winter!



Nature in the City Females Needed!

By Sarah Walker

CRUSADER TOM OGREN named his latest book “Safe Sex in the Garden and Other Propositions for an Allergy-Free World,” to get our attention and “shake people up.” Ogren, a horticulturist, writer, teacher and landscaper from California, wants to spread the word that urban and residential landscapes are making a lot of people very sick because there are too many male plants--and too much pollen. If your eyes itch and your nose runs every summer, or if you suffer from asthma, you’ll want to read this book and its companion, *Allergy-Free Gardening*.

In the plant world, males produce pollen (the equivalent of semen in male animals). Pollen grains are so tiny and light that they pass right through window screens. Every seed-producing plant, from the tiniest flower to the tallest tree, has pollen-producing stamens and egg-containing pistils so that pollination can happen. Some species have stamens and pistils in separate flowers (that is, some flowers are male and others females), and other species bear separate male and female flowers on completely different plants. For instance, hollies are either male or female, so at least two of them have to be planted to get the pretty berries. Unlike animals, male and female plants look the same overall. You can’t tell gender until the plant blooms.

Female plants and trees produce seeds, messy pods, or squishy fruits that have to be raked away or swept up, so they have long been considered undesirable for yards and streets. Male plants, which shed only tiny grains of pollen and insignificant male flower parts, are considered much more practical. Horticulturists have figured out how to develop “male clones” and nurseries are full of cultivars advertised as “low maintenance” or “seedless.” (A cultivar is a cultivated variety propagated asexually by grafting). Our towns and yards are full of male clones. Ogren, the crusader, claims “massive numbers of people are getting sick and thousands are dying for the cause of tidy sidewalks,” and in *Safe Sex* he spells out the ties between plant gender and human health.

There are more people with pollen allergies now, and urbanites are most susceptible. If our cityscapes and yards had better gender diversity, more of the pollen shed by the males would be trapped by the females. He offers the surprising explanation that the male and female parts of plants emit opposite electrical charges; female plants’ negatively charged (and sticky) pistils attract and collect airborne grains of positively-charged pollen. Humans are negatively charged, and the problem today, Ogren says, is that with female plants becoming rarer, pollen is ending up on the linings of our noses and throats.

Ogren says allergy sufferers can find relief by making changes right in their yards. A juniper beneath a bedroom window can expose a person to 10 times the pollen that comes from a juniper down the street.

What about our town? Moscow has a tree inventory, a database of 114 species. Cultivar names are specified, but not always. Most were planted for easier upkeep and less “mess” on sidewalks--like male green ashes. But many trees here have male and female flowers on the same tree, like lindens and black locusts, so pollen doesn’t travel far to reach a receptive female. And Moscow has some all female green ashes, too. I visited Roger Blanchard, at City Parks, and we compared the trees along our streets with Ogren’s recommendations. It’s not easy to look up plant gender! Often several books have to be consulted. Roger likes *North American Landscape Trees* by Arthur Jacobson, because the names are accurate, and because gender is specified.

Ogren has rated more than 1,000 plants in a scale he has invented called OPALS (Ogren Plant Allergy Scale) and in his book *Allergy-Free Gardening*, and on his website, <<http://www.allergyfree-gardening.com>>, he provides tips for selecting better plants for allergy sufferers. Interesting stuff!

Sarah Walker will be checking plant gender on her walks around town, as soon as blooming starts in just a few months. Keep on writing her with your tales of nature in the city, at HYPERLINK “mailto:citynature@moscow.com” citynature@moscow.com.

Letter from the Land

By Suvia Judd

JANUARY 20, 2005 - THIS WEEK The Latah County Planning Commission held a public hearing on the land use ordinance revisions that have been our primary project for the last seven years. The meeting stirred some strong feelings in me, and raised some thoughts I'd like to share. Today is inauguration day, and it seems fitting to write about democracy.

