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September 2005

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Community News

The monthly newsletter of the Moscow Food Co-op

Let's Move September 25

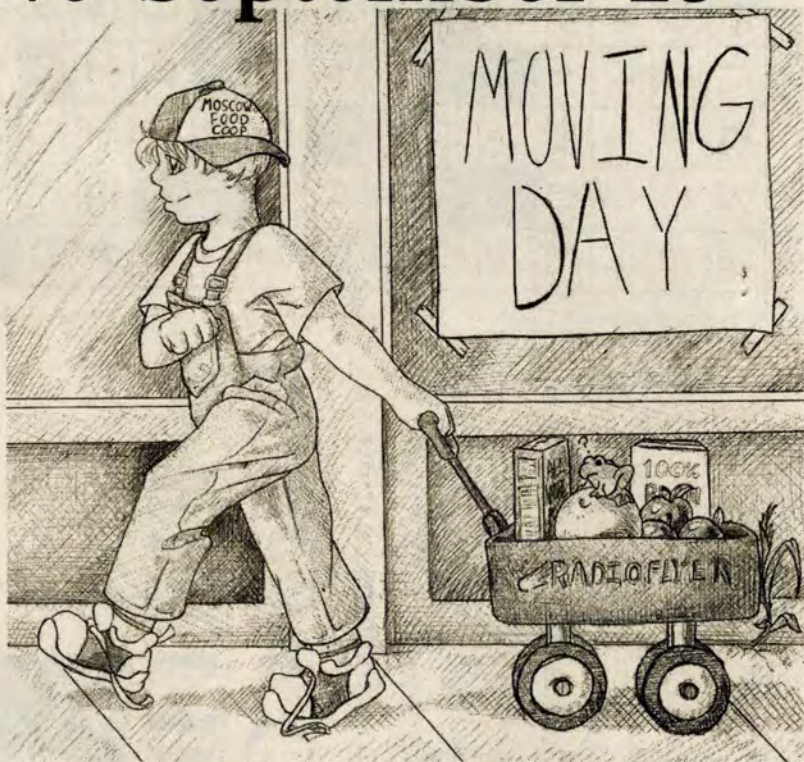
By Kenna S. Eaton

We had a plan, or maybe a wild fantasy, of blocking off Washington Street and moving jars, bags, and boxes with a human chain, from the back door of the present Co-op to our new location. However, since Washington Street is actually Idaho Highway 95, we were not able to get the permits to stop traffic.

Now we have a new plan for how you can help us move all of this stuff. On Sunday, **September 25**, at the crack of dawn (or perhaps a tad later) a crowd of perky volunteers packs up product, puts it in shopping carts (or bike carts and wagons, if you have them) and they move our stuff to its new home, there to be unpacked and shelved. Wahoo!

We won't be closing the highway, we'll be obeying the traffic laws, and we'll get the products to their new home.

Since obviously this will not quite take care of everything, we have arranged for a moving company to move the heavy stuff. The rest of the non-perishable products will be hauled over



in pickup trucks. So we need you to sign up to help pack, push a cart, or bring a truck on Sunday, September 25th. We will be able to give you more exact details of the time and requirements as the date approaches.

Please sign up at the Co-op to help with our move. Sign-up sheets will be posted at the front of the store and if you have a little red wagon you can bring it along also. Hey, you might even get your picture in the paper.

www.moscowfood.coop

Community News

- Anatek Labs, Inc.**—10% discount on well water tests, Hilary Mesbah, Mgr., 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
- Columbia Paint & Coatings**—15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, Moscow, 882-6544
- Copy Court**—10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan**—Free 10 gallons of water & 2 wk cooler rental to new customers, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Erika Cunningham, LMP**—First 2 Massages @ \$35 each, 882-0191
- Hodgins Drug & Hobby**—10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular**—\$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
- Inspire Communications**—10% off Book Writing Consultations, Jo Sreenivasan, <http://members.aol.com/jyotsna64>
- Kaleidoscope Framing**—10% off any gallery item, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
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- Maria Maggi, Intuitive Astrology & Gardener**—\$5 off astrological & flower essence consultations, Please call for an appointment, 882-8360
- Markettime Drug**—10% off all regularly priced gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Denice Moffat, The Healing Center**—Co-op members save \$10 off on first exam, Regularly priced at \$65, 413 East 8th St, Moscow, 882-3993
- Moscow Yoga Center**—10% off classes for new students, Jeri Stewart, 525 S Main St, Moscow, 882-8315
- Motherwise Midwifery**—Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- Moscow Feldenkrais**—First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger 883-4395, Tom Bode 892-3400, 112 W 4th St, Moscow, 883-4395
- Mabbutt & Mumford, Attorneys**—Free initial consultation, Mark Mumford & Cathy Mabbutt, 883-4744
- The Natural Abode**—10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow
- Northwestern Mountain Sports**—10% off any regularly priced pair of Birkenstock sandals, Terry Urvach, 1016 Pullman Rd, Moscow, 882-0133
- Palouse Discovery Science Center**—10% off on all items in the Curiosity Shop, Alison Oman, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van**—\$10 off first Reflexology treatment & free sauna or I Ching reading, Pam Hoover, 1115 S. Logan St., Moscow, 596-5858
- Paper Pals Scrapbook & Stamp Studio**—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman WA, 332-0407, Karen Lien, www.paper-pals.com
- Sid's Professional Pharmacy**—10% discount on any compound medication & breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop 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 & Esotericist**—10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 892-8649
- Shady Grove Farm**—\$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Susan Simonds, PhD, Clinical Psychologist**—10% reduction on initial consultation to writers, 892-0452
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- Tie Dye Everything**—10% off any purchase, Arlene Falcon, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP**—Reduced rate for initial consultations, 424 S Van Buren, 882-6872
- Wild Women Traders**—10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



Moving Schedule of Events

By Kenna S. Eaton, Co-op General Manager

One of the hardest decisions over the past few months has been to come up with a solid "move-in" date. In our little world everything revolves around this date—from contractors getting their work done in a timely manner to shelves arriving on time and brokers planning their trips to Moscow to help put products on the shelves; the list of those affected goes on and on. We finally came up with a good move date and now we're going to stick to it—if for no other reason than we have to; the new tenants moving in here wouldn't be happy sharing what little space there is with us!

So here's the schedule of events related to moving:

- Sept. 17**—last day for the kitchen
- Sept. 18**—pack up and move all the kitchen food products
- Sept. 19**—movers move the kitchen equipment, and installation begins at the new store

The current store will remain (mostly) open during that time although we'll be operating without a kitchen and

suffering serious withdrawals. A note to our dedicated bread buyers and those with special needs: please plan your bread purchases accordingly, if you wish to pre-order please call our bakery and give them plenty of advance notice.

- Sept. 24**—last day for the store
 - Sept. 25**—we pack and move all the food
 - Sept. 26**—movers move the heavy equipment and installation goes on
- We hope to have everything up and running so we can re-open Monday, October 3.

Probably the most common question (after "When are we moving?") I get right now is "What happens if everything isn't ready?" Well, the answer is we'll move anyway. Our present lease expires September 30 and we have no choice but to be out of here by then. And, we really just need to get into our new space, regardless of what is or is not done.

However, I'm actually extremely pleased by the progress being made at the job site. Every day I wander down

there to marvel at the changes that have taken place seemingly overnight. Our crew works hard to make sure

We hope to have everything up and running so we can re-open Monday, October 3.

that everything is getting done on time and on budget. But I especially want to thank Jim Gale, Joe Riley, Emily Sly, Gustaf Sarkkinen, Brad Baker, and last, but certainly not least, Jack Carpenter who has guided this crew and project with enviable calmness, unruffled by the many challenges. Thanks y'all!

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Sustainability Committee

By Patrick Vaughan

Many ideas and hours of research are coming together now with hard physical work to transform our new store in the next month. The Sustainability Committee has worked through time and resource constraints to help apply the principles of "reduce, re-use and recycle" in this project. You will soon begin to see the fruition of their efforts.

The waterless urinals and dual-flush toilets have been ordered, and may even have been procured and installed by the time you read this. You have probably seen (and hopefully contributed to) the grassroots fund-raising effort to procure solar light tubes.

The final choices on paint colors are now in the hands of the design team. A lot of complex information had to be assimilated. Two products, AFM Safecoat and Rodda, will be used for the interior. Everything from VOC, chemical composition, material safety data sheets and available tints had to be considered. Committee members questioned vendors to the point of pushing into proprietary information to ensure that all the comparable characteristics are known.

Counter tops and sides in the store will be made of some interesting new by-products that are available. You will see a very durable paper board counter in the store, a sunflower board made from hulls installed at the deli, and a wheat straw board gracing the wellness area.

In August, the committee posted a concept plan for bike racks to get input from Co-op members. Committee member Chris Duguay had developed three different variations for consideration. They have received lots of feedback. Currently, the plan is to have bike parking in the front center of the new store, between the two doors. The committee and design team would like to get a local source to fabricate the racks.

The committee has held fast to the goal of having a "green area" at the new store location. The plan is to retain two handicap-accessible parking spaces at the left and right front of the parking lot, by the doors, and to develop the front-center of the lot into green space. For now, some drought-tolerant plants and pots will separate the area from automobile parking. Eventually a landscape design

plan will be developed to give us a beautiful, natural space.

As promised, the committee is keeping all of the information they have garnered while planning for the remodel. They will collate all the research into a notebook and have it available in the new store so that we can have access to sustainable options and resources for our own private and public "green living" choices.

In the coming weeks, the committee is going to review its "wish list" of sustainable initiatives for our new Co-op store. Over the past few months they have developed and researched a multitude of ideas ranging from climate control, energy efficiency and water conservation to air quality and community-enhancement. Many of the concepts have been integrated into the current remodel

The Sustainability Committee has worked through time and resource constraints to help apply the principles of "reduce, re-use and recycle" in this project.

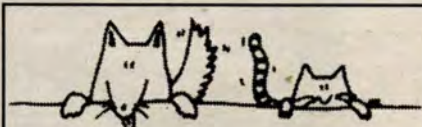
effort. Many more face time, funding and availability constraints. The committee wants to prioritize these ideas so that our Co-op's fundamental vision of sustainability does not end with the opening of the new store. The committee will continue to work with the design team, management, and the general membership to help ensure sustainable alternatives are incorporated as we grow into our new downtown store.

Pat Vaughan is excited to witness the continuing vibrant and people-centered offerings of downtown Moscow.

Creative Donors!

Ruby Valentine started it . . . and then Rebecca Chastain and Gail Taber joined in and also wanted to contribute to the new Co-op by taking the Paste-decorated Paper class.

This class, offered at the Silent Auction Fundraiser by Gudrun Aurand, took place in her studio. Finally the class happened and two more contributions were sent in, adding \$70 to the Solartube Fund. Thank you to these creative donors!



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Co-Operations

Northwest Farm Days

By Peg Kingery, Chill Buyer; Photos by Jim Kingery

In my next life I'm going to be an organic dairy farmer.

I decided this within minutes of arriving at Mountain Laurel Jerseys, the first stop of an annual tour sponsored by Organic Valley Cooperative. Gazing out across the pasture at cows munching thick, knee-deep grass, I felt a spike of excitement that there are others who believe (as I do) that the more naturally a cow is raised, the more nutritious and delicious her milk will be.

According to their web site www.organicvalley.coop, Organic Valley "began in 1988 with seven farmers who shared a love of the land and a belief that a new, sustainable approach to agriculture was needed for family farms and rural communities to survive." Today nearly 700 farms make up the cooperative and produce organic milk, juice, eggs, meat, and produce. Organic Valley is the only organic brand to be solely owned and operated by organic farmers. As such, each of the farmers can rely on a stable, living wage to stay in business. Being farmer-owned and independent of rising and falling agricultural prices has allowed Organic Valley to stay true to their mission—to keep family farms farming by use of sustainable means.

Attending Northwest Farm Days gave me the opportunity to visit with farmers who belong to the cooperative and with those, like myself, who are involved with merchandising their products. (Thanks, Vicki!) The event kicked off with a buffet at Skamania Lodge in Stevenson, Washington, a spectacular resort overlooking the Columbia River. Our tour the next day took us to Trout Lake, Washington, to dairies owned by Monte and Laura Pearson (Mountain Laurel Jerseys) and Rob and Lesli Schmid (Mountain Meadow Dairy). At the Pearson dairy we attended three workshops: cow anatomy and health; milking and milk quality; and pasture management.

Dr. Paul Dettloff, Organic Valley's consulting veterinarian, discussed the negative affects of traditional veteri-

nary treatments (antibiotics, hormones, etc.) and the success he has had using natural products (tinctures, homeopathy, essential oils, etc.) to treat common herd health problems. He also explained the health benefits of feeding on pasture and allowing cows to be outside rather than in concrete-floored barns. Dr. Dettloff told of a traditional dairy owner who converted his operation to an organic system. Within one year the dairy owner's vet bills dropped from \$12,000 to \$2,000, and his herd was just as healthy, if not more so!

Travis Pearson led us on a tour of the milking facilities. The cows are milked

weather resistances), watering facilities, rotational practices, and the importance of high quality soil. He puts no fertilizers on his pastures, relying on the cows to do that for him.



Touring the milking parlor at Mountain Laurel Jerseys.



