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January 2005

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# Community News

The monthly newsletter of  
the Moscow Food Co-op

## The Volunteer Party

By Annie Hubble

A good time was had by all at the co-op volunteer party. About 50 people turned up for this annual event during which we celebrate and honour all those wonderful folks who donate of their time to the co-op in all kinds of ways. It feels good to have a specific time to do this, although I know the staff of the co-op appreciates the help all year round.

This year had an extra bonus of being the 20th anniversary celebration of the newsletter-The Community News. This newsletter that you are now holding in your hands, is run almost completely by volunteers. It appears as if by magic at the beginning of each month, and I can only have a notion of the complexity of bringing together writers, photographers, editors, lay out artists, illustrators, printers and distributors to produce such a fine product on time again and again.

We had an opportunity at the party to look at the back issues from all 20 years. It was a very interesting chance to look back in time; to see old friends; to see old pictures of our ever expanding store. We have in these old copies, a valuable historical document of our community. Kudos to everyone who has worked through the years on the paper.

We especially honoured Bill London at the party. Bill has been involved for all 20 years, pro-



Photo by David Hall

**Title for photo** text regarding photo

ducing and editing, and all in a volunteer capacity. We are lucky to have such a selfless being in our community, who is willing to give of his time to this newsletter and to all other kinds of ventures in our town. Thank you Bill!

The rest of the evening was spent eating the yummy treats prepared by our wonderful deli staff, and listening to the at times inspiring and at times just plain entertaining songs of Dan Maher. One always feels so much more hopeful for the world after a Dan Maher concert.

Thanks to everyone who helped with the event. Janna Jones and Jamie Stolp helped a

**PARTY** con. on page 3

## 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, Mark & Kristin Beauchamp, 203 1/2 N Main St, Moscow, 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 appt. call (208) 892-9000

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

**Dr. Linda Kingsbury, Professional Herbalist** - \$10 off Clairvoyant Readings, Herbal Nutrition Consultations, www.spintherbs.com, 883-9933

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

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

**Market Drug** - Joanne Westberg Milot, 10% off regularly priced gift items, 209 E. 3rd St., Moscow, 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** - Alison Oman, 2371 NE Hopkins Ct., Pullman, 10% off on all items in the Curiosity Shop. 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.

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

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

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

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

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

# Community News

## Welcome! Happy Birthday Moscow Food Co-op

By Laura Long,  
Membership Services

This year is our 32nd anniversary, and we're still going strong. It's quite a feat to remain such a successful business for so long in these changing times, but the Co-op has adapted to the wants and needs of its members over the years to become the diverse business it is today. I read the original article about the Co-op that was printed in the paper in 1973, and it struck me how much we have changed, and yet how much is still the same. The original core group vowed to sell no supplements or meat products, and yet the Co-op freezer is full of organic sausage and chicken and a full range of herbal and vitamin supplements can be found on the shelves as well. But we are still staffed by a dedicated group of individuals whose main goal is to bring local and organic foods to the Palouse.

And, most importantly of all, we surely couldn't have done it without the continued support of members like you. And as a special "thank you" I have a really great prize drawing this month for people who join or renew in January. Putumayo World Music has given us a great prize that includes a T-shirt, a 2005 calendar, and the Caribbean

Party CD. Putumayo World Music is dedicated to bringing the rich sounds of world beat, reggae, and blues music (just to name a few) to your stereo, and a portion of the proceeds from the sale of their CDs is contributed to the non-profit Putumayo Cross-Cultural Initiative. For more information about their good works check out their web site at <www.putumayo.org>.

"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 who 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 into the capital account and help us buy new equipment like ovens, bulk bins, and freezers just to mention a few of the items on the Co-op's wish list. So, in 2003, do what you can to help your Co-op whether it's volunteer work, paying membership dues, or bringing in a friend. It will all help to keep us going strong for another 32 years!



### MEMBERS SAVE!

- 10% off on bulk special orders
- Up to 18% discounts off for working members

Lifetime membership for \$150, or renew annually for \$10 for one person, \$17 for 2 adults, and \$5 for seniors.

**Join the Moscow Food Co-op!**

**Open 7:30 am to 9:00 pm Daily**

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# Front End News

## Welcome to the New Year

By Annie Hubble,  
Kitchen Manager

I truly believe that we are incredibly lucky to have the Co-op in our town. It is the staff's privilege to work here and to serve the people of this community. And it is a joy for us all to be able to come to the Co-op—not

only for our favorite foods, but also for the company of and dialogue with the wonderful folks that make up this town.

Thank you all for your loyalty to this store that is more than a store. Our job would not be the same without you, the customer, and Moscow would not be the same without the Co-op. We are blessed indeed.

## From the Deli

By Amy Richard,  
Kitchen Manager

**N**ew year, new beginning, and many new projects. We are always trying to come up with fun new things to make in the deli and bakery. This hopefully keeps you interested as a customer, and lets us have a little creative fun back in the kitchen.

Candace, Mike, and Amy M. have been playing with breakfast offerings

with some delicious results that make mornings much more exciting. Yoshimi has been creating some beautiful sushi on Wednesdays. I love the way she expands our horizons in the kitchen with her skill and understanding of Japanese cuisine. And I can't wait until our newest cook, Elena, who is newly arrived from Russia, gets comfortable enough to start sharing some of her recipes from home with us. What an exciting international kitchen we have.

## Calling All Local Growers

By Dani Vargas,  
Produce Manager

With the start of the New Year comes the start of planning for our next growing season. That planning includes the 2005 local growers annual meeting. Once a year we have a meeting where we sit down with our local growers and co-operatively plan for the next growing season. Growers who have been growing for the Co-op for years attend and so do new, interested local growers.

Here at the Co-op we have three different venues for local produce to shine. The produce department has probably the strictest standards; making sure people are following the National Organic guidelines so the produce is Certified Organic or Licensed Organic. The Deli focuses on supporting local growers who are certified, licensed, as well as local no-spray.

Our third outlet for local produce is our Tuesday Growers' Market that we have here in the Co-op parking lot. This Growers' Market welcomes all local growers who would like to sell direct to the customer. Tuesday is a great night at the Co-op. Along with the opportunity to meet Moscow's local

growers and purchase fresh produce direct from them, one can also enjoy live musicians and the Co-op barbecue.

This year's grower's meeting will be Saturday, February 5th, from 2 to 4 p.m. (location to be arranged). We have already arranged for certain items to be supplied to us, but we will have a list of items we still need—hopefully for others to tackle. We hope to have the most diverse growing season yet. We also need more growers who are interested in growing in quantities. It is hard for us to order a little from each person to fulfill our store's needs.

This meeting is mandatory for producers. I felt it was important to make this meeting mandatory so the local growers who take the time to attend and plan to grow for the Co-op would be assured that they would have a place for their produce.

If anyone who is interested has questions before the meeting (like where it is) please give me a call at the Co-op: (208) 882-8537. I can be reached here Tuesday through Saturday from 7 a.m. to 3 p.m.

We are looking forward to seeing everyone again and meeting the new faces of others who are interested.

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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.

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20th of each month

## MEMBERS SAVE!

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

**ANY CASHIER CAN HELP  
YOU JOIN, JUST ASK!**

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

**Join the Moscow Food  
Co-op and Save!**

**Open 7:30 am to 9:00 pm Daily**



# BOARD OF DIRECTORS REPORT

By Will Simpson

One of the board of directors' jobs is to direct the "marketing" of the Co-op. To that end we have a standing committee made up of a sub-group of the board of directors and Laura Long, the Co-op Membership Director. This committee is called the Marketing and Membership committee, affectionately referred to as the 'M&M committee.' The question that seems threaded through all the discussions during a typical M&M meeting is: "What makes shopping at the Co-op so compelling?"

Is it the products, the deli, the bakery, the produce, the groceries, the health and beauty aids, that make shopping at the Co-op so compelling? Is it the helpful and educated staff members who are always available to assist you? Is it the sense of community the Co-op strives to foster? I think the answer is both yes and no to all of these because the Co-op means different things to different people. To some of us the Co-op is just a 'cool' grocery store. This is where the bulk of people are at in their relationship with the Co-op and this is perfectly great. Co-op staff works very hard to make the whole community feel welcome to shop. If you think the Co-op is a 'cool' grocery store, the staff of the Co-op is succeeding.

To others of us the Co-op is a place to connect with our community. The Co-op has a deeper meaning to us. We identify with the Co-op as a fundamental part of our community. We want a connection to a community that we don't find at the big chains. We are in a conversation with each other, Co-op staff, members, new shoppers and to a growing degree, the producers. It is this connection to the producers that the big chain stores cannot replicate.

When we shop we favor a marketplace where there are people we know and trust, and products we enjoy.

When you shop the Co-op you make discoveries. You might discover a new product or new information or a new friend. The products may be culturally different from those you usually find, the information more soulful and the friends willing to share their community spirit.

When we look closely at what this all means, I think it is plain that what the Co-op is fundamentally about, is people. Those who shop because of the great products and services, and those who shop to experience a closer connection to our community and those on the staff of the Co-op who strive so hard to make all this happen.

The typical "Co-op person" is bright and inquisitive. We like to know something about where our food comes from. We have a strong sense of community. We enjoy the simple pleasures in life like conversation, family, and community. We are a creative bunch and fiercely independent. We are cynical of mass marketing and rely on our own values to make decisions. We strive for a simple, connected way of life with family, friends and community. We view life as an adventure and approach it with humor and compassion. We give back to the world—often in different and unique ways. Sometimes it takes the form of working toward saving the world; sometimes it's anonymous, random acts of kindness. Wellness is an important part of our value system. We strive to make informed decisions that contribute to our sense of wellness. Most of all, we like to have fun and shop at 'cool' stores! Absolutely, it's the people who make the Co-op great!

## Personal Care Corner: Fish Oil Facts

By Carrie A. Corson

Fish oil supplements have been getting a lot of notice lately. It has long been thought that eating fish two to three times per week has many health benefits, especially eating cold water fish like salmon, cod and mackerel, which are particularly high in Essential Fatty Acids (EFAs). However, as the concern grows over the levels of toxins such as mercury found in many of these fish, the demand for fish oil supplements is growing.


Essential fatty acids are important for good health. Currently, many Americans get plenty of omega-6 fatty acids because those are found in meats and most vegetable oils. Omega-3 fatty acids including eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA) are harder to find but cold-water fish are an excellent source. One of the primary roles of EFAs is maintain-

FISH con. on page 13



Volunteer Party

Photo by David Hall

Got a Sweet Tooth?  
Have a Cookie!   
The deli offers a variety of vegan wheat free, and fully decadent fresh baked cookies for only \$ .89

## PARTY con. from page 1

great deal with the set up and cleaning up, and of course, being a party for volunteers, many of the guests helped clean up at the end. Yeah volunteers! Thank you all for coming, and I look forward to another great year for the volunteer program in 2005.



Volunteer Party Photos

Photo by David Hall

## From the Suggestion Board

*Coffee from Indonesia, Africa – Peaberry.* Sorry, none of our current roasters have an organic peaberry coffee, but I'll keep my eyes open for one. —Vicki, Grocery Manager.

*Please get Enjoy Life Foods wheat/gluten free bagels. They are delicious and have many flavors. Great texture.* I am hoping that our main distributor will pick these up soon. I tried several of their products and thought they were excellent. When they are available, I will bring them in. —Vicki.

*Thank you for the fresh mozzarella!* You are most welcome. Enjoy. —Vicki.

*Mag for young girls "new moon"* I believe it's called. My daughter has a subscription and I love it! Sorry, we've tried this magazine in the past and it didn't sell well. —Carrie, Personal Care Manager.

*More gluten-free products like pancake mix, pretzels, stuff from the gluten-free pantry.com or gluten free mall (online).* We have two gluten-free pancake mixes and a bread mix as well as brownie mixes, cookies, pasta, broths, cereal, and breads. The list is long. I try to have a good variety of gluten-free products and am always looking for good tasting ones (which is something of a challenge). Are there particular items you'd like to see in the store? —Vicki.

*No-salt tomato juice and products, no-salt vegetable juice. Thanks.* The only product I can find is a low-salt Very Veggie. I'll give it a try. —Vicki.

