

February 2006

FREE!
Please take one

Community News

The monthly newsletter of
the Moscow Food Co-op

Board of Directors Election

By Mike Forbes, President, Board of Directors

Well, it is the time of year where we elect new members to the Board of Directors. The primary responsibility of the board is to act as trustees to the Co-op membership by providing leadership to ensure the Co-op's future. There are seven board members each serving a three-year term. Generally, we elect two new board members per year.

There have been various incarnations of the election process throughout the Co-op's history. We have gone from a slate of candidates elected at the membership meeting, to ballots mailed to every member, and our current system, in-store voting. The current system has shown to be the most cost effective (mailing ballots cost over \$1,000 in postage) and receives the highest number of votes to date.

This year, we have two positions open with three candidates. Inside this issue of our newsletter, you will find a brief biography and photo for each candidate. On March 4 (Saturday, 10 a.m.–6 p.m.) and March 7 (Tuesday, 9 a.m.–5 p.m.), voting will take place in the store. If you are unable to vote either of those days, please contact me by February 25 at bodieselmike@gmail.com or 208-882-3002 and I'll arrange to get a ballot to you. All ballots must be collected by March 7. The new board members will be announced at the annual membership meeting in March.



Anatek Labs, Inc.—10% discount on well water tests, Hilary Mesbah, Mgr., 1282 Alturas Dr, 883-2839

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

Bebe Bella—10% off organic baby clothing, Rebekka Boysen-Taylor, 1220 NW State St. #38, Pullman, 334-3532

Columbia Paint & Coatings—15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, 882-6544

Copy Court—10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, 882-5680

Culligan—Free 10 gallons of water & 2 wk cooler rental to new customers, Owen Vassell, 310 N Jackson, 882-1351

Erika Cunningham, LMP—First 2 Massages @ \$35 each, 882-0191

Full Circle Psychological Services—Free initial consultation, Dr. Tina Von Moltke, Ph.D., 619 S. Washington #301, 669-0522

Hodgins Drug & Hobby—10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, 882-5536

Inland Cellular—\$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, 882-4994

Inspire Communications—10% off Book Writing Consultations, Jo Sreenivasan, <http://members.aol.com/writebook64>

Kaleidoscope Framing—10% off any gallery item, Darryl Kastl, 208 S Main St #11, 882-1343

Kelly Kingsland, LMT—First 2 Massages @ \$35 each, 892-9000

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

Kinko's Copy Center—10% off and free lamination of memb. Card, Kris Freitag, 1420 Blaine St, 882-3066

Mabbutt & Mumford, Attorneys—Free initial consultation, Mark Mumford & Cathy Mabbutt, 883-4744

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

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

Denice Moffat, The Healing Center—Co-op members save \$10 off on first exam, Regularly priced at \$65, 413 East 8th St, 882-3993

Moscow Feldenkrais—First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger 883-4395, Tom Bode 892-3400, 112 W 4th St, 883-4395

Moscow Yoga Center—10% off classes for new students, Jeri Stewart, 525 S Main St, 882-8315

Motherwise Midwifery—Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965

The Natural Abode—10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St

Palouse Discovery Science Center—10% off on all items in the Curiosity Shop, Contact Mark, 2371 NE Hopkins Ct, Pullman, 332-6869

Pam's Van—\$10 off first Reflexology treatment & free sauna or IChing reading, Pam Hoover, 1115 S. Logan St., 596-5858

Paper Pals Scrapbook & Stamp Studio—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman, 332-0407, Karen Lien, www.paper-pals.com

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

Glenda Marie Rock, III, Healer & Esotericist—10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 882-0403

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

Sid's Professional Pharmacy—10% discount on any compound medication & breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman

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

SkyLines Farm Sheep & Wool—10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 875-8747

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

Tie Dye Everything—10% off any purchase, Arlene Falcon, 527 S Main St, 883-4779

Whitney & Whitney, LLP—Reduced rate for initial consultations, 604 S. Washington, Suite 1, 882-6872

Wild Women Traders—10% off clothing and jewelry, 210 S Main St, 883-5596

Community News



To Enter or Not? That is the Question

By Kenna S. Eaton

The single biggest complaint by far at our lovely new store is the parking situation. But can you guess #2? Believe it or not, it's the enter and exit signs!

The other day, a long-term member brought the issue up again. "Why," she asked, "do you have the awful signs? I hate being told what to do!" After thanking her, since a complaint is, after all, a gift, I mentioned that it isn't a problem if one wants to go out the exit and come in through the entrance. Really, nothing awful will

happen.

So why, you may be asking, are the doors labeled that way? There was a lot of thought put into the concept, and I decided that new shoppers would appreciate a little direction. That if one were to enter through the appropriately marked door, wouldn't it be nice to find a welcoming, bountiful produce display? And a directory of the store? And our beautiful hand-painted tile mural? And the shopping carts oriented the right way? Seemed good to me, but I couldn't see making

it happen at both doors. So I decided that the right-hand door would be the "entrance," while the left would be the "exit." Little did I know that I would cause so many to feel frustrated and upset, and yes, even angry, as this member was. So I've given it some more thought and decided that I will keep those signs for the benefit of the new Co-op shopper, and let everyone else know they can go in or out whichever door they want. Really. I promise it won't hurt.

And What's Up with the Orange Tape in the Seating Area?

No, it's not some kind of weird art. Last week, someone backed their chair up from the table and fell off the seating-area stage. Thank goodness it isn't very far up and that they didn't get hurt, but they were mad. And so they should be. In turn, I decided that it was time to call in the pros and get

something done about it. So Jack Carpenter is designing us a rail with three entrances that will double as a countertop. It'll have a cleanable surface and stop folks from getting hurt, definitely a "two birds" kind of thing. But it's going to take a little while to get it designed and built, so in the

meantime Jack put up a temporary "fence" with orange flashing tape and dowels. It's bright and sort of ugly, but it's doing the job and it'll stay there until the real rail is built, hopefully soon.

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Co-Operations



News from the Front End

By Annie Hubble, Front End Manager

I hope you are as pleased with the front end staff as I am. All the new employees are now well into, or past, their period of training, and their friendly smiles and accurate recording make my job all the easier. A cashier at the Co-op has to have an interesting collection of attributes. The job requires a mixture of right- and left-brain functions. An outgoing and gregarious nature is vital. We want our customers to feel welcome. But along with this, there has to be an ability to be accurate and a recognition of the importance of good record keeping. I

think everyone on the crew meets these standards (but, of course, if you do have any problems at all with anything to do with the service at the register, do let me know!).

The music program is back. Tuesday evening is a fun time to meet up with friends, order a latte or tea or a piece of that luscious chocolate cake, and enjoy some of the best local musical talent around. The Co-op is always a great place to meet with friends as well as being your favourite grocery store. Come on by and see us. Your smiles make our days so pleasurable!

The Volunteer Program

By Annie Hubble, Volunteer Coordinator

By now, many of you will have noticed the attractive notice board at the back of the store. There, you can find volunteer application forms. If you are interested in volunteering at the Co-op, fill out a form and put it in the envelope for completed applications. There are always more applicants than positions, so it is important to get on the waiting list! As soon as jobs open up, I will call the next in line for an interview and

an explanation of the program. There are volunteers working in many different places in the Co-op. They help bake your cookies and your bread; they write and edit the newsletter; they clean shelves and bulk bins, and help stock freight. We are much indebted to our volunteers. They make our jobs much easier. Thank you for your interest in the program, and if you're already volunteer, thanks for your hard work!

Art at The Co-op

By Annie Hubble, Volunteer Coordinator

In our next show, opening Friday, February 10, the Moscow Food Co-op will be featuring the works of The Palouse Watercolour Socius, a local organization that has been in operation for over 30 years, and that has as its aim the encouragement and nurturing of artists of all levels.

The society meets regularly, with water media painting as its focus. Meetings are friendly and welcoming. Originally, the group was small and local, but it has expanded to a greater region, with members living as far away as Spokane, Lewiston, and Santa. It is a wonderful way in which artists

can meet and share techniques and the excitement of personal growth within an art medium.

The show will include traditional watercolors, acrylics and ink.

You will be able to meet many of the individual artists at the opening from 5.30 p.m.-7 p.m. on Friday, February 10. The show will continue until Thursday, March 9. Many paintings will be for sale, and commissioned works can be arranged.

This should be a really interesting show. Come and support your local artists!

Published by

Moscow Food Co-op
121 East Fifth Street, Moscow, ID 83843
(208) 882-8537

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Printed on Recycled Paper

Deadline for Articles and Ads 20th of each month

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The Co-op Board of Directors

monthly meetings are open to members.

For information about meeting time and

place, email board@moscowfood.coop.

MEMBERS SAVE!

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

ANY CASHIER CAN HELP YOU JOIN, JUST ASK!

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



Join the Moscow Food Co-op and Save!

Open 7:30 am to 9:00 pm Daily

Board of Directors Election

By Mike Forbes, President, Board of Directors

This year, we have two positions open with three candidates. Following are brief biographies and photos of each candidate. On Saturday, March 4, from 10 a.m.–6 p.m., and Tuesday, March 7, from 9 a.m.–5 p.m., voting will take place at the Co-op. If you are unable to vote either of those days, please contact me by February 25 at bodieselmike@gmail.com or 208-882-3002 and I'll arrange to get a ballot to you. All ballots must be collected by March 7. The new board members will be announced at the annual membership meeting in March.

Kathleen Ryan

I would like to be considered by the membership for the Moscow Food Co-op Board of Directors. I have been a member since we relocated here in 2003.

Recently I have been the lead member on the Co-op Sustainability



Committee, a workgroup formed to assist with implementing sustainable/green practices during the relocation to our new building. The group and I have looked for opportunities in the remodel and moving process to ensure that our design and building practices will benefit our membership and the community in both personal experience at our Co-op and in the fiscal aspects of the expansion. We are currently working on the parking lot, trying to incorporate solutions to all the concerns, and address the broader potential that the parking lot offers. During this process it has been quite clear to me that Co-op members and the greater community have valuable suggestions and opinions about how the MFC fits into the community and our lives. My work on the Sustainability group has encouraged me to become a candidate for the MFC Board of Directors.

The MFC vision "realizing graceful growth" is an area I am particularly interested in, especially as we expanded the store. We have many opportunities in this location to continue to develop programs to benefit members and employees, and to encourage new members.

I am also an advocate of developing and maintaining programs that will ensure member and employee satisfaction with the Co-op direction and experience. The 'suggestion box' is a newsletter column I read thoroughly. We have a wide variety of interests and requests, and the suggestion box is one method that provides insight into our membership interests. Communication between the MFC Board, membership and employees is vitally important, and essential to the continued success of the Moscow Food Co-op.

Since 1995, I have been a sole-proprietor of a commercial and residential interior design business, Design North. My work background has included working as a baker, commercial fishing in Alaska, harvesting wheat, as a ranchhand on a hormone-free cattle ranch, and in construction. My work in construction and energy-consulting led me into design. Owning a small business has encouraged my fiscal conservatism, while compelling me to think creatively about how to grow a business.

Now for the personal background: My family and I relocated here after 10 years in Tucson, Arizona. Jeff Vervoort, my husband, is on the Geology faculty at WSU. Our son, Tyson, is a junior at Macalester College. Our daughter, Kaitlin, will graduate from Pullman High School this spring. Jeff and Tyson work during the summer commercial fishing for sockeye (a certified sustainable fishery). Since relocating here from the desert Southwest, I have been gradually replacing our water-sucking lawn with native and drought-tolerant plants using the newspaper mulch method. We have the usual assortment of dog and indoor cats (to reduce wild-bird loss).

Thank you for considering my candidacy for the Moscow Food Co-op Board of Directors.

Joe Thompson

I am a lifetime member and have been frequenting at the Moscow Food Co-Op since the late '70s, I have been impressed and pleasantly surprised at the many positive changes that have occurred with the Co-op over the years. Today the Co-op is a beacon of wholeness, quality and elegance, fostering a vibrant community and providing nourishment for body and soul. I would like to learn more about how this evolution has occurred, get to know some of the progressive people who are responsible for it, and hopefully, be a part of the decision-making process for the progress yet to come. I don't have much business expertise, but I am an experienced researcher and a good problem solver and will bring my imagination to the table. I am grateful for the many years that the Co-op has served my wants and needs, and it would be an honor and a pleasure to give a little back by serving on its board of directors.