Mountain Laurel jerseys on pasture with Mt. Adams in the background.

twice a day with each cow giving about 50 pounds of milk daily. The milk is stored in a huge refrigerated tank until it is taken to a processing plant. Organic Valley has their own facility in Wisconsin but leases out space at regional dairy plants so that the milk we get here in Moscow actually comes from cows in the Northwest. Travis verified the benefits of organic dairying: the average milking lifespan of their cows is 10 years, as compared to 2 years for a cow at a conventional dairy.

Monte Pearson took us on a "hay wagon" tour of his pastures and explained his seeding mixtures (grasses and legumes with varying cold

on their health. I was stunned to hear of the numbers of foreign chemicals present in newborns whose mothers ate non-organic food, and by the increasing incidences of diseases such as asthma and allergies in children. Did you know that a high percentage of children are addicted to sugar by 18 months of age? Scary!

After spending time with the friendly folks of Organic Valley and learning more about their mission and values I'm even more excited that our Co-op offers so many of their products! I invite you to try them all—and to remember that there are some pretty happy cows providing them for you!

After lunch we headed to Mountain Meadow Dairy, a larger operation that milks Holsteins, and we learned of the history of Trout Lake.

The keynote speaker at the banquet that evening was Dr. Alan Greene, a pediatrician and author, who shared with us the results of research on food preferences of children and the effects of chemicals



Monte Pearson explains his pasture management to a captive audience.



What Does "Natural" Mean?

By Adam the Meat Guy

USDA guidelines for using the word 'natural' is broadly stated: "Any product may be labeled as natural if it does not contain any artificial flavoring, coloring ingredient, chemical preservative or any other synthetic ingredient and the product is minimally processed." However this only pertains to how the products are processed—not how they were raised. And that is not the standard that the Co-op meat department promotes.

I have been carefully searching for growers who have high expectations for the term "natural" and define that term to include how the animals are raised. The producers which I have decided to partner with, in order to

bring you wholesome, humanely raised meat products, have a more specific definition. They define 'natural' as a way of life for their products. Specifically: animals that are raised without antibiotics for their entire life, fed a vegetarian diet without the use of animal by-products, never given any growth hormones, raised in a stress-free environment, and treated in a humane manner at all times. The mission statements and sustainability objectives vary from grower to grower, but they are similar in what they are offering to their consumers. Management at the Co-op requires our suppliers to complete an affidavit that specifically asks how they raise and treat their animals, for our records.

This is to provide peace of mind for Co-op shoppers knowing that we care about what we offer to our friends and neighbors in this community. If you do buy your meats elsewhere, I want to encourage you to look into the retailer's standards for natural meats. You will find a lot of their standards are minimal at best, so be careful what you buy into.

Of course we are concerned with the processing of these products as well, so I am bringing in as much product as possible that is nitrate/nitrite-free and uses little to nothing for preservatives. Some of these products will have to be displayed frozen but most of them will be kept in our fresh meat cases.

Hopefully this sheds some light on some issues you have been concerned about. If you have specific questions, please contact Adam at meats@moscowfood.coop. I would be happy to answer your questions or direct you to a grower who can answer them for you. Please check out these sites on the internet:

Petalumapoultry.com

Oregoncountrybeef.com

Oregonlamb.com (Anderson Ranch Lamb)

Aldersring.com (Grass-fed Beef)

Sarajoes.com (Organic Pork)

Beelersporepork.com



The Volunteer Program

By Annie Hubble, Volunteer Program Coordinator

The volunteer program is running well and seemingly effortlessly these days. Some volunteers have been working at the Co-op for a long time now, and their cheerful appearance helps us keep track of what day it is! Deli server volunteers know our favorite coffee drinks; store closers learn all kinds of

little ways to leave the store looking neat and tidy for the early morning bakery and produce crews; and of course this newsletter comes out at the beginning of each month and is produced almost entirely by volunteers. Thanks so much to everyone for their good work. We do appreciate you.

Issue Editor Needed

By Bill London

Therese Harris has been a Co-op News writer and editor for eleven years. Long enough, she says. Time to let someone else enjoy the editing experience, she says.

So, we are now looking for an issue editor to share the copyediting duties with Carol Spurling.

This volunteer position offers an 18% discount for every month, but only requires the copyediting work every other month, with rare editorial meet-

ings through the year. Alternating with Carol for every other issue, the editor gathers all the copy submitted for publication, copyedits and proofs it, makes sure it is not libelous or otherwise naughty, and assembles it for the designer.

If you are interested, please contact Bill London at london@moscow.com.

And many thanks, Therese, for your great work and support all these years. Really.

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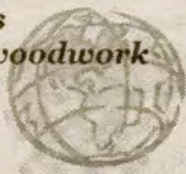
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Co-Operations

Tuesday Growers' Market

by Michelle Hazen

As the summer wanes I continue to enjoy my visits to local growers in the Co-op parking lot on Tuesdays from 5-7 p.m. Picking through the variety of locally grown produce, I know I will go home to enjoy the freshness and flavor of all the food these farmers bring to us every week.

A few weeks ago, when tomatoes grew ripe enough to harvest, I devoured one every chance I got—in salads, in salsa, on sandwiches, or just plain. I began to wonder about tomatoes—where did they come from, and why do they taste so much better from local farmers than they do in the grocery store, even in the heart of summer?

I learned that tomatoes probably originated on the western South American coast, where eight different varieties still grow in the wild today. Spanish explorers brought the tomato back to Europe, where Italians incorporated them into their fare. Tomato popularity in other parts of Europe took longer to catch on, as many folks associated tomatoes with the closely related poisonous nightshade.

Heirloom tomatoes each have distinct qualities and have been cultivated by farmers for centuries. These tomatoes have been passed down through generations, each with its own distinctive quality and value, some sweet, some

good for canning, and others better in salsa. Heirloom tomatoes do not travel well, and therefore are not regularly available in grocery stores that stock produce carted from farms thousands of miles away. Luckily, local growers can provide these varieties to us without the risk of damage to these delectable treats that result from shipping.

Tomatoes that have journeyed far to reach our grocery stores are bred to travel well, and so often have a tough outer skin and are less juicy than heirloom varieties. And to make matters worse, tomatoes are often picked green, before they are ripe, because that way they are less likely to spoil or bruise on the bumpy truck ride. Once they reach their destination, they are quickly ripened with ethylene, sacrificing the strong flavor and juiciness that make tomatoes so good.

Altogether I am more fascinated by tomatoes than ever, and continue to enjoy the tasty varieties our local farmers bring to the Grower's Market every Tuesday. So, come down to the market, talk to the farmers about what kinds of tomatoes they grow, and get lots of other veggies to supplement your tomato-filled meals.

Michelle Hazen can be found making salsa and canning tomatoes when she is not hanging out at the Co-op parking lot on Tuesdays from 5-7 in the evening.

Art at the Co-op

By Annie Hubble, Art Program Coordinator

Sara Foster's art will continue to be on exhibit at the Co-op through the month of September. I encourage you to have a look at her photographs and paintings next time you are in the Co-op. Some of her close-up photographs of Nature are intriguing and show a fine eye for the beauty of the world around us. I very much enjoy her paintings.

Our next show will be in the new store in October, and will be a collection of art from our very talented staff—who are not only great cooks, bakers, cashiers, stockers, buyers, and managers but also fine artists in many fields. I think you will all be impressed!

News of the Board

By Will Simpson

There are a look of new faces at the Co-op, on both sides of the check-out stand. As we get ready for "The Big Move," not only have we had to bring on new help, but our customer base seems to be expanding and diversifying. The new store is coming at just the right time.

In my work, I deal with a lot of advanced technology and can draw similarities between that world and the seemingly opposite world of the Co-op. One concept that is important to both the high technology world and the Co-op world is the concept of monoculture.

Wikipedia (wikipedia.org) defines monoculture with three different entries: one for agriculture, one for computer science, and one for sociology. All three are important and applicable here.

In agriculture, a monoculture is the term used to "describe plantings of a single species over a substantial area." This is how corporate farming is done. The perceived benefits of this type of farming are outweighed by the real damages to the environment this causes and the potential for catastrophic failure of a single genetically undiversified crop.

The same problem occurs in computer science. With an "undiversified crop" of Microsoft® Windows® operating systems, we are plagued by computer insecurity, viruses, key-loggers, and spyware. America's information technology infrastructure is poised for potential catastrophic failure.

In sociology, a monoculture is any sort of system wherein everyone is wearing, doing, seeing, reading, watching, and thinking the same thing—essentially echoing and amplifying the same things in one's own social network and not

If you'd like to see some panoramic photos of the new Co-op, they are posted on the Co-op's web site.

looking outward. For the same reasons a monoculture is bad in farming, it is a hazard we must watch for in our community. The Co-op is a bright light and hopefully will continue to be a model for combatting this problem.

In other news, there have been a couple of public tours of the new Co-op building. These have shown the work in progress and have been well attended. If you'd like to see some panoramic photos of the new Co-op, they are posted on the Co-op's web site www.moscowfood.coop. Just look for the "construction photos" links on the main page under the "Let's Move" section.

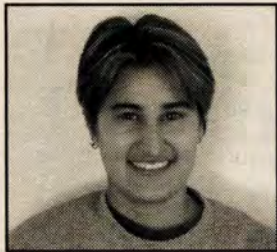
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Affinity Farm or Bust!!

By Dani Vargas, Produce Manager

Our first and quite possibly only farm tour of the summer is coming up, so mark your calendar. Wednesday, September 7, from 5:30 p.m. until 7:30 p.m. you could have the chance to tour one of our local farms right here in Moscow. We will be visiting Affinity Farms; owned and operated by Russell Poe and Kelly Kingsland.

They have been farming on their own site for the past four years and provide beautiful fresh produce to the deli and produce department, attend the Tuesday Market at the Co-op, and

also the Saturday market in Friendship Square. The tour will last 2 hours and we will meet here at the Co-op 15 minutes or so prior to carpool over to their farm.

The cost is \$12.00 for the tour and a C.S.A, which stands for "Community Supported Agriculture" and is a box of assorted produce. If you do not want a C.S.A., you may pay the \$2.00 tour fee. Reserving your spot is easy and can be done here at the Co-op. Just pay at the registers and then we will see you on September 7.



The Front End News

By Annie Hubble, Front End Manager

Yes, there are yet more new faces at the register! I am hiring and training new cashiers now so that they can be fully trained before we move to our new location. At the moment Natalia Singh and Maureen O'Connell have finished their training and have their own shifts, and shortly Karin Raffo will join us. They are all enthusiastic and ready to welcome you to your favorite store, and I welcome them to our cashier crew.

To help me cope with a larger staff and increased duties, I now have three assistants: Eric Gilbert, Ida Jokisaari,

and Stacey Nievweija. I feel very confident in their abilities. They will be the most evident when we move, when they will be out on the store floor a lot, ready to help customers with their questions (along with other duties). Congratulations to these three on their promotions.

As always, we are all here to help make your visit to the Co-op as easy and enjoyable as possible. Let us know if there is anything we can do to ensure that happening. Your feedback is most important. Looking forward to seeing you soon!

News of the Bakery

By Aven Krempel, Bakery Supervisor

In the bakery we are all looking forward to moving into the new store. We're so excited about having the extra space. As I look back on my time here at this location it seems like all the running jokes we share in the bakery are space-related. Although it's a good way to get to know your co-workers really well, working shoulder-to-shoulder can be trying. There's always someone asking for some counter space. Sometimes it's a volunteer matching up recycled containers, sometimes a server prepping fruit for smoothies or wrapping breakfast pastries. On Friday nights, the pizza cooks take over all the space and we can't come in to bake desserts until 4 p.m.!

So as much as we love our current space, we're definitely ready to stretch out and claim a bigger, better bakery. We'll be doubling our oven capacity and our refrigerator space; we're getting one "new to us" used mixer, almost doubling our counter space,

and getting lots more floor space. We'll also have more display space for all our great products.



Hopefully the new store layout will make things easier for you as a customer as well. The breakfast pastries will be up near the front of the store, next to the espresso station, so you can grab your breakfast all at once. The bread case will have lots of space around it and will be surrounded by yummy things like olives, cheese, and wine for all the gourmands out there. Of course, the cookies will still be accessible and exceptional.

Based on customer feedback so far, the new sandwich bar will be a big success and we'll be baking lots of bread for all the delicious sandwiches. This month we'll be trying out some new recipes to fill in some of that space so let us know if you have any suggestions.

Personal Care Corner: Echinacea in the Press

By Carrie A. Corson, Non-Foods Manager

You may have read or heard about a recent study published in the *New England Journal of Medicine*, which concluded that certain extracts of Echinacea were statistically ineffective in lowering rates of infection or severity of symptoms of an induced cold virus in a group of 399 college students. Unfortunately it seems that the conclusion that has been drawn, at least as it has been reported in mainstream media, has been that all Echinacea is ineffective.

This conclusion has drawn criticism from the herbal medicine community. Wayne Silverman, chief administrative officer for the American Botanical Council, pointed out what he believed to be three main flaws with the study, while acknowledging that the study was performed in a scientific manner by a reputable institution. Silverman states that the extracts used in the study were made in a university lab, which would make them incomparable to any Echinacea products currently sold. He also pointed out that

the dosage administered in the study was about one-third the dose commonly recommended. Silverman also made the point that college students in a sequestered environment would not likely produce the same results as using subjects with weaker immune systems. (*Natural Foods Merchandiser*, August 2005).