*Would it be possible for you to stock red quinoa? It's yummy.* Sorry, but it's not available from our suppliers. —Vicki.

*Can you get Veggy (not veggie) soy cheese?* I believe you are referring to Soyco Veggie cheese. I can special order this product for you. —Vicki.

*Please bottle the "Vit E 400 IU plus mixed tocopherols" in much bigger quantities—Maybe 300 soft gels to a bottle? Thanks!* It's on the way. —Carrie.

*Can you carry the bulk-sized Nancy's whole milk yogurt?* At the moment, I don't have room but I will keep it in mind. —Vicki.

*Is there such a thing as an organic healthy non-dairy creamer? Where might I get some?* I think the Silk Creamer is really good. Have you tried that? —Vicki.

*Please please please get some tortillas that are yummy! We loved the NM ones you used to have. The new ones suck!* Ever since Leona's sold out to Bueno, I have been searching for a new and better tortilla. I have yet to find it but I am not giving up my search. —Vicki.

*One cashier is wearing a LOT of cologne...some of us are sensitive.* We are sorry and we will speak to our cashiers about it. —Kenna, General Manager.

*Please carry more gluten-free products from more sources. You've done away with crackers from EnerG, etc.! Boohoo! Is there gluten-free pita-type bread available?* I am always on the lookout for new gluten-free products. There is not a gluten-free pita but we just got a new gluten-free tortilla from Food for Life. —Vicki.

**SUGGESTIONS con. pg 5**

## 2% Tuesday Grant Moscow Charter School

By Mary Lang, Ed.D.,

Moscow Charter School Executive Director

As the executive director and founder of the Moscow Charter School, I would like to thank the Moscow Food Co-op for approving our school to receive grant funds from the 2% Tuesday program in January 2005. Moscow Charter School is an accredited Idaho charter school established in September 1998.

Moscow Charter School, an elementary school, provides a small school environment (135 students), where each student plays an active role in our community of learners. Our small school environment places an emphasis on meeting individualized needs, to ensure that each student has the opportunity to master basic reading and writing skills at lower elementary levels, and to rise to their full potential as they move through the elementary grades.

The Moscow Charter School has a curriculum emphasis in basic skills, technology, and the arts. Our curriculum incorporates yearlong themes that emphasize environmental and global awareness into our academic and specialized classes in technology, art, music, dance, theater, foreign language, and environmental education. As professional educators, we recognize that a comprehensive integrated arts program helps to enhance learning of all subjects and provides great opportunities for student growth and achievement. Each year the entire school develops an original theater production based upon what we have learned about our yearlong theme. The theater production is presented to the community at the end of the year and features original music, dancing, script and set-design, and performances by all the students at the Moscow Charter School.

The funds from the Moscow Food Co-op 2% Tuesday grant will be used to finance a portion of our end-of-the-year theater production. Our drama/creative movement program is lead by theater professionals from the University of Idaho Theater Department. This program allows every student at the school to engage in the creative process of developing the script, backdrops and costumes for the production. Each student is encouraged to find ways to demonstrate what they have learned about a particular theme of study such as Communities Through Time (this year's theme) by participating in the production. Our yearly theater production budget is approximately \$3000. This budget includes items such as script development, theater rental, costumes, backdrop arts supplies, and printing costs. All of these costs are paid for through donations, grants, and ad sales.

We feel that the Moscow Charter School mission matches the mission of the Moscow Food Co-op in several ways. Our emphasis on environmental education for all students promotes individual responsibility and a healthy viewpoint of both the environment and the impact that the environment has on our health and our future. We encourage students to develop a holistic community and worldview by scheduling frequent field trips into the community and guest speakers from a wide variety of backgrounds. In addition, our program promotes fitness and good health through classes in health and physical education.

We appreciate the financial support of the Moscow Food Co-op and are grateful to be in a community that makes it a priority to support its local schools.



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



The Co-op's 2% Tuesdays Grant Program provides a money fund for local, grassroots, non-profit, and/or community 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 benefits: a grant of \$1,000 and a \$1,000 donation.

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

# The Buy Line

By Vicki Reich

As I was walking through the store the other day, I overheard a customer telling their friend about another store they had been to in a different state. She said that it wasn't a "real" natural food store like the Co-op because it didn't have any bulk foods. I thought it was unusual to define a natural food store by whether or not they sold food in bulk. As I thought about it more I realized what an important anchor to promoting a healthy, natural life a bulk department could be. As our lives become more hectic and fast-paced, convenience foods account for more and more of the purchases at the Co-op. There are not enough freezer doors to carry all the products that customers are looking for. The deli grab-and-go case is bought out a couple of times a day. Shoppers want convenience and they want it fast. Bulk foods have a reputation for being just that much more work to buy and to prepare. Was this reputation well founded or do we need to take another look at bulk foods? With the New Year fast ap-

proaching and the inevitable push to make positive changes in our lives, I thought I'd see if I could dispel bulk's bad rep and start buying more.

The Co-op carries over 400 items in bulk. They cover twenty-one categories from baking needs to trail mixes. Some of the products we carry only in their bulk form such as granola, nuts, and herbs and spices. Other items, like rice and pasta you can buy both in packages and in bulk. I'm not sure how bulk got its reputation for being the home of hard-to-make and slow-to-cook food. When I took a good hard look at what we carry, the only items I could think of that fit that description were dried beans. Most of what I found could be used instantly, like nuts or granola. Grains seem to be the most intimidating to the uninitiated, but most grains cook in less than 30 minutes with little effort. Recently, I've been eating oatmeal for breakfast and I've been surprised at how much better rolled oats taste than a package of instant oatmeal. The extra five minutes it takes to cook the

oats is more than made up for in the depth of flavor.

Besides tasting better and not really being more time-consuming, bulk is better for all of us. Most of the products we sell in bulk are in their whole form—nothing added and nothing taken away. They're full of all the things our bodies need to stay healthy, they truly nourish us. They're also good for the planet. They are minimally packaged, saving the raw materials to make the packaging and the landfill space to dispose of it. You can bring in your own re-used containers to buy it in, even further reducing packaging. Over two-thirds of the bulk items are also organically grown, reducing the amount of pesticides and herbicides that go into the environment and into our bodies.

There are so many good reasons to shop the bulk department. It's easy; you can buy as much as you need; it tastes great; it's nutritious; it's good for the planet; and it costs less. Look for me more in the bulk department this year.

## SUGGESTIONS con. from page 4

*Ever tried Daisy sour cream? Yummy and no extra additives! Sorry, this is not available from our suppliers. —Vicki.*

*I suggest the Co-op has an open mic night! I came from Providence where they're very common, but here in Moscow they're non-existent. I think it would become very popular and I know I would personally love the crowd that it draws, very open-minded and kind people. The Co-op could maybe hold it once a week and serve hot beverages like sort of a beat coffee house scene. Thanks for listening and I hope this is at all possible. Our Tuesday night coffeehouse is similar to an open-mic night. You just need to sign up in advance and there's only one performer a night. We don't really have a big enough space for open-mic and there are a couple in the Moscow-*

*Pullman area. At some point in the future it might be a possibility and I'll keep it in mind. —Eric, Coffee House Coordinator.*

*Please make a bigger order of dinner rolls from Sage Bakery—thanks! I will increase the order. —Vicki.*

*Please use rennetless cheese in the deli! I would really appreciate it and I would be buying more deli items to enjoy. We do get rennetless cheese when it is available. The sharp cheddar we use is made without animal rennet at Greenbank Farms. When others come available I will definitely bring them in. —Amy.*

*Please return to your old Hungarian Mushroom soup recipe. Way too much heat in this one—should be paprika that you taste. Thanks. Embarrassing but true. One human*

*cook who shall remain anonymous accidentally substituted cayenne for paprika. Oops. Not to worry, our old recipe is back now. —Amy.*

*I live in Pullman and get here once a week max. I try to get here early enough for the bread but sometimes can't. Why can't you set aside a loaf for me? We are always trying to match the supply to demand but this is a tricky problem. I would be happy to talk with you and find out which bread on which day we are underestimating so we can make more for you! —Amy.*

*Can you reveal the recipe for the Daily Wheat bread you guys make? Thanks. Check out our website [www.moscowfood.coop](http://www.moscowfood.coop) for this and other recipes. —Amy.*

*How about a second baking of*

## Art at the Co-op

By  
Annie Hubble

Our January artist is Lexie Lungren. This will be Ms. Lungren's first art show. A Moscow resident, she attends Logos High School and enjoys experimenting with many art forms. She loves drawing and painting and is currently working on sculptures in clay. She uses bright and expressive colors to bring a whimsical element to her art. This first show will specifically feature works in acrylic paint.

Ms. Lungren is looking forward to showing her art at the Co-op, and we are looking forward to meeting a promising young artist. The opening will be from 5:30 p.m. to 7:00 p.m. on Friday, January 14th, and the show will run until Thursday, February 10th.

*baguettes on busy days – Friday, Saturday, & the day before Thanksgiving? They're often sold out by mid-afternoon. Co-op baguettes are the best in town! Thank you for the great compliment! We certainly will make more on these days! —Amy.*

*Bring back the vegan choc-choc chip peppermint cookies ("Grasshoppers"). I've seen too many non-vegan ones. Our bakery supervisor, Aven, tells me that they are no longer making the Grasshoppers vegan because they just didn't sell as well. Please don't be too saddened because we still have Troll Haus, Nutrilicious, Apricot-Almond Thumbprints, Maple Pecans, Kids' Chocolate Chip, and Lemon Poppyseed. They are all vegan cookies! —Amy.*

# Winter Market Offers Food, Crafts at 1912 Center



Perusing the Market Place citizens of the community enjoy the finds that the Winter Market has to offer.

By Kenton Bird

Moscow's outdoor Farmers Market may be over until May, but market aficionados will have three more chances this winter to recreate the spirit of the market—indoors.

Heart of the Arts, Inc., a non-profit group formed to support arts and culture programs in Moscow, will sponsor the next Winter Market at the 1912 Center on Saturday, January 8, 2005. Organizers expect about two dozen vendors, many of whom are regulars at the outdoor market, to participate.

"This is a chance to extend the warmth of Farmers' Market as we socialize with friends and shop for unique items, while creating a new tradition for the 1912 Center," said Evelyn "Evie" Adler, president of Heart of the Arts.

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 by Dan Fowler of Lewiston will begin at 11 a.m. on the balcony overlooking the Great

Room.

The market made its debut in mid-November and returned in early December.

"I was very pleased and excited about the turnout for the first two Winter Markets," Adler said. "Everyone seemed to be very appreciative of the opportunity to shop indoors in the warmth of the 1912 Center while enjoying the wonderful music."

**"The Winter Market will perpetuate this opportunity for fellowship and community during the cold, isolated winter months."**

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.

Tim Hillebrand, a member of the Heart of the Arts board of directors, originally proposed the indoor market three years ago. He pointed out that the Saturday market in the summer and fall has been a popular event for three decades.

"However, when the days grow shorter and the nights longer, this wonderful mechanism for community vanishes, along with the fall colors," Hillebrand said. "The Winter Market will perpetuate this opportunity for fellowship and community during the cold, isolated winter months."

Adler, who took over as Heart of the Arts president from Linda Pall earlier this year, is hoping that market regulars will see the 1912 Center as a community gathering place as well as a non-traditional shopping locale.

Future markets will be February 12 and March 12, on the second Saturday of each month.

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 and Hillebrand, board members are Jack Porter, Nancy Johansen, Pam Peterson, Duane LeTourneau and Kenton Bird. For more information or to volunteer, contact Adler at (208) 882-7747.