Donal Wilkinson

I am interested in being on the Board of Directors at the Co-op because to me the Co-op is the center of the community. I have received tremendous benefits from this community since I moved here a year and a half ago from Oregon. I have been welcomed into wonderful groups of people in this community who have enriched my life greatly—and I simply want to give back in the form of service. What will I bring to the board of the Co-op? I have managed a vegetarian restaurant/health food store, developed and implemented million-dollar budgets, and have owned two successful businesses. I have good business sense, an understanding of the community, and an intense desire to live a healthy life based on sound nutrition. I have diabetes and I am an athlete, so paying attention to diet is important to me. I have close friends who are experts in marketing local food, and I care about the future of my community—and its hub, the Moscow Food Co-op!



Co-Operations



Valentine's Day at the Co-op Café

By Aven Krempel, Bakery Supervisor

Valentine's Day began, as most holidays did, as a pagan celebration involving animal sacrifices. The middle of February, which is the beginning of mating season for many species of birds, was seen as the beginning of spring in ancient Rome. The Romans held purification and fertility rituals, which included sacrificing a goat and a dog to honor the god Faunus. People purified their homes by ceremoniously sweeping, then sprinkling salt and spelt throughout. Another interesting custom was a lottery that matched up single men and women for one year of companionship by drawing names from an urn or vessel.

Christianity played its part in the holiday by introducing St. Valentine. Valentine was jailed after performing marriages for couples in love even though a law had been issued banning young men from marriage in order to encourage them to join the military. Rumor has it that Valentine fell in love with his jailor's daughter and sent her a note signed "from your Valentine."

The Co-op will be taking part in

Valentine's Day celebrations in many ways this year (without any animal sacrifices)! Instead, we will have many special treats available with a loving theme. Red Raspberry Mochas are delicious, whether or not you have a valentine to share one with. The bakery will be making heart-shaped cookies (our ever popular butter cookies and gluten-free molasses cookies) with all kinds of loving expressions.

There will be many items available for special order. Personalized cookies, heart-shaped cakes and take-out dinners for two (entrée, salad, bread and wine/sparkling cider included). Look for flyers and order forms at the cash registers. And the most exciting of all is a giveaway for a Chocolate Raspberry Fudge Cake, heart-shaped of course! We will have a drawing box out from February 1-11. A winner will be drawn on February 12. Look for an entry form in this newsletter or pick one up at the Co-op. One entry per person please (that's two per couple). Make sure to sign up for your chance to win!

Sign up for your chance to WIN!

Raspberry Chocolate Valentine Cake

Name: _____

Phone/email: _____

Please circle one: Vegan Frosting or Buttercream Frosting

One entry per person please.



Membership News: Welcome!

By Laura Long, Membership Services & Outreach

It's a new year here at the Co-op, and I'm really learning to enjoy our beautiful new store, especially the view from above in my lovely new office. If you're in shopping sometime, look up and give a wave—you may see me smiling down upon you.

What with all the crazy commotion around here with our relocation, followed by the holidays and tax season, I haven't had the time to personally thank all of our wonderful members for their support, physical, financial and spiritual, during the move to our new store. But now that things have settled down a bit, and I've found my groove here at this new store, I just really want to say that I appreciate how much each and everyone of you contributes to the strength and energy of this great Co-op that we are so privileged to have.

I would like to take a moment to thank as many people as I can in this small article for making this new store a reality (especially my new workspace, which at long last has actual daylight, and enough space in which to have a party): Randy Atwood & Palouse Drywall Contractors, Mary Jo Knowles, Bill London, Dan Mullin & Architects, Rufus T. Firefly & Mort, Jack Carpenter, Ryan and crew from Strom Electric, Hilliard's Heating & Plumbing, Alan Paton & crew from Absolute Refrigeration, Gustaf Sarkkinen, Brad Baker, Jim Gale, Eric Hrbovsky, Joe Riley & Emily Sly, Cutting Edge Signs, Moscow Building Supply, Sun Rental, Dana Dawes & Paintcraft, Matt Holste, Superior Floors, Moscow Glass & Awning, Waterman's Carpet, The entire Co-op Board of Directors, Chris Duguay, Cactus Computer, City North

American movers, BZW for keeping me sane, Beth Kenworthy, Adaama Capital & Realty, the staff of American West Bank, The Natural Abode, First Step Internet, Fastenal, McCoy Plumbing & Heating, Culligan, Camas Prairie Winery, Odom Northwest

“What with all the crazy commotion around here with our relocation, followed by the holidays and tax season, I haven't had the time to personally thank all of our wonderful members for their support, physical, financial and spiritual, during the move to our new store.”

Beverage, Al Gemberling, Sandy Russell, Lizette Fife & Inhaus, all the anonymous member loaners & donors, and the entire staff of the Moscow Food Co-op. I know I have unintentionally forgotten to mention many, many people who were part of various volunteer crews, including the dinner auction, the parking lot BBQ party, the tile mural project and, of course, moving day. To all of you, Thank You!

Laura grew up growing organic food, playing Back to the Farm board games, and shopping at co-ops, and fondly remembers carob Easter bunnies, Kettle Chips and Tiger's Milk Bars.

Deli: Have You Had a Sandwich Yet?!

By Nikki Woodland, Deli Supervisor

It's the big buzz around the deli. People are coming in droves to see for themselves. What is it? It's the sandwich bar that is now a familiar part of the deli. Not only do we offer an assortment of delicious grilled and cold sandwiches, we also provide a variety of choices so you can custom build a sandwich to your liking. Vegan? Gluten free? Low fat? No problem! A friendly server will make it just how you want it.

As many of you know, the sandwich bar is not new. It has been up and running in our new store for months now, delighting people with a different option for lunch. The grilled sandwiches are an especially nice choice, offering comfort and fulfillment during these cold winter months.

Wouldn't it be nice if you could get one for dinner too? The sandwich bar is currently open until 6 p.m. every night. However, if you're anything like

me, you haven't even thought about dinner by that time. So, in order to satisfy our late-night diners, we are going to be offering sandwiches until the store locks its doors. These new extended hours will begin February 5, so mark your calendars.

There will be a few more changes to the sandwich bar along with the new hours. Soon, you'll see some new grilled sandwiches that will be served on delicious focaccia bread baked

right here in the Co-op bakery. Also, we will be discontinuing some of the less-popular sandwiches from our menu. Don't be frightened; they will be replaced by something even more mouth-watering to tempt your taste buds. Look for these changes soon. Hopefully, our new menu will satisfy everyone's cravings!



Wellness: How Safe Are Your Personal Care Products?

By Sarah Long, Co-op Wellness Assistant

Have you ever stopped to wonder what's in the personal care products you use on a daily basis? Surveys have shown that a typical consumer uses up to 25 different cosmetic products (the terms cosmetics and personal care products are used interchangeably here, but they both include shampoos, lotions, deodorants, sunscreens, makeup, etc.) in a day, exposing her/himself to over 200 different chemicals. You may be surprised to learn that cosmetics companies are free to use almost any chemical as an ingredient in their products, including some that are listed by the EPA as carcinogens or reproductive toxins. This is a scary thought, especially in light of the fact that 60 to 70 percent of what we put on our skin is absorbed into the body. Though the FDA is charged with the responsibility of making sure cosmetics are safe and properly labeled, cosmetics are actually the least regulated products in the FDA's realm. Cosmetics require no testing before they're marketed, and almost 90 percent of the ingredients used in personal care products have never even been evaluated for safety.

My interest in cosmetic ingredients and their effects was spurred about a year ago, when I began working as a Wellness Assistant at the Moscow

Food Co-op in the health and beauty department. I wanted to know if the ingredients in "natural" personal care products were somehow safer for consumers. What made some personal care products more dangerous than others? Several resources were very helpful to me in my search for answers. One organization, the Environmental Working Group (www.ewg.org/reports/skindeep), has developed a searchable database called Skin Deep that provides in-depth safety and ingredient information on over 14,000 personal care products. The Campaign for Safe Cosmetics (www.safecosmetics.org) also has an informative website with tips about how you can help pressure the health and beauty industry to remove harmful chemicals from their products. Two other informative organizations and their websites are The Breast Cancer Fund (www.breastcancerfund.org) and Think Before You Pink (www.thinkbeforeyoupink.org).

In doing my research, I found several chemicals that stood out as being particularly dangerous. Pthalates are a class of synthetic chemicals that are used as plasticizers and are often added to cosmetics products to improve their texture, add luster and disperse fragrance. Pthalates are known endocrine disruptors, and lab animals exposed to

pthalates have exhibited a variety of birth defects and lifelong reproductive impairments. One recent study found and increased incidence of abnormal genital development in boys whose mothers were exposed to pthalates. While you may see pthalates listed as ingredients on a cosmetic label, it is much more likely that a manufacturer will conceal their presence under the generic term "fragrance." In fact, most synthetic fragrances contain pthalates.

Another class of chemicals to watch for in personal care products is parabens, often seen as methyl- and propylparaben. Parabens are preservatives that extend the life of such products as lotions, lipsticks and foundations, to name just a few. Parabens are also used to enhance skin absorption. Numerous studies have shown that parabens disrupt male and female hormone function by interfering with the roles of testosterone and estrogen. Parabens have also received a lot of press lately since several studies have found intact parabens in human breast tumors.

Evidence of the dangerous effects of pthalates, parabens and other cosmetic ingredients is truly alarming, but there are organizations out there that are bringing these issues to light, and industry is beginning to respond. The

Campaign for Safe Cosmetics has drafted a compact that companies can sign pledging that they will reformulate all of their products within three years to remove known or suspected harmful chemicals. So far, over 200 companies have signed the compact. In addition, the California Safe Cosmetics Act of 2005 was recently signed, which was a landmark advance in the safety of personal care products. Among other things, the new law requires cosmetics manufacturers to disclose chemicals that cause cancer or birth defects and it also authorizes OSHA to regulate products to protect salon workers.

Here at the Moscow Food Co-op, our decisions on what personal care products to carry are based on a variety of things, including what ingredients those products contain. Many of the lines we carry have already signed the Compact for Safe Cosmetics, including Avalon Natural Products, Badger, Burt's Bees, Dr. Bronner's, Derma E, Ecco Bella, EO, Jason, Kiss My Face, Logona, Simplers, Sensua, Weleda and Zia (see www.safecosmetics.org for a list of all the signers). Our goal is to continually evaluate our products for safety and to help all of our customers select the appropriate personal care products for their needs.

Co-Operations

From the Suggestion Box

Could you please get some hot drink/latte straws that don't melt?

Yes, thank you for the reminder. Regular, non-melting straws are now out on the condiment bar! —Mariah Rose Hey, Service Supervisor

Please get Mexican hot chocolate for the deli and/or to make at home.

I am in the process of looking for a powdered Mexican hot chocolate mix that is both affordable and tasty; we do, however, sell a few varieties on the floor. —Mariah

Will the bakery bring back the hotdog and hamburger buns?

We have found that these do not sell well in the colder months of the year. We will definitely start making them again in the spring. If you would like to special order a batch, the minimum number is 2 dozen, and they do freeze well. —Aven Krempel, Bakery Supervisor

Please make lemon poppy seed (vegan) cookies again? Thanks!

These were the slowest selling cookies we made so, unfortunately, we have stopped making them regularly. You can still special order them in batches of 18 or 36. —Aven

Wonderful store! I know you're tried hard to expand selection, which is appreciated, but since the new store opened, you have discontinued stocking Brown Cow coffee-flavored yogurt—my favorite, and no one else in town has that flavor!! Please reconsider adding this flavor back (unless the manufacturer has discontinued it). Thanks.

This was an oversight. It just got lost in the move, but it's back now. Never fear! —Vicki, Grocery Manager

Do you have organic bulk safflower oil? I am not seeing it. If not, can you carry this (or organic bulk sunflower oil)?

I don't have a source for organic safflower oil, but I will make some room for the organic sunflower oil. —Vicki

Please find a new distributor for Greenies. I have a contact at the manufacturer who is willing to help find a distributor.

Sorry, when I was able to deal with a local distributor, I was able to be cost competitive. Having to order one product from a non-local distributor removes that option. I am sorry that the makers of Greenies decided to pull their products from small distributorship. Pets are People Too carries a good supply of Greenies. —Carrie, Wellness Manager

Please, please, please can we keep a regular supply of paper bags by the bulk dry and produce?