Media reports have virtually ignored the criticisms of the study as well as the dozens of studies that have shown positive results from the use of Echinacea. Silverman encourages consumers to take all research into consideration when making a decision about whether or not to take Echinacea.

For more information on Echinacea, visit the American Botanical Council website at www.herbalgram.com and click on "Science-based Studies of Echinacea."

Reference: *Natural Foods Merchandiser*, August 2, 2005. Echinacea Study No Death Knell for Supplement, Hilary Oliver.



Co-Operations

From the Suggestion Board

Gluten Free pretzels. I'm looking for one that tastes good. Any suggestions? —Vicki, Merchandise Manager

Dowd and Rogers Cake mixes please? The best Gluten-free cakes I have ever tasted, thanks! These are not currently available to us. —Vicki

Soy Milk powder with calcium, please! I'm sorry we don't currently have a source for this. —Vicki

Will you see if you can get Sencha Naturals green Tea Mints to try? Sorry, these are not currently available to us. —Vicki

Organic lamb and organic beef, lamb or chicken livers? We will have a complete selection of clean meats and poultry at the new store including liver. Please let me know if you would like some other option and I'll try to get it for you. —Adam, Meat Manager

There a great dental floss called Eco-dent that's all-natural and comes in a paper-board packaging. It would be nice if the Co-op carried it. It will be available in the new store. —Carrie, Wellness Manager

Yaya's popcorn, herb and cheese? Look for them in the new store. —Vicki

Sugar-free Irish Crème syrup for your lattes? We'll try to bring that in for you at the new store. —Mariah, Service Supervisor

I've seen Baby Animal Endangered Species chocolate bars elsewhere, can you get them here? Look for them in the new store. —Vicki

Rice paper for Vietnamese and other Asian wraps? I'm trying to find a good source for this item. —Vicki

Amy's No Cheese Pizza made with organic shitake. This item didn't sell well for us so we discontinued it. However, you can special order it anytime. —Vicki

More vegan baked goods? We are constantly evolving our selection of freshly made baked goods. At this point we have no plans to enlarge our vegan offering, but please keep checking. —Aven, Bakery Manager

Bulk organic olive oil and bulk safflower oil. Look for them in the new store. —Vicki

More flavors of Toby's Tofu pate. Look for them in the New Store. —Vicki

More herbs, especially organic. Good idea: lots of medicinal and seasoning herbs in bulk. Thanks. Look for an expanded selection in the new store. —Vicki

Many of our favorite items seem to have disappeared: Cloud Nine Milk Chocolate, Heaven Scent Cookies, the old variety of chocolate-covered cherries, double rainbow cherry chip soy dream.

To name the ones we miss the most. What's up? Will they return? Notice how they all involve chocolate?

Chocolate is our favorite food group too! Unfortunately Cloud Nine has discontinued making the Milk Chocolate variety, the Heaven Scent cookies did not sell well (but you can still special order them in cases of 6), Double Rainbow is having manufacturing problems with all their varieties, but we haven't changed the chocolate cherries! —Vicki

Why do you carry the Co-op Advantage Flyer if you don't carry all the products? I came in specifically for Turtle Mtn Non-dairy dessert at \$2.49/16oz and Arrowhead Mills Organic PB at \$3.29/18oz. and you don't carry either one! All the Co-ops have committed to working together to get the best deals for our customers, but not every Co-op carries the same items. I'm sorry for your frustration but it would be impossible for us to pick up items we don't normally carry just for the one month they're on sale. However, we do regularly carry the Turtle Mtn products, please ask a staff person to show you them! —Vicki

Will the new Co-op have a urinal for the men's room? Yes, and it'll be a waterless version! —Kenna, GM

What about volunteers' discounts being read from the register? If they're not capable now could they be? Two answers here: yes, our system is capable, but no, with volunteer discounts being awarded weekly it would be way too difficult for us to maintain. —Vicki, POS Goddess

Frozen GF pizza crusts. Look for them in the New Store. —Vicki

How about selling NYC-style bagels? I haven't found a good one yet, but I keep looking. —Vicki

I have bought Licorice Tea (PLU #2927) from you for at least 15 years. I don't know if you have switched distributors but the flavor has changed and it is now dominated with an orange flavor. Can you find any other distributor? Please let me know, thanks! We are still carrying the same Licorice Tea, however the manufacturer must have changed the formula. We'll let them know that you don't like it. —Vicki

Co-op credit card. Not realistic at this point in time. —Kenna

Can minors volunteers and get a discount? Anyone under sixteen may

volunteer, but you'll need to have an adult working with you at all times. Remember, volunteers must be members of the Co-op and we currently have more volunteers than positions, so please be patient! —Annie, Front End and Volunteers Manager

You have two dog magazines. I wondered if you could start getting Cat magazines too? Sorry, our magazine distributor doesn't carry a Cat magazine, although "Animal Wellness" usually includes articles about cats as well as dogs, horses, birds and various wildlife. —Carrie

Have you considered using full-spectrum lights in the new store? I think we must have considered almost every lighting option available. However, we finally settled on energy conserving T-5 Fluorescents for overall lighting and compact fluorescents for spot lighting. We have a bank of north-facing windows, six skylights, and eleven Solatubes to bring in natural light as well. Although full-spectrum is nice for people, it's not so good for food! —Kenna

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Customer Profile: Jenny Sheneman, People Person

By Holly Barnes

Jenny Sheneman is the ultimate people person. Her favorite job involved handling people and she loves the Co-op because of the people, both customers and staff. She revels in being able to get to know people better in the warm and friendly Moscow community than was possible in California where she and her husband moved from.

Jenny lives with husband, Luke, and daughters Annie and Linnea. Luke is a Ph.D. student at the University of Idaho in Bioinformatics, a new department combining the fields of computer science, statistics and biology. Luke has been involved with computers for years and worked at Netscape during the technology boom. Annie and Linnea play with Jenny during the day at their home in the Fort Russell District. Jenny, Luke, and Annie moved to Moscow three years ago just in time for the Renaissance Fair. Jenny works at the fair now and counts her time lived in Moscow as "four Ren Fairs." Linnea was born here in Moscow. Luke, from Boise, was an undergraduate at the U of I and knew the area. He brought Jenny from California for her first visit and proposed to her on Moscow Mountain. Also a feature of that first visit was a trip to the Co-op, in its previous location. Jenny was very excited to move here and to have the Co-op as a place to shop, a place where she could find many healthy and organic products under one roof. Where she lived in California she could find the volume and variety of organic foods but she had to drive from store to store to find all she wanted—which she knew defeated the purpose of buying organic.

It comes as no surprise, then, that one of the first things Jenny did when they moved to town was to join the Co-op. The Shenemans moved here intending to stay for the rest of their lives ("We plan never to move from here.") and it seemed to Jenny that if she joined up as a lifetime member right away that would help to clinch that decision.

One of Jenny's daughters has been having eating problems lately and celiac disease is a possibility, so the family has been trying every gluten-free product they can.

"We get so used to what wheat flour tastes like. It just holds everything together and makes it elastic. I had no idea what we might be getting into to try a gluten-free diet so it was really important to try everything." They felt that if they were going to give this food to their daughter they should all see what it tastes like. They found many gluten-free foods available at the Co-op. Jenny respects the Co-op for offering products that are a little unique and less purchased but still important. "I think they do a very good job of that."

Jenny has joined the Palouse Patchers quilting club and will serve as their President for the coming year. She was honored to be chosen and is expecting it to be lots of fun. She admires all the women who are part of that organization because they have such incredible talent. Her favorite part of the club meet-



ing is the show and tell which inspires her to go home and work on a project that might be tucked away. Jenny hopes to join other women in quilting more often as her children reach school age.

The job that Jenny had and loved in California was as the house manager and volunteer coordinator at the San Jose Repertory Theater. It was a fabulous job for her, she especially liked working with a wide variety of people. Every show she worked with the actors, directors, stage crews, volunteers, and the audience, because "without the audience there wouldn't be any theater." She enjoyed all the interaction with people that she had. She liked solving people's problems with ticketing issues, for example.

"I like to make things right and have people satisfied in the end."

I'm guessing that those who work with Jenny at the Renaissance Fair, the quilters at Palouse Patchers, and all those who come into contact with her in the future in Moscow will find much to be satisfied with no matter what she does.

Editor's note: Jenny and her family are happy to report that Linnea has gained a whole pound on the gluten-free diet which was facilitated by the Co-op's great supply of products.

Holly Barnes also is enjoying getting to know people in the warm and friendly Moscow community.

Volunteer Profile: Janice Willard, DVM

By Yvonne McGehee

This month's profile features a Community News volunteer, Janice Willard, DVM, who is our Pets columnist. Janice was born in Philadelphia, moving to Idaho at one year of age when her father, an engineer, relocated to Idaho Falls subsequent to inventing the potato flake. Janice grew up in Idaho Falls, attended Skyline High School there, then came to Moscow to attend the University of Idaho where she completed BS degrees in both animal science and psychology. Her dual degrees were geared toward the study of behavior in domestic animals. She also has an MS from the University of Idaho in animal science. While a student in the Animal Science Department, she was disturbed that animals were conceptualized in a way that denied them feelings and thoughts. This motivated her to go to veterinary school, despite her learning disability, dyslexia. She completed her DVM degree at Washington State University in 1992.

Janice's husband, Eric Nilsson, is also a DVM, as well as holding a PhD in developmental biology, which he utilizes working at WSU in the study of ovarian cancer. Their son, Ethan Nilsson, now 14, was born just before Janice's senior year of vet school, making for an intensive year. Their daughter, Robin Nilsson, now 12, was born two years later.

When Robin was three and Ethan was five, the family went to Japan for two years for Eric's post-doctoral work, and Janice volunteered part time at a veterinary hospital. On returning to the United States, Janice combined her love of writing and her love of animals by writing articles for national distribution through Knight Ridder Tribune and Cat Fancy.

"In a way, the pen is mightier than the scalpel," she says. "Through public education, you can teach people how to take better care of their animal." Behavior problems are the second leading cause of pet animals being surrendered to shelters or euthanized. Janice's goal is to help people to understand their pets better, so behavior problems that destroy the human-animal bond and damage the quality of life of both owner and pet can be prevented from developing.

In the years since Janice was as student, animal science has begun undergoing significant change toward rearing meat animals in ways that meet their biological and behavioral needs. Janice is not a vegetarian, and raises sheep for human consumption. Regarding improvement in farm animal welfare, Janice says, "Being a vegetarian doesn't provide an economic incentive; consumer choice exerts more pressure for improvement.

Consumers can do a lot to improve the welfare of farm animals by buying from producers, preferably local, who humanely rear, transport, and slaughter their animals. If you go to a local producer, the animals won't undergo being transported a long way. Animal welfare isn't necessarily the same as organic rearing.

If you're strictly organic and give no antibiotics at all, you may actually reduce welfare. The important thing as a consumer is to look for the producer who looks out for the welfare of their animals. The consumer can create enough pressure to influence rearing practices."



The Eatwell Guide (www.eatwellguide.org) is a directory intended to help the consumer locate wholesome food from healthy, humanely raised animals. You can enter your zip code and locate local small farmers and stores carrying their products. Janice was pleased to find the Moscow Food Co-op listed there.

She has been a Co-op member for over 20 years and hopes her newsletter articles will contribute to the well-being of animals in the community. She spends all her work time writing and the rest of her time being a mom and caring for her own animals. The family currently lives on a farm with sheep, goats, horses, llamas, poultry, cats, dogs, two caged birds and a rabbit. Her children benefit from their exposure to many species of animals, and Ethan is currently learning to handle alpacas.

The children are also exposed to music which is another of Janice's loves. She sings in the Idaho-Washington Concert Chorale. Janice is happy to be passing experience with the animals and music which have so enriched her own life on to the next generation.

Yvonne McGehee has been breeding elegant borzoi dogs for the past 30 years. She feeds them a fresh food diet. See them at <http://personal.palouse.net/valeska>.

Staff Profile:
Airielle Jones

By Susan Simonds

World traveler Airielle Jones has been a cashier and stocker since May 2004 after serving a two-month stint as a deli volunteer. Having worked at the Boise Co-op, she was determined to land a job at the Moscow Co-op.

"There are not many places where you can feel passionate about your job. I wanted to form a little family around the job and I felt that was possible at the Moscow Food Co-op."

Airielle arrived in Moscow to attend the University of Idaho in 1999. She graduated in May with a double major in Spanish and Latin American Studies. During her sophomore year, she spent a year in San Sebastian in the Basque region of Spain, an experience which led her to change her major from English Education to International Studies. She later went to Ecuador for a year, spent a month in Mexico, traveled last Christmas to Costa Rica and then on to Nicaragua, which she described as "an extremely eye-opening experience." The change from Costa Rica to Nicaragua was "like going back forty years" mostly due to the extreme poverty and the lack of tourists. In Nicaragua Airielle stayed on an organic coffee finca (farm) where she learned about coffee production and distribution. She was particularly surprised to discover that coffee growing is a woman's job.

"It's mostly women and their little daughters. They pick and shell the coffee and then the men come in."