*Kenton bird is a member of the Heart of the Arts, Inc., board of directors.*

# Book Review: "Getaways"

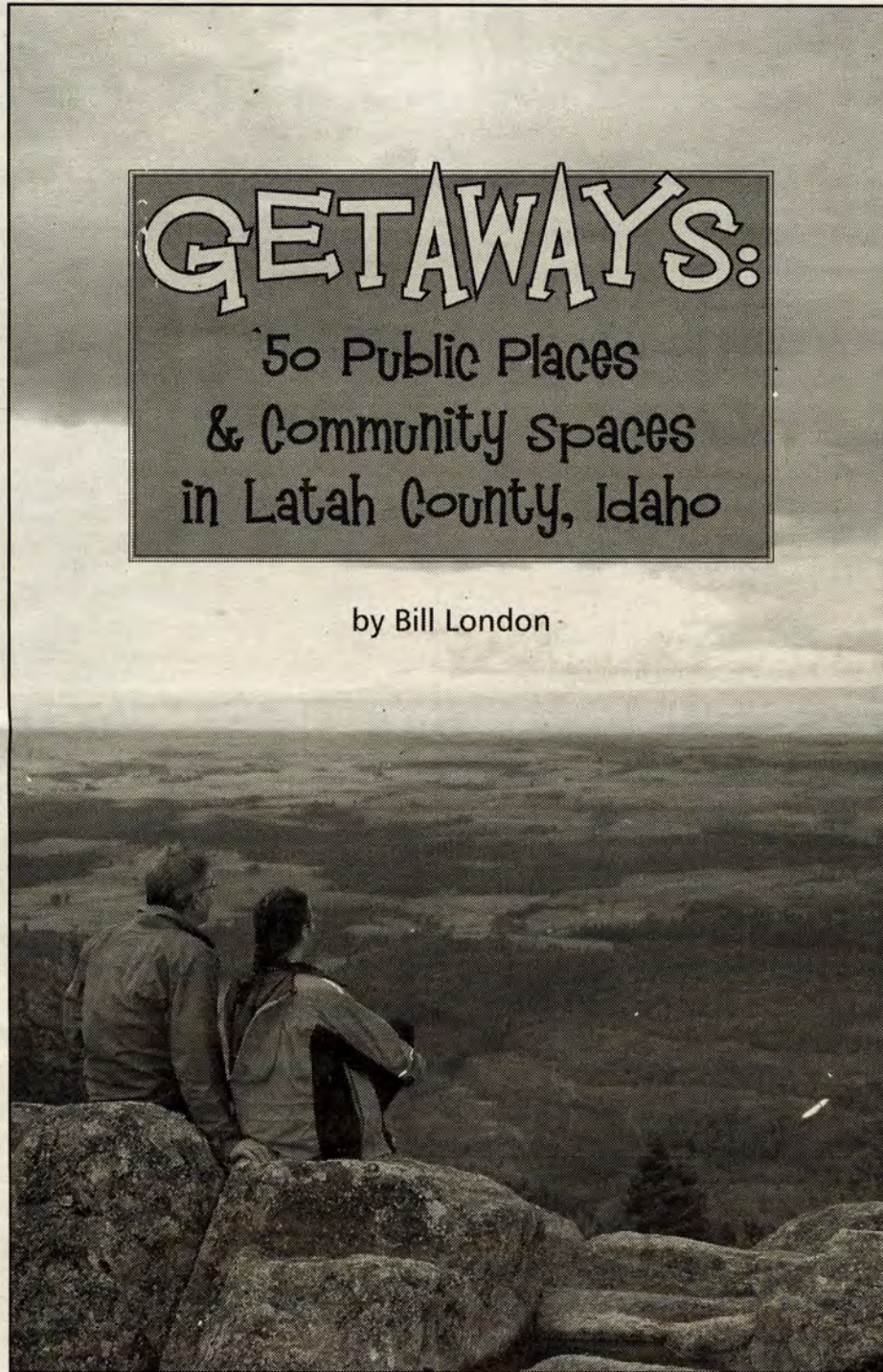
By Bill London

Reviewed by Kenna S. Eaton

When Tim and I first came to Moscow we were entranced by the beauty of the surrounding country and spent many happy hours trolling the back roads in search of the perfect piece of land to buy. Along the way we discovered many hidden jewels: small, local cemeteries set out amongst the fields and farms. One in particular caught our fancy. Located north of Deary in the small community of Avon, we found this cemetery that had a glorious view of Mica Mountain. In fact we were so entranced we bought property out there and, of course, we thought we were the only ones to see the beauty of these 'secret' spots. Wrong again. Oh well, at least we have good company.

Bill London, Moscow Food Co-op's very own newsletter editor extraordinaire, has written and published his latest guide to the Palouse focusing on the public places and community spaces of Latah County. "Getaways" highlights all 26 county cemeteries as well as bike paths, national forest campgrounds, city parks and the UI arboretum. You might be thinking, "How morbid to write a book about cemeteries!" But fear not. As Bill, Tim, and I (and countless others, I'm sure) have discovered, these cemeteries are often located on windswept hilltops with the most amazing views of the Palouse. While there may not be many gravestones, trees or other folks there, you will find a beautiful, quiet, secluded and off-the-beaten-track sojourn and a glimpse into another time.

Bill has written a brief history of each of the 50 spots, complete with a map and detailed instructions on how find each of them. So surprise yourself and your family by taking a field trip in your own backyard. Who knows what you will learn? "Getaways" is available for \$12 only at BookPeople and Moscow Food Co-op.



Getaways front cover of Bill London's book.

## Co-op Coffee House Music

By Eric Gilbert

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 6 p.m. to 8 p.m. for good tunes and good food to go with them. Here's the schedule for January and February:

- Jan. 18: The Beatles' Life of Brian
- Jan. 25: Lisa Simpson
- Feb. 1: Zuginrue
- Feb. 8: David Roon
- Feb. 15: travis and abbie
- Feb. 22: The Mobee Dix!

*Eric Gilbert is the music coordinator for the Moscow Food Co-op.*

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## Staff Profile

# Rachel Clark Caudill

By Susan Simonds

As you peruse this month's Community News, you will be seeing the work of Rachel Clark Caudill, who has been laying out the newsletter for the past four months. This means that Rachel is responsible for making all of the articles, ads, and photos fit together and look good. She is just the second person to do this job as an employee rather than a volunteer. Rachel instructs us that her last name, Caudill, has the emphasis on the last syllable and is pronounced "dill as in dill pickle."

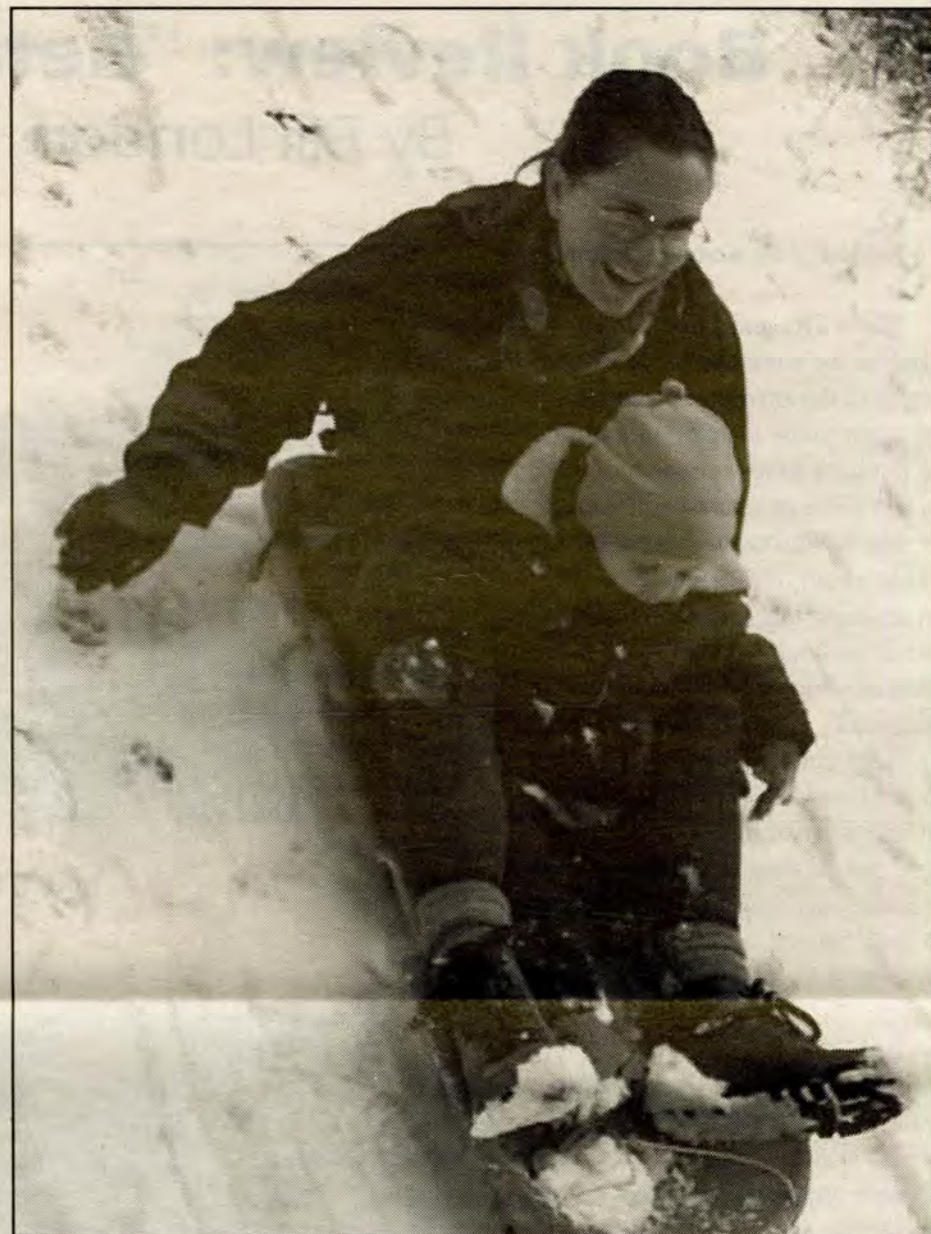
Rachel is a mother, wife, and freelance science and environmental writer who writes under her maiden name, Rachel Clark. Her work has appeared in *Living Bird Magazine*, *Cornell Plantations Magazine*, and, probably most familiar to Co-op members, *Earth and Sky*, a 90-second show on National Public Radio. She has also done curriculum-based writing for textbook and Internet companies.

Arriving on the Palouse a year and a half ago from Atlanta with her husband Chris and their two children, Avery now 3 1/2, and Keenan, 6 months, Rachel immediately gravitated to the Co-op. She was planning to be a volunteer, but when the layout position was advertised, she jumped at the chance, as she had experience doing layout and was delighted to find a paying position. She first became excited by food co-ops when living in Ithaca, New York, where Chris was a doctoral student at Cornell. There, Rachel was a writer on staff at the Cornell University Breast Cancer and Environmental Risk Factors Program. After Ithaca, it was on to Atlanta where Chris did a one-year post-doc. The co-op in Atlanta, where Rachel volunteered in the bulk herbs department was "like an oasis" for her and made living in Atlanta slightly easier. The move to Moscow was like coming home for her.

"I love Moscow. I'm so happy to be here. It's uncanny how deeply connected I am to people here. It's like I've known them in previous lives."

"I love Moscow. I'm so happy to be here. It's uncanny how deeply connected I am to people here. It's like I've known them in previous lives." An easterner born in Gettysburg, Pennsylvania, she claims she will never go back. Rachel spends a lot of time at the Co-op with her children. She is effusive in describing the warm, welcoming climate of the Co-op. "I love being connected to community and to food. It is incredibly important to bring my kids up in this environment so they know where their food is coming from." She believes it is vital that the "footprint on the planet" made by food production be as minimal as possible.

The environment has interwoven itself into all aspects of Rachel's life. In fact, she met Chris when they were both doing undergraduate research on oysters at the Horn Point Environmental Laboratory on the Chesapeake Bay. Rachel earned a bachelor's degree in biology from Goucher College near Baltimore, Maryland, and a master's degree in zoology from the University of New Hampshire. The birth of her first child and the events of September 11th fueled Rachel's passion for saving the environment. For the last three years



**Dashing through the snow** with Avery in a non-horse open sleigh.

she has been writing a book "to articulate my vision of a sustainable future for people who aren't thinking about those things yet." Using personal narratives, Rachel plans to describe her reasons for parenting in a way that brings us closer to a sustainable future.

"I am not confident that my kids are going to have a sustainable future and it scares the s— out of me. There are so many issues: climate change, food, disease, pollution, the list goes on and on and there are so many things that can be done."

The book brings Rachel a certainty about her destiny. She says she wakes up in the morning knowing with conviction that writing the book is something she is meant to do. She now has a proposal, sample chapters, and an agent. Rachel speaks about her commitment to this project with intensity, clarity, and confidence, conveying what I think of as "mountain energy:" she is grounded and empowered. Watch out world!