At Courtroom 3 I joined my fellow Planning Commissioners at the table in the front. The room was packed, the garb was working ranch, and the expressions were not friendly. About 30 people out of the 100 or so present testified. Cattle and sheep ranchers were worried about two provisions, one regulating grazing densities, (which had been dropped before the final draft,) and one requiring 35 foot stream setbacks for animals penned for drylot feeding. (The latter was widely misunderstood to require fencing of all streams.) The horse people were worried about provisions which require a conditional use permit for operations with more than 10 horses, or for certain activities, such as holding a public riding clinic or a rodeo.

I heard: "You are taking away our property rights!" "Are you going to pay for my fencing?" "What are you trying to do?" "This is really poorly written!" "What is the point of this?" "These are rural activities, we have always done them, they don't hurt anybody, and you don't need to regulate them!" "Are you saying I have to get a permit every time I let my dog cover my bitch?" "A dozen different horse groups use my lands by Deary every year, and have for the last forty years, and they bring a lot of customers into Deary businesses, and we've never needed a permit and don't now." (George Hatley, who got a standing ovation.)

Much of this we hear at every hearing, and I have always felt sympathy with and even shared the "don't tell me what to do with my land" point of view, while, with the other half of my brain, I believed in the value of regulating land use, to prevent conflicts among people using the land in different ways, and to preserve certain

qualities of the land, (eg. productivity, biological integrity, natural beauty,) as a common resource.

This time I felt odd, because I was hearing the same words I had used a day earlier as I wrote a letter to the Moscow City Council Administrative Committee about their proposed new animal ordinance, which could severely impact my family's alpaca business, and our private cat rescue operation. As each person testified, I heard my own words, and saw in each face the same anger and fear I had felt, and I recalled my perception of the City of Moscow as my enemy. I'd been frightened and angry because of my needs for safety for my animals, for autonomy, and for empowerment. As people came to the microphone, I saw that it was not only that they were nervous speaking in front of a crowd, but that we, sitting here thinking of ourselves as ordinary citizen volunteers making a contribution, and believing ourselves committed to full public participation, were for these residents the symbol of government authority.

A few recognized that we may have meant well, but that did not fully mitigate the perceived danger, because they did not experience themselves as having the power to fully participate as equals in the decisions that would affect their lives. And from the other side of the table, the set-up did not meet my need for parity either.

The Planning Commission will meet again in two weeks. We will adjust the ordinance to reflect what we heard, remembering that we also represent other residents who were not present at the hearing. Anybody who shows up at our informal work session will get to contribute. In a few weeks we'll have another hearing. For me the larger question remains, how do we improve participatory democracy at the local level?

Suvia Judd lives in Moscow.

4th Winter Market Offers Food, Crafts at 1912 Center

By Kenton Bird

MOSCOW RESIDENTS LOOKING for food, music, conversation and craft items will get an opportunity Saturday, Feb. 12, at the 1912 Center, 400 E. Third Street.

Heart of the Arts, Inc., a non-profit group formed to support arts and culture programs in Moscow, will sponsor its fourth Winter Market. Organizers expect almost two dozen vendors, many of whom are regulars at the Moscow Farmers Market, to participate.

"We've been pleased by interest in the first three markets this winter," said Evelyn "Evie" Adler, president of Heart of the Arts. "As word spreads, we think attendance will grow." Doors to the Great Room on the center's plaza level will open at 10 a.m. and the market will run until 2 p.m. Live music will begin at 11 a.m. on the balcony overlooking the Great Room.

Among the goods for sale will be glass art, pottery, African baskets, jewelry, batiks, paint-your-own ceramics, murals, botanical prints, note cards and wreaths, dried flowers, organic

herbs and teas, and gourmet foods, including wild mushrooms. Muffins, coffee and pastries will be available at the Market Cafe.

The last indoor market of the season will be March 12. The outdoor market at Friendship Square is scheduled to resume in May.

Heart of the Arts, Inc., was founded last year to develop and fund artistic and cultural programs using the 1912 Center as a centerpiece. The building - Moscow's high school from 1912 to 1939 - is owned by the city of Moscow. The group views the building as "a focus for education, exhibition, enhancement and excellence."

In addition to Adler, board members are Jack Porter, Nancy Johansen, Pam Peterson, Duane LeTourneau and Tim Hillebrand, all of Moscow.