"I'm a culture fiend, for sure," explained Airielle, as she excitedly described two trips to Morocco: "I like the markets, the different smells, the huge mountains of spices, the fabric stores." Visiting during Ramadan, she found people to be incredibly gracious.

Travel runs in her family. Her mom is currently on a trip to Asia to shop for jewelry, tapestries, and clothing which she sells with her partner at festivals and concerts. The middle of a blended family of five siblings, Airielle grew up in Boise.



"It's nice being a middle child."

Cashiering is her favorite Co-op job. "I get to know little pieces of people's lives" which has given her a greater sense of connection to Moscow. While she feels sad about her plans to leave in the spring, she obviously cannot help but respond to the pull of travel. With her boyfriend, Justin Moore, she plans to become a volunteer for Willing Workers on Organic Farms (WWOOF). They want to go to either Latin America or Thailand. Although WWOOF requires that they pay their own transportation expenses, they will receive room and board in exchange for doing farm work and selling at markets. Many of the farms not only grow organic foods but also are established communities that make bread or crafts for sale at markets.

"It just breaks my heart that I'm leaving this place. This has been the best job I have ever had."

Susan Simonds is inspired by the spirit of adventure and commitment to ideals held by so many of the Co-op staff she has interviewed.

OOOPS!

By Bill London

Several eagle-eyed newsletter readers noticed our big mistake in the August issue. On page 9, the photo accompanying the article by Mariah Rose Hey, our deli service supervisor, was not of Mariah at all. Instead the photo was of deli server Maria Sita (who was featured in the staff profile on page 14).

Here's a photo of Mariah.

Sorry for the confusion.




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Kelp, Cinderella of the Sea

By Judy Sobeloff

T rue confession: While adrift in a rowboat this summer, our three-year-old admired something large and golden brown floating in the water. My husband reached down, pulled it into the boat, and all of us, including our 15-month-old, chomped it. We were participating in an elaborate story involving mermaid food, but did we really need to reach down and take a second bite?

OK, your turn. Along these lines, the writer David Sedaris describes watching his father surreptitiously eat small pieces of his hat. What's the most unusual thing you've ever eaten?

We'd tasted what I now know to be called bull or bull head or bull whip kelp. Lying on beaches, it had never looked the least bit tantalizing. But kelp is the Cinderella of the food kingdom, working tirelessly behind the scenes in the form of alginic acid or alginate or algin to "improve texture and mouth-feel" (www.nation-master.com) so that we can enjoy such delicacies as ice cream, toothpaste, paint, and tires.

Both our kids will gobble dark green vegetables by the plateful if you call it "seaweed" (mermaid food), but mermaids surprisingly had nothing to do with the excitement that accompanied our introduction to kelp noodles.

When my friend Debby is enthusiastic about something, I've learned to listen and take notes. So when she told me about kelp noodles, I ran to the Co-op to get some: Behold, Kelperella, Cinderella dressed up for the ball!

Made by the San Diego-based Sea Tangle Noodle Company since 2001, kelp noodles are "made of only kelp (a sea vegetable), sodium alginate

(sodium salt extracted from a brown seaweed), and water.

Kelp noodles are fat-free, gluten-free, and very low in carbohydrates and calories," according to the packaging. In the parlance of Weight Watchers, Debby notes, kelp noodles have "0 points," because your body uses as many calories in chewing and digesting the noodles as you're taking in.

Debby likes the "crunch, the weird texture" of kelp noodles. "Believe it or not, it's like lobster. At first it's really chewy, like rubber, and then it bursts." She uses them in place of rice noodles or spaghetti, "anywhere that you'd use pasta or a cold crunchy vegetable." (See Debby's serving suggestions below.)

The packaging promises "neutral taste," which, if anything, is an understatement. My friend Stuart, sampling hot noodles with vegetables, cashews, and lemon tahini dressing, described the noodles as "very inert" but liked the crunch and enjoyed the dish nonetheless.

Though Stu's children, ages 4 and 10, declined their noodle-tasting opportunity, my kids both went nuts for the plain cold crunchable noodles, eating them by the handful, and also devoured hot Peanut Miso Noodles the following night.

"I love kelp," my daughter said. "I wish we could make kelp more often."

You still might think that if the noodles have no taste, and if you're not on a diet, why bother? The cool thing about kelp is that it's high in iron, calcium, phosphorous, potassium, and iodine (Evelyn Roehl, *Whole Food Facts*). According to *The Nutrition Almanac*, sea plants are rich in minerals and "have an advantage over land crops because they grow in sea water in which the minerals are constantly being renewed."

Kelp noodles also have a high fun factor and are

Debby's Kelp Noodle Serving Suggestions

Note: Layer rather than toss.

1. Bed of lettuce, then cold kelp noodles, then walnuts and cranberries, then bleu cheese if you're feeling adventurous, then salad dressing of choice, such as Annie's Sesame Ginger.
2. Bed of lettuce, then wild rice, then hot or cold kelp noodles, then black beans, then a balsamic vinegar dressing. Optional: Sprinkle with fresh cilantro.
3. Bed of brown rice, then hot kelp noodles, then steamed vegetables (such as snow peas, broccoli, water chestnuts) and lemon or lime tahini dressing.

Debby's Lemon Or Lime Tahini Dressing

Tahini

Water

Minced garlic

Lemon juice or lime juice

Bragg's Aminos or tamari or soy sauce

Mix tahini with water to desired consistency for sauce. Add other ingredients to taste, and mix well.

Peanut Miso Noodles

(adapted from Sea Tangle Noodle Company)

Kelp noodles, cut to desired length

Vegetables of your choice, sliced

Sauce:

1 part miso paste

3 parts ground peanuts or peanut butter

Water, added to desired consistency

Sugar to taste

Dash of sesame oil and vinegar

Combine above sauce ingredients to make dressing. Add sauce to vegetables and noodles. Mix well.

easy to prepare, forgiving and flexible. As the packaging states: "Best of all, no cooking is required." Eating them cold involves only rinsing and cutting them to the desired length, and even "cooking" is as simple as letting them sit in hot or boiling water for just a few minutes.

While the recipe directions on the package tended toward the vague and casual, leaving me wondering whether

the noodles and vegetables were intended to be cooked or eaten cold, in the final analysis it didn't seem to matter.

When not tangling with kelp noodles, Judy Sobeloff is coordinating the Moscow Community Creative Writing Workshop. See this month's Community News back page Bulletin Board for more information.

"I love kelp," my daughter said. "I wish we could make kelp more often."

Simply Tofu: Tofu Mania

By R. Ohlgren-Evans

Earlier this summer I rescued Brita Housez' book, *Tofu Mania* (Marlowe & Company, 1998), from the yard sale goods sprawled out on our front lawn. I certainly didn't remember tossing this book in the discard pile...hmmm...is my family trying to tell me something?

No worries—it's back in my collection and, to make up for any lost time, I've spent the last two weeks taste-testing many of the recipes.

Whether a vegetarian in the family needs a protein source, or a cook has learned that soy nutrients may protect us from cancer, heart disease, diabetes and the symptoms of menopause, tofu is making its way into the American pantry. Recipe makeovers of old family favorites are common, and this book is full of creative ideas.

Housez claims that "unlike virtually every other tofu cookbook, *Tofu Mania* presents recipes for

familiar dishes into which tofu has been incorporated. All of the recipes in this book use tofu as an ingredient, but very seldom is tofu the main ingredient." The author has compiled 120 easy-to-prepare recipes in this collection, including Cherry Pancakes, Roasted Onion and Garlic Spread, Penne Alfred, and Carrot Cake—all incorporating tofu as a substitute for some of the cream, butter, oil, eggs, meat and dairy. The following selections from *Tofu Mania* are recipes that met with success at our table. I've included any modifications I tried or would recommend. Bon appetit!

Robin Ohlgren-Evans wonders if any readers included the 2005 LA Tofu Festival (Aug 13-14) in their summer vacation plans. Your comments are welcome: rohlgren@moscow.com.

Apple Cranberry Crisp

This is a fantastic variation on the buttery, sweet, and calorie-laden version that I grew up on. It's also a great breakfast idea—I enjoyed several helpings with a swirl of plain yogurt on top. I used fat-free yogurt and substituted blueberries for the cranberries. I didn't have wheat germ at hand, so substituted flax seed meal. I also exchanged orange juice for concentrated lime juice. The author claims it is also good with apricots, peaches, or pears.

- 4 medium apples, peeled, cored, sliced
- 1/2 cup cranberries, fresh or frozen
- 4 Tbsp. frozen orange juice concentrate, divided
- 4 Tbsp. sugar, divided
- 1/2 tsp. ground cinnamon
- 1/2 cup silken tofu (soft or medium)
- 1/2 cup plain low-fat yogurt
- 1 Tbsp. flour
- 2 Tbsp. each: rolled oats, wheat germ, brown sugar and sliced almonds

Preheat oven to 400°F.

In a medium bowl, combine apples, cranberries, 2 Tbsp. orange juice, 2 Tbsp. sugar and cinnamon. Spread mixture in 8-inch square baking dish.

In separate bowl, using a hand blender, blend together tofu, yogurt, flour, remaining orange juice and sugar. Pour evenly over apples and cranberries.

In a small bowl, combine oats, wheat germ and brown sugar. Spoon over apple mixture. Sprinkle with almonds.

Bake 20-30 minutes, or until apples are tender.

Oven-Roasted Herbed Potatoes and Tofu

I used twice as much tofu, all fresh herbs, and cut back on the potatoes. This would make a great one-dish meal by adding Brussels sprouts, slices of red peppers, and big onion chunks into the mix (adjust seasonings according to the amount of food you are roasting). —Delish!

- 4 large potatoes, peeled, cut into bite-sized pieces
- 1/2 cup extra-firm tofu, cubed
- 1 Tbsp. fresh parsley or cilantro, chopped
- 1 Tbsp. fresh dill, chopped
- 2 cloves garlic, minced
- 1/2 tsp. dried oregano
- chili pepper flakes (optional)
- 4 Tbsp. olive oil
- salt, to taste

Preheat oven to 400°F.

Pour potatoes and tofu into a container with a lid. Container should be only half full. Add herbs, garlic, pepper, and oil. Cover with lid and shake gently so that potatoes and tofu become evenly coated with herbs and oil. Arrange potatoes and tofu in a single layer on a cookie sheet. Bake about 30 minutes, turning once halfway through. Potatoes and tofu will be just lightly golden. If more browning is desired, turned oven to broil and place cookie sheet on top rack for 3 to 5 minutes. Sprinkle with salt just before serving. Serves 4 to 6.

Mango Couscous

This tasty dish is great served warm with dinner or straight from the fridge for lunch (or breakfast...). I learned how to cube a mango from the savvy market women in Cambodia—check out how to do this (and all things mango) at: <http://freshmangos.com/aboutmangos/index.html#d>.

I used whole wheat couscous, and heated the rest of the ingredients in the pan with the onions once they were caramelized. The author suggests substituting peaches or apricots for the mango if you want to try a variation.

- 1/2 cup uncooked couscous
- 2 Tbsp. raisins
- 1 Tbsp. vegetable oil
- 1 medium onion, thinly sliced
- 1 Tbsp. granulated sugar
- 1/2 cup firm or extra-firm tofu, cubed
- 2 Tbsp. cashews, chopped
- salt and pepper, to taste
- 1 mango, cubed

Cook couscous according to directions. When done, fold in raisins. Cover and set aside.

In a small, nonstick frying pan, heat oil. Add onions and sugar. Caramelize onions by cooking them over low heat for about 30 minutes, stirring often. (This can be done several hours ahead.) Stir onions, tofu, cashews, salt, and pepper into couscous/raisin mixture. Heat through. Fold in mango cubes. Serve warm, at room temperature, or chilled.

Meals Kids Might Eat: Masala Dosa—An Unusual Treat

By Jyotsna "Jo" Sreenivasan

I went back and forth about whether to share this recipe with you. On the one hand, my kids love masala dosa (a South Indian sourdough crepe wrapped around a potato-and-onion curry). On the other hand, making masala dosa can feel like a weird and daunting task—even to me, who grew up with parents from India!

Masala dosa is one of several South Indian snacks made with a fermented rice and dal batter. (Dal, by the way, is just a bean or lentil with the skin

removed and split in half—like a split pea). Masala dosa is very difficult to find in the US—most Indian restaurants specialize in Punjabi (North Indian) food.

When my older son ate four dosas at a sitting at my mother's house in August, I decided to throw caution to the wind and let you have the recipe.

If anyone actually makes this recipe, please let me know! My e-mail: jyotsna64@aol.com.

Masala Dosa

Start the process about 36 hours before you want to eat your dosas. This recipe makes 10–12 dosas—enough for four people. It is best to eat each dosa as soon as it comes off the griddle, so people might have to stagger their dinners.

1/2 cup red lentils (AKA "masoor dal") or urad dal (this is the traditional ingredient, but difficult to find)

1 tsp. fenugreek seeds (available in the spice section)

Water to cover the dal by about one inch

2 cups brown rice flour

1 1/2 to 2 cups water

1/2 tsp. salt

A mild oil (such as canola or safflower)

Rinse red lentils (or urad dal), and soak with fenugreek in water for about six hours. Drain, saving water. Grind lentils in blender, using just enough soaking water (1/4 to 1/3 cup) to make a smooth paste.