Update from Rachel: "Despite my enthusiasm for the layout job, due to personal matters, I must regretfully hand over the reins to someone new. I very much enjoyed working with Bill, Therese, Carol, and all the other wonderful newsletter staff, writers, artists, and volunteers. These people bring a unique and important gift to our community. Indeed, this newsletter is part of what makes the community of Moscow so special. All my thanks to you folks for the great work you do."

*Susan Simonds is honored to have the opportunity to hear people's stories when she writes this column.*



Erin O'Rourke displays some of the eggs she sells at the Co-op.

## Volunteer Profile Erin O'Rourke

By Yvonne McGehee

Erin O'Rourke is of an adventurous stripe; you might say, "Destination, unknown." She's been cured of a fever by a rub-down with homemade plum brandy while her feet were packed in cornmeal, during her time spent in a female Serbian Orthodox monastery in Yugoslavia; she's taken off for Peru by land, to be turned back at the Belize border for having Communist visas in her passport; never making it to Peru, she spent six months getting to Ecuador, where she lost said passport and simply stayed till she felt like leaving, 1 1/2 years later; landing in Miami, Florida, with \$30 in her pocket, she made her way back to her Port Townsend, Washington, home via a ride through Wyoming; and she currently has three daughters and lives in a yurt from which she runs the Three Sisters Eggery, which had a bad day recently when daughter Fiona, one of the three sisters, broke a record 42 eggs in one shot. Whew—and Erin's hardly even gotten going yet!

Erin was born in the Bronx and lived there until she left for college in upstate New York at 17. She studied liberal arts and, starting in 1989, spent her junior and senior years in Yugoslavia, studying Marxism the first year at the University of Zagreb and spending the second year working at the above-mentioned self-sufficient monastery farm. She graduated in 1991, worked on some small family organic farms in the US, and moved to Port Townsend. After going west, but before meeting her husband Kevin, she had her South American adventure. Then she met Kevin, and family happened. Their three daughters are: Olivia, 6 1/2 years old; Fiona, the egg-breaker, 4 1/2 years old, and Eliza, 2 years old. In 2002 her husband got a job on the Palouse and they moved their family here.

But it's not that ordinary; of course not! They moved here to 40 acres of land, where they erected their two yurts. The family lives in a 24-foot-diameter

yurt and has an 18-foot-diameter yurt for storage. It stays above freezing inside unless it gets down to -20° Fahrenheit, as it did last year, when their water froze. The space is somewhat divided by partitions, but is basically open, so there is little privacy. The yurt has a composting toilet. They now have both a tub and a dishwasher!

The chickens sneak under the storage yurt and lay eggs there while the family's Australian shepherd sits slyly by and awaits his chance to steal some. The family is building a house using Rasta blocks which are made from 80% recycled styrofoam (providing good insulation) and 20% recycled concrete. They hope to have a small-scale organic farm eventually.

Erin sells her eggs to the Co-op and volunteers here on Friday nights serving pizza. She likes the crowds and busyness of Friday nights, with many regulars, families, and students coming in for pizza. She doesn't have the op-

"We are a young country, and because of the recentness of our westward expansion, we still think the forests are endless."

portunity to do a lot of things on her own right now so her volunteer time gives her a break, letting her step out of her role at home for a while.

Erin is a full-time Mom in every sense of the word; living in the close quarters of the yurt, having the Three Sisters Eggery, and also home-schooling her children. The family belongs to a small home-schooling group inspired by the Waldorf Education system that was founded by Rudolf Steiner in Switzerland, who also founded biodynamic farming.

"Waldorf Education stresses artistic development before reading or writing are taught, and is based in awareness of the natural world such as seasons, plants, and our connection to them." The curriculum is already formed, and parents are provided with supplies and reading materials.

Erin feels that Americans tend to be lacking in an appreciation of other nations and of history. She wishes that more Americans would travel to other countries, in such a way as to bring them into close contact with other cultures, with history, and with the effects of long-term use of resources.

"Eastern and western Europe have a sense of the finiteness of resources. We are a young country, and because of the recentness of our westward expansion, we still think the forests are endless."

I think that with Erin, the possibilities for the thoughtful, innovative, and unexpected are endless indeed.

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

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## Business Partner Profile **Erin O'Rourke**



**Rondi Schei** prepares a water sample for a metals analysis at Anatek Labs.

By Jill Maxwell

**A**natek Labs is an environmental testing laboratory in Moscow. Staff at the lab tests a wide variety of substances for a wide variety of contaminants. Most of their business consists of testing public drinking water systems for bacteria and other pollutants to make sure the systems are in compliance with regulatory standards. They have clients all over the northwest and down into Nevada and New Mexico. They also work with the University of Idaho, Washington State University, and most of the small towns surrounding Moscow including Genesee and Juliaetta.

Owner Mike Pearson, who grew up in Caldwell, Idaho, got a BS in electrical engineering from the University of Idaho. His first job upon graduation was as an equipment repairperson at a lab in Pullman. Pearson spent five years at that job and says that during that time he learned "everything not to do in business." With the help of a loan from the Small Business Administration, he set up his own lab in 1992. "At the time, the environmental lab industry was a growth industry," he recalls, "so everything kind of fell into place."

When it first opened the lab employed about five people and occupied a 2,000-square-foot space on Highway 95 south of Moscow. The business has grown steadily

since. Today, the lab employs about 20 people and occupies three-quarters of a 7500-square-foot space in the Alturas Technology Park. In 1996, Pearson bought out a small lab in Spokane. The Spokane Lab, which currently employs six people, focuses more on microbiological analysis than the Moscow lab does. Currently, it does a lot of salmonella testing of compost and mold analysis.

The Moscow lab also does compost testing, primarily for large-scale composters. They test for chemicals called clopyralids, which are a primary ingredient in one of Dow Chemical's broadleaf herbicides. According to Pearson, the herbicide is commonly used on the Palouse's wheat fields, because it's such a good weed killer.

Unfortunately, it has since been discovered that the chemicals don't biodegrade in the composting process. As a result, they bioaccu-

Consequently, the lab gets samples from all over the country.

Backyard composters can take samples from their own piles in for testing, but Pearson says it's probably not necessary. If people are composting from their own yard waste and table scraps, they probably won't have a problem with clopyralids.

Anatek Labs offers a 10% discount on private well testing to Co-op members.


"Quite a few people call asking if it's worthwhile to have their private wells tested," says Pearson. "We've found it to be pretty useful. I encourage people to get their wells tested for bacteria on an annual basis. It can be very informative. People with bacteria tend to be more susceptible to other problems. So it's a good general indicator."

*Jill Maxwell remembers when gardeners were having trouble with their WSU compost. Now she's glad to know why.*

**"I encourage people to get their wells tested for bacteria on an annual basis. It can be very informative."**

mulate, making the compost unusable for gardening and landscaping purposes.

"Clopyralids have disrupted the compost industry for the last couple of years," says Pearson. "That whole story started here and really spread." Anatek Labs spent a lot of time a few years ago to develop a method to test for clopyralids in compost. Currently, they are one of only a few labs in the nation that do the testing.



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## The Pumpkin that Fed Moscow: Take Two

By Dani Vargas, Produce Manager

It all began with a 428-pound pumpkin and a knife, well, a couple of knives. There were many helpers along the way of this pie making process.

First, Louise; one of the owners of Mikey's Gyros, helped cut the pumpkin into pieces which we then cooked. Cutting into the big pumpkin was quite a task. The seeds were fairly big, maybe a big thumbnail-size and the pumpkin was pretty dry inside, not too goopy like some smaller pumpkins can be. The pumpkin was probably 6 inches thick. We ended up cutting the

middle part only, leaving the top and bottom since we had enough pumpkin for our pie task.

The next helper was Ben. Ben is one of our dessert bakers here at the Co-op. He pureed all of the pumpkin and mixed the ingredients all together which helped us out tremendously. With the ingredients all mixed, we had a total of 40 gallons of pumpkin pie filling.

Sunday Laura, our awesome bookkeeper, and I started filling the crusts and cooking the pumpkin pies. In the ovens we could cook six sheets with five pies on them at one time. With two ovens that meant we had 60 pies baking all at once. Once those had cooked we took them out to let them cool and started the last batch of pies. Our final pie count was 96 pies. We, of course, had to eat one to make sure they were good, and it was delicious. We then wrapped all the pies and boxed them up for their journey to the Moscow Food Bank.

Monday, Laura and I delivered

## Mandarins Oh My Darling Clementine!

By Judy Sobeloff

I had it all planned out, how I would pose a Big Question and then resolve it a few paragraphs later, how the townsfolk would sing my praises and finally I would get to ride on a float in a parade. My round orange costume would not be flattering, but the shouts of joy from the crowd as I tossed them their sweet, usually seedless, easily peeled fruit would make up for that.

My question, O Winter Citrus Eaters, is as follows: What's the difference between mandarins and satsumas and clementines and tangerines? I set off--imagine the bounce in my step, if you will--envisioning a large room of grateful taste-testers. "Quel surprise" when I got to the Co-op produce department and saw boxes of "satsuma mandarins" over here, bins of "clementine tangerines" over there. What, my work already halved? Clearly someone had trod this terrain before.

Turns out the satsuma, clementine, and tangerine are all distinct types of mandarin oranges. Thus, just as all squares are rectangles but not all rectangles are squares, all tangerines are mandarins but not all mandarins are tangerines. Older and wiser now, while I'm still not sure I could pick each of the three out of a line-up, I did learn about the origins of their names. The term "mandarin" refers to the "bright orange robes worn by the mandarins, public officials of the ancient Chinese court." Cultivated for over 3,000 years in China before they were exported to Europe and North America in the 19th century, mandarin oranges in China were "often reserved strictly for the privileged class" (homecooking.about.com). The first mandarin exports were shipped from the city of Tangiers

in Morocco, giving rise to the name "tangerine," the variety most common in the United States, which has seeds and is apparently less sweet than the others. Satsumas (or, in street lingo, "sumas," a term coined by Brigit, 22 months) are the major mandarin cultivar of Japan, believed to have originated in the Satsuma province. Clementines, purportedly "smaller, more tender and sweeter and more silk-fleshed" (specialtyproduce.com), are a hybrid of tangerines and oranges inadvertently developed in Algeria in 1902 by a French missionary, Father Clement Rodier.

The little fellers—by any name—are such a favorite snack of mine that the prospect of using them in a recipe was hardly inviting, especially with the parade called off.

As Mark Bittman writes in *How to Cook Everything*, "Perhaps even more than the banana and the apple, the clementine is the ideal snack fruit. The delicate flavor of tangerines never survives cooking, so there are few cooked recipes for them worth considering."

In fact, the longer I scanned recipes, most of which called for canned mandarins, the more I wanted to grab my box of fresh mandarins and run—until I learned that they keep better when refrigerated, which would have made running with them difficult.

A recipe for mandarin-lime sorbet from *The Canned Food Gourmet* (a title I admit would normally intrigue my sensibilities) called for freezing the actual can of mandarins for 18 hours and then pureeing the contents with limejuice. Regardless of whether the can is ultimately discarded, as one of the great pleasures in eating mandarins is the ease with which they slip from their skins—hence the nickname "zipper oranges" or "kid-glove oranges"—I can't get excited about canned mandarins, I won't, I won't. Finally I recalled having eaten some tasty green salads with fresh mandarins and walnuts, but settled on making Ambrosia, a dish I normally would pass up at a potluck. To my great surprise, I loved it. My eyes are now open.

### AMBROSIA

(Adapted from Mark Bittman, *How To Cook Anything*)

Makes 4 servings

- 8 mandarins
- Orange juice to drizzle
- 2 bananas, peeled and sliced
- 1 cup shredded unsweetened coconut
- Sugar to taste (optional)

In a bowl, make layers of mandarins, bananas, coconut, and, if you like, sugar. Drizzle with the orange juice and let sit for a few minutes before serving.

The mandarin orange is only one of a multitude of subjects about which Judy Sobeloff is perpetually amazed by how much other people already know.