We try to keep them stocked. There are always small paper bags available at the registers. —Vicki

*1) Water Buffalo yogurt from the Woodstock Co.? It's delicious—esp. blueberry and maple flavors. Thank you.
2) The new place is terrific, but Thurgood (my dog) misses having a place to be tied up out front with water. Thanks!*

I think our main distributor is picking up the Water Buffalo yogurt, and we'll give it a try if they do. We are still working on the exterior of the building and will have a place for your dog soon. —Vicki.

Carry a good-quality lager beer. What are some lagers you consider good quality? I'd be happy to try and get them. —Vicki, the new beer maven

Put the om sign right side up on the tile mural.

Much as we'd like to, it will be that way for eternity. Something we can all laugh about in a few years. Sorry. —Vicki

Your plastic produce bags are horrible. They break. Please consider better bags. Spice bags wouldn't take pen/pencil/too waxy.

We are looking at a new source for plastic bags. We do have nifty zip-lock bags by the spices with a write-on surface. Give those a try. —Vicki

Apricot Thumbprint cookies, Hazelnut Sugar cookies. Please!! I miss them.

We are still making the thumbprints regularly (every other week), and are thinking about bringing back the shortbreads (orange and hazelnut) in a different form. Look for them coming soon. —Aven

We miss the Kolaches. Please make them once in a while.

Sadly the Kolache, while delicious, did not sell well. We do still have the recipe and if you would like to special order a batch of at least 8 we will gladly make them for you. —Aven

Can you carry Patak's Lime Relish? Spicy and chunky.

I'm sorry, but our distributor is no longer carrying this product. I will keep my eye out for it from a different source, but until then I can't get it. —Vicki

I love the store. My husband and I eat organic whenever we can. There needs to be a co-op in Lewiston, Idaho!

Thanks for the compliment. I would encourage you to start a co-op in Lewiston. All of us up here are pretty tired from opening the new store, so we won't be doing it any time soon. —Vicki

Please open a store in Pullman. Thank you.

See previous answer. Maybe in 20 years when we outgrow this store. —Vicki

Can you get unhomogenized milk or yogurt made from unhomogenized milk? I had some of this yogurt in the Nelson, B.C. co-op and it was yummy. Thanks.

We carry non-homogenized whole milk with the gallons of Organic Valley milk. I haven't seen any non-homogenized yogurt, but I'll keep my eye out for it. —Vicki

We love the city carts! They are easy to navigate and hold a lot of groceries. Great for crowded times, too.

Thanks, we really like them, too. —Vicki

Fabulous new store—thank you everyone for making it happen.

You are welcome. We're enjoying the heck out of it, too. —Everyone who made it happen

Please put fragrances under glass or out of the way, as we can't continue to run the gauntlet. Many chem. sensitive.

Are whole wheat baguettes a possibility? Thanks for the great food!

Thanks for the compliment! Whole wheat baguettes are not in the works anytime soon, though we do give it some thought now and then. Sometimes I want to make everything whole wheat in an effort to produce "healthier" food. But the truth is we haven't been able to make a good whole wheat baguette and I would much rather eat and sell great baguettes made with white flour than mediocre baguettes made with whole wheat. —Aven

We have taken several measures to limit the impact of our fragranced items. However, since many of our customers enjoy these items, we don't feel that we can put them out of the way. If there is an aisle that you want a product from, but don't feel you can enter because of these products, a staff member will happily get the item that you need. —Carrie

Get plastic coffee cups with Food Co-op logo—you used to have them!

Sorry, at this time we don't have plans to offer plastic mugs. We are looking into other alternatives. —Carrie

Do you carry pomegranate molasses? Used for Indian foods. Sorry, I don't have a source for this. —Vicki

How about an oil tasting to sample all the different interesting oils you sell?

I'll ask the samplers to put an oil on the sample cart now and then of some of our more unusual oils. —Vicki

Where are the organic cheeses?

We now have cheese in two locations in the store. The cheese we cut and wrap and the fancier cheeses we sell are now by the deli area, next to the bakery case. The organic cheese and the alternative cheese are in the cooler at the end of Aisle 1. Please ask a staff person if you are having trouble finding any products in the new store. We'd be happy to show you where they are. —Vicki

Co-Operations



Tuesday Music Series

By Eric Gilbert, Co-op Music Coordinator

The Co-op Tuesday Music Series is off and running, and I'm pleased to say that the first night didn't have too much painful feedback due to soundman (me) errors. There were some, and for that I apologize (I wish I could say it won't happen again). Except for my mistakes, the band we featured that night, Zugunrue, sounded better than ever, and they played to an apparently happy crowd.

Between the free music and the extremely cheap (\$2), tasty and monstrous tacos available as the Deli music night special, it was pretty hard to go wrong. The increased space for the musicians, the audience and the sound makes for a much smoother experi-

ence on music night. I'm looking forward to the rest of the year.

Tuesday music is booking up extremely fast; if you or your band is interested in playing before June, please e-mail me at gilbert@oracleshack.com.

Remember free live music every Tuesday, 6-8 p.m., at the Co-op!

UPCOMING DATES

| | |
|---------|--------------|
| Feb. 7 | David Roon |
| Feb. 14 | Lisa Simpson |
| Feb. 21 | Milo Duke |
| Feb. 28 | Brian Gill |
| Mar. 7 | Brian Taylor |
| Mar. 14 | Potatohead |

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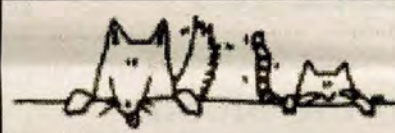
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Wednesday, Jan 18-May 10, 2006, 6:45 to 7:45 p.m.
Spectrum II Dance Studio, 525 S. Main, downtown Moscow
\$90 for 16 classes

To register contact Barbara Hellier, 208-875-1654 or Melissa Rockwood, 208-882-5472

Volunteer Profile:
Kate Pesho

By Yvonne McGehee

H

er nickname could be Kate Go-Lightly. She was born in Kansas, but didn't stay long, soon leaving to grow up in any number of states, most of them sunny. Her father was an entomologist with state universities, and Kate ended up in Pullman, graduated from high school, and left as soon as she could. "That travel desire gets in the blood. Growing up in so many places, either you want to keep traveling, or you never want to do it again," says Kate. Kate has lived in 10 states and four other countries: Mexico and St. Lucia, Grenada, and Trinidad in the West Indies. She has traveled through South and Central America and Europe. She mostly went by herself, and her travel was geared toward looking for sunshine.

Kate lived in Seattle for about nine years; during that time, she stayed in Mexico for a few months, and in the West Indies for about one year. She worked, saved, and traveled about every other year. In the West Indies, she went from one island to the next. After Seattle, she lived in Boston for 12 years. For her first 20 years of economic independence, Kate lived on less than \$3,000 per year. Living frugally, sharing expenses when possible, she still had enough money to eat out and travel. She had a lot of freedom and few possessions; she did what was important to her.

In 1992, she visited Pullman, met her future husband, Russ Graves, and the rest is natural history. This is when she started driving. She has driven vans for Campus Link; charter or commuter buses for Wheatland Express; the Vandal Taxi; and for COAST, the Whitman County Council On Aging Transportation Service. She is now in her third year of driving for Head Start in Pullman. So she is still traveling. Her husband Russ drives charter buses for Wheatland Express. Travel is harder to do since marrying, but they have been to Mexico, Guatemala, Lake Louise, Boston and San Diego.

Kate enjoys camping—real camping, in a tent—"If there's metal between you and the sky, you're not camping." She likes to canoe, raft, cross-country ski and walk. Her 50th birthday present to herself is to walk at least one mile every day. She gave it to herself four years ago, and has been doing it ever since. (This is such a splendid idea that I plan to follow in her footsteps; I've got a birthday coming up soon.) And she loves to dance, especially Motown, to read, write and to watch movies. The sound in movie theaters has become too loud for her, so for Christmas, her husband gave her a set of industrial noise-reducing headphones, so they can still go to movies together and hold hands, and she won't be blasted out of the theater.

Special passions are recycling and books. Kate has been recycling for more than 35 years. Everything gets recycled; all else is

stored in the basement until she can figure out how to recycle it too. It takes this couple three months to fill one paper sack with trash! So if anybody wants suggestions on recycling, Kate's your woman to ask. "It helps just to not buy the stuff in the first place," says Kate, going lightly for sure.

Her other great love is books, probably the only heavy thing about her. She has her own library. She wants to see, feel and examine any book she buys; no mail order, thank you. A place she recommends for just such examining is TJ's Books, a used

That travel desire gets in the blood. Growing up in so many places, either you want to keep traveling, or you never want to do it again.



bookstore on South Almon Street in Moscow. Kate loves words; when she walks by a library, she has a sense of all the words and ideas in there talking to her.

At the Co-op, Kate assists in the dessert bakery on Thursday afternoons. She has a split shift driving for Head Start, and then comes to work at the Co-op. It works out perfectly, and there is still time for her to get to the library afterward. When I think of libraries, I'll visualize that wonderful image of Kate walking by and hearing the words and ideas speaking to her from inside.

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>.

Business Partner Profile: Pam's Van

By Jill Maxwell

Business partner Pam Hoover went browsing at a used bookstore five years ago and discovered something that changed her life. The discovery was a book called *Help Yourself with Reflexology*, and in learning to help herself, Pam realized that she wanted to help others as well. She kept teaching herself about reflexology and became a practicing reflexologist four years ago.

Reflexology is a healing technique that emerged in China centuries ago. It is centered around the massaging of pressure points in the hands and feet that correspond with all the other parts of the body. "Everything is connected through your nerves," explained Pam. "You can contact just about anything through the bottoms of your feet."

Massaging pressure points breaks up the blockages in your nervous system that result from stress and environmental toxins. The blockages can cause pain and discomfort. A reflexologist can determine the parts of the body that are causing discomfort because crystalline deposits form in the corresponding areas of the hands and feet. By breaking up these deposits through massage, a reflexologist restores the flow of energy in and around the body. "You can feel it when I find spots that are sluggish and unresponsive," she says. "It's pretty amazing stuff."

Pam says that reflexology can stimulate all of the body's systems, including the endocrine system, digestive system, nervous system, reproductive system, circulatory system, skeletal system,

muscular system and lymphatic system. "It never does not do good," she emphasizes. "It's even good with infants."

Today, Pam operates a reflexology therapy business out of "Pam's Van," which she recently acquired to make her business more portable. With the purple van, she can go to the homes of people who are incapacitated to treat them. She can also take the van to the



summer music festival circuit and do on-site treatments for people.

Pam provides other holistic health services in addition to reflexology. Other options include a portable sauna, a neck traction device, a "Wisdom Eye" massager and an "E-Health Fitness System." In addition to helping people relax, the sauna is useful for helping people flush the toxins out of their systems after Pam has broken them up with massage. The E-Health Fitness System is a massage machine that is based on the principles of reflexology. The machine uses electro-magnetic waves to stimulate the feet, much as a massage would do. The neck traction device is used to reduce stress, especially for people who carry stress in their neck and shoulders. Pam says the machine can stretch the nerves of people who are suffering from neck and shoulder pain and facilitate the flow of energy through the person's body. The Wisdom Eye Machine is an acupuncture point mask that increases blood circulation to the eyes and brain and relieves tension, pressure and fatigue.

As a business partner, Pam offers Co-op members a 10 percent discount on their first treatment, and a free sauna or a free Wisdom Eye treatment. She can be reached by phone at 208-596-5858, or by e-mail at pamhoover@adelphia.net. Pam is considering offering some reflexology classes in the future. Anybody who is interested can e-mail her for more information.

**As a business partner,
Pam offers Co-op mem-
bers a 10 percent discount
on their first treatment,
and a free sauna or a free
Wisdom Eye treatment.**

Jill Maxwell enjoys learning about the activities of the Co-op's business partners.