Add 2 cups rice flour and 1 1/2 cups water, and mix. The batter should be thinner than pancake batter. If needed, add more water. Add salt and mix.

Cover the bowl and set it in a warm place to rise. I put mine on top of a cabinet near the stove. Let it stay there for 12 to 24 hours. Look at it and stir after 12 hours. The batter should rise and puff up. It doesn't have to rise very much, so if after 24 hours it hasn't done much, go ahead and use it anyway.

Now you are ready to cook your dosas. Lightly oil a griddle. Also pour some oil into a small bowl and keep that and a spoon beside the stove. Heat the skillet on medium-low heat.

Pour 1/4 cup of batter into the skillet and immediately spread the batter with the back of a spoon, using a spiral motion (see photo). If dosa starts cooking before you can spread it, lower the heat. The dosa should be 6 inches in diameter. Pour several drops of oil (from your small bowl) around the edges of the dosa. Cook for a few minutes, until top is dry and bottom is golden brown. Flip dosa and cook second side for a minute or so (it will still be mostly white).

Turn over again, and spread 2 to 3 tablespoons of potato masala (recipe below) on dosa. Fold dosa in thirds.

Store leftover batter in fridge.

Potato Masala

(adapted from Dakshin: *Vegetarian Cooking from South India*, by Chandra Padmanabhan)

There is one unusual technique used here: tempering—frying seeds and dals to add flavor. Tempering is very typical of South Indian cooking, but if you are intimidated by it, go ahead and make the curry without the tempered ingredients.

1 pound potatoes (Yukon Gold work well), peeled and cooked

1 inch piece of fresh ginger, peeled and minced

2 green chili peppers, finely chopped (optional)

1 medium onion, finely chopped

1 Tbsp. oil

1/2 tsp. salt

1/2 tsp. ground turmeric

1/2 cup fresh or frozen green peas, cooked briefly (optional)

1/4 cup water

1 handful cilantro leaves, finely chopped

For tempering:

1 Tbsp. oil

1 tsp. brown mustard seeds

1 tsp. whole cumin seeds

1 tsp. uncooked urad dal (if available; otherwise use more chana dal)

1 tsp. uncooked chana dal (available in the bulk section)

Mash potatoes roughly (many lumps should remain).

Sauté onion in oil until onion turns translucent. Add ginger and optional peppers at the end and sauté briefly. Add potatoes, turmeric, salt, peas, and water. Cover and cook on low heat until potatoes are warmed through.

Into a small pot with a lid, pour one tablespoon oil and 1 teaspoon mustard seeds. Place lid on pot and place pot on medium-high burner. Listen for mustard seeds to pop. Shake the pan to prevent burning as the seeds are popping. When they finish making popping noises, turn heat to low (or even turn it off) and add cumin seeds and dal. Stir until dal turns golden brown. Mix tempered ingredients into potato mixture. Sprinkle with cilantro leaves.



Step 1: Pour the dosa batter. Step 2: Spread it using back of spoon.

Step 3: Fill and fold!

Celebrate Tomato Harvest Time! Wanna Write About Food?

By Kelly Riley, PCEI Green Living Coordinator

The first Heirloom Tomato Sandwich Party will be held from noon to 3 p.m. on Saturday, September 10, at PCEI in Moscow, Idaho. This fundraising event will celebrate the tantalizing taste of heirloom tomatoes, promote local, organic and no spray produce, and support the growth of the PCEI Community Pantry Garden project. Ticket price will include an heirloom tomato sandwich, hot roasted peppers, seasonal fruit, dessert, and a beverage. Tomato tasting, recipes, live music, and a picnic atmosphere will make this a fun afternoon for everyone. Bring the family, bring a friend!

All proceeds will benefit PCEI's Green Living/Community Garden Program. Tickets are \$10 for PCEI members, \$12 for non-members, and children 6 and under are free. Advanced ticket purchase is encouraged—tickets are available at PCEI or look for us at the Moscow Farmer's Market

For more information check our website at www.pcei.org or contact Kelly Riley at (208) 882-1444 or e-mail riley@pcei.org.

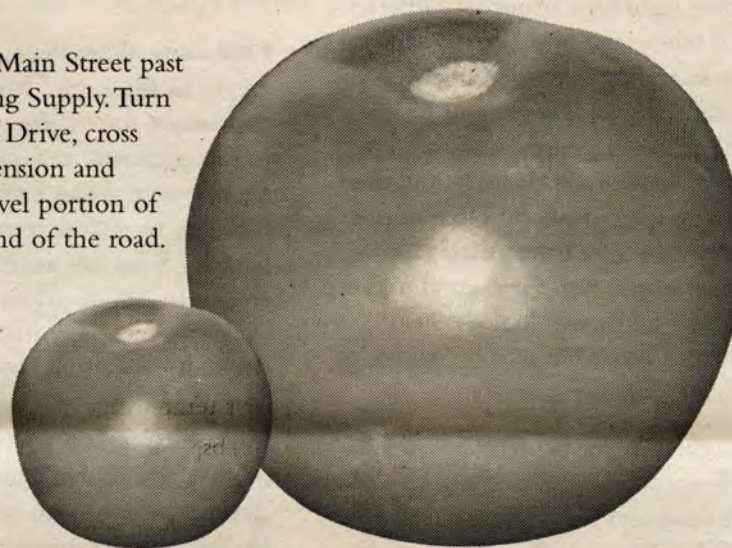
Directions to PCEI at 1040 Rodeo Drive (**Parking is limited so please carpool, walk, or ride a bike if possible. Thank you.**)

From downtown Moscow by car:

Head north on Main Street past Moscow Building Supply. Turn right on Rodeo Drive, cross North Polk extension and continue on gravel portion of Rodeo to the end of the road.

From downtown Moscow by bike or foot:

Head north on Main Street. Turn right on E Street and head east. Turn left (north) on Polk Street and continue until Rodeo. Turn right onto gravel portion of Rodeo to the end of the road.



By Bill London

Christian Wise, who provided a great recipe-based food preparation column for our newsletter, has moved. We thank him for his good work.

His departure leaves room for another food writer in this newsletter. We're interested in writers who are very knowledgeable about one kind of food, and who could focus their column on that. How about vegan cooking, Asian, or African?

If you have the interest and experience, as well as the writing skills, please email editor Bill London at london@moscow.com.

Fresh Food Diets for Dogs

By Yvonne McGehee

Here are some of the books available to those interested in learning how to feed their dog a homemade diet. There are a large number available, some good and some not-so-good. I'll begin with some of the best ones, so you can get started reading right away, and leave the ones to avoid for later. No one book or diet may be a "perfect fit" for every dog or owner because each dog and each person is an individual.

First of all, where to get them? The most complete source for dog books of all kinds is Dogwise Books, located in Wenatchee, Washington. Dogwise carries everything imaginable related to dogs, and takes internet and phone orders as well as the traditional paper-and-check kind. They can be found at www.dogwise.com. A local bookstore also can order in many of them for you. ABE Books, Barnes and Noble, and Amazon.com are other sources; they may not have all the books

Dogwise carries, because some of these are self-published.

Back to the books. Starting with the best, *Home-Prepared Dog and Cat Diets, the Healthful Alternative*, by Donald R. Strombeck, DVM, PhD, is outstanding in factual content, documentation, and references (something sadly lacking in many others). Strombeck explains the shortcomings of commercially prepared foods in a science-based way. He has worked with the industry, receiving industry awards for excellence in research, so he is not an uneducated ranting spouting opinions as if they were facts. Strombeck's diets are analyzed on paper; they can be considered complete and balanced on that basis, which is the same basis many manufactured products use. The drawback to his diets is a heavy slant toward use of grains for economy's sake. My own carnivores would not happily eat diets so heavy in grain, but these are balanced diets and they will

work. Many of the diets given are specific for dogs with diseases such as liver, kidney, heart or pancreatic problems, and these are a great value of the book. I love the book for its educational and fascinating information content.

Next in line is an oldie-but-goodie, *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats*, by Richard H. Pitcairn, DVM, PhD, and Susan Hubble Pitcairn. This book is not as thoroughly substantiated by research as Strombeck's book is. The down side: looking at only the dietary chapters, these diets too are heavily weighted toward high grain content. This is typical of older diet books. Also, there are some charts I find rather confusing as far as actual applicability. But on the plus side, Pitcairn's diets have a long track record of successful use. They are calculated by paper analysis to be nutritionally complete. They have been used successfully during preg-

nancy and lactation, which is the most demanding part of the life cycle, and which has been fraught with difficulties for some breeders using newer, less time-tested diets. The diet many people have had best success with for dogs is one of the cat diets, called Fatty Feline Fare.

Some have success by using the basic Pitcairn diets but decreasing grains and increasing meats. This is not the intellectually stimulating book Strombeck's is, but given the successful track record of the diets, it's a good reliable place to start.

Next issue, we'll go over some more recent excellent books to appear on the homemade dog-diet scene.

Yvonne McGehee has been breeding elegant borzoi dogs for the past 30 years. She feeds them a fresh food diet. See them at <http://personal.palouse.net/valeska>.

Nature in the City: Moscow Wild 'n' Free

By Sarah Walker

This month the haphazard path of my summer reading took me to *The Thunder Tree*, by Robert Michael Pyle. Pyle says:

"We all need spots near home where we can wander off a trail, lift a stone, poke about and merely wonder: places where no interpretive signs intrude their message to rob our spontaneous response...open space with no rule but common courtesy, no sign besides animal tracks. Developers, realtors and the common parlance refer to such weedy enclaves as "vacant lots" and "waste ground." But these are two of my favorite oxymorons: What, to a curious kid, is less vacant than a vacant lot? Less wasted than waste ground?"

"For special places to work their magic on kids, they need to be able to do some damage. They need to be free to climb trees, muck about, catch things, and get wet—above all, to leave the trail."

I've experienced what Pyle is talking about, right in Moscow. On my daily walks to campus last February, I noticed signs of beavers along one of the branches of Paradise Creek that meander through town. I saw gnaw marks around the bases of willows and the odd floating stick

with bright, freshly chewed ends, floating in the creek. Each day the creek seemed to be a little higher. Then one day I found myself leaving the paved path, drawn to the tangle of tall grass and brush along the creek—which satisfied my curiosity but made me quite late for work.

As I crept along I discovered one, then two, freshly worked beaver dams. Then, right by a major city intersection where the impatient roar of cars, trucks and motorcycles filled the air, I came upon a large beaver lodge. The igloo-shaped mound rose out of the water, built of sticks and mud. Beavers lived in there! Their entrance hole was under water, their comings and goings secret. Fresh mud told me this was an "active lodge" not of a fraternal order but of a furry clan of aquatic rodent engineers.

Standing under branchy European willows amid tangles of shrubs and last summer's faded grass stalks, time stood still for a little while. A male song sparrow sang from the creekside thickets. The hustle of traffic that usually demands my attention when I cross streets on foot, faded into white noise. By now I was really, really late for work.

I looked around at the symmetrical lodge and the well-maintained dams, built and tended by nocturnal beavers. So much was happening here, a few blocks from my fenced yard and flower beds.

I felt quite alone there, but along the creeks of Moscow I have seen signs that others too explore and hang out in the unmown and untrailed areas. I have come across forts and secret hideouts in willow trees, and overhanging branches for crossing the creeks. In August when the reed canary grass is over my head I follow paths that have been squashed down by someone else. Apparently people explore, hang out or putter about here, where sunlight makes mosaics through willows and progress is slowed by messy undergrowth. Others besides me must have seen the beavers and muskrats tending their lodges and burrows, patrolling their section of stream bank, or poking a stick into a dam. But I never see anyone else, only paths where they've been.



The Tangle: neither park nor pavement. Photo by Sarah Walker.

When I saw this beaver lodge last February I thought about writing a spring column on Moscow's beavers. But most likely the beavers that work hard to dam the creek and flood it for their small beaver families aren't popular with city engineers, who work hard to keep water flowing, unimpeded, through town.

I didn't need to tell anyone about the beavers because plenty of people have been in that area anyway. These rougher unkempt places are wild 'n' free for roaming, exploring, and spying on the doings of animals and birds.

When Sarah Walker was very young, her parents let her spend whole days exploring streams, caves and ponds.

This College Sweetheart...

By Janice Willard, DVM

The stray cat who showed up in my barn was gray and lean. He was scared, but also hopeful I would feed him. I wished he could tell me how he had come to be so frightened and homeless. Eventually, as I got closer to him, I could see a collar, one he had outgrown, digging into his neck. One night when he was so intent on eating that he forgot to watch me, I managed to cut the collar off, and relieve him of this misery.

My kids and I had named our other barn cats, five small calicos, after Tolkien's Hobbits. This long, gray cat (who was troubled by a ring) earned the name of Gandalf the Grey. With

food and a safe place to live, he is doing much better now.