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## Bourbon Glazed Salmon

By Christian Wise

Before we get to the salmon, I must say that whoever developed the 'Biker Bar' recipe at the Co-op is stellar. Moscow Food Co-op Biker Bars are one of my favorite items in the Bakery department. I never liked whiskeys much as I began to drink alcohol, until I started cooking with scotch and bourbon to make various sauces and glazes in the early 80's. I decided that something that smelled so good seared with butter couldn't be all bad. I still don't like bourbon to drink, but a nice single malt scotch is pretty good. Maybe it was just the butter. This bourbon glaze is a recipe that I have used over the last 15 years and, like many of my recipes, has evolved over time. When discussing a recipe here, I will try to appeal to both vegetarians and non-vegetarians; as in this recipe works with tofu too.

The following glaze works great with salmon, but also works with pork, chicken and, as promised, tofu:

Recipe makes approximately  
1 pint of glaze  
3/4 cup of minced/grated onion  
1 Tbsp. of minced garlic  
1/2 cup of butter  
3/4 cup of bourbon  
3/4 cup of dark brown sugar  
1 tsp. of white pepper

Salmon

Use either half a salmon (3 to 4 pounds) or filets of salmon (6 ounces each).

First sauté onion and garlic together with the butter in a large 12-inch skillet or saucepan.

Add the bourbon to de-glaze the pan after the onions and garlic are translucent. When the bourbon has seared for about 30 seconds, turn down the heat to a low medium and add the brown sugar. Blend the ingredients together and let the mixture come to a low boil for about 6-7 minutes. The mixture should look like thin syrup. At this point, add the white pepper and turn the heat off.

Personally, I think a half salmon works the best for this glaze because the trick to this dish is to slow cook

it—preferably over charcoal. When you are setting up your grill, offset the fish to the charcoal so that you have set up an indirect heat flow.

You do not want to have the fish directly over the coals. In addition, a covered grill works the best.

When you set your fire, please allow at least an hour for the fire to burn down and become even. Once your grill is hot, offset your fish to the fire by at least 10-12 inches; place the skin side down on the grill. Glaze the fish with the Bourbon Glaze initially and repeat every 15 minutes.

The desired effect over the next hour and a half is to make almost a sticky, candy-like texture on the fish. A three- to four-pound piece of salmon will take approximately 1.5 hours to cook. The idea is to fully coat the fish and allow the flavor to soak in so one tastes bourbon and brown sugar with a little butter.

The glaze also works very well with pork. The suggested cut would be the loin of pork and grilling it the same way the salmon was done is nice. The cooking time will be about an hour longer and basting it every 15 minutes works really well. Chicken and tofu both can be done directly over the fire; however you need to keep the fire and target item at least 6 to 8 inches apart. The type of chicken can be boneless breasts or bone-in pieces. The suggested tofu for grilling would be "extra firm."

The cooking time for the chicken should be about 35-40 minutes and frequent basting is suggested. The tofu will take only about ten minutes and actually dipping the tofu completely in the glaze before you place it on the grill works best; then baste the tofu every couple of minutes.

An excellent variation of the cooking method is to smoke the meat or tofu. Cherry or apple chips in the smoker give a nice flavor to help the bourbon and brown sugar. The salmon does nicely at about three hours smoking time. The pork needs about five hours. Chicken takes about 4 hours for a nice smoke flavor to develop, and tofu is nice and smoky without falling apart at about one to one-and-a-half hours, depending on the way you cut your tofu.

Hope you eat well.

*Christian Wise, in another life, was a legal services provider; however he saw the light and decided there is a greater degree of ethics in the preparation of food and its service.*

## Maryhill Winery

By Dani Vargas, Beer and Wine Buyer.

Located in Glendale, Washington, miles above the banks of the Columbia River, and with a fabulous view of the Gorge and Mt. Hood lies Maryhill Winery, a family-owned winery with over 20 years of combined experience. I have only seen pictures of this winery but can imagine its beauty. The winery is a few miles away from a replica of Stonehenge, which I have visited many times and the landscape and view are spectacular. I recently had the opportunity here at the Co-op to meet the owner Craig Leuthold and taste the Maryhill wines. The growing region in which they are located is very rich and diverse. The winery does grow some of their own grapes but also likes to partake of the many opportunities to support other farmers who have been growing for years and know more of what they need to do to produce the best flavorful fruit possible.

The wines I tasted were their Chardonnay, Viognier, Sauvignon Blanc, Gewürztraminer, Cabernet Franc Rose, Fort Rock Red, Syrah,

Pinot Noir, Merlot, Sangiovese, and the Zinfandel. They were all really good wines; I would recommend all of them.

At the Co-op we currently carry only a couple of their wines: the Gewürztraminer and Zinfandel, but others are on the way. If you have never tried any of the Maryhill wines you should—they are excellent wines. But also, if you are ever down in south-central Washington, stop on by the tasting room, tour the winery, then stop at Stonehenge and check that out.

Another cool thing about this winery is that they have a summer concert series with a beautiful amphitheater in which to enjoy the music. Performers in the past have included Too Slim and the Tail Dragers, Hootie and the Blowfish, Emmylou Harris, Willie Nelson, and Don Henley, to name a few. They also have a Singer/Songwriter competition for all of the talented individuals who are part-time, not making a living as a professional musician. The best way to find out about the music endeavors would be to visit the Maryhill web site [www.maryhillwinery.com](http://www.maryhillwinery.com).

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## A Freezer Full of Local, Grass-fed Beef

By Carol Spurling

In the usual way that all the best connections are made—through friends—I located the supplier of the quarter of beef that is now in our freezer. Local folkies Mitchell Frey and Melodie Armstrong had already committed to buying most of a whole beef from Tom and Cheryl Kammerzell of Maple K Farms, near Colfax; when Mitchell heard I was looking for good beef, he put me in touch with Tom, who reserved the remainder for me.

I sent a deposit earlier this fall, and in November discussed with Tom how we wanted our beef packaged, and what cuts we'd like. On December 1 he delivered it to our door and even helped me get it in the freezer when my hands got too cold to continue. I gave him a check for the balance due, and voila. We are stocked.

A quarter of a beef works out to somewhere around 100 pounds when it is wrapped neatly in white butcher paper, and labeled. In terms of volume, it filled two large coolers, and takes up several shelves of our upright freezer.

I visited Maple K Farms in November.

"Watch him there," Tom pointed at a young steer nibbling a maple leaf as I arrived. "That's why these cattle are so great. They're foragers, not grazers."

Highland cattle are a very old, very pure breed from Scotland, with a long coat and impressively dangerous horns sported by both sexes. The long coat keeps them warm, so they do not have back fat, making their meat leaner even than chicken. Highlands are prized for their gentle demeanor and their foraging eating habits. Most cattle are grazers and indiscriminately nibble everything down to the ground. Highlands pick and choose, munching a weed here, a bramble there, a leaf here, thus keeping their pasture in good condition.



One of Maple K Farm's Highland Cattle.

Another reason why the Kammerzells chose Highlands is their 99% unassisted birth rate. For farmers who both have full-time jobs, that means a lot fewer worries when they're not home.

"In 150 births, we've only had to help once, and we've only lost one," Tom said.

The Kammerzell's house used to belong to his grandparents. Near the house are several pastures where the cattle contentedly graze. It's a far cry from where he started out in the beef business.

"I started out in a cow-calf operation, then I worked in a feed lot and saw the uglier side," Tom said. Kammerzells started doing naturally raised Herefords and Angus in 1990, then switched to Highlands after about five years. They carefully manage their cattle and their land to keep everything healthy.

Tom showed me the stream buffer strip they've planted, fenced off, and put into conservation reserve.

"We don't have any control over what they do upstream from us, but at least here at our farm we're doing our part to protect salmon habitat," Tom said.

Maple K Farms customer Mitchell Frey has been a political vegetarian for about 25 years, until now. With a degree in Range Ecology, Frey knows a lot about public lands grazing, and the destruction of the environment it causes.

"My wife Melodie and her kids

eat meat, so our compromise was to buy only non-public lands beef, organically grown or at least without antibiotics and hormones, and locally raised if possible. Since Tom doesn't graze on public lands, uses antibiotics only when needed, isolates sick animals to minimize their use, and doesn't use hormones, we bought from him," Frey said. Frey also appreciates the open offer from Kammerzell to visit the farm and even view the slaughtering operation if he desires.

The demand is growing for Highland beef, but Kammerzell's dedication to his regular customers, doing business locally, and maintaining a steady and reliable income over the long-term rather than trying to get rich quick, has led him to pass on opportunities to supply Seattle restaurants with beef, or to get involved in a USDA program which promises big profits but would leave him unable to fill his local orders.

"We'd rather get the brass ring every year than grab a single gold one," Tom said.

*Carol Spurling learned recently to coat steak with butter before broiling, to keep it juicy and evenly cooked. Buying from a local farmer is the next best thing to raising a cow herself.*

## FISH con. from page 3

ing healthy cells. These fatty acids keep cell membranes fluid and flexible. This allows cells to hold water, vital nutrients, and electrolytes, as well as to promote normal detoxification. "EFAs are also the building blocks of prostaglandins, a class of hormones that regulate numerous bodily functions including cellular responses, immune function, and hormone synthesis." (Nordic News Spring 2004 Protect Your Heart) Prostaglandins are anti-inflammatory and are being studied for their role in protecting against heart disease, improving brain function, and maintaining healthy joints.

There are numerous fish oil products to choose from and it can all be a bit confusing. One can find fish oil by itself both in liquid and capsule form. There are also complexes available that may include fish, flax, borage, or evening primrose oils. These complexes provide different health benefits and individual goals may dictate which is the best choice for each person. If you are primarily interested in high DHA and EPA content, fish oil is the best choice. Although flax oil is high in the short chain omega-3 fatty acid known as alpha-linolenic acid and has its own health benefits, it must be converted in our bodies into the longer chain fatty acids. This conversion is slow and does not appear to yield the high concentrations of DHA and EPA found in fish oil.

All fish oil supplements may not be created equal. Toxicity levels in fish may compromise the quality of some supplements. If you decide to add fish oil to your supplement regimen, it is important to use supplements from companies that provide supplements free of toxins. Beyond testing to ensure that the raw material is toxin-free, many supplement companies use distillation technologies to remove any possibility of heavy metal and dioxin contamination. This newer technology also allows the levels of EPA and DHA to be concentrated in much higher levels per capsule.

Fish oil supplements are

## FISH con. on page 16

## What Do I Do with My Amaryllis?

By Patricia Diaz

Did you happen to receive a beautiful amaryllis as a gift this holiday season? I did and decided to research a little bit about this wonderful plant. Given the right care, you can have repeat blooms every year.

The amaryllis (*Amaryllis belladonna* – *Brunsvigia rosea*) is a native of South Africa and, while hardy in mild-winter areas, here on the Palouse it needs to be an indoor plant. Most of the marketed bulbs come from Amsterdam, Israel, or South Africa. There will be two to six flowers per stalk and you can have multiple stalks coming from your bulb. The big, beautiful flowers are usually red, pink, white, orange, salmon, or bi-colored and grow 18-36". An important caution—the bulbs are poisonous, so please take care around little ones and pets.

If you received your gift as a bare bulb, place the bulb and the roots in lukewarm water for several hours before planting. Then plant in a pot slightly larger than the diameter of the bulb. Cover up to the neck of the bulb with soil consisting of peat and perlite. Amaryllis aren't

particularly fussy about their soil, but they don't like pine bark near them so don't use that in the soil concoction. Water thoroughly at that point but only water sparingly the first weeks after planting. After the leaves and the bud develop, water more. About once a week is a good amount of water. They like to be moist but not wet.

Amaryllis plants like direct sun until they flower, then don't let the flower sit in the hot sun (not that this is usually a problem this time of year). They also like to be in warm areas, about 70-75 degrees. After the plant begins to flower (which should be about six to eight weeks after you planted the bulb) put the plant in an area where it is about 65-75 degrees.

You should fertilize your plant after it starts to grow. In mid to late summer, stop watering and let the leaves die back. Cut the stalk just above the bulb nose. By late September or October, place the bulb in a cool, dark place for eight to twelve weeks. Then bring the bulb back to room temperature, begin to water it, and the flowering cycle will begin again.