Customer Profile:

**Holly McCollister
She Doesn't Like the Co-op,
She Loves It!**

by Holly Barnes

February's Customer Profile is about a woman who doesn't like the co-op—she loves the co-op. Holly McCollister can go on and on about the things she finds so wonderful at the co-op. She and her partner of four years, Leonard West, are committed to eating healthy food, food that isn't transported across the country, and they feel very comfortable with the things they buy at the co-op. She loves the new location and finds they are shopping there almost exclusively now. Holly loves the deli and has tried the new sandwiches, grilled sandwiches and other items in the expanded deli. She remarks that the food is so good and people are so friendly that she feels like she is walking into a friend's house. She is greeted by the staff and has conversations with them and then usually runs into a handful of her friends there. She often finds that a trip to the co-op to pick something up can take an hour and be a very social time. Holly loves the wide aisles and the new maneuverable grocery carts, which fit her height well.

Holly was raised in northwest Wyoming, in Grand Teton National Park, and went to college in Utah. She first arrived in Moscow in 1998

“She often finds that a trip to the co-op to pick something up can take an hour and be a very social time.”

to attend the University of Idaho. She was seeking a career change after having worked for one company for 20 years in human

resources and administration. She had lost both of her parents within a three-year period and decided it was time for a change. She arrived in January of that year to pursue a master's degree in counseling. She realized early on that it was not what she wanted to do. Then she found the Music Department and a lifelong interest in singing found a focus. She had always sung in school, community groups and church choirs, and although singing was an integral part of her life, she had never had any formal or theoretical training. She embraced the challenge, in spite of being an older student coming in and studying

with many very young and very gifted people, musicians who had a lot of theoretical training, and she had a lot of catch-up to do. But she loved it, and still does. Now she sings for fun with the Idaho Washington Concert Chorale, the Jazz Choir and the University Chorus at the University of Idaho. She has been singing for years in the choir at her church, the Unitarian Universalist Church of the Palouse.

Quilting is another of Holly's passions. She first attended Palouse Patchers, a community quilting group, four years ago, started taking quilting classes and hasn't looked back. Although she had sewn since her youth, she had never quilted before, but now receives much pleasure from the handwork. She loves textiles, fabrics and yarns, and continues to knit, embroider and crochet, but quilting is taking center stage right now.



Holly recently bought property east of town, and she and Leo are in the process of building a home there with the goal of being as self-sustaining as possible. They intend to use alternative energy sources, natural building products and to raise a few animals for, at least, their own consumption. Leonard comes from an orcharding family, so there are also plans for an orchard and a garden. Holly loves animals, and currently has a border collie and three cats.

Holly loves the new location of the co-op, but finds the parking a bit of a problem. She has a disability, and while she applauds everyone who walks and bikes to the co-op, she does need to have parking. She and Leo are very mindful of parking there only while inside the co-op, and encourage others to keep it in mind as well. Holly McCollister is one of the co-op's many loyal fans and we are lucky to have her.

Holly Barnes has enjoyed the last eight months of interviewing co-op customers and is looking forward to writing the garden column starting next month.

Tofu: In A SoyNutshell For the Love of...Tofu?

By Rachel Clark Caudill

This may well be the first year I am eager to celebrate Valentine's Day. In the past, I always struggled with the commercialism (oy, the commercialism!); the "shoulds," (I should make my sweetie a scrumptious dinner, teach my child how to cut out a heart and send it to his nana, and mail "I love you" to my entire family); the expectations (what if he doesn't bring me flowers and chocolate...what then?); and the myths about St. Valentine I somehow believed (until I finally took it upon myself to do a little research, I always thought St. Valentine was involved in killing innocents in the name of the church).

It seems, rather, that in Rome during the third century (at least according to one legend), Emperor Claudius II was doing what Romans did on occasion to maintain the "peace." He used soldiers to keep order with brute force—rampaging hither and yon with his men. But Claudius didn't count on the power of love. In the fighting frenzy he tried to sustain, many men started to say no. Claudius noticed that men in love were, shall we say, more reluctant to risk their lives for Rome. So Claudius—in order to generate that steady supply of "willing" soldiers—banned marriages altogether.

Enter Valentine. A priest at the time, he saw the injustice for what it was, and continued to marry young lovers despite the insanity of the Claudius decree. When Claudius found out, Valentine was thrown in jail with a death sentence. It is said that before his execution, he fell in love with the jailkeeper's daughter and sent letters to her signed "From your Valentine."

Now this is a story I can really bite into. Justice. Truth. Love. Courage. Even, dare I say it, non-violent resistance? And it gets even juicier! I peered further back, and lo, Valentine's Day may well be pegged to February 14, not only because Valentine died on that day, but to inflate the Christian tradition by usurping (yet again) the older pagan holiday.

Early spring has been the planet's red light district for countless millennia—springtime conception gives animal

babies of all sorts a better chance at surviving the following winter. The ancient Roman festival of Lupercalia capitalized on this springtime fecundity. Complete with goat's blood spattered on women to enhance their fertility, the matching up of human couples for future marriage, and great feasts, the fête honored Faunus, the Roman god of agriculture.

Love and agriculture? Hmmm. Maybe tofu and Valentine's Day somehow equate. Lupercalia tells me that even then—perhaps especially then—people recognized the profound synergistic connection between their food and their existence. Their community and the natural world. Universal energy (those Roman gods surely symbolized this power) and its expression in their lives.

And love driving it all.

But is tofu an expression of love?

Thanks to this column on tofu, I'm actually thinking about Valentine's Day in mid-January. And in mulling on it—and all the delectable possible recipes I could share—I've noticed a real shift this year in how I feel about the upcoming Day of Love.

"Should" I spend hours preparing the most eye-catching, heart-shaped desert to delight your senses and tempt your palate? Or does the phone call from a faraway friend in pain need my attention instead?

"Should" I tell you again how a diet low in animal products and higher in plant products (e.g. a diet that includes some tofu, nudge, nudge) is really great for your heart...that universal engine of love? Or may I chew for awhile on how love changes the world—even in the face of tyranny, war and injustice?

"Should" I confine myself only to tofu in writing this column? Or shall I marry other topics together in the name of love?

I think I know the answer.

Research sources: www.historychannel.com/exhibits/valentine/

The Colgate Maroon News (December 2, 2005)

"Love Yourself" Valentine's Dinner

Here is an easy heartwarming meal that leaves you time to attend the other loves of your life—including yourself!

Tofu Green Bean Curry

This is especially good for your heart. The green beans and coconut milk offer protective antioxidants and nutrients, not to mention the good fats from the milk. Meanwhile, the tofu offers soy protein, which promotes your heart's health. Ain't love grand?

Adapted from HealthyCookingRecipes.com

www.healthycookingrecipes.com/cookinghealthyarticles/heart-healthy-recipe.htm

A few handfuls of green beans cut in 2-inch segments

A half dozen mushrooms, chopped (we used buttons, but you could use whatever mushroom your heart yearns for)

| | |
|---|---------------------|
| 1/2 block firm tofu, diced | 3-4 potatoes, diced |
| 1 bunch scallions, diced | 1 Tbsp. curry paste |
| 1 to 2 Tbsp. soy sauce | 2 tsp. sugar |
| 3 fresh red or dried chilies, diced | Salt to taste |
| 1 to 1 1/2 cups coconut milk (1 can works fine) | |

Heat the coconut milk in a large pan. When it starts to simmer and separate, add in the curry paste, soy sauce, red chilies, sugar and salt. Mix well. Add the mushrooms and tofu, and bring to a gentle boil. Add the green beans and potatoes, and let simmer until the beans and potatoes are cooked to your satisfaction. Toss in the green onions. Cook for another minute or so. Serve with brown rice or whole grain pasta. Feel your heart smile at the nourishing warmth you've bestowed. Enjoy!

Jubilee Pie

An easy pie brimming with things we love! Chocolate, tofu and cherries bubble up from a graham cracker crust, awaiting divine union with your taste buds! I created this pie—in my quest for ease and delectable delight—adapting a cherry pie recipe from *Betty Crocker's New Home Cookbook*.

For cherry filling:

| | |
|---|-----------------------------|
| 2 cups fresh or frozen pie cherries | 1/4 cup honey or sugar |
| 1 1/2 Tbsp. quick-cooking tapioca (cornstarch works, too) | |
| Dash lemon juice | 1 Tbsp. butter or margarine |

Combine all ingredients and simmer lightly for 5-10 minutes.

For the tofu filling:

| |
|---|
| 1/2 block tofu—room temperature!! |
| 1-2 (to taste) ounce square(s) unsweetened baking chocolate, melted |
| 1/4 cup maple syrup, rice syrup or honey |

Combine and mix in food processor or blender until smooth. Refrigerate until ready to use.

1 graham cracker crust (plain or cocoa)

Assemble the pie. Put the cherries in first, reserving some liquid to drizzle over the top of your pie slices. Then spoon the chocolaty tofu over the cherries, slide the pie into the oven, and bake at 375 degrees F for about 45 minutes. Serve with the reserved cherry liquid drizzled over the top of each slice. It's a jubilee of love!

Rachel is grateful to the Compassionate Communication Network of the Palouse (<http://www.palousec.org/>) for supporting

her awakening to a loving Valentine's Day every day.

Winter Citrus: Get It While It's Not Hot

By Judy Sobeloff

This winter, having pledged to eat only seasonal foods (iceberg lettuce, slushies, and the occasional mud pie) and having reconciled myself to the fact that the only fresh fruit I was likely to encounter in the coming months was small swipes of my children's mango and strawberry toothpaste, I was shocked when Scott in the Co-op produce department declared winter not the worst but the best time for citrus. "Around now, the prices go way down and the quality goes way up," Scott said. "Most citrus is harvested in the late fall or early winter, so it all comes onto the market right now."

An overwhelming citrus incident is depicted in Richard Scarry's *Cars and Trucks and Things That Go*: The Pig family is driving through a neighborhood under construction when Mrs. Rabbit yells to her wheelbarrow-toting husband, "DUMP IT THERE!" prompting all the nearby dump truck drivers (whose various loads include rocks, coal, cement, tomatoes, oranges or sand) to dump their loads as well. Pickles Pig, his family's car submerged under oranges, expresses gratitude that it wasn't the coal truck that dumped on them.

In order to orient you more gently to the dizzying array of citrus options available this winter, I've compiled testimony about a few varieties from those knowledgeable about citrus and those not (my friends and relatives). But don't let the experts have the final word here—they're the ones who'll try to convince you that an orange is technically a berry. Instead, come on down and sample these yourself.

Having written with affection about pomelos (sweet, oversized grapefruit ancestors) and satsumas for this newsletter a year ago, this month I bring you the word on the street about honey tangerines, mineola tangelos, and cara cara navel oranges.

"Around now, the prices go way down and the quality goes way up,"
Scott said. "Most citrus is harvested in the late fall or early winter, so it all comes onto the market right now."

First up, the critics rave about the honey tangerine, Scott's personal favorite, describing it as sweeter and juicier than a standard tangerine. Though honey tangerines purportedly sport the proverbial "zipper peel," I found them thin-skinned and not particularly easy to peel. My friend, Maria, said she liked honey tangerines even better than satsumas, "though I couldn't tell you why. You can get a whole meal out of one, but with satsumas, you need to eat about four."

Next on our tour, the Mineola tangelo is described as a "cross between a grapefruit and a tangerine, characterized by a slightly elongated neck on one end and by its rich tart flavor" (www.freshmarket.com). While I found the tangelo worth eating for its shape alone, Fred described it as "so juicy, it's gruesome." Our 4-year-old concurred, stating that she "liked the taste, but it was too juicy," and urging me to write about cheese and crackers instead.

When Maria described the tangelo as "tangerine-y," her husband, Mark, declared himself, "not a tangerine guy, I'm an orange guy," and reached for a piece of the cara cara navel orange. "I like the denser texture, it's more like

Spinach, Honey Tangerine & Cashew Salad

Adapted from www.lifescrypt.com

4 Tbsp. coarsely chopped, unsalted cashews
2 tsp. soy sauce
4 tsp. lime juice
2 tsp. finely chopped shallots
4 tsp. olive oil
Salt to taste (Note: Use sparingly!)
Black pepper to taste
2 1/2 cups spinach, torn into bite-sized pieces
2 honey tangerines, peeled and sectioned

Preheat oven to 350 degrees F. Spread the chopped cashews on a baking sheet and toast in the oven until lightly browned, about 5 minutes. For the vinaigrette, combine soy sauce, lime juice, shallots, and olive oil in a container with a tight-fitting lid and shake well. Add a little salt and pepper to taste. Place the spinach in a bowl and toss with the vinaigrette. Arrange the tangerine sections on top and sprinkle with the cashews.

an apple-eating experience," he said. Whoa, hold everything, now we're comparing apples and oranges. Little did Mark know that the cara cara is said to boast "a unique tangerine flavor with a hint of grapefruit" (www.freshmarket.com). I personally liked this flavor medley and declare the cara cara worth eating for its deep pink color alone, similar to that of a ruby grapefruit, though not such a deep red as a blood orange (not yet available for taste-testing as the newsletter goes to press.)