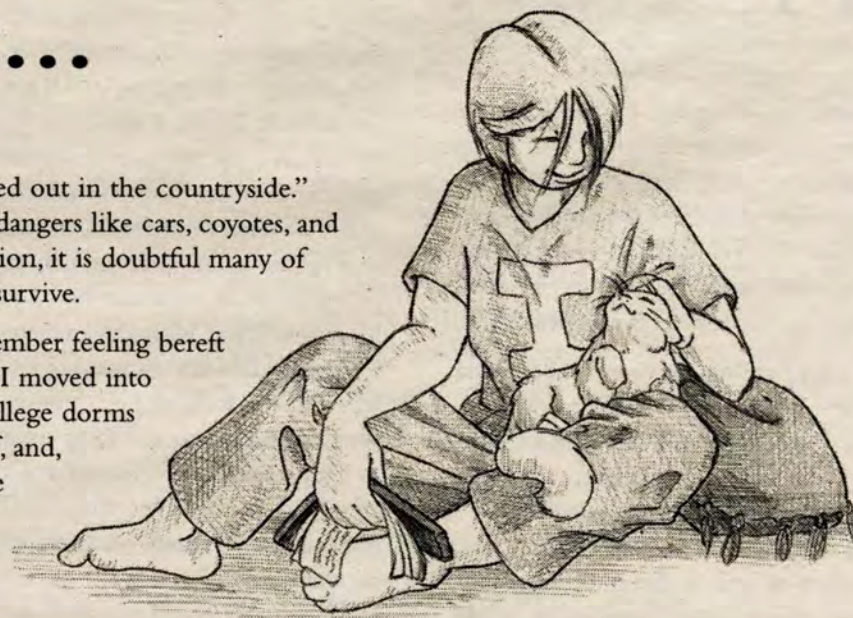
The Humane Society had no report of a missing cat matching Gandalf's description. I suspect that he was not lost; he was likely dumped. This is a perennial problem in college towns: in the spring the local shelters get deluged by dumped pets when their college student owners find that keeping them is more difficult or more expensive, than they anticipated.

"We generally have dogs turned in to the shelter," says Lori Freeman, director of the Humane Society of the Palouse. "But we see more cats getting

dumped out in the countryside." With dangers like cars, coyotes, and starvation, it is doubtful many of these survive.

I remember feeling bereft when I moved into the college dorms myself, and, for the first

time in my life, didn't have pets around me. So I can thoroughly understand how students, when they get their first home, want



to get their first, very own, pet to go along with it. (Continued on page 17.)

In the Garden: Planning Ahead for Spring Color

By Theresa Beaver

There is nothing that brightens my spirits more at the end of a dreary winter than seeing the first flower. That small burst of needed color never ceases to bring an exclamation of joy and a sigh of relief that spring is on the way.

It may seem odd that, as I sit here in my summer shorts, surrounded by summer flowers in the garden, I am writing about winter flowers. But gardeners always need to be thinking and planning ahead for that next season of color—even if it is six months away! Fall is the time to plan, purchase, and plant your bulb garden for winter/spring enjoyment.

The first flowers to appear may be short but they are tall on beauty, and their small bulb size makes them inexpensive to purchase and easy to plant. These groups of short flowering bulbs make the biggest show when planted in large quantities. Don't be shy—buy hundreds. They are easy to plant. Just dig a hole and set them in. The pointy side is usually the top, but some are not as obvious, so if you're not sure, just plant them on their sides. You only need to bury them a few inches deep, which also makes it easy to plant them in an established perennial gar-

den without disturbing established plant roots.

One of the very earliest flowers to appear is the Snowdrop (*Galanthus*). This nodding white bell-shaped flower is surely a welcome sight. Another extra early one and not as commonly seen, is the bright yellow Winter Aconite (*Eranthis hyemalis*), that looks like a tiny daisy. I have enjoyed this early charmer so much that I will be planting lots more this fall. They will naturalize (spread themselves), but I can be impatient and want to ensure that I have a nice carpet of yellow by next year.

Crocus are another early favorite, and there are a couple types you can get. The smaller, but very early ones are called *Crocus biflorus* or *Crocus tommasinianus*. They come in yellows, blues and purples and go great with the white snowdrops. *Crocus chrysanthus* show up a few weeks later and are a bit larger. This is also about the same time the sweet little *Iris reticulata* make their appearance. These are little 4–6" irises in blues or purples with yellow markings on their throats. Because they are also small, plant them in large quantities, along with some yellow crocus for contrast—stunning!

Next, my favorite color will appear, the bright, true blue *Chionodoxa* (ky-on-o-dox' a) or Glory-of-the-Snow. The short stems each bear 3–6 open bell-shaped flowers that are an intense blue with a white center. Another flower that looks similar to the *Chionodoxa* and blooms at the same time is the *Scilla sibirica* (skil' a) which is slightly taller and even more intense blue. Together, these will carpet my garden after the winter aconite has finished.

These small, shallowly planted bulbs are also easy to combine with the larger and later tulips and daffodils, by planting them all in the same hole. Just dig your 6–8" hole, line it with the larger bulbs, then fill it in to two inches below the surface, add the smaller bulbs and cover.

Next month I will talk about the large group of tulips and daffodils. There are enough of these to brighten your garden from March to June, so start planning your winter garden now.

Theresa Beaver grows cut flowers in Moscow and can be found selling bouquets at the Moscow Farmers' Market.



...Could Be Your Friend For Life

(Continued from Page 16.)

But a pet is a huge commitment. What will happen when they take a summer job, go on a student exchange, move to a new apartment or even find a boy or girl friend who doesn't like their pet? Then there's the cost of veterinary care and food. These possibilities may not cross the young, new, pet owner's mind. Poor Gandalf, being slowly starved and choked by his undersized collar, shows what can happen when a pet owner doesn't consider these things before adopting a pet.

My own first pet, Vixen, a spunky calico cat I got when I was still a college student, was my steadfast partner

through many life changes. She was with me through umpteen moves, slept beside me, watched over me when I was sick, made me laugh when I was blue, and eventually purred on my lap as I nursed my children. She lived for 19 years and keeping her with me meant that I had to make compromises and plan my life to include her. And I am grateful my mother always welcomed Vixen into her house when I came home for summers.

So this is not to say that college students shouldn't have pets in their lives. But if they do, they need to be aware that the pet they are inviting along on

their life journey could live for close to two decades, as Vixen did, and that it is not a frivolous commitment. If they are not ready for that commitment but really need an animal to cuddle and hold (which I thoroughly understand), there are some other options: they could volunteer at their local Humane Society to help socialize the animals awaiting new homes.

"Volunteers that come and socialize animals are the most important volunteers that we have," says Freeman. "We always encourage people to come in and play with the animals." Volunteers can pet the cats and take dogs on walks. Having loving interactions will

keep the animals from going "cage-sour" and improve their chances of getting a permanent home, and can give students a much needed fuzzy-fix without getting a pet before they are ready.

Once you're ready to make a life-long commitment to a pet, you can be certain this is one college sweetheart who will never leave you for another, never disappoint, and will always be there with loving attention when you need it.

Earth Mother: Time for Trees

By Julia Parker

When I was a child my grandfather indoctrinated me into the world of trees. He showed me different types of trees on his Ohio farm, told me their names, showed me their fruit and leaves, and often told me stories about them. One tree, a Tupelo, he and my grandmother brought back on a long car trip from New Orleans in the 1950s. An old apple tree had been planted by his mother when he first bought the farm. And one of my fondest memories is being taken aside one 4th of July and walking to the mulberry tree with Gramps so we could eat that sweet, musty fruit together.

In my early 20s, I became a naturalist and worked for a metropark district, teaching kids and adults about trees, plants and animals. Later, I entered graduate school in forestry and learned the scientific names of trees and plants. I became a real nerd and would often spontaneously tell people about trees as we walked and hiked. I even named my dog 'Tsuga' as in *pseudotsuga menziesii* (Douglas fir). I tell you this to make the point that my love of trees and nature was built over time—a foundation in childhood taught by someone who clearly loved

his land helped me build a lifelong affection for the earth and its many inhabitants.

In the autumn, we have a wonderful opportunity to help engender a love of the natural world in our children by learning about trees. It is so easy in the fall to notice our lovely trees in Moscow. Seeds from the basswood, horse chestnut, oak, locust and buck-eye literally fall at our feet to be

picked up, inspected, and admired by our kids. Red and orange maple leaves, yellow birch, and yellow and brown oak leaves tumble down around us in a kind of natural artist's pallet.

There are so many ways to help kids enjoy and learn more about trees. Learning tree identification can become a kind of treasure hunt. Using leaves kids can make a kind of puzzle that helps them recognize tree types—oaks, maples, birch, walnut have distinct leaf outlines. Seeds from many trees make an easy dissection project to think about and learn how seeds create new trees.

You don't need a project to enjoy the autumn trees with your children. But, since I write a column on projects (and if you just didn't have a grandfather that played tree identification with you or a mother who made wax paper tree books), I'll give you a few to get you started.

To make a book of tree leaves that stays preserved for a few months, pick 8 or 10 leaves that either strike your child's fancy or ones that come from different species. While the leaves are still pliable take two pieces of wax paper and a towel. Place the leaves between the pieces of wax paper, cover with a towel and iron over the towel around the edges of the leaf. All the wax paper edges around the leaf should be sealed. You can use a hole punch to make these into pages for a self-bound book or use a 3-ring binder. If you want to identify the trees, try the local library for tree identification books.

To make another keepsake of different leaves you've found, use plain paper, water color paint and a broad artist's

paint brush. Gather 8 to 10 leaves of different shapes and sizes (they need to fit on the paper). Hold down



the edges of the leaf as you paint the outline of the leaf. To paint an outline don't try to copy the edge, instead move the brush from about a half-inch inside the leaf over the edge and onto the paper. (It's like the reverse of stenciling.) When your outline is finished, lift the leaf straight up. If your child is more interested in identification than the art of this project, have them write down other charac-



teristics of the leaf such as color and anything that might identify the tree (for example, whether it had smooth or rough bark).

I think it is important that children learn a love of nature before we expect them to want to preserve or conserve it. Whether it is camping, gardening, fishing on the stream bank or collecting fall leaves, I hope we can all pass on some connection to the earth to our young ones.

Julia Parker will be wandering the streets of Moscow looking at trees all fall.



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Auntie Establishment

By Joan Opyr

I've made some attempt to follow the arguments of Roy Atwood, President of New St. Andrews College, regarding how the school wound up in Moscow's Central Business District, and why, though it is clearly in violation of city zoning ordinance, it should be allowed to stay. I've heard that NSA is good for downtown business (although I've also heard that it's not). I've heard that its students are nice, that the school is a good neighbor, and that NSA has done a beautiful job of renovating the historic Skattaboe Building.

The fact of the matter is, however, that the school is in clear violation of city ordinance. It cannot legally be located in the downtown Central Business District, and any attempt to retrofit the school is, as it were, nothing more than an attempt to skirt the law. And, as I'm anti-establishment as well as Auntie Establishment, I say, "Right on!" Damn the law—let's have some fun!

Here's my plan: from now on, I intend to drive 70 miles per hour past the Moscow Cemetery. Yes, I know it's zoned 45; I got a speeding ticket there about seven years ago, but it is my firm conviction that 45 mph is unreasonable. Not only that, but it's inconvenient and aesthetically unappealing. Let's face it: the cemetery is the ultimate derelict zone. It's full of dead people. Why should I drive slowly past them? They don't care. It's not like they're going to stumble out in front of my car, or, if they do, then I need to run over them. I've seen "Shaun of the Dead." When faced with a zombie attack, your best bet is a fast car...or a collection of old vinyl.

Two other good reasons for me to drive 70 mph past the cemetery: I like driving fast, and I have a fast car. The speedometer on my fast car says that it will do 120. Paradise Ford sold me this fast car, knowing full well that it would haul ass. Bank of America loaned me the money for my fast car without any restrictions like "You must drive the speed limit." Nationwide insured me, also without a warning, and the Latah County

Department of Motor Vehicles licensed my speed-mobile. Furthermore, in the course of my 13 years living here in Moscow, I have been issued not one but three Idaho state driver's licenses. If I'm not supposed to drive fast, then why have I gotten the go ahead from my car salesman, my bank, my insurance company, and the DMV? Under the circumstances, I believe that my assumption of speed-by-right is entirely reasonable.

So, 70 past the graveyard it is. What's that you say? What will I do if I get a ticket? Sure as a cat's got an ass, I won't pay it. Instead, I'll take my ticket to the City, and I'll ask them to rezone the cemetery stretch of Highway 8. This is not my problem; it's their problem. The City must accommodate my need for speed! That 45 mph is not about enforcement, folks; it's about persecuting people with shiny new cars. It's about a bunch of bicycle-riding, Latah Trail-walking hippies being jealous of my midnight blue Ford Freestyle with its V6 engine and its extra-smooth CVT transmission. It's about god-hating secular humanists interfering with my lead-footed worship of Steve McQueen. I mean, when is enough, enough? I never thought I'd find myself on the side of Richard Petty, but what next? Will we be burning Mustang Fastbacks in the middle of Friendship Square?

I paid a lot of money for my speedy car. Instead of buying a Ford Freestyle, I could have bought 540 pairs of Birkenstock sandals, but no, I chose to drive. I chose to burn gasoline. I chose to exercise my Steve-McQueen-is-god-given right to waste fossil fuel, and I am telling you loudly and clearly that I resent any attempt on the part of the state or the county or the citizens of Moscow to abridge that right.