## Nature in the City: Rough-legged Hawks, Visitors from the Arctic

By Sarah Walker

"There!" I shouted, alone in my car, binoculars pressed to the windshield. I had pulled over to peer up at a hawk on a power pole, a common sight along Palouse highways most winters.

Wrist patches! I had, at last, been able to see the large, dark marks under the wings that confirmed this sighting as a rough-legged hawk, a visiting raptor that is hard to identify because it can look a lot like the common red-tailed hawks we see all year here.

Visitors from the Arctic? Rough-leggeds spend their summers in the high Arctic regions of northern Alaska and Canada where they breed, raise their young, and live almost exclusively on lemmings. Their name comes from their feathered legs and feet—adaptations to life in cold climates. Rough-leggeds are pictured in recent books published to familiarize Americans with the remote Arctic National Wildlife

Refuge, summer home to rough-leggeds, gyrfalcons, golden eagles and peregrine falcons—and disputed source of petroleum.

Rough-leggeds have small feet, for a large hawk. Compared to the larger-footed red-tailed hawk, rough-leggeds are more specialized as to the size of prey they can capture. A red-tailed's diet isn't limited to small rodents but can include

larger prey, like rabbits. Jane Westervelt knows about the small feet, because she handles a lot of hawks. She's Program Coordinator for WSU's Raptor Club and regularly takes "demonstration birds" to schools, clubs and birding events. Jane says the size difference between a red-tailed's foot, and a rough-legged's, is pretty noticeable when you're used to seeing these 22-inch-tall birds, with four-foot wing-spans, perch right



Photo permission of Chris Young, Illinois Raptor Center.

**Rough-legged hawks** fly to the Palouse in October to eat mice in farm fields. In April they return to their breeding grounds in the high Arctic.

on your arm.

**HAWK con. on page 15**

## Growing Horseradish

By Patricia Diaz

Did you happen to receive a beauHorseradish, a native of south-eastern Europe, is easy to grow and store. In early times it was used medicinally to relieve rheumatism by rubbing on sore joints, and as a relief for headaches by pressing upon the forehead. It's also a natural decongestant and those of you who have breathed deep when eating it straight, know why the name "sting-

nose" came into being. Horseradish also kills a number of different bacteria, which makes it a very appropriate condiment for meats.

The route that horseradish took historically led to popularity in early Germany, and from there to Scandinavia and Britain. The colonists brought it to America in the 1600s. The biggest horseradish-growing area in the country is Illinois. The horseradish plant has strap-shaped leaves, small white flowers, and wonderful roots for grating and making into sauces. Horseradish is a perennial hardy to Zone 3 and enjoys winter dormancy, which makes it a perfect garden plant for the

Palouse. It's not picky about soil but does like fertile soil best, and full sun. It's practically an indestructible plant so make sure it doesn't spread out of bounds.

Here's how to grow your own horseradish: Purchase fresh roots in the spring from your local nursery or online. Set out the dormant roots, planting them 3" deep and 12" apart. The thick, nubby end is the one to place in the ground. When the plants die back in late Fall, dig them up, leaving a parent plant from which to take more roots the following Spring. Wash the roots and store them in polyethylene bags at 32-38 degrees and they will keep for sev-

eral months.

To prepare fresh-grated horseradish, grate the cleaned roots, then add an equal part of vinegar. If you want a mild taste, add the vinegar immediately. (Rice wine vinegar gives the best flavor.) For stronger tastes, wait a few minutes before adding the vinegar. Store in glassware and enjoy as-is, or you can mix with sour cream for a more diluted flavor. The grated horseradish will keep for several months in the fridge.

*Pat Diaz lives and gardens on the east side of the Palouse. She's enjoying seeing the greens of the garden so late in the season!*

## Earth Mother: In Hot Water Now

By Julia Parker

I have a vague memory of shrinking my mother's wool sweaters one winter when I was about 9 years old. I must have been trying to help, but somehow all that wool ended up—voila!—my size. If I had only known how useful all that shrunken wool was, perhaps I could have redeemed myself.

Several methods are available for making wool into a tighter, warmer, and more waterproof fabric. Some people knit large items then shrink them down to the right size. Some felt wool into tight fabric without spinning or knitting. These are great methods if you have the talent and the time. Another way to make boiled wool uses second-hand or your own old sweaters. (If you have a 'helpful' 9-year-old at home, you may have ready-made boiled wool.) All you have to do to make this great, non-fraying, warm fabric is to soak wool sweaters in boiling water for about 10 minutes and dry them with high heat. An alternative to boiling water is to put the sweaters in a washing machine and wash on hot. I tried the stovetop boiling method—it worked, but my house smelled like a wet sheep for a few hours.

Cut the shrunken sweaters into pieces to be sewn into other items—mittens, hats, vests, and scarves. If you have particularly ugly wool sweaters, creating a patchwork with other unfashionable old sweaters seems to transform your material from just-plain ugly to cool and funky. (Perhaps this is why quilting has survived for so long.)

A few of boiled wool's properties lend themselves to kids' projects. First, boiled wool pieces do not fray. No need even to hem! Second, a dull needle (like an embroidery needle or even a plastic canvas needle) will easily go through boiled wool, so there's no need to use a sharp needle. Third, the seams can go on the outside, which decreases the need for a degree in engineering to figure out a pattern.

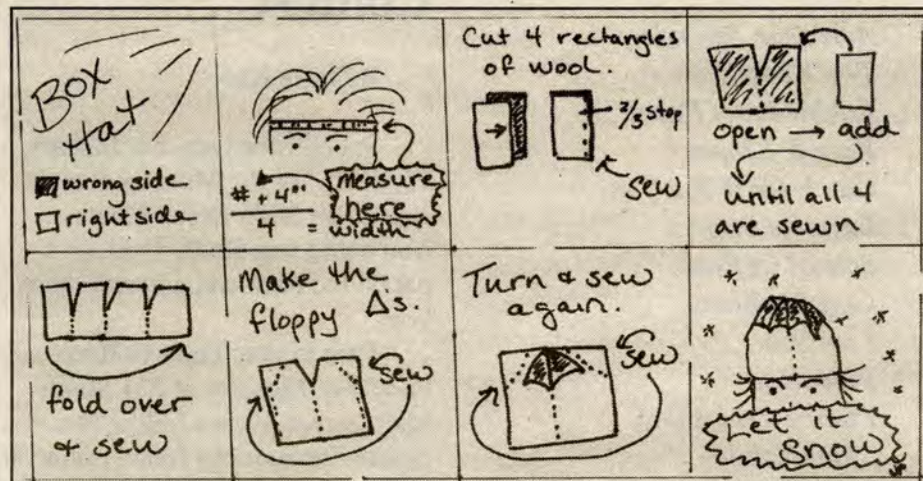


Illustration provided by Julia Parker.

No doubt, the weather is turning colder this month. So, I am outlining a pattern for a very easy box-shaped hat. Older kids can do much of this themselves—so let them take the lead.

### Directions for the Box Hat

Measure the circumference of your head at about the level of your eyebrows. Add 4 inches. Divide by 4. This number is the width (in inches) of each of your four pieces. Cut rectangles that are the width you determined in the first step and 8" in length (longer if you want a floppy top).

Put two rectangles on top of each other with the insides together. Sew one side together 2/3 of the way up in a straight seam about a half-inch from the edge. (Use thread, yarn, or leather—anything.) Open this and add another piece to one of the sides in the same way. When you have all four pieces sewn together, sew the remaining open sides together.

You should have a four-sided box with the sides sewn together 2/3 of the way up (a rather drafty hat so far).

Now you're going to sew the top together. Go to the spot where you stopped 2/3 of the way up on your seam. Start stitching at an angle towards the opposite top corner of those two pieces. This will

leave two floppy triangles. (See illustration!)

After you've done this four times your hat is finished.

Enjoy thinking of other easy ways to put your boiled wool to use. For those of you who have shrunk your mother's sweaters, I hope this helps. (Eventually, she'll forget all about it—believe me.)

*Julia Parker wants to thank her mom for forgiving her, and Kate Jaekel for the boiled wool project idea.*

HAWK con. from page 14

At the end of summer, rough-leggeds leave the Arctic to fly thousands of miles south in search of a wintering area with shallow snow and plenty of mice and voles, their winter diet. They arrive on the Palouse in fall and stay until spring, when another long-distance migrant, the Swainson's hawk, migrates here from Argentina. (Swainson's hawks were featured in this column in May). Dr. Erik Stauber, raptor specialist at WSU's College of Veterinary Medicine, has observed that almost to the day, rough-leggeds and Swainson's trade places: October 15 and April 15.

During winter's scant daylight hours, rough-leggeds aren't the only birds of prey searching Palouse farm fields for field mice. Northern harriers skim low across stubble and plowed fields, tipping and tilting their bodies to better hear tiny rodent sounds. Short-eared owls flap their long, long wings. Kestrels perch on power lines. And red-tailed hawks are everywhere, confusing hawk watchers because their markings can be so similar to rough-leggeds'.

HAWK con. on page 19

### The Well-Being Center

We believe that a group of people working together can create something greater than each can acting alone. Join us in this opportunity to help create the Well-Being Center, something new and positive in Moscow.

The Well-Being Center will support people in their quest for well-being, recognizing that we aren't isolated individuals, that we need healthy relationships, families, workplaces, and communities.

We are working to create this collaborative space in the west wing of the Moscow Hotel on Friendship Square. This beautiful facility will include offices for service providers and like-minded organizations as well as community spaces including a movement room, meeting room, and library.

The Well-Being Center will be a place where:

- Practitioners with different approaches can integrate experiences and ideas, working together to share methodologies and client referrals.
- Different modalities and organizations can strengthen and complement each other, creating a natural synergy. These might include but are not limited to: Acupuncture, Massage, Feldenkrais, Sustainable Agriculture, Counseling, Mediation, Group Facilitation, Tai Chi, Naturopathy, Herbal Medicine, Dance, Art Therapy, Meditation, and Yoga.
- Practitioners in the Center and others in the community will find a comfortable and supportive place to network and share ideas as well as physical infrastructure.

Eventually, the Well-Being Center will host an active calendar of events, a web-site, and a joint newsletter, becoming a comprehensive resource for those seeking well-being services. These resources may also include a well-being library; workshops and classes, off-site programs such as nature programs, and more.

If you are interested in becoming a part of the process of creating the Well-Being Center by renting office space, offering classes or workshops, or helping financially please call Karen Young or Steve Centers at 883-8894.



## Videos: A Habit Worth Watching

By Bill London

For the last few winters, Gina and I have spent an evening or two every week watching a movie, at home. When spring lengthens the days, we stop for the year. But when the long nights return, by December or January, we do the home theatre thing again.

We rent videos and play them on our already obsolete VHS tape monitor unit. The video store is like a huge library that we never used until we bought the monitor. So, the problem is now the incredible options. Which of the thousands of videos do we want to watch? Some we really like watching. When we find something enjoyable, I added them to the following list—a compilation of the good movies that we've enjoyed watching.

This is a list of movies of all kinds, rated G to R. Not all of these are fit for children, that is for sure. And not all of them will be enjoyed by everyone, since taste in movies is so individual and arbitrary.

In sum, this is our list. What's yours?

*Trekkies*  
*Groundhog Day*  
*Hell Cab*  
*Antwone Fisher*  
*Bring It On*  
*Billy Elliot*  
*A Beautiful Mind*  
*In Heaven There Is No Beer*  
*The Wood*  
*The Station Agent*  
*Kissing Jessica Stein*  
*Barbershop*  
*Mumford*  
*For the Boys*  
*The Rookie*  
*Hardball*  
*My Big Fat Greek Wedding*  
*Adaptation*  
*Bowling for Columbine*  
*Spirited Away*  
*Fargo*  
*Real Women Have Curves*  
*Hoop Dreams*

*American Splendor*  
*Two Weeks Notice*  
*Rabbit Proof Fence*  
*Kate & Leopold*  
*Catch Me If You Can*  
*Laramie Project*  
*School Of Rock*  
*Genghis Blues*  
*I am Sam*  
*Pinocchio*  
*Planes, Trains and Automobiles*  
*Say Anything*  
*Six Days and Seven Nights*  
*Bend It Like Beckham*  
*Pleasantville*  
*12 Angry Men*  
*Running on Empty*  
*Murder By Numbers*  
*Divine Secrets of the YaYa Sisterhood*  
*Master and Commander: Far Side of the World*  
*What's Eating Gilbert Grape*  
*The Big Lebowski*  
*Super Size Me*

## Last Call for 2005 Ren Fair Poster Contest

By Fritz Knorr

Submissions are due January 15, 2005, for the Moscow Renaissance Fair 2005 Poster Contest. You could win \$200, \$100, or a pat on the back and a hearty thank you.