As far as "cooking" with winter citrus, the recipes I came across tended to be for alcoholic beverages and complicated-sounding dishes with labor-intensive steps and exotic ingredients. I suggest eating winter citrus out of hand, the old-fashioned way, or in fruit salad or in the "Spinach, Honey Tangerine

and Cashew Salad" recipe below, which I found delicious and multi-flavored.

Though it can be difficult to characterize one's reaction to various new foods, the response of my almost-2-year-old to his first taste of cara cara navel orange said it all. Tired and crabby at that hour, his mood lifted after only one or two orange sections, and he immediately began dancing a sweet little jig. Perhaps when it comes to description, actions do speak louder than words.

In addition to sampling citrus, Judy Sobeloff is coordinating Latah County Writes, a series of free writing workshops and readings open to everyone, coming this March and April.

Vegan Bites: Alternatives to Soy

By Hope Matthews

Over the years, I have read an amazing amount of literature boasting the benefits of soy-based, vegetarian diets to our health and the environment as opposed to meat-based ones. However, occasionally, news articles surface with studies suggesting that soy has negative health effects. The other day, I read a study that concluded a soy diet worsened heart disease among male mice. Then, there are also those soy-allergic vegans out there, who must be especially creative in finding pre-packaged alternatives, as most contain soy. Keeping all of this in mind, variety is the spice of life (supposedly a varied diet is good for you too) and even my palate tires of everything soy once in a while. So, I asked myself, what would a vegan eat, if that vegan were on a soy-free or soy-reduced diet?

I decided to do a little searching online, at the Co-op and in my cookbooks. With very little digging, some yummy choices were found that made avoiding soy seem somewhat feasible. Food shopping is not only necessary,

but sometimes fun, and perusing the Co-op for new products can help enliven a few long, dark evenings this winter. So feel free to taste-test these alternatives at home!

Two of the most obvious pre-packaged, soy-like substitutes

I came across were seitan and rice milk. Seitan is a wheat-based, meat-like product that tastes great in stir-fries and stews.

It can be found in the box (you have to do a little work there), or pre-prepared in the refrigerator section at the Co-op. There are also plenty of recipes online if you wish to make your own. Then, there are so many rice milks to choose from! In rice milk, note that some contain higher sugar content than others (generally in

the form of brown rice syrup). Rice milk has a thinner consistency than soy, but still tastes good. My favorite brand is Rice Dream. If you don't like rice milk, try making almond milk instead.

When it comes to providing a protein-rich alternative to soy-beans/tofu/ tvp, beans and lentils sometimes do the trick. Beans (or lentils), peas, diced carrot and rice make a simple, hearty meal. Beans in stews are quite yummy, as

are lentils in soups. Bean burritos are always an obvious, convenient choice. Try different varieties of beans in recipes, like pinto or black or kidney, to figure out which you prefer. Or, instead of making a tofu lasagna, try a Mexican-based lasagna with beans, veggies and salsa, with gua-

camole on the side. As beans often prove difficult to digest, I wouldn't suggest eating them daily, but two or three times a week is fine for most folks.

If you are curious about additional protein substitutes, whole grains, nuts, seaweeds and seeds are perfect choices. Nut loaf makes a great main dish, and there are loads of recipes online and in cookbooks. If you do not feel like spending much time in the kitchen, seeds sprinkled on salads are simple and tasty. Whole grain hot cereal for breakfast with frozen berries on top is delicious and easy to make. We live in a country where nearly every kind of food is available, so enjoy and eat healthy!

Hope Matthews lives in Moscow and enjoys reading, cooking, writing and spending time with family. Her e-mail: hopeemathews74@hotmail.com.



Bean & Steamed Veggie Burritos

- 2 cans black beans, drained
- 1/2 yellow or white onion, minced
- 3 cloves garlic, minced
- 1/2 tsp. salt
- 1 Tbsp. chili powder
- 1 green pepper, in 1/2-inch strips
- 1 small zucchini, sliced in 3/4-inch rounds
- 1 tomato, diced
- 1 avocado, diced (optional)
- 2 carrots, sliced diagonally
- 5 cabbage leaves, sliced lengthwise in 1-inch strips
- Olive oil
- Hatch's sliced jalapenos (optional, but sooo good!)
- Medium-sized Tortilla shells
- Salsa of your choice, Emerald Valley Medium is very good (optional)

Spray frying pan/iron skillet well with olive oil. Cook minced garlic and onions over medium heat until light golden color. Add black beans to garlic and onion mixture and cook over low heat for 2 minutes. Add salt and chili powder. Gently steam green pepper and carrots for 2 minutes. Then add cabbage leaves and zucchini and steam for an additional minute. Wrap tortilla shells in tin foil (can also be left unwrapped) and place on a baking dish in the oven at 350 degrees for 5 minutes. Layer open burrito shell with a line of bean mixture alongside a line of veggies, with a sprinkling of tomato. Once rolled, garnish with optional ingredients listed above. Bueno!

Almond Milk

Adapted from *The American Vegetarian Cookbook* by Marilyn Diamond

- 1/2 cup blanched almonds
- 1/2 Tbsp. maple syrup
- 2 cups water

Using a food processor, grind almonds to a fine powder. Add maple syrup and 1 cup water and blend for 2 minutes. Add rest of water very slowly, while blending. Blend another 2 minutes. Place the strainer over a large bowl; line the strainer with cheesecloth. Pour almond milk slowly into strainer and allow to filter through. Add liquid to strainer in increments and just let it drain naturally, or stir the milk in the strainer with a spoon to encourage it to pass through more rapidly. With the cheesecloth, pull the edges together and gently squeeze the remaining milk out of the fiber. (The fiber can then be stored in the refrigerator for a few days and used as a moisturizing body scrub when you shower.) You can use a blender for this, but my experience indicates that a food processor works best.

Eurasia to Moscow: Bigos (Sauerkraut Stew)

By: Karon Szelwach Aronson, M.D., J.D (retired)

Karon consulted with Adam about the ingredients in her traditional Eastern European dish. All of the cuts Karon suggests are now available in the Co-op Meat Dept. Adam is planning on stocking fresh kielbasa for Easter, but our elk sausage is a good substitution until then.

While everyone is making plans to shed the extra weight of winter, I'm preparing for the last blast of blatant winter with Bigos, a sauerkraut stew. This Eastern European delight sticks to your ribs so that if you are stranded in snow somewhere from skiing, snowmobiling, lumberjacking, hunting or even farming, you won't be hungry for 24 to 36 hours. Really, believe me! Nutritionally, the original creative concoction contained elements known not to be the best for long-term cardiovascular health, like smoke-cured meats. However, the Co-op sells meats which eliminate most hazards of the smoked meats. The abundant vegetables are good for you. Smoked and cured meats add taste, but are associated with cancers of the stomach and/or esophagus, especially when eaten to excess. However, the abundant cruciferous vegetables of sauerkraut and fresh cabbage may actually counter the harmful elements of the smoked meats. Cruciferous vegetables are those of the Brassicaceae, or mustard, family that include cauliflower, cabbage and broccoli. Although the exact compounds in the cruciferous vegetable that are thought to be especially beneficial are not definitively enumerated, we can speculate. Sauerkraut speeds the passage of the heavy meats through the gastrointestinal tract, perhaps limiting absorptions of some of the chemicals used to smoke the meats. The canned tomatoes contain carotenoids including gamma carotene and lycopene. These are not vitamins, but the body does convert carotene into vitamin A, which has many vital functions, including promoting good vision. Beta carotene is an anti-oxidant, which may help prevent cancer by "mopping-up" stray molecules called free radicals, like those contained in smoking compounds, which cause cellular damage. A free radical is

a chemical compound with an extra electron in its atomic valence. The extra electron gives the compound free reign to attach to structures within cells and cause havoc with the cellular machinery of specific tissues.

Mushrooms never received much respect, except from dieters looking to fill up on low-calorie content and gourmet cooks seeking flavor. However, now we know mushrooms contain not only niacin (aka nicotinamide), which helps prevent pellagra, but also contain a significant amount of vitamin D. Pellagra is a rare disease today caused by eating a diet of milled rice or corn exclusively, grains deficient of niacin. Since many of us suffer surprisingly low vitamin D levels during northern winters, adding mushrooms to our diet may help. Shitake and Chanterelles contain 57 and 48 international units respectively for a 2-ounce serving. We need a lot of vitamin D to prevent osteoporosis in the dead of winter when limited sun exposure prevents conversions of the precursor of the vitamin calciferol, into the vitamin D through sunlight exposure of calciferol within our skin. Some researchers recently linked vitamin D with inhibiting the growth of various cancers in animals and man, although the findings are disputed in the print and television media. If this stew doesn't meet all your health requirements, it will prepare you for spending the day in the cold Idaho air, where you might enjoy a few rays of sun.

I enjoy this delight once or twice a year, especially in the cold of winter. You can follow the recipe exactly, making it rich in fresh meats, or go light on the meat and savor the vegetables. While making it, I remember my ancestors who emigrated from Poland and Ukraine and brought recipes with them. As my grandmother said, "If you travel light, you can go anywhere from here." She carried only recipes and lessons of life.

Karon Szelwach Aronson, M.D., J.D, graduated from U of Colorado School of Medicine in 1973 at the age of 24. She attended when women were less than 10 percent of the class and when nutrition

Bigos (Sauerkraut Stew)

Serves 10-12 people

| | |
|--|-------------------------------------|
| 3/4 lb. pork shoulder blade | 1 lb. pork back ribs |
| 1 lb. stew beef chunks or buffalo chunks | 1/4 lb. bacon |
| 4 Tbsp. bacon grease | 1 lb. fresh kielbasa or elk sausage |
| 2 lbs. sauerkraut | 1 large cabbage head |
| 2 oz. mushrooms (dried) or 1/2 lb. Fresh | 1 cup onions (chopped) |
| 16 ozs. canned tomatoes | 2 Tbsp. flour |
| Salt and pepper to taste | |

Prepare meats as follows: Cut pork shoulder blade meat into pieces about the size of the beef stew meat or buffalo stew meat. Ask your butcher to split the back ribs (spareribs) into 2- to 3-inch pieces or cleave them yourself. Before you brown and cook, rinse and pat dry, salt and pepper the pieces of pork and beef or buffalo stew meat. While preparing these meats, fry 1/4 pound of uncured bacon, cut into small pieces, and reserve 2 Tbsp. of the bacon grease to brown the stew meats in an iron skillet or porcelain pot.

Although the original recipe called for fresh sauerkraut, a good quality kraut in a glass jar saves time and cooking. Place prepared kraut in a pot with a little water. Remove outer leaves of cabbage and discard. Rinse the fresh cabbage and chop fine. Add mushrooms, which you cook with the cabbage and kraut, until both are soft. The mixture should be moist, but not soupy.

While browning and cooking the beef and boneless pork chunks in a skillet, place the pork shoulder bone, which you removed to make the stew meat, and spareribs and fresh kielbasa into the sauerkraut mix and cook until tender. If you cannot obtain pork shoulder, you can substitute uncured picnic, nitrate-free, fully-cooked ham, which is also a shoulder cut. Then add the bacon bits to the meat-sauerkraut mixture.

Using reserved bacon fat or olive oil, fry the onion until golden brown. Remove the onions from skillet and pork shoulder bone from the sauerkraut. Make sure the cabbage, mushrooms, onions and sauerkraut are in a large soup cooker or even a slow-cooker. Use 2 Tbsp. of bacon fat and add the flour to it to make a roux and add to the mixture, then bring to a boil. Remove the skins from the cooked kielbasa (or elk sausage) and cut into slices, and place back in the kraut mixture. Make sure all the browned and cooked beef or buffalo and pork pieces are back into the cabbage-sauerkraut mixture. Add tomatoes, salt and pepper to taste. Bring to a boil, simmer for 20-30 minutes and serve hot. If using a slow-cooker, cook on high for at least 40 minutes. Deli rye bread, pumpernickel or nine-grain bread enhance the dish and soak up the juices of the hearty stew. It is best eaten in mid-morning or mid-afternoon, before tackling a day outdoors in winter.

wasn't part of the medical curriculum. She collected all the articles and books she could on nutrition throughout her medical and legal careers because she believes that diet is a key to a healthy and long life. She spent most of her medical career in trauma centers, rural and metropolitan; including

Aspen and Vail, Colorado. Karon taught the Advanced Trauma Life Support Courses for the American College of Surgeons at the Denver Trauma Institute for over a decade. Now she enjoys writing and watercolor painting.