For more information, contact Evie Adler at <mailto:evieadler@yahoo.com>.

Kenton Bird is a board member of Heart of the Arts, Inc.

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

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All-Volunteer Radio Needs Volunteers

By Nancy Casey

KRFP, MOSCOW'S OWN all-volunteer community radio station has just announced its spring schedule of programming. This schedule is posted on the KRFP Website <<http://www.radiofreemoscow.com>>. Tune into 92.5 FM and listen to 50 local DJs spin their favorite music. In addition, you can hear both local news and syndicated national news, as well as interviews with local personalities, live music by local artists and much more.

None of this would have been possible without long hours by dedicated volunteers and tremendous community support. We'd like to thank everyone who has helped us and ask for more.

We really do need a lot of help.

KRFP's most pressing volunteer needs are listed below. See something that might interest you? Drop by the station at 116 E. Third Street, or call the station 892-9200. Or send an email to <info@radiofreemoscow.com>. When you volunteer at KRFP, you'll be spending your calories making community radio—and your community—a little bit better. You'll meet some interesting people. You can add it to your resume.

News Department. KRFP's news department is in the formative stages. If you are interested in community affairs, consider increasing your involvement by attending meetings and events with microphone and minidisk in hand as a KRFP news reporter. We'll train you. Or take that same microphone

and recorder and interview the people charged with making decisions that affect our community life. One of the best ways to "make a difference" is to get information to the public. On a local level, the quality of decision making and the quality of reporting usually go hand in hand.

Music Department. Does KRFP fail to play enough of the kind of music you like? Perhaps it's because we don't have that music. We accept all donations of CDs and vinyl. We also need help contacting record companies so that we can receive promotional copies of new releases. We'll get you started. You can help us get more of the music that you love into the station.

Music Library. We need a couple of people with meticulous organizational skills to help us organize and catalog CDs and records so that DJs can find the music they are looking for—and also discover great music that they weren't looking for.

Electronic Music Library. We have quite a bit of music on the computers at the station now and disk space on order to hold even more. We need someone to help us manage that disk space and keep it all organized.

Clerical Help. There are lots of details to keeping the station up and running. Lots of pieces of paper. Lots of tiny but important office jobs. One or two volunteers who could give a couple hours a week to keeping the office running smoothly would make a huge difference.

Graphic Design. We have an

ongoing need for flyers, posters, program guides, etc. If you have an eye for design and are adept with a mouse, you could become the recipient of our endless appreciation.

Engineering Assistance. Our all-volunteer, one-man engineering department, Dave Willard, has a to-do list too large for one human to accomplish.

Underwriting Director. This is the person who contacts local businesses and community organizations and asks for financial support for KRFP programming. KRFP broadcasts short promotional underwriting announcements for those businesses or organizations. This job is so important that the station will pay a modest percentage of funds raised to the person who raises them.

Input. The more we understand the radio needs of the community, the better we serve you. When we broadcast, we can't see you, but we can hear you. Pick up the phone and call 892-9200 when you hear something you like—or don't like—so we know. Or send an email to <info@radiofreemoscow.com>. Or write a letter to KRFP 116 E. Third St., Moscow ID 83843. Or stop by.

Money. If you volunteer to send money we'll never turn you down. KRFP doesn't pay salaries, but it still pays rent and buys equipment. You can mail a tax-deductible donation to KRFP 116 E. Third St., Moscow ID 83843. Any time, day or night.

Nancy Casey is a member of the KRFP board of directors. Her show "Words and Music" airs at 3pm on Tuesdays.

Free Compassionate Communication Classes Return to Moscow

By Veronica Lassen

Introduction to Compassionate Communication, Feb. 8.

Compassionate Communication Class beginning Feb. 15.

A 13 week Compassionate Communication Class will be held Tuesday nights, 7 to 9 p.m., in the Yellow House basement (next to the Unitarian Universalist Church of the Palouse corner of Second and Van Buren, Moscow) starting Feb. 15. The class is based on Marshall Rosenberg's book, *Nonviolent Communication, a Language of Life*, and uses the exercises in the *NVC Companion Workbook* by Lucy Leu. Reading the first chapter before the class is recommended.