Turn in your entry to Book-People of Moscow at 521 South Main Street. Please follow the contest instructions found online at <[www.moscowrenfair.org](http://www.moscowrenfair.org)>.

The Poster Contest entries will be on exhibit February 4–22, 2005, at the Above the Rim Gallery, 513 South Main Street, in Moscow. The Grand Unveiling of the winners of the contest will happen at a gala ceremony, February 18 at 6:30 p.m.

The 32nd Annual Moscow Renaissance Fair will be held April 30 and May 1, 2005.

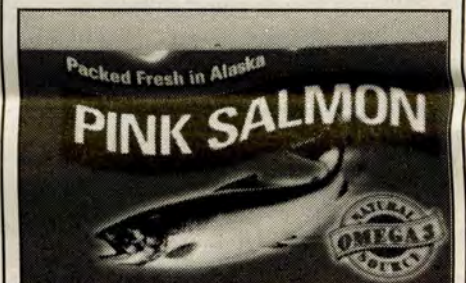
*Fritz Knorr is the Moscow Renaissance Fair publicity coordinator.*

FISH con. from page 13

generally considered safe and well tolerated. However, there are some individuals that it may not be appropriate for. Please check with your health care practitioner before adding this or any supplement to your regimen. The information in this article is meant for educational purposes only. It is not meant to prevent, diagnose or cure any disease.

References:

Omega-3 Fatty Acids, Pharmaceutical Grade Marine Lipids, Dr. Michael T. Murray.  
 Nordic News, Special Report on Men's Health, Summer 2004 Nordic Naturals.  
 Nordic News, Protect Your Heart, Spring 2004 Nordic Naturals.  
 Nordic News, Volume I, Make Friends with Fish.



## School Facilities to be discussed at January Forum

By Lois Blackburn, MCA President

The Moscow Civic Association has scheduled a public forum on Moscow's school facilities for Monday, January 10, at 7 p.m. at the 1912 Building. Everyone is invited, at no charge, to this discussion of school construction and remodeling options.

For many months a Facilities Committee, established by the Board of the Moscow School District, has been analyzing the district's current school buildings, soliciting community input, and studying possible options.

The committee, moving closer to some final decisions, anticipates a bond election in April to fund whatever restoration or construction is chosen.

The meeting in January will open with a ten-minute presentation by two representatives from the Facilities Committee. This will be followed by a panel of speakers representing varying points of view about facilities needs and options. Moscow attorney Jack Porter will represent Friends of Neighborhood Schools. Other speakers will include a Moscow High School student, a parent who is a member of Moscow High School Bear Boosters, and a recognized expert on Idaho school facilities and grade-level configurations.

A facilitated question-and-answer period, based on written questions submitted by audience members, will follow the presentations. All community members who wish to hear more information on which to base personal

decisions on the bond election are urged to attend.

The presentations will begin at 7:30 p.m. The doors will open at 7 p.m. to encourage those attending to read available informational handouts and write out their questions on cards for submission to the facilitator.

The Moscow Civic Association is a non-profit citizens' organization that strives to improve the quality of life for Moscow residents. The school facilities topic was chosen to further the mission of Moscow Civic Association, which is to inform community members about important local issues and encourage civic participation. More information is available on the MCA web site <[www.moscowcivic.org](http://www.moscowcivic.org)>.

## Letter From the Land

### Winter Lightshows

By Suvia Judd

Every year as the end of October nears, I begin to fear the loss of color and light and visual stimulation that November usually brings. And then, sooner or later, I will get a reminder that some of the best sights of winter are after dark. This past November I was out in the pasture feeding the alpacas and llamas on a cold starry night, admiring the pair of planets clustered with the moon over Tomer Butte, when shimmery curtains of greenish light began to appear over Moscow Mountain. Columns ran up like long fingers from the skyline, hovered, shimmered, were re-echoed and replaced on either side. Curtains of light were stacked on top of other curtains of light. While soft alpaca noses poked at the containers of pellets under my arm I stood still and admired the show.

Northern lights are caused by the interactions of the solar wind with the earth's magnetic field. Peak periods of northern lights correspond closely with solar storm activity—times when more plasma is flung out from the sun's atmosphere. The plasma stream hits the earth's magnetic field and bends around the earth, forming a ball-in-a-sock-like energy shape with a long tail on the far side. Periodically the solar wind surges, the tail constricts, and the electrostatics sends plasma energy into the earth's ionosphere where it hits atoms of gas, bouncing them into a higher energy state; when they drop back, light is emitted, which is what we see.

Our northern lights are the aurora borealis ('northern dawn') and there is also a southern aurora (aurora australis). The emitted light streams down the magnetic field lines to earth in a pattern around the poles, and the aurora is more often visible at latitudes near that oval. As far as seasons, we associate the northern lights with cold, but the main precondition to seeing them

when they occur is a very dark, clear sky.

One year I saw a spectacular display of red northern lights. Red is the most common color at lower latitudes and emitted by nitrogen. Green is emitted by oxygen. About five years ago, a few days after Thanksgiving, I saw a splendid display of multicolored northern lights filling the whole sky. I watched them through the trees on the mountain, often walking backwards to do so. On the way back, I periodically stopped the car to watch some more as I came home to alert the visiting family members. We all stood out in the yard and watched a fabulous, striped shimmering sky revolving slowly around the zenith like the view from under a turning beach umbrella. That time the northern lights were seen as far south as Albuquerque.

A day or so after I saw the aurora this past fall, I stood in the paddock and saw the dawning sunlight illuminating the golden delicious apples on their leafless tree and the red berry clusters of the mountain ash beside them, and thought that, night and day, there really is a lot of color in winter after all.

*Suvia Judd lives in Moscow. She found information for this article by doing a Google search on "aurora borealis, northern lights." For more information or to even hear the sounds of the northern lights, go to <http://www.geo.mtu.edu/weather/aurora/>.*



## PCEI Moved



By Tiffany Cooper, PCEI Outreach Program Coordinator

Sunday, December 12, 2004, sure was a good day to move, according to the more than 40 volunteers who helped the Palouse-Clearwater Environmental Institute (PCEI) relocate to their new home. "We couldn't have asked for better weather and so much support from our members and the community," said Cece Connors, PCEI's office manager.

The office was packed up, labeled, and ready for our moving day volunteers at 10 a.m. on Sunday morning. By 12:30 the first load was finished and we started on the donated pizza from Papa Murphy's, Papa Johns, Branegan's and Gambino's, as well as the donated party food from Bruce Livingston and drinks from Mary Silvernale-Shook. Everyone worked so hard; we were able to wrap up by 4:00 p.m.

Just to catch everyone up, PCEI moved from their long-time downtown office to a beautiful location on Rodeo Drive, just off the North Polk Extension in Moscow. After three long years of looking for an ideal place and an office more than full of educational supplies, restoration tools, wildlife specimens, people, and dogs, we can finally stretch out. People even have their own phones and desks!

"We have accomplished much to be proud of and built solid foundations for our future work. We are all feeling lucky to work at such a great place and with such a great group of folks," said Greg, the Education Coordinator.

PCEI is planning to be more than just an administrative office now, with an on-site community garden, sustainability demonstrations, a green house for our watersheds program to use to propagate native plants for restoration, and more.

Already PCEI has had several visitors, conducted interviews with AmeriCorps applicants, and even sent off a grant proposal! The new office is proving to be much more efficient. Naturally, PCEI has expanded to fill both buildings and we have wondered aloud how we fit into the old space.

If you would like to become a member of PCEI, to volunteer, or to help us out with our renovations, feel free to stop by or contact us at (208) 882-1444 or e-mail us at [info@pcei.org](mailto:info@pcei.org). We are paying for the renovations as we go, so gifts really help!

You can see pictures of the move and renovations at the Rodeo place on our web site at <http://moscow.pcei.org:82/rodeo/index.php>. A map to our new office from downtown Moscow is at <http://www.pcei.org/rodeo.htm>.

By car: Head north on Main Street past Moscow Building Supply. Turn right on Rodeo Drive; cross North Polk Extension and continue on the gravel portion of Rodeo to the end of the road.

By bike or foot: Head north on Main Street. Turn right on 'E' Street (head east). Turn left (north) onto Polk Street and continue until Rodeo Drive. Turn right onto Rodeo and go to the end of the road.

## Help ITD Build the Right Road

By David Hall

The Idaho Transportation Department (ITD) is progressing on their Environmental Impact Statement for U.S. Highway 95 just south of Moscow—the section they wanted to route up over the shoulder of Paradise Ridge.

There are two good opportunities in January to learn from ITD about this project, and to help ITD learn from you.

January 11, 2005 -- Attend ITD's second-Tuesday-of-each-month "Monthly Breakfast Meeting" at the Mark IV Restaurant, 414 N. Main Street, Moscow, 7 to 8 a.m. Project staff will provide a brief update on the project and answer questions. Coffee and light refreshments will be provided.

January 19 & 20, 2005 -- Idaho Transportation Department will conduct four public workshops at Eastside Marketplace in Moscow, at which residents can work with project engineers to develop different alignments.

ITD is in the process of developing the agenda for the workshops. Their intention is to provide workshop participants with a brief overview of the scoping meetings held in November, introduce the range of alignments/alternatives the project team is starting with, and give the participants an opportunity to discuss, provide comments, and move or add alignments/alternatives. Participants' input during the workshops will be recorded by facilitators, and participants will be encouraged to provide written comments as well. Word is that people may be expected to commit several hours to go over the possible alignments in detail and make recommendations and adjustments.

Those who signed in or commented at one of the November scoping meetings received a flyer from the Idaho Transportation Department with a summary of comments from the meetings. Nearly 500 people attended the meetings, and ITD reports receiving 298 comments (in person, by mail, and by e-mail). A few of the notable comments reported by ITD in their summary:

Important issues to be considered in

selecting an alignment include:

**Safety:** Take weather into account (fog, snow, ice).

**Environmental:** Wildlife, farmland, Paradise Ridge, historical sites, wetlands, aquifer, archaeological sites, Palouse prairie, native plants.

**Growth and future projects:** Be aware of future development that could follow a new road; reduce potential for sprawl.

A variety of alignments and/or roadway characteristics were suggested, including:

Straight, flat and low elevation;  
West of current U.S. 95 (use Jacksha Road);

Build near existing roadway;  
Widen existing roadway and remove sharp curves;

No build (add shoulders and passing lanes to existing road, lower speed limit);

Avoid Paradise Ridge.

Not noted in the summary, but important to consider: if the new roadway leaves the current alignment, the old Highway 95 will remain and will remain unsafe. If the new route is effective, then traffic will decrease on the old route somewhat for some period of time—but by how much, and for how long?

ITD's offerings in their Environmental Assessment showed a complete focus on a divided four-lane highway. The Montana Transportation Department had a similar mindset a few years ago for upgrading a segment of Highway 93 near Flathead Lake, and they were talked into creating a safe but lower-impact highway that better fit in with the environment and nearby communities.

For more information, check these web sites:  
Idaho Transportation Department: [www.itd.idaho.gov](http://www.itd.idaho.gov), [www.northwest-media.net/us95/](http://www.northwest-media.net/us95/)  
Paradise Ridge Defense Coalition: [paradise-ridge-defense.org](http://paradise-ridge-defense.org)  
Scoping meeting comment summary: [paradise-ridge-defense.org/scoping\\_comment\\_summary.html](http://paradise-ridge-defense.org/scoping_comment_summary.html)

*David is a near-life-long resident of Latah County who finds himself quite busy with environmental and cultural causes. He's drawn to the color 'blue' lately.*

## On the Water Front

By Dianne French

One year ago, a coalition of water advocates (Palouse Water Conservation Network, Friends of the Clearwater, Palouse Group of the Sierra Club, Moscow Civic Association, and Idaho Conservation League) submitted a Petition for designation of a Critical Groundwater Area (CGA) for the Grande Ronde Aquifer and designation of a Groundwater Management Area (GWMA) for the Wanapum and tributary aquifers to the Moscow groundwater sub-basin. This request to the Idaho Department of Water Resources (IDWR) was based on the well-known and fully documented historic decline of water levels in the Grande Ronde Aquifer, the history and current status of water usage in the region, and the unsuccessful efforts to date to reverse the aquifer mining and return to sustainable pumping levels.