Omnivoria:

Beeler's Naturally Pure Pork

By Nathaniel Orion Cousins

Greetings and salutations from your new meat columnist! This column is new to the newsletter, just as the meat department is new to the Co-op. Each month, I will be writing about a featured cut or type of meat. I'll share my own experiences with the selected product, as well as the occasional anecdote from many years of cooking experience. The last 16 years, I have mostly spent employed as a cook, but Mom got me started on scrambled eggs and "cheese on bread in the oven" when I was only five. She still likes to brag about the time I made a lemon meringue pie from scratch. By myself, at the age of eight.

I have always thought that "commercial" pork is produced so tender as a result of the animals getting no exercise. I also think they are bred for a lack of normal connective tissue. The Beeler's chops had an inherent vitality, and were by far the best-tasting pork I have ever eaten.

This month, I have a real treat for you from our meat department. We are carrying an entire line of pork products from a company called Beeler's Naturally Pure Pork, a fifth-generation family operation out of Brunsville, Iowa. They have grown now to the point where they utilize an entire network of high integrity family farmers to raise their pigs. The pigs are raised

ers must rely on their own husbandry skills instead of modern mass production shortcuts to produce their quality pork.

How good is Beeler's pork? I brought home a pair of their bone-in pork chops, thinking of a seasonally romantic dinner. Planning for Valentine's Day? Avoid

peas. Voila, an easy dinner for two.

The chops had an excellent flavor, and their texture was unlike any pork I have eaten. The best description I can come up with for the meat is "healthy." It was not excessively tender, but where another pork chop might be tough, these were simply firm. I have always thought that "commercial" pork is produced so tender as a result of the animals getting no exercise. I also think they are bred for a lack of normal connective tissue. The Beeler's chops had an inherent vitality, and were by far the best-tasting pork I have ever eaten.

I hope that those of you reading take an opportunity to check out our new meat department. Adam Stone, the department manager, takes pride in knowing where our meats come from, and how they are produced. The meat we are selling is about as ethically sound as eating meat can be, short of growing it yourself. The meat is some of the best quality I have seen in my years of experience as a cook, both at work and at home. I think local omnivores are fortunate to have a store that sells such a high-quality product. I hope those of you so inclined get the chance to stop by and give Beeler's pork a try, as well as our other fine offerings in the meat dept.

Nathaniel Cousins was raised on the Palouse. Several years of living in Eugene, Seattle and Portland have proven to him there is no finer place to live than our rolling Palouse hills.

Huckleberry-Teriyaki Pork Chops

2 servings

This recipe is for (2) 1/2-inch thick pork chops, 6-8 oz. each

In a medium bowl combine the following:

1/4 cup huckleberry vinegar

1/4 cup soy sauce or tamari

1 Tbsp. brown sugar

3 cloves garlic, crushed

1 tsp. dried ginger or 1 Tbsp. fresh ginger, minced

Whisk together well, until the sugar crystals dissolve. Place the pork chops in suitable container, then pour the marinade over them. Place the marinating chops in the refrigerator, and let them marinate for 1-4 hours. When ready to cook, take the chops out of the marinade and grill or broil them for about 5 minutes on each side.

in controlled indoor environments for sanitary purposes. Their barns are naturally ventilated with fresh air, and they are allowed plenty of natural sunlight. Beeler's doesn't allow the use of antibiotics, growth promotants, or injections of any kind, including vaccines and vermifuges. Their grow

the rushes at restaurants and spend an evening at home with your sweetie over a delectable pair of chops! I made up a huckleberry teriyaki marinade, soaked the chops for about an hour, and broiled them for about five minutes on each side. While the chops were in the oven, I cooked up a quick potato side dish, and some frozen corn and

Nature in the City: California Quail in Moscow

By Sarah Walker

California Quail are all over Moscow, and people are watching them! When I asked a few Palouse dwellers about their experiences with quail, I got replies right away. Jane Holman, from the hill above Tidyman's, wrote, "I regularly see flocks in my yard and trees—sometimes 5–10, but last summer when the little guys were with them, there were sometimes 20–30, at least. They are great neighbors!" Charles Swift wrote from near East City Park that a small flock has moved into the neighborhood, and it wasn't there five years ago. Ashley Martens said she sees them increasingly in yards in town, and last spring, she even saw one or two on rooftops in the Fort Russell area!

From a more rural Palouse setting, Lynne Nelson reported that she sees small groups of quail at her feeders at least three times a day, starting at dawn, and at dusk she sees larger groups of 40–60 birds.

Quail are indeed seen in big groups, and mostly on the ground. One family might have a dozen or more chicks, then join up with another big family for "communal brooding," a practical system where all the parents watch out for all the chicks. Still, not all the chicks will survive.

Quail groups are called coveys. While a large covey might call more attention to itself than a smaller group, and be more conspicuous to a predator, grouping up does have advantages for these little six-ounce birds. In quail coveys, the males stand guard. If they take turns, everyone gets more time to search the ground for seeds and insects while someone is always watching for danger. If a cat, dog, raccoon, owl or hawk gets near, a big covey might be able to temporarily confuse a predator by suddenly taking off in all different directions—the "explosive flight" that drives bird hunters crazy. (Hunters are the reason California, or Valley, quail were introduced to Idaho from California).

If the group disperses, a male calls loudly to bring his scattered charges back together. The most familiar quail call is a loud "chi-CA-go," or as bird guide author and artist David Sibley describes it, "put-WAY-do." A second familiar sound is a "sharp, spitting 'spik-wik-wiw.'"

Group living goes on for most of the year, but come spring, quail will leave their groups to mate. Last April, I heard a lone quail calling from a tall willow tree in town, announcing his territory. A pair will scrape a shallow nest on the ground, and produce a



A male California quail takes his turn standing guard while his large family pecks at seeds on the ground. Both sexes have the topknot, but the females' is smaller. Photo by Terry Gray

parents, the other can take over. Lynne Nelson recalled, "Two years ago, we had one clutch of 15, and last year we had a male raise the entire clutch himself (mom disappeared when the clutch was 3–5 days old). He raised six birds from the original 11—I thought that was pretty good for one parent."

dozen or more eggs in late April or May. The chicks will hatch in about two weeks, eyes open, covered with down, even able to race after their parents soon after hatching. Their parents will lead them around and show them food, which the chicks get for themselves. At night, they will all roost together in a shrub or tree, off the ground. The babies will grow stubby little topknots. Later in the summer, there may be a second brood.

If something happens to one of the

Single-parenting, communal brooding and roosting, standing guard while family groups eat, running across the highway in a tight line behind a parent—these are behaviors that inspire curiosity in humans. Quail are fun to watch!

Sarah Walker loves to see quail on her walks about town and looks forward to reading *That Quail, Robert* by Margaret Stanger.

Save the Cedars!

By Mark Solomon

They are a cathedral of trees" said then U.S. Senator Dirk Kempthorne of the ancient cedar grove on top of Moscow Mountain. He should know, he was married there. Shortly after graduating from UI and moving back to Boise, Dirk and Patricia drove 300 miles of Idaho roads to be married at the look-out on East Moscow Mountain.

He wasn't the first and won't be the last person to appreciate this irreplaceable piece of Idaho's ecological heritage. Largely spared from disturbance by its location on top of a steep 4700-foot ridge, this 269-acre parcel of state school trust land is home to an

ancient grove of western red cedars estimated to be 1,000 years old. Nurtured by the headwater springs of Felton Creek and Hatter Creek, this stand of trees was nominated in 1974 to be a National Natural Landmark as the best extant example of western red cedar/larch habitat.

The Latah community has been working to protect these trees and their surrounding habitat buffer for over 20 years. As part of the school trust endowment, the Idaho Constitution requires the land be managed for the maximum long term economic return to the trust—money that helps pay for Idaho's public schools. To avoid

turning ancient cedars into rails, posts and shakes, 10 years ago, The Nature Conservancy arranged a special-use lease for the land to gain time while a land exchange between the conservancy and the state could be worked out.

It didn't happen. The Nature Conservancy and the state were unable to settle on an equitable exchange value for the property. In mid-January, The Nature Conservancy sent a letter to the state saying they were not going to renew the lease. It's back in our hands.

A broad group of interested folks have now banded together to propose



the cedars as a new state park under now Governor Kempthorne's "Experiencing Idaho" proposal to upgrade the state park system. Want to help save the cedars? Contact Mark Solomon at msolomon@moscow.com or 509-330-0189.

Thanks!

Wild & Free: Chickweed

By Sarajoy Van Boven

In the Miss Wild Edible contest, there are many runners up, but only one of these ladies has super-star status. Wearing the eternal crown and sash of Miss Wild Edible is Chickweed. Chickweed's Latin name, *Stellaria Media*, means little star, in the midst. She was born to wear the crown and sash. Despite the biased judge, she's actually well-qualified to be Miss Wild Edible. Personality wise, she is the humblest of wild edibles, hanging low, around the ground in alleys and sidewalk cracks. She's courageous, braving the cold of winter, jumping up every time the snow melts. She's got charisma too, as the first wild green, heralding spring, lush and juicy. And she's a good national representative. I personally have snacked on her from New Orleans to Orcas Island.

She will be around in February, barring major snow accumulation. Chickweed is always small, but especially so in February. However, picking off the tops will give you more tops to pick off later. I have not needed to venture any further than the alley behind our house to find chickweed. She loves shady, wet and protected areas. In my alley, she grows around the water main, on a very old compost pile and under a hedge of lilacs. In your days as an undereducated fool, you may have chucked her from your garden. She would have been the one that was easy to uproot.

Late spring, chickweed will be a 12"-tall spindly mat of tan-colored twine topped with incredibly green, little leaves and a constellation of small, white asterisks. Currently, the chickweed in my alley is about 4" tall. Like myself, chickweed is not a morning person, so her five white, dual-lobed petals don't open until afternoons. The leaves are the most encouraging green, 1/2" long usually, and shaped like shovels, but pointier at the ends. There are two at a time from the same place on the stem. With good eyesight, you can see one tiny, shifting line of hairs on the stem.

What to do with chickweed? Eat the green tops by the bucket load, fresh. There is a chamber of my heart dedicated to loving every moment I have spent eating chickweed. It is the sweetest wild green I have ever tasted. Add some wild to a tame leaf-lettuce salad. Temper the bitter greens that we'll gather later this year. Munch as you hike. You could also substitute it for spinach in a sauté, casserole or soup. There is no need to dry or cook it, though some experts encourage this.

According to Susun Weed (author of *Healing Wise*), chickweed is very high in copper, iron, magnesium, manganese, silicon and zinc. It is high in calcium, chlorophyll, phosphorus, potassium, protein, Vitamin A and fat. And it is a good source of Vitamin C, riboflavin, niacin, thiamine and plant sodium.

In traditional medicine, chickweed has been used as a poultice for a variety of ailments. Certainly, we can be sure that the FDA has never investigated or verified the healing power of chickweed poultices. However, Susun Weed advocates chickweed poultices be applied to every possible injury. Anecdotally, I have used chickweed poultices to rapidly clear up physician-diagnosed pink-eye that would not respond to eye drops. Here's how you make a chickweed poultice: fill a small jar with chickweed. Pour boiling water over it. Pull the chickweed out shortly thereafter, place on a very clean, thin cloth. When cool enough to handle but still quite warm, place

it on the area of ailment until cool. This whole process is rather hot. Please be sure to not burn or scald anyone. You could also drink the nutritious green water left in the jar. Repeat it every few hours for success.

Warnings: Identify with 100% certainty. As it is low growing, you will want to beware of animal excretions. I am careful to not pick chickweed growing near poisonous mushrooms. In *Herbal Medications*, D.G.