The basic model of Compassionate Communication is simple, but life changing. The practice, particularly helped by studying with a group, illuminates our habitual, often unhelpful, patterns of thinking and communicating so that we are able to consciously choose ways of interacting that connect us deeply and compassionately with ourselves and each other. We learn to observe without evaluating, identify, express and take responsibility for our feelings and needs, and make clear requests. We learn that the power of empathy is what makes violence not only unnecessary, but a poor strategy for getting our needs met. "...Every relationship in your life—with family or friends, co-workers, students, teachers, even with yourself—has the potential for positive, permanent transformation" (L. Leu). Compassionate Communication is not about being nice; it is about directly and fully engaging in life.

If you are interested, please attend the Introduction Feb. 8, 7 to 8 p.m., on the main floor of the Yellow House. Both the Introduction and the Class are free and open to the public. For more information, or to enroll, please call Veronica Lassen at 882-2562. Also see <<http://www.palousecc.org>> and <<http://www.cnvc.org>> for information.

Veronica Lassen has been teaching Compassionate Communication for three years, and attended a nine-day intensive workshop with Marshall Rosenberg. She is a local counselor and midwife.



Auntie Establishment

By Joan Opyr

THIS YEAR FOR CHRISTMAS, my grandmother gave me:

A pair of safety goggles from The Dollar Store.

A calendar of art by people who paint with either their feet or their mouths.

And a pair of thumb-cuffs.

My grandmother is an 83 year-old Southern Baptist. She lives in Raleigh, North Carolina, in a neighborhood full of other elderly Southern Baptists. She shops at The Dollar Store, the Winn Dixie, and the Wal-Mart. So where did she get the thumb-cuffs? And what, pray tell, does she want me to do with them?

I've been trying to think of some connection between these gifts—something that either connects them to me or connects them to one another—but so far I've failed. The best I can come up with is that she expects me to use the thumb-cuffs for some exotic and acrobatic Houdini-style performance in Friendship Square—one that will require my wearing cheap safety goggles—but she doesn't have any confidence in my ability to pull this trick off. She's convinced that I'll hurt myself. In fact, I'll hurt myself so badly that the only thing I'll have going for me is my artistic sensibility and the use of either my mouth or my feet. And then she'll send me a paint brush. And a roll of toilet paper. And the address for the Foot and Mouth Artists guild.

Let me share with you an observation about old women that might make some of you (meaning old women) angry but that others (meaning young women) will recognize and flinch in horrified recognition: there comes a time in every woman's life when she's tired of gifts. She doesn't like giving them, and she doesn't like getting them. Usually, this happens when her closets, her attic, her basement, her spare bedroom, the coat closet, the living room, the dining room, the screen porch and the space beneath her bed have become clogged with old issues of Life magazine, clothes she last wore in 1972, and miscellaneous shoes, photographs, and cat toys. One day, she wakes up, and she can't walk from her bedroom to the bathroom

without tripping over a stack of Readers' Digests, and somewhere, deep in her subconscious, a switch is flipped. It's called the "I've got too much crap" switch. And so, on Christmas or Hanukah or Kwanzaa or her birthday, she dutifully opens the gifts she receives, she takes a look inside each box, and then she says something like, "I'll never use this" or "I hate chocolate" or "Good grief, not another vanilla candle." Then, she takes the box and hands it to the person nearest to her—often, the very same person who gave her the gift—and she says, "Do you want this? Because I sure don't." There's another toggle directly related to the "I've got too much crap" switch. In polite company, it's called re-gifting. In not-so-polite company, it's called the "I've got to get rid of some of this crap by giving it to you" switch. And so, on Christmas or Hanukah or Kwanzaa or your birthday, you open up a box and find a bottle of artificial vanilla flavoring, a travel packet of Kleenex, a broken flashlight, and a pair of thumb-cuffs.

And you should be grateful. You know why? Because your grandmother is alive and well, that's why. And because if she lives to 90, another switch will flip and she'll start buying you commemorative plates from the Franklin Mint. Those will be worth something someday, mark her words!