Look, I purchased a vehicle that seats seven people and has room for two wind-loving dogs in the way back. It's a lovely car. It's comfortable, and—here's the kicker—my speedy car is clearly good for Moscow's economy. (How do I know this? My evidence is entirely anecdotal, but I expect the City to take it at face value. Forget

about an economic impact study or anything scientific like that. I'm throwing a pity party here, and you're all invited.) Right. Here's my economic argument: I buy my gas at the Tesoro station on the Troy Highway. Now, because I drive so fast and thus waste fuel, I spend a lot more money at Tesoro than those environmentally-conscious, secular slow-pokes in their hybrids. Also, when I go in to pay for my gas, I occasionally buy a Rockstar Energy Drink and a pack of Ding-Dongs. Speed makes you hungry; everybody knows that. So, I pay sales tax on my gas, I pay sales tax on my junk food, and I'm putting money in the pockets of the Tesoro station owners who, in turn, pay property tax to the City of Moscow. It's a win-win-win situation!

Of course, I don't expect the Moscow City Council will tear up my speeding ticket right away. I know that the secular liberals of the People's Republic of Moscow are going to fight me tooth and nail on this. They're going to object to my speeding because they secretly hate Steve McQueen. They'll point out that he once gave Ali McGraw a black-eye and that he was a violent, sexist, male chauvinist pig. They're also going to claim that I'm a road hazard; that I'm an accident waiting to happen; that I don't care about pedestrians and small animals and sooner or later, I'm bound to mow one down. And then the City Council, faced with the hideous threat of actually having to make a decision about enforcement, will hem and haw and make poo-pooing noises about incivility, the tragedy of divisiveness, and the sad state of our once-happy community. Someone will probably make a motion that we allocate \$7500 to the "Let's Sing Kumbaya Project," which will thankfully be tabled, and then someone else will talk irrelevantly about squirrels or palm reading or leash laws or the many charms of Heidelberg, Germany, and then, ultimately, the City Council will punt. They'll kick this issue downstairs to the Transportation Committee, or to Planning and Zoning, or to some other group of unpaid, volunteer, civic-minded saps faster than you can

say, "I don't want to do my job."

I pity that punt committee, whatever it is, because I'm not going to give up on this. I'm not going to slow down. I am the reincarnation of Bullitt!

PS: Coming soon to a vanity press near you: The Heterosexual Agenda and Its Odious Effects on Lesbian Speed Demon Steve McQueen Fans.



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Book Thoughts: Beyond Cowboys

By Nancy Casey

Think of the mythology of the American West. Think of the main male characters. Leave out the cowboys. Who's left? Here are three books that will remind you, in case you forgot.

Lyle Van Waning settles down at his kitchen table every morning with coffee and a couple of extra pancakes to feed the birds. He watches the meadow, the meadow from which James Galvin's *The Meadow* takes its title. You know you're going to like Lyle. He never jabbars about the quality of peace or wisdom that years of self-determination have brought, but Galvin takes you close enough that you feel some of that peace and wisdom yourself. Scenes unfold. Galvin observes, researches, and speculates about the meadow itself, involves us in its cycles of weather, wildlife and people. Galvin weaves us in and out of scenes, real and invented, involving the people whose lives crisscross the meadow.

Dryland ranch communities in the west have seen a lot of people come and go in a hundred-year march from boom to dwindle. This book shows you how survival skills like flint-edged determination, patience, mechanical genius, and wry silence have molded the character of various intriguing

geezers who have remained there to the end of their lives.

It's a work of amazing sentimentality that's not sentimental. It's funny, it's poignant, it's hard to put down.

You probably know some things about Wounded Knee, and you probably know some things about the Vietnam War. You might know some things about the forces that have shaped the lives of present day Native American men. And you might know some things about Vietnam vets. If you read *Vietcong at Wounded Knee: The Trail of a Blackfeet Activist* by Woody Kipp, you might be surprised by how little you know of an experience that puts all these things together. Woody Kipp grew up on the Blackfeet reservation, just a generation away from the last buffalo hunt. He served as a Marine in Vietnam, and he was present at the occupation of Wounded Knee in 1973. How impressive, you might think, what a witness to history. But what history and as written by whom?

Kipp seemed to be unable to get with the program as a Marine. His natural impulse for settling a conflict with his commanding officer was to fistfight. He felt most at ease wandering alone in Vietnamese villages, chatting and joking in pidgin English and sign lan-

guage. Observing his manners, his skin, his features, Vietnamese people told him, "You same same Vietcong." When his tour there ended, he didn't seem to get much with any program stateside either.

His experience at the standoff at Wounded knee starts out with a road trip—young people fueled with unfocused passion who have no money and a dubious vehicle heading to where the action is. Pinned down in a South Dakota field by flares and gunfire he is struck by another, deeper truth of "You same same Vietcong." His experience and welfare were of no value to American culture, and in fact, he was dispensable and in the way. At that point he begins to see the trail, his own trail into a life of meaningful personal activism. As a trail, it isn't straight, and there are many arrivals along the way. It's a richer and more plausible route than the superhighway of contemporary history.

One of the most delightful geezers of American literature is Nanapush, a character first introduced by Louise Erdrich in her novel *Tracks*. In Erdrich's recent novel *Four Souls*, Nanapush is back, bringing all the experiences of his life to bear on problems of love, family, and justice. 'Four Souls' is the name the Fleur

Pillager takes when she sets out to avenge the theft of the timber from her land. But Fleur's loss and Fleur's vengeance touch many lives, one of which is Nanapush's. He's old. His heart still flames for Margaret Kashpaw, who only sometimes seems to share those feelings. He has survived pillage, killing, and chaos at the hands of the whites. He fights the same fight now on paper as a member of the tribal council. His love for his niece Fleur is made fierce by understanding. He is lusty, he is wise, he is clever, he is foolish. His own life force drives him forward and mires him ever deeper in the beauty, confusion, and utter hilarity of being alive. Nanapush's wisdom doesn't calm storms, rather it applauds the many qualities of turbulence.

So take a walk in some of the footsteps that have wandered through the history and mythology of the west. Not all of them were made by cowboy boots.

Nancy Casey has lived in the Moscow area for 17 years. You can hear her voice on KRFP's Morning Mix many weekday mornings on 92.5 FM.



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Sirius Idaho Theatre
presents

The Beauty Queen of Leenane

by Martin McDonagh

Directed by Forrest Sears

Kenworthy Performing Arts Centre
508 S. Main St., Moscow

Sept 8-10 and 15-17 at 7:30 pm
Sept 10 and 17 at 2:00 pm

Cast: Pam Palmer (yes, the Pam you've known for years as a Co-op volunteer), Valerie McIlroy, Peter Aylward, Michael Carpenter

Tickets at BookPeople and
Farmers' Market
\$15 adults, \$10 seniors, \$5 students

Strong themes, content may offend some audience members.



Co-op Crossword

By Craig Joyner

ACROSS

- 1 Southwestern 505
- 6 MFC's new meat department manager
- 14 Local band, _____ Shack
- 16 Mushroom
- 17 Regional town
- 18 Sci-, wi-, or hi-
- 19 Thayer's Slippery _____ Lozenges
- 21 Ancient Peloponnesian town
- 22 Truthful brew
- 24 Guayaki or Rishi
- 25 Tolkein's sentient tree
- 26 Hawaiian assembly
- 27 Alba Botanicals sun block can help mitigate this; abbreviation
- 28 One of the founders of the atomic theory of matter
- 31 Founder of the Jesuit Order
- 33 Personal care products company
- 37 Newsletter writer, _____ Muenster General

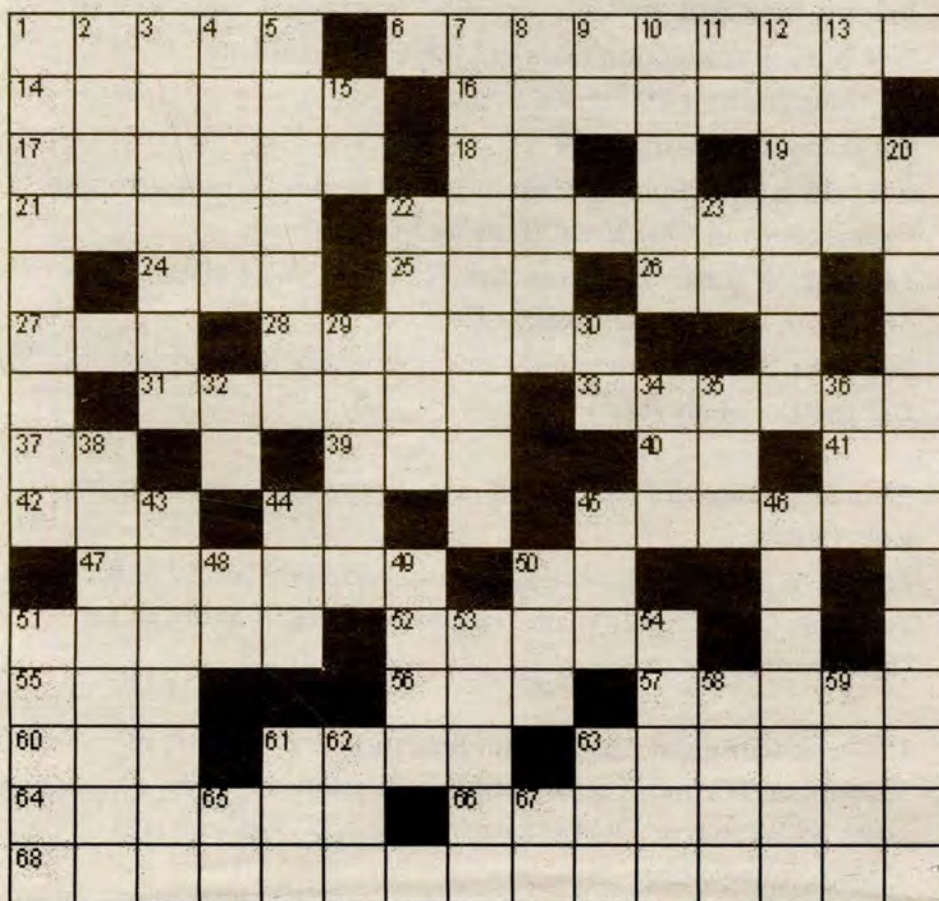
- 39 All American number; abbreviation
- 40 Hawaiian lava
- 41 Unsure pause
- 42 Gentleman
- 44 1000 tonnes; abbreviation
- 45 MFC, for instance
- 47 Optimum or Peace
- 50 Ancient Sumerian city famous for ziggurats
- 51 Present
- 52 Colorado park
- 55 Annoy
- 56 Federal agency that supposedly protects the environment; abbreviation
- 57 The Lady of the Lake
- 60 Coriander and juniper berries flavor this liquor
- 61 Juice brand, _____ wood
- 63 Salad root
- 64 Cleaning products company
- 66 Sport or local town
- 68 They're making chairs and tables from recycled material for the new Co-op

DOWN

- 1 Ten of these will provide sunlight at the new Co-op store
- 2 Martian warrior
- 3 Wool-like fiber
- 4 A daily MFC bakery treat
- 5 Before
- 7 Writer for three different Star Trek series and Babylon 5
- 8 Grape variety
- 9 This state's name is Meicigama, "great water," in Chippewa; abbreviation
- 10 Crush
- 11 Musical syllable
- 12 Whilom
- 13 Food brand, _____ Spice
- 15 Poet, _____ cummings
- 20 The deli's service supervisor
- 22 Snake River canyon
- 23 Latin or French pronoun
- 29 Italian city
- 30 Our part of the country; abbreviation
- 32 Zebu
- 34 The kind of candle you don't burn for illumination
- 35 Thai or Asian language

- 36 Compensation
- 38 Candy brand, Panda _____
- 43 Australian vintner
- 44 Lime or legend
- 45 Admittance test; abbreviation
- 46 Evergreen shrub, greasewood
- 48 Iconoclastic jazz musician, Sun _____
- 49 Scallion's big brother
- 50 Japanese song or lizard genus
- 51 Healing ointment, _____ Balm
- 53 Alternative to wheat
- 54 Morass
- 58 Billy or American
- 59 Former super power
- 61 Roaring zodiac
- 62 Canine cry
- 63 Electronics company
- 65 Computer created worlds; abbreviation
- 67 Silver symbol

Craig is also known as KUOI's Brent-bent and can be heard most Fridays at 8:30 p.m. on 89.3 FM. Questions or clues submissions can be emailed to brentbent@aol.com.



Santa Barter Fair

By Judie Heath

The Santa Barter Fair is September 10-11. It is located in Santa, Idaho, about 60 miles northeast of Moscow off Highway 3. Look for signs.

People come from all over to trade, buy, and sell their home-grown produce, handmade crafts, vintage items, tools, horse tack, guitars, the list goes on and on.

Saturday night brings a pot-luck and an after-dinner music jam. Sunday brings a parade that all can join in on. Bring your costumes, instruments, parade items and smiling faces.

The fair is a small gathering with a friendly open atmosphere. The fair is set in a forested meadow down a dirt graveled road. There is no water, no electricity, none of the normal ameni-

ties most folks are accustomed to. We do provide privies.

There are a few rules, though. No generators are permitted—that includes built-in generators in campers, etc. All dogs must be on a leash. Pack it in, pack it out. Campfire restrictions. Food vendors need to contact our local Panhandle Health for permits at (208) 245-4556.