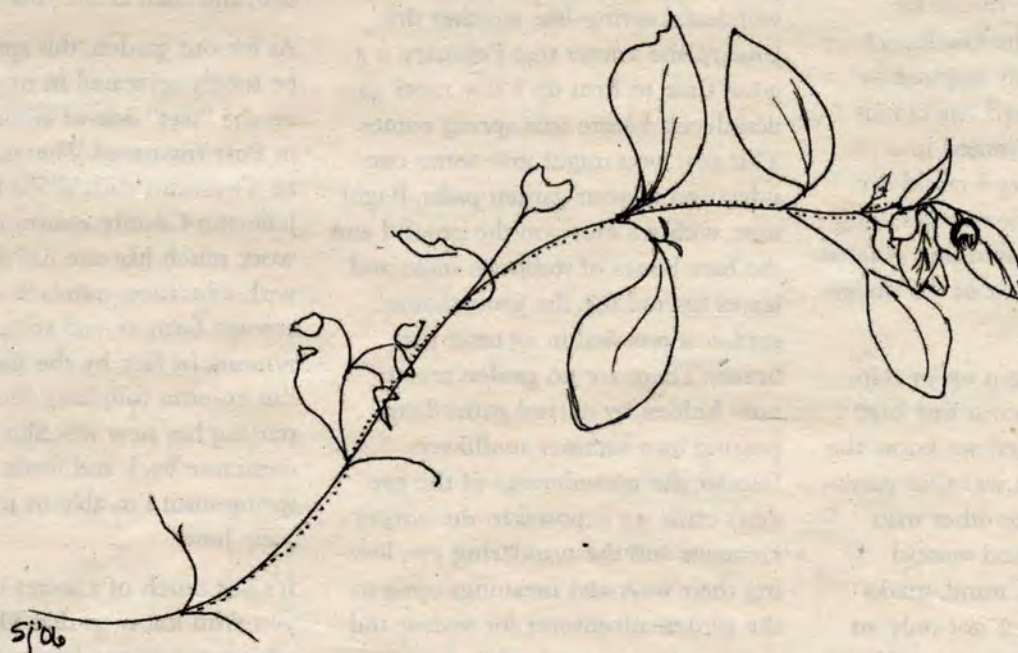
Spoerke wonders if large amounts of chickweed infusion might have been responsible for a temporary paralysis. He then assures us, "There is no recent evidence to indicate that chickweed presents a toxic hazard."

Therefore, it is my pleasure to crown her Miss Wild Edible! Here she comes! Waving her princess wave.



Down the red carpet. Into your heart and belly.

Sarajoy once rented a horrid apartment largely for its proximity to carpets of chickweed.



Letter From the Land: Hunger in Latah County

By *Suvia Judd*

If you live in Latah County and have enough to eat, living near you is someone who is hungry or does not know where their next meal will come from.

Idaho has dropped from sixth hungriest state, to eighth hungriest, but the hunger rate has increased from 11.4% to 14.6%. Based on the state hunger rate or the Latah County poverty rate of 16.8%, there are probably more than 5,000 of us in the county who don't know where our next meal will come from.

The primary reason people go hungry in Idaho is because they don't get paid enough to live on. To stay off public assistance and have a very small amount put away for emergencies, a single person without dependents in 2004 needed to make \$9.30 an hour, and 29 percent of newly available jobs pay less. A single person with two kids needed to make \$20.28 per hour, and 78 percent of new jobs in Idaho don't pay that much. (If the state wants to reduce hunger by increasing income, it

can invest in higher education, since a better-educated work force will attract better-paying employers.)

Hungry people in Latah County may be able to get help through a variety of government programs: WIC (Women, Infants, Children) coupons (currently serving 700 in the county), food stamps (serving 1,554 clients in 2004), school meals, Headstart and Early Headstart (currently serving breakfast and lunch to 60) and senior meal programs. According to Kathy Gardner at the Idaho Food Bank in Boise, targeted programs like these are effective and efficient in reducing hunger: WIC, for example, which provides specific nutrients to vulnerable populations, is estimated to save the government \$2 for every dollar spent. (The State of Idaho could reach more people with foodstamps: a federal audit recently showed serious problems in procedures for determining eligibility, and a failure to identify eligible people. Also, the state could, but does not, apply to the federal government for waivers to increase the num-

ber of able-bodied people eligible for food stamps in areas of high unemployment.)

If a person is not eligible for government food-assistance programs, or is unable to keep food on the table even with assistance, he or she may fall back on emergency assistance. Latah County has seven foodbanks, run by a variety of organizations. Several of the foodbanks in the county receive food from the Lewiston warehouse of the Idaho Foodbank, a wholesale buyer headquartered in Boise and affiliated with Second Harvest. The Idaho Foodbank reports an increasing reliance on foodbanks as government programs fail to meet the need. (Two out of three people who rely on the Idaho Foodbank statewide are either children too young to work or seniors who have worked all their lives.)

When I think of hunger, I think of the land, where the food ultimately comes from. Some people in Latah County are feeding their families at least in part with gardening, raising

chickens or a steer, or hunting. (Some foodbanks may also get donations from Farmers and Hunters Feeding the Hungry.) In another column, I would like to explore how we can reduce hunger by re-linking with the land, looking at creative programs in other communities.

To get help, to give money or food to a local foodbank, or to start a food drive, contact Chuck Whitman at the Idaho Foodbank, Lewiston, 208-746-2288, or a local foodbank: Moscow Food Bank (Saint Mary's Catholic Church), 882-4813; Milestone Decisions (Moscow), 883-8262; Church of the Nazarene Food and Clothing Bank (Moscow), 882-4332; Troy Food Bank (Wise Buys), 208-835-4357; Genesee Food Bank, 285-1195; Deary Food Bank, 877-7414; Potlatch Food Bank, 875-0691.

Suvia Judd (lazysuris@earthlink.net) thanks the many people who helped with this article.

In the Garden: "The Gardener's Path"

By *Rebecca Rod and Theresa Beaver*

I don't know if Robert Frost was a gardener, but I appreciate that so much of his poetry takes the form of observations about how we humans relate to and reflect on what's presented to us in the natural landscape. In choosing this month's theme for Theresa's column, "The Gardener's Path," I was particularly inspired by one of Frost's best-loved works that begins, "Two roads diverged in a yellow wood/and sorry I could not travel both/and be one traveller, long I stood/and looked down one as far as I could to where it bent in the undergrowth..."

Without even looking it up or skipping a beat (thanks to our fine high school English teachers) we know the rest of the story, don't we? Our narrator chooses to take the other road "because [it's] grassy and want[s] wear"—which, in my mind, marks our woodland friend as not only an adventurer, but also a visionary. Not

unlike many of the gardeners we all know and love.

When I suggested to Theresa that I wanted to write about garden paths this month, she approved of the idea because, even though we've had some wonderful spring-like weather this January, she knows that February is a good time to firm up a few more garden details before true spring comes. This year, you might give some consideration to your garden paths. Right now, with no snow on the ground and the bare bones of stubborn stalks and leaves layered flat, the ground-level garden is revealed in its most bare beauty. There are no garden secrets now, hidden by curved paths disappearing into summer sunflowers. Instead, the meanderings of the garden's trails are exposed to the winter elements and the wandering eye, leaving their ways and meanings open to the garden adventurer for review and revision. Seeing so clearly where we

have been, we can imagine where else we may want to go. Garden paths can be used to create new interest, new focus, or expand new territory. Think about where you want to go and what you want to see as you walk your garden, and then create that new route.

As for our garden, this spring it will be totally recreated in new territory, on the "wet" side of Washington state in Port Townsend. Theresa has accepted a position with WSU Extension in Jefferson County, continuing to do work much like she has done here, with education outreach to small acreage farmers, and sustainable food systems. In fact, by the time you read this column (our last), she will be starting her new job. She and I will commute back and forth for the spring until I'm able to join her in early June.

It's not much of a secret to those of you who know us that Theresa is the adventurer in our family. She is the

one who will choose the road less travelled—and in this case, the one that leads to a climate with a longer gardening season in a place near the ocean she loves. I'm actually up for a little change myself and am looking forward to an expanded art market for my pottery.

We've been in Moscow for our whole "together" life (14 years) and I have been here for more than twenty, so we don't leave our home and friends lightly. But everyone we have told about this move says they just love Port Townsend and will be over for a visit, so we hope to see many of you follow through on that.

Meanwhile, we are thankful for this wonderful community, this place we have called "home" for so long, and for each and every one of you who've crossed our path and walked with us through this garden we call life. Happy trails, all—'til we meet again, and again!

Friends of the Clearwater: Idaho's Amazing Roadless Country

By Will Boyd

Wilderness. A word, a world, many of us are very familiar with. Whether we've experienced it first hand in our hikes throughout the West or through our readings, an image or impression immediately comes to mind. Maybe Joseph Conrad's Heart of Darkness. Perhaps a rafting trip on the Salmon River. For me, Idaho comes to mind. A place I am happy to be living with my wife and two soon-to-be-three kids.

Appropriately dubbed by some the Wilderness State, Idaho has more wild country than any other in the lower 48 states. Oh, and we have grand wilderness. The Frank Church-River of No Return, the Gospel Hump, the Selway Bitterroot, the Sawtooths, and Hells Canyon.

Oh, and we have grand roadless areas! "Roadless areas?" you say.

Why, yes! We have over nine million roadless acres in this grand state. To be precise, we have 281 roadless areas, places that like wilderness have no true roads and are at least 5,000 acres in size, yet lacking the protection given to our priceless wilderness areas.

Talk about a great list of places to visit, hike, camp, climb, raft, kayak, bird watch, hunt, photograph, get to know, enjoy. Wow!

From the low elevation, cedar-filled canyons of the Clearwater drainage to the juniper and sagebrush roadless areas of the Great Basin ranges (the Bank, Portend and Ross ranges) in SE Idaho, beauty is redefined each day in each season. Barking salamanders (Idaho giant), wary wolverines, mighty elk and hillsides covered in wildflowers await you. Traffic, car exhaust, answering machines and sirens are nowhere to be found.

Even in small towns in rural Idaho, we still need to escape those things that clutter our heads unnecessarily. Sometimes the things we rely on in our day-to-day living clutter our heads

Friends of the Clearwater Spring Calendar of Events
(all potlucks & hikes co-sponsored by the Palouse group of the Sierra Club)

Feb. 4: Hike to Clear Creek Roadless Area, near Kooskia, meet at 7 a.m., at Rosauers in Moscow, return approximately 5:30 p.m. Call to reserve your spot today, 882-9755.

Feb. 18: Love your Forests Benefit Concert, featuring Chubbs Toga, American Legion Cabin (S. Howard St., Moscow). Doors open at 7 p.m.

Feb 21: Roadless Potluck, 6:30 p.m., Moscow, location TBA.

March 21: Coastal Disjunct Potluck, 6:30 p.m., Moscow, location TBA.

March 25: Hike to Slate Creek Roadless Area, meet at 7 a.m., at Rosauers in Moscow, return approximately 5:30 p.m. Call to reserve your spot today, 882-9755.

too. You just don't know until you hike a ridge, sit there for an hour and realize that life suddenly seems much ... simpler, yet much more full.

It is amazing what can happen in a place when no roads are allowed to exist. The benefits to wildlife and water quality are tremendous. Ecosystem processes issue forth their own edicts, streams chart their own courses, trees decide when and where to fall.

When a road is built upon a landscape previously free from roads, several negative impacts immediately result. One, landscape connectivity is lost. Large carnivores with extensive ranges such as fishers, marten, and lynx need great swaths of unfragmented land to survive. Elk, bighorn sheep, grizzlies, and wolves will often go to great lengths to avoid roads, altering their home ranges to do so. Two, the pattern of surface erosion has been altered. Water cannot percolate through a road. It runs across a road with the soil it has collected and follows gravity and the path of least resistance ending to the creek, stream or river below. This increased sediment load reduces water clarity and dissolved oxygen, making life much more difficult for our sensi-



tive trout and salmon species.

Incredibly enough, when roads are excluded from certain areas, everyone benefits. More of the fish anglers seek after, more of the quarry hunters long for, more of the high quality water salmon need, more of the organisms scientists study, more of the beauty we all long to see and be a part of.