Auntie Establishment is the alter ego and pen name of Moscow fiction writer Joan Opyr. If you would like to contact Joan about this column (or your creative ideas for thumb-cuff usage), please email her at <auntiestablishment@hotmail.com>. She also invites you to visit her website, <http://www.auntie-establishment.com>, and to listen to her new Sunday night radio program, The Auntie Establishment and Brother Carl Show, from 5-7 p.m. on KRFP-Moscow, 92.5 FM.



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

PUT YOUR MONEY WHERE YOUR MOUTH IS

Help us design the new Co-op store. Share your ideas and dreams for your Co-op.

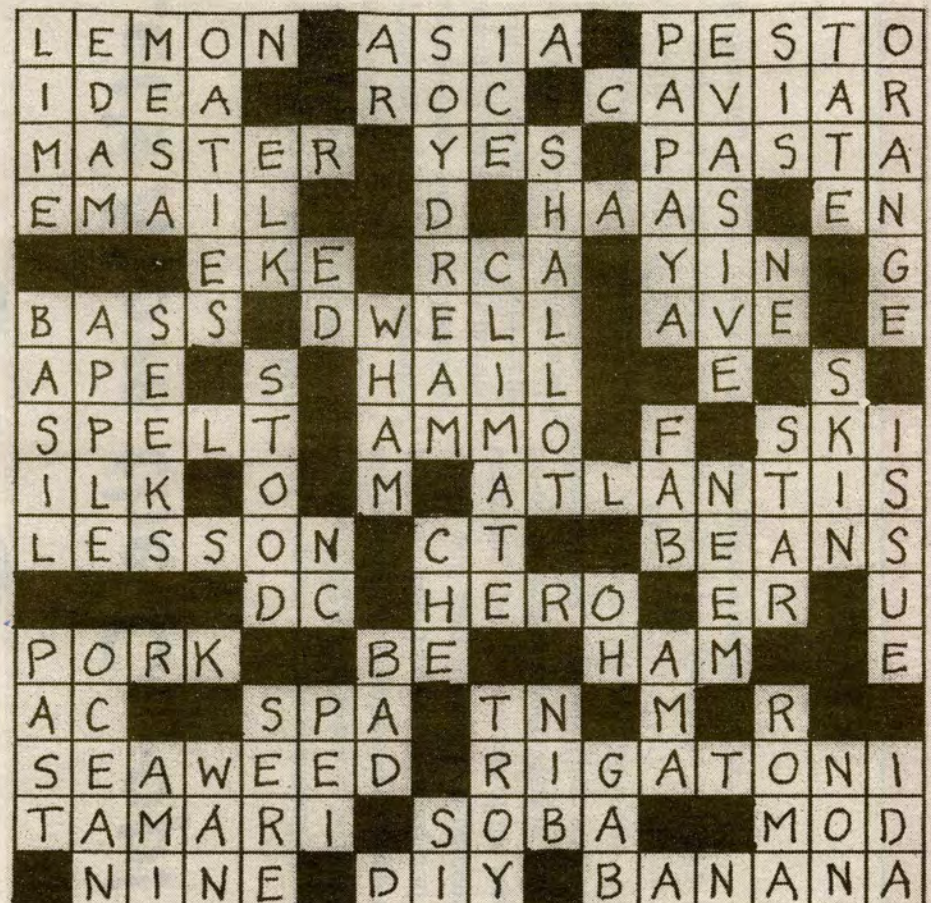
Donate to make your dream a reality. Look for the display at the Co-op. Write down your suggestion for the design of the Co-op and include a donation (suggested amount \$10). We will read all suggestions and pick a winner for the "Why didn't we think of that?" award at the end of February.

Subscribe

to the Co-op Community News

If you are leaving the Palouse, you can take some of Moscow with you by subscribing to our Co-op newsletter.

For \$12, you will receive monthly mail delivery of the newsletter anywhere in the US for a full year. Send a check (made out to the Moscow Food Co-op) and a subscription address to Bill London, newsletter, Moscow Food Co-op, 221 East Third, Moscow ID 83843.