There is no entrance fee or camping fee, but donations are appreciated. There is a raffle to help raise money for Barter Fair expenses. It happens before the Saturday night potluck and music jam. Check Barter Fair Central to purchase raffle tickets or for any information concerning the barter fair.

For more information call Marcie at (208) 245-9410

Palouse Basin Water Summit in October

By David Hall

Everyone who lives on the Palouse and who depends on water (and that's pretty much all of us) should attend the upcoming Palouse Basin Water Summit. The intention is not just to have a number of folks talk to an audience, but to follow on and set down some plans about how we as a region should move ahead in using and protecting our groundwater.

The Palouse Basin Water Summit will be held noon to 8 p.m., Thursday, October 6, and 7 a.m. to noon, Friday, October 7, at the University Inn Best Western in Moscow. In association

with the summit, on Friday afternoon there will be a Water Education Training (WET) workshop.

The summit is intended to set the stage for long term discussions toward a one-hundred-year water plan focusing on the sustainability of our groundwater by bringing together all water interests to discuss how we manage, develop, and protect our water resources. The summit will focus on a better understanding of Washington and Idaho laws and management styles, advances in understanding the resource, what other communities are doing, under

standing the true cost of water, and strategies to develop and protect our water resources. The summit will conclude with a call to action to develop consensus on future water management strategies for the Palouse.

There will be talks, a panel session, UI and WSU graduate student research project poster sessions, networking opportunities, and an area for local businesses and organizations to present information.

The summit is free and open to the public. On-site registration will be allowed, but the organizers request

pre-registration by September 29 to help them estimate attendance—especially for those who plan to partake of the catered foods, for which there is a charge. For more information and to register, visit www.pwcn.org/palousewatersummit/.

David Hall is active in water conservation issues, Palouse prairie issues, forest issues, and the placement of the proposed four-lane divided superhighway south of Moscow that may encroach too far toward Paradise Ridge.

Building Community

By Debbie Grieb

My kids pull on a truck, each determined to play with it right now. I read the newspaper and find yet another article spotlighting conflict at a recent town meeting. Images of war and violence flicker across my television screen.

I yearn to live in a caring world where everyone is safe. I want people at local meetings to hear each other in an environment of mutual respect, even if they don't always agree. I crave more peace in my own home. When conflict seems to be all around us, is it possible to find common ground? How can we connect with others who seem different so everyone's needs are valued?

I have joined thousands of people around the world taking steps to peacefully resolve conflicts using a process called Nonviolent

Communication (NVC), also known as Compassionate Communication. NVC is about expressing your own truth and being able to hear the truth of another. It's about an intention to have an open heart space to create a chance for consensus, peace, solutions. When that connection is there, my son doesn't look at his brother like "the enemy," he sees another person. And the world shifts as he hands over his truck and says, "You can play with it as long as you want."

Want to know more about NVC? Join Douglas Dolstad, a mediator and certified trainer with the Center for Nonviolent Communication when he visits Moscow in September for a series of workshops. He'll be teaching the basics of NVC, how to create opportunities for community change, and exploring mediation using NVC.

You have the opportunity to create more peace, to decrease divisions in our community, to "be the change you wish to see in the world" —Gandhi. I'll be there.

Debbie Grieb is a Moscow resident striving for peace on the planet. She likes bluegrass music, columbines, and chili-lime chips.

You have the opportunity to create more peace, to decrease divisions in our community, to "be the change you wish to see in the world."
—Gandhi

Nonviolent Communication Workshop with Douglas Dolstad, Certified Trainer

Friday, September 9

Saturday, September 10

Presented by: Compassionate Communication Network of the Palouse

Location: Unitarian Universalist Church of the Palouse
420 E. Second Street, Moscow

Friday, September 9

7–9 p.m. Introduction to NVC (or Compassionate Communication) (*\$20–10)

Saturday, September 10

9–11:30 a.m. Building Community: Creating Compassionate Connections in Our Town (Free and open to all)

12:30–2:30 p.m. Mediation and NVC: "Is this a private fight or can anyone join in?" (*\$25–15)

3–5 p.m. NVC Deepening—an opportunity to ask questions and practice skills (*\$25–15)

*\$ indicates suggested contribution range. No one is turned away for lack of funds.

No pre-registration is necessary and childcare is available for a modest fee. A freshly made vegetarian lunch is available for \$5 on Saturday.

12-week Compassionate Communication class to start in September. For more information call Veronica Lassen (208) 882-2562, or Debbie Grieb (208) 882-3460, or visit www.palousecc.org.

Sirius Idaho Theatre

By Pam Palmer

As a long-standing Co-op volunteer stocking bulk herbs and spices, I've become familiar with many of the ingredients used by Co-op shoppers for turning fresh vegetables and organic grains into dinner experiences appreciated by both families and friends. In turn, many Co-op shoppers turn to me to learn about the ingredients I use for a great evening of entertainment through my work with Sirius Idaho Theatre (www.SiriusIdahoTheatre.com).

Sirius Idaho Theatre celebrates our first anniversary this September, with *The Beauty Queen of Leenane* opening on September 8th. Written by Martin McDonagh and winner of four Tony awards, *The Beauty Queen of Leenane* premiered in 1996 in Galway, Ireland. Set in the mountains of Connemara, this is a classic story of a tumultuous mother-daughter relationship and last-chance romance, peppered with grisly humor, extraordinarily interesting characters, and amusing frustrations. Disturbingly moving, the story takes place in a small community with none of Moscow's social and cultural amenities.

The Moscow Food Co-op, as the center of connecting many good things in

our community, is fundamental to all I do. Yes, the deli food is great and the produce is organic, but it's the people whom I count on the most. That's why Eric Gilbert (Co-op cashier and musician with Oracle Shack) is sound designer and Chantra Melior (Joseph's sister and Annie Hubble's daughter) is stage manager. It's also why the biggest challenge with our current production is building the set, since everyone seems to be working over at the new Co-op location (across the alley from the Kenworthy Performing Arts Centre, our favorite place to produce plays), preparing the Co-op for its big move.

To get "siriusly" involved with theatre or to purchase tickets, stop by Sirius Idaho Theatre's ironing board at the Moscow Farmers' Market or ask for tickets at BookPeople of Moscow.

*Pam Palmer has been a Co-op volunteer and community activist for over 25 years. She took a leap of faith last summer and quit her job in order to start Sirius Idaho Theatre. Normally a director and producer, Pam had not originally planned to audition for *The Beauty Queen of Leenane*, but ended up being cast as Maureen.*

The Beauty Queen of Leenane, by Martin McDonagh
September 8-10 & 15-17, at 7:30 p.m., and Saturday matinees September 10 & 17 at 2:00 p.m., at the Kenworthy Performing Arts Centre in Moscow. *Set in rural western Ireland, McDonagh's story is disturbingly moving, yet extraordinarily funny and suspenseful. The Broadway production won four Tony awards in 1998. This production is directed by Forrest Sears. The cast includes: Pam Palmer, Valerie McIlroy, Peter Aylward, and Michael Carpenter.*

The Guys, by Anne Nelson (staged reading)
October 14-15, at 7:30 p.m., at the Moscow downtown Fire Station. *This poignant play, based on a true story of firefighters, will be performed during Fire Prevention Week at Moscow's historic downtown fire station as a fundraiser for the Moscow Volunteer Fire Department. In New York, this production began with Bill Murray and Sigourney Weaver and tells a story about the men and women who protect us with their lives. (A staged reading is a production that uses minimal sets, costumes and movement.)*

Sight Unseen, by Donald Margulies
February 2-4 & 9-11, 2006, at 7:30 p.m. and Saturday matinees February 4 & 11 at 2:00 p.m., at the Kenworthy Performing Arts Centre. *This intriguing play offers a glimpse into the energies necessary to create great works of art and also urges us to question how people and circumstances in our lives nourish or inhibit love. This play won the Obie award for Best New American Play in 1992.*

A Walk in the Woods, by Lee Blessing
April 7-8 & 14-15, 2006, at 7:30 p.m. and Saturday matinees April 8 & 15 at 2:00 p.m., at the Kenworthy Performing Arts Centre. *With the Cold War decades behind us, this timely play follows the differences dividing two arms negotiators while we look for the humanity that binds them, and us, together. This play was nominated for both the Tony Award and Pulitzer Prize in 1988.*

Collected Stories, by Donald Margulies (staged reading)
Date and Location to be announced
This complex play chronicles the conflict between a celebrated short-story writer and "her student turned confidante turned competitor." It investigates aspects of plagiarism and student-teacher relationships. This reading is being planned in conjunction with the University of Idaho English Department.

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- Bicycle and pedestrian safety
- Living-wage jobs
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Bulletin Board



MOSCOW FOOD COOP

Vigil for Peace

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

Meetings in Friendship Square and at the intersection of Third and Main Streets. 208-882-7067 sperrine@potlatch.com.

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

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

Special Peace Rally: Fri. Sept. 23, 5:30-6:30 pm

Come to a gathering in Moscow's Friendship Square in conjunction with Three Days of Action for Peace and Justice in Washington, D.C. and other marches. Info: www.palousepeace.org

Farmers' Market

Saturdays, 8 am-noon

The market is located in the Jackson Street public parking lot off Friendship Square in downtown Moscow. Saturdays May to October. For info: (208)883-7036.

Tues. Grower's Market

Begins Tuesday, May 3

Fresh produce every Tuesday from 5-7 pm in the Co-op parking lot.

Farmer's Market Music

Saturdays 9:30-11:30 am

Live music will be on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

September Schedule:

- Sept. 3: Spare Time
- Sept. 10: Canned Music
- Sept. 17: The Alexander Band
- Sept. 24: Hog Heaven Band

The Beauty of Queen Leanne

Sept. 8-10 & 15-17 7:30

Evening shows are at 7:30 pm and Saturday matinees are September 10 and 17 at 2:00 pm at the Kenworthy Performing Arts Center. Play by Sirius Idaho Theatre. For more information, visit www.SiriusIdahoTheatre.com.

PPF Meeting

Sept. 8, 7 pm

Palouse Prairie Foundation (PPF) meeting at the Idaho Department of Labor and Commerce

building (Troy Highway behind the Eastside Marketplace mall). See: palouseprairie.org for info.

Nonviolent Communication Workshop

Fri & Sat, Sept. 9 & 10

This workshop with Douglas Dolstad, Certified Trainer is presented by the Compassionate Communication Network of the Palouse. At the Unitarian Universalist Church at 420 E. Second St. Times: 7-9 pm Fri. and 9am-5pm Sat. Contact Veronica Lassen at 882-2562 or visit www.palousecc.org for more.

I Take a Stand for Love

Sun. Sept. 11, 2-4 pm

This workshop is an Inspirational Message on 9-11 day by Rev. Eleanor ... held at the 19 ... Third St. The ... nce (\$15 fr ... s) and \$25 at ... info, contact at Rev ... Richard (530)9 ... t.net or Awake ... www.

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music,

Tickets

\$10.00

members,

\$12

non-members,

children 6

and

under free.

Call: 882-1444.

Santa Barter Fair

September 10 & 11

The Santa Barter Fair is a fun family gathering in Santa, Idaho. People

come from all over to trade, buy,

and sell their goods. For more

info, call Marcie at (208)245-9410.

After-School Drama

Sept. 16-Oct. 28

Friday after-school drama classes

for ages 5-7 and 8-11 at the

North Idaho Athletic Club. For

more info, call Isabella Whitfield

at (208)596-1805. Teen and adult

classes also available.

Contra Dance

Sat., Sept. 1

Everyone is welc

by Dancing Trout

Building in Mosco

see www.palouf

MCA Public

Mon., Sept.

Downtown zonir

Andrews College

of the Moscow C

(MCA) public for

ber 19, at 7pm at

ing. See www.mc

Wild Rockies Rendez

September 23-25

Friends of the Clearwater

co-sponsors the Wild Rocki

Rendezvous, Sept. 23-25 at t

Wilderness Gateway Camp-

ground, off of Highway 12. S

www.wildrockies.org/foc/Re

vous%2005.html or call (208

9755 for more info.

KRFP Birthday Bash

Sat. Oct 1, 7:30 pm

Come to the birthday bash

fundraiser to support KRFP.

company, wine, beer, music, f

the American Legion Cabin, 317 S.

Howard St. A cover charge will be

announced. Call Isabella for more

info: (208)882-0287.

Palouse Water Summit

Thurs. Oct. 6 & Fri. Oct. 7

The Palouse Basin Water Summit

will be held noon-8 pm Thursday

and 7 am-noon Friday at the Uni-

versity Inn Best Western in Mos-

cow. The summit is free and open

to the public. On-site registration

is allowed, but pre-registration

is preferred by Sept. 29: pwc.

org/palousewatersummit/

Moscow Creative Writing Workshop

Oct. 5-Nov. 17, 7-9 pm

A free seven-week program

for writers of all levels, taught

by six local writers, featuring

in-class writing and discussion.

At the Moscow Public Library

on Wednesday nights. For details

pick up an info sheet

reference desk.

Submit community announcements to events@moscow

24th of each month. For additional events & information

site: www.moscowfood.coop/event.html

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Moscow ID 83844-2364