On December 1, 2004, IDWR Director Karl Dreher released a Final Order rejecting their request to designate these aquifers supplying Moscow with drinking water as 'imperiled.' The coalition has filed a Petition for Reconsideration to IDWR who, by law, must respond within 21 days.

"We are asking Director Dreher to reconsider whether a slight change in the rate of decline in the water level of one well, out of eleven, justifies his determination that stabilization of the aquifer is taking place," said Mark Solomon, spokesman for the petitioners. "All indications are Moscow has only 10 to 15 years to solve its water supply problem before the wells start to run dry. We once again ask Director Dreher to help Moscow address this vital issue today while time is still on our side, not when crisis hits."

We are in an area that petitioners believe already meets the statutory definition of a critical groundwater area (CGA), whereas a groundwater management area (GWMA) is one in which "the director of the department of water resources has determined may be approaching the conditions of a critical ground water area." A huge added impact is the approval of the water right request by Naylor

Farms, LLC, which could potentially almost double the amount of groundwater pumped.

The Director's Order also creates yet another advisory group with no authority to implement any actions. The proposed Citizen Advisory Group would be advisory to the Palouse Basin Aquifer Committee, itself an advisory group with no powers other than to coordinate research of the Palouse aquifers. As the petition states, "Creating an advisory committee to an advisory committee that has demonstrated its inability to see its recommendations implemented is a triumph of redundant failure."

Individual domestic wells are exempted from the regulations governing Critical Groundwater and Groundwater Management Areas. However, these wells may see increasing scrutiny in the future, in part due to potential changes in Idaho statutes driven by water shortages in southern Idaho.

The bottom line for the petitioners is long-term sustainable use of our valuable groundwater resource in compliance with state law and common sense.

The entire petition may be viewed at the Palouse Water Conservation Network web site: <http://www.pwcn.org>.


*Dianne French is a Board Member of the Palouse Water Conservation Network. This article includes contributions from Mark Solomon.*

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# Commentary

## Auntie Establishment

By Joan Opyr

I expected my 20th high school reunion to be a strange event, more an exercise in morbid curiosity than a chance to renew old friendships, and, let me tell you, it did not disappoint. Botox and baldness were both in abundance, and I'm pleased to report that, by and large, they'd struck all the right victims: the rich, the popular, and the terminally snotty. I enjoyed a pleasant, if brief, conversation with an ex-cheerleader who was completely immobile from the cheekbones up. Have you ever seen anyone smile with only their bottom lip? I mean apart from Zera from Planet of the Apes. My poor Botox cheerleader kept trying to glance down and read my nametag, but you can't do that subtly when you have to crane your entire neck just to move your eyes. Score one for the geeks and nerds—twenty years too late, but maliciously fun nonetheless.

The big news of the night—and the saddest—was that my former friend and ninth grade biology lab mate had been arrested for double homicide two days before the reunion. It would seem that he'd spent the years since 1984 slipping into drugs and in and out of mental institutions. I remembered him both well and fondly, and as the news spread through the reunion, my table (again, the geeks and the nerds) sat in shocked silence with our mouths hanging open. So, to break things up, I said, "Well, I hope he didn't pay his reunion deposit." Having people stare instead in shock and horror at me seemed the least I could do for an absent friend.

Once the ice of murder and mayhem was broken, we spent the rest of the evening posing for poorly-lit photos, dancing to old songs from Soul Train, and playing catch-up on twenty years' worth of news and events. I found myself at one point running the unofficial "coming out" table. I'd written in my class biography that I had a female partner and two kids, so whenever I saw anyone who looked like either Carson Kressly from Queer Eye for the Straight Guy or

a member of the LPGA Tour make a beeline for me from across the room, I knew what was coming. It was old homo week. I enjoyed the hell of out of it—in a class of 300-odd, statistics would suggest (and my experience bears out) that there were at least thirty of us living in the closet. I wish I'd known then what I know now. I might have actually gone to the prom instead of sitting at home admiring my posters of Kristy McNichol and Nancy McKeon.

Over the years, I've kept up with the people I knew and liked in high school, and as for those I liked but with whom I'd lost touch, I could probably have found them easily enough via a quick search on Google. But being back in the same physical space with them all at one time, seeing how they'd both changed and yet not changed, was well worth the price of a plane ticket, a rental car, and a few trips to the reunion party's cash bar. My four years of high school were not the best of my life—I'd like to think that the best is yet to come—but I liked my school, I liked most of my classmates, and I'm glad to report that when it comes right down to it, wrinkles and gray hair mean nothing. Beneath the nearly-forty disguise of every single person I met lurked the same seventeen- or eighteen-year-old I'd known back in 1984. Some were covered with kids and mortgages; some wore a divorce or two, a spell of unemployment, or a trip back to college for a second career—but the teenagers were still there, and they were surprisingly close to the surface. I was glad to meet them again, and when my 30th reunion comes, I won't hesitate. I'll be on the first plane back to Raleigh.

That gives me ten years to find someone who actually knows how to inject Botox. I don't give a damn how old I look—I want to smile with both my lips.

*Joan Opyr, AKA Auntie Establishment, is a fiction writer living and frolicking in the land that time forgot, Moscow, Idaho. Please feel free to contact her at [auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com) or to visit her website: [www.auntie-establishment.com](http://www.auntie-establishment.com).*

## Post Card from the Land

### Moscow's Proposed Animal Control Ordinance

By Suvia Judd

If you own pets or livestock within the city of Moscow, or if you have any interest in the topic, you will want to take a look at Moscow's proposed animal control ordinance, a discussion draft of which is posted on the city's web site at [www.ci.moscow.id.us](http://www.ci.moscow.id.us). If you are interested in dogs, you will also want to review the draft dangerous dog ordinance.

Among other things, the animal control ordinance would:

- limit households to four cats, or up to ten with proof of neutering and permission from the city clerk;
- license cats;
- add a number of different kinds of livestock to the ordinance; and
- put new limits on the number

of square feet required per head of livestock.

This proposed action originated from an open-mike complaint to the City Council about a dog leaving a yard to attack a dog on a leash. As a result of that complaint, City Manager Gary Riedner directed City Attorney Randy Fife to rewrite the entire set of animal-related ordinances.

The Administrative Committee reviewed the second draft of the ordinance on December 13, and sent it back to the city attorney. The ordinance draft was not on the agenda for the December 27 meeting of the Administrative Committee, but will be taken up January 10, and later go to the City Council.

Call the Moscow city clerk at (208) 883-7015 to check scheduling. Call (208) 883-7000 to find out how to contact members of the City Council and its Administrative Committee.

*Information for this article was provided by Moscow city staff.*

### HAWK con. from page 15

During winter's long nights, rough-leggeds seek the protective cover of forested areas to avoid nocturnal predators like great-horned owls. Dave Holick, who has done the Christmas Bird Count for over 30 years around Moscow, observes and records rough-leggeds making dusk flights to, and dawn flights from, Moscow Mountain. He says "absolutely" that is where they go to roost.

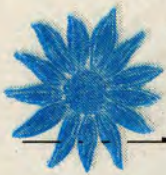
At the Raptor Club in Pullman, an injured rough-legged hawk named "Dalton" lives on his perch. Jane says that 90% of the hawks that are brought to the Veterinary Clinic are the victims of shooting. Despite their important ecological role as predators of rodents, hawks have long been victims of prejudice. During the 1930s sport hunting of hawks was common. Today, hawks are still hated by some humans, and despite laws against it, hawks are shot.

Getting a look at a rough-legged hawk may not be easy this year, as reports across the Columbia Basin are low. But with hawks using so many of our roadside power poles for "perch hunting," we have a good opportunity to practice hawk identification. (But be safe when you pull off the highway!)

The Sibley bird guides are recommended by some experts because of their excellent illustrations showing all the variations in plumage. Here are a few more tips I got from local hawk watchers to tell the difference between red-taileds and rough-leggeds: On power poles, both show the white bibs they sometimes have. But when they take flight, watch the underside of the wings for large dark patches in the "wrist" area (at the bend in the wing). As they fly away, look for a pale rump patch.

Spotting both these features confirmed the rough-legged I saw the other day. After seeing twenty-plus red-taileds in half a day of careful watching, I felt rewarded. The next best thing for me? To rest assured that they will always have plenty of summer grounds in the Arctic National Wildlife Refuge.

*Sarah Walker thanks Kas Dumroese, Dave Holick, Erik Stauber, Charles Swift, and Jane Westervelt for their help, and pulls over—safely!—when she sees what might be a rough-legged hawk.*



# Bulletin Board



MOSCOW FOOD CO-OP

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

## Newsletter Designer Needed

### Beginning with the February issue

The job includes a volunteer discount (18%) and compensation of \$100 per issue. Must have own computer, software, and the appropriate skills. If interested or know someone who is interested, please contact Bill London at london@moscow.com

## Vigil for Peace

### Pullman: 1st Friday of every month, 12:15 pm - 12:45 pm

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

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

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

## Hear local musicians live on the radio

### Wednesdays, 8 pm - 10 pm

Live music on RADIO ROUNDS, KRFP 92.5 FM. Call 883-7965 to be a guest.

Jan. 5th: Dan Maher  
Jan. 12th: Breadgirl and Eugene  
Jan. 19th: \*\*\*TBA\*\*\*  
Jan. 26th: Zugunrue

## Movies at the Kenworthy Performing Arts Centre

Ray (PG13): Jan. 7th at 7 pm, Jan. 8th - 9th at 3:50 pm and 7 pm

Enduring Love (R): Jan. 14th at 7 pm, Jan. 15th - 16th at 4:30 pm and 7 pm

The Motorcycle Diaries (R): Jan. 21st at 7 pm, Jan. 22nd

- 23rd at 4:15 pm and 7 pm

Stage Beauty (R): Jan. 28th at 7 pm, Jan. 29th - 30th at 4:30 pm and 7 pm

For more info call 882-4127.

## Heart of the Arts, Inc. sponsors the next Winter Market

### Saturday, January 8th, 10 am - 2 pm

At the 1912 Center. Two dozen craft vendors, food, and live music. Free admission. For more info call 882-7747.

## Public Forum

### Monday, January 10th, 7 pm

The Association has sponsored a public forum on the topic of "The Future of the Community Building." The forum will be held at the University of Idaho Library--periodicals Rayburn Street Moscow ID 83844-2364

## Art

### Friday, January 10th, 5:30 pm

Enjoy the art of Lungren of Moscow, featuring new works in acrylic paint. The art show will run until Thursday February 10th.

## Moscow Renaissance Fair Poster Contest

### Entries due Saturday, January 15th

Awards offered for poster design for 32nd annual Moscow Renaissance Fair. You could win \$200, \$100, or a patch on the back and a hearty thank you.

Submit entries to 521 South Main Street, Moscow, ID 83843. More info available at www.moscowfoodcoop.org

## February 4th

The Poster Contest will accept submissions until February 1st at the Above Center, 513 South Main Street, Moscow, ID 83843.

## February 1st

The Grand Unveiling of the winners of the contest at a gala ceremony.

## Co-op Coffeehouse Music

### Tuesdays, 6 pm - 8 pm,

The place for good tunes and good food to go with them. Free live music provided by:

Jan. 18th: The Beatles' Life of Brian  
Jan. 25th: Lisa Simpson  
Feb. 1st: Zugunrue  
Feb. 8th: David Roon  
Feb. 15th: Travis and Abbie  
Feb. 22nd: The Mobee Dix!

## Harvesting Clean Energy Conference

### January 20th - 21st

Wind, biofuels, on-farm renewable energy: Northwest Cooperative Development Center, Great Falls, Montana. For more info call 360-943-4241

## Anti-Inauguration Protest

### January 20th, 11:30 am - 1:30 pm

Friendship Square, downtown Moscow. Join the 4th Annual "Your Voice Heard." For more info, call 882-8085.

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