Bulletin Board



MOSCOW FOOD CO-OP

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

KRFP 92.5 - On The Air

Spring Program Sched. For info call 892-9200 or go to www.radiofreemoscow.com

Co-op Coffeehouse Music

Tuesdays, 6 pm - 8 pm

Good tunes and good food. Free live music provided by:

- Feb. 1 Zugunrue
- Feb. 8 David Roon
- Feb. 15 travis and abbie
- Feb. 22 The Mobee Dix!

Vigil for Peace

Pullman: 1st Fri. of the month, 12:15 - 12:45 pm

Under the clock by the Public Library. 509-334-4688 nancycw@pullman.com

Moscow: Fridays, 5:30 pm - 6:30 pm

Friendship Square 208-882-7067 sperrine@potlatch.com

St. Larence String Quartet Comes to Moscow

Thurs., Feb. 3rd, 8 pm

At the University Auditorium. For tickets call 1-800-325 SEAT or the UI Ticket Office 885-7212.

Feb. 3rd - 5th

Free informal presentations, see website for more info: www.class.uidaho.edu/concerts www.class.uidaho.edu/concerts.

Saturday, Feb. 5th, 4 pm

Quartet to play at free public concert at the Music Recital Hall, UI campus.

Moscow Renaissance Fair Poster Contest

February 4th - 22nd

The Poster Contest submissions will be on exhibit at the Above the Rim Gallery, 513 South Main St.

February 18th, 6:30 pm

Grand Unveiling Party. Above the Rim Gallery, 513 S. Main St. Artists, music, and prints of the winning poster. For info. see www.moscowrenfair.org.

Friends of the Clearwater Activities

Feb. 5th, 6 - 11 pm

Oracle Shack Fundraising Concert. At the American Legion Cabin on Howard St., between 3rd & 6th St., in Moscow. Beverages by the Red Door. Suggested donation \$5.

February 12th

Snowshoe trip, to the Palouse divide.

For more info or to sign up contact us at 882-9755 or by email: foc@wildrockies.org.

Free Compassionate Communication Classes

February 8th, 7-8 pm

Intro to Comp. Comm.

Tuesdays 7-8 pm

starting

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

League of Women Voters Speakers Series

February 11th, 7-8 pm

Youth Serv. Brian Dulig

February 18th, 7-8 pm

Northwest Home, Angie Ringen.

February 23rd, 12-1 pm

Young Children and Family Prgms, Marci Schreiber. Sweet Ave and Hwy 95. All welcome. Bring lunch.

Art at the Co-op

Fri., Feb. 11, 5:30 - 7 pm

Katrina Mikiah of Moscow will exhibit her art work in collage and photomontage at the Co-op

Winter Market.

Saturday, February 12th,

10 am - 2 pm

At the 1912 Center. vendors, live music 10 am. For info. contact eviealder@yahoo.com

Moscow Civic Chamber of Commerce public meeting

Tues., Feb. 15,

Focusing on the Moscow Chamber of Commerce. 1912 Building, snacks and beverages provided.

Taste Fair at the Co-op

Feb. 19th, 10 am - 3 pm

Free samples of hundreds of products.

Members Vote for Co-op Board of Directors

Feb. 22nd, 10 am - 6 pm

Feb. 26th, 9 am - 5 pm

Vote at the store.

Pullman Civic Theatre The Sound of Music

Feb. 25, 26, Mar. 3, 4, 5, 7:30 pm, Feb. 27, 2 pm

Lincoln Middle School in Pullman. Tickets \$10.00 on sale Feb. 1st at Dissmore's, Neill's Flowers & Gifts, and Pullman Safeway. At the door \$12.00-adults, \$10-children and seniors. More info at www.pullmancivictheatre.com.

Finding the Center - Human Rights Conf.

Mar. 30, 31, & Apr. 1st

The first joint ID-WA regional human rights conf. Will be in Moscow, Idaho. www.uidaho.edu/ftc.

Call for Artists

M.A.C. seeks artists for Moscow ARTWALK 2005 exhibit. feature in the 3rd St. G. Moscow City Hall, June 12. Submissions due M. 2005. For guidelines and call 208-883-7036 or dheath@cimoscowid.us.



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