I hiked a portion of the Mallard Larcenies Roadless Area in the Clearwater National Forest last summer with a good friend. We hoped to see mountain goats, bear and elk. Instead we ate huckleberries, walked through ridges covered in brilliant lomatium (a yellow flower in the carrot family), and looked out over the glory of NC Idaho. When we relinquish control, the unexpected thrives. Two hundred and eighty-one, eh? Better get started.

You can start by learning about the roadless areas near you, in your county and surrounding counties. Once you start investigating, you will find that these areas are wild and beautiful and supportive of many amazing plants and animals. Each one utterly unique.

Will Boyd is the Education Director for Friends of the Clearwater (FOC), a public lands advocacy organization based in Moscow, Idaho, since 1987. For more information on roadless areas in Idaho, please visit FOC's website at www.wildrockies.org/foc or contact them at 882-9755 or foc@wildrockies.org.

Meals Kids Might Eat:

Kid-Friendly Indian Food

By Jyotsna Sreenivasan

My kids love my mother's Indian cooking—especially simple things like squash palya.

Mothers in India—like mothers everywhere—tend to worry that their children are not eating enough. My mom told me that when she was a girl, sometimes the women would get a lot of children together, tell them stories, and feed them at the same time. My mother's grandmother would make big pots of sambar rice (a dal and rice mixture) and yogurt rice, and as she told stories, she'd put lumps of rice into each child's hand. The idea was that the children would eat well while listening to the story.

You might not want to try this somewhat messy method to get your kids

to eat, but maybe your children will enjoy these recipes. Serve these dishes with cooked long-grain rice (brown or white). I like to add a sprinkling of turmeric when I cook my rice. Or instead of rice, try the Indian "naan" bread that the Co-op carries in the refrigerated breads section at the back of the store. Other accompaniments: plain yogurt and raw vegetables (such as chopped tomato, lettuce and onion).

To please a kid's palate, I don't use any peppers in my Indian food. If you want something spicy, try Patak's Garlic Relish on the side. It is perhaps more of an adult taste, but absolutely delicious!

Red Lentils with Onion and Ginger

(adapted from *Betty Crocker's Indian Home Cooking*, by Raghavan Iyer—don't laugh, it's a really good cookbook!)

Makes 4 servings

- 1 cup dried red lentils (masoor dal)
- 2 cups water
- 1/4 tsp. ground turmeric
- 1 Tbsp. oil
- 1 medium red onion, thinly sliced
- 1/2 tsp. whole cumin seed
- 1 Tbsp. minced gingerroot
- 1 fresh Thai, serrano or cayenne chili pepper, crushed (optional)
- 1/2 tsp. salt
- 1 Tbsp. chopped fresh cilantro leaves

Place lentils, water and turmeric in a 3-quart saucepan. Heat to boiling, then reduce heat. Simmer uncovered 15 or 20 minutes, until the lentils are starting to soften and most of the water is absorbed. Remove from heat.

While the lentils are cooking, heat oil in a skillet over medium-high heat. Add onion and stir-fry until onion is starting to brown. The longer you cook the onion, the sweeter it gets—so it is up to you. After the onion is cooked to your satisfaction, add cumin seeds, gingerroot and optional chili pepper, and cook for 30 seconds. Be careful not to burn these delicate spices.

Stir onion mixture and salt into lentils. Simmer uncovered for an additional 10 to 15 minutes, stirring occasionally, until lentils are tender. Sprinkle with cilantro.

Note: This dish freezes really well, so consider making a double recipe and save yourself some time!

Winter Squash Palya

(adapted from *Dakshin: Vegetarian Cuisine from South India*, by Chandra Padmanabhan)
Makes 4 servings

This dish uses a technique called "tempering"—frying seeds and adding them to the cooked food. This is very common in South Indian cooking.

- 3 1/2 cups peeled, seeded and chopped delicata squash, or other winter squash (buy a squash that weighs about 1 1/4 pounds)
- 3/8 cup water
- 1/2 tsp. salt, or to taste
- 2 tsp. oil
- 1 tsp. brown mustard seeds
- 1 tsp. whole cumin seeds
- 2 tsp. chana dal (available in the bulk section of the Co-op)
- 1 red chili pepper, split in half (optional)
- 2 1/2 Tbsp. unsweetened finely shredded, dried coconut

The squash should be diced into small pieces. Cook in a covered skillet with the water and salt until the squash is tender—about 15 minutes. If some water is still left in the skillet, uncover and let it boil away.

After the squash is cooked, heat the oil over medium-low heat in a separate small pot or skillet, and add the mustard seeds. Cover and let the mustard seeds pop (it will sound like very small popcorn). Turn the heat way down as the seeds splutter and don't open the lid! When the noise has stopped, add the cumin seeds, raw chana dal and optional chili pepper. Stir briefly until the dal is golden-brown. Be careful not to burn the spices. Pour this mixture on top of the squash. Add coconut and stir to mix.

Note: This cooking method can be used for many different vegetables, such as cabbage, cauliflower and green beans.



Clockwise from top: Winter squash palya, yogurt, rice, dal, with garlic relish in the center.

“I Love My Library” Essay Contest (With Cash Prizes!)

By Carol Price Spurling

Happy Birthday to you, Happy Birthday to you, Happy Birthday dear library, Happy Birthday to you!

Yes, the Moscow Public Library is turning the respectable age of 100 this year, and the Friends of the Library are helping the old girl celebrate all year long. They'd like to get the festivities started off right by inviting your participation this month in an essay contest in honor of the library.

The contest is open to all ages, and there will be cash prizes (\$50 each) for the winners in each age category: elementary, junior high, high school and adult. The winning essays will be published in a booklet that will accompany the Moscow Public Library: A Century of Service exhibit, which will be displayed throughout the community beginning in June. Participants in the essay contest will be honored at a public celebratory event at the library in June.

Essays must be on the theme of “I Love My Library,” and may be of any length. They may be submitted on paper or via e-mail.

The deadline is February 28, 2006. Send your essay to Friends of the Library Essay Contest, 110 S. Jefferson, Moscow, ID, 83843, or e-mail to writer@plumassignment.net. If you have any questions, please call Carol Spurling, project director, at 882-3489. And if you don't feel like writing an essay, but wish to express your appre-

ciation of the library's contribution to our community, or even share some of your memories about the library, get in touch with us. We'd love to hear from you!

Carol Price Spurling remembers the librarians in her hometown debating briefly over whether or not she could check out a particular Judy Blume book when she was quite young. Fortunately, they took the side of literary freedom.

Coming This Spring: Latah County Writes!

By Judy Sobeloff

Attention, Co-op shoppers who like to write or be read to. This March and April, the seven libraries of Latah County will each host a creative writing workshop and literary reading by a local writer. All events are free and open to the public, and writers (and listeners!) of all levels, from beginner to advanced, are welcome.

Workshop topics will be Improvisational Poetry, Writing From Personal Documents, Character and Dialogue: Who Are They and What Are They Saying?, Writing Without Thinking, Place as Character, Scenes from a Life, and Creating Your Characters. The workshops will provide time for both on-the-spot writing and discussion of the craft of writing.

Workshop instructors include the six writers who taught this fall's well-received Moscow Community Creative Writing Workshop (Mary Clearman Blew, Paula Coomer, Andrea Clark Mason, Billy Merck, Judy Sobeloff and Pamela Yenser), as well as Joy Passanante and Aimee Phan.

Following the workshops, participants will have the opportunity to post something written during a workshop on the event website. Everyone is invited to the readings and workshops in their own community as well as

elsewhere in the county, except the events in Deary, which are limited to Deary community residents. For the other workshops, advanced sign-up is preferred, though limited walk-ins are also welcome. Please see the back page Bulletin Board in this issue for the event schedule. For further information about events, workshops, instructors and registration, please see the event website, www.latahlibrary.org.

Latah County Writes is sponsored by the Friends of the Moscow Library, Friends of the Troy Library, and the Moscow Community Creative Writing Workshop, and is co-sponsored by the Latah County Library District and the Friends groups at each of the other five branch libraries. This project is presented with the support of the Idaho Commission on the Arts, the Western States Arts Federation, the Latah County Arts and Culture Committee, and the Latah County Community Foundation. This organization prohibits discrimination on the basis of race, color, national origin, sex, disability or age. We'll hope to see you there!

Judy Sobeloff, coordinator of Latah County Writes, writes about food for this Co-op newsletter.

Rural Haiti Needs Garden Seeds

By Nancy Casey

I've been supporting vegetable gardening projects in rural Haiti for several years. I hope to visit there this month, and plan to take as many vegetable and flower seeds as I can. As you peruse seed catalogs and think about what you'll plant this spring, perhaps you'll consider passing on last year's seeds to the Haitians. You can leave seeds at Book People, 521 South Main, in Moscow. We can use any vegetable or flower seeds except corn and pumpkins (they have their own) or

parsnips (seed is seldom viable in the second year and besides, parsnips don't develop their sugars until after the ground freezes).

Please drop seeds off at Book People by Feb. 15.

Mesi davans!

Nancy Casey writes the Book Thoughts column, which appears (almost) every month in this newsletter.

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As seen on the Coop walls!

Yes Moscow, No Super Wal-Mart!

By Evan Holmes

In matters of commerce, the Latin term "caveat emptor" is sometimes used to remind us that ultimately the customer takes the risks. The customer agrees to accept the risks by completing the transaction. Some would argue, therefore, that the Wal-Mart decision should and will be made by the customers; they will determine whether or not a Wal-Mart Supercenter is good for a community and whether or not it survives, by their shopping activities.

Because there is no "restart" button for correcting community planning mistakes, it is better to apply "caveat emptor" at the outset by assigning the role of "customer" to the community. The community will be taking the risks and should make the "final" decision. Any factor that relates to the form, function and feel of the community is worthy of consideration. It is a long list.

In Moscow, Wal-Mart has applied to build a 210,000 sq.ft. store as part of a 90-acre development that would include two other such stores and a bevy of other smaller business structures. This could result in a paved-over, corporately-owned shopping city that is far bigger than any existing

Moscow neighborhood or commercial district. How we handle the proposal will tell others what we think of our community. It will even tell us how we define "community."

A group of citizens and businesses have joined together to oppose the proposed Wal-Mart development in Moscow. Why? The risks are too great. Any potential gains are offset by multiple losses. The size and character of the proposal is out of proportion. The changes brought on are too sudden.

The intent of the Comprehensive Plan is usurped. Recent movement towards sustainable growth and development practices is derailed. SmartGrowth is ignored. The citizen-government process that might allow it is dangerously

unbalanced. Simply, the results would adversely impact the form, the function and the feel of the community. It's not just about shopping.

Get more information about this group and the effort against a Supercenter from the web site nosuperwalmart.com.

Soon we will have an answer to "Who makes the final decision?" Shoppers? Landowners? Activists? Get informed, get involved and maybe the answer will be you. Why shouldn't it be?

"A group of citizens and businesses have joined together to oppose the proposed Wal-Mart development in Moscow."

Yard Lights & Light Pollution

By Patrick T. Evans

Light Pollution: "Any adverse effect of man-made light including sky glow, glare, light trespass, light clutter, decreased visibility at night, and energy waste."

Un-shielded mercury vapor yard lights are a growing problem on the Palouse. Too many rural residents display a complete disregard for their neighbors as they install dusk-to-dawn mercury vapor yard lights. There are now some 500 un-shielded mercury vapor yard lights in Latah County. A simple shield directing the light to the ground where the homeowner needs it would better serve the homeowner and keep peace among the neighbors. For those of us who enjoy the beauty of a dark night, we should not be subjected to light trespass by unwitting neighbors who use dusk-to-dawn unshielded yard lights. Clearwater Power Company needs to take responsibility. All mercury vapor yard lights should be shielded to direct the light where it is needed and to avoid lateral lighting that offends neighbors and contaminates the night sky. In fact, mercury vapor lights should be changed to more energy efficient models. Motion sensors, timers and on-off switches are

also options that would reduce the estimated 861 kilowatt-hours of electricity each light currently consumes per year.

The Planning and Building Commission of Latah County is presently working on an outdoor lighting ordinance that would address the problem of un-shielded yard lights. They need to hear from residents of Latah County who believe that yard lights should be shielded. Time is of the essence—a final decision is expected in March. Please write to the Planning Commission at pb@latah.id.us and tell them you support the outdoor lighting ordinance (which can be read at www.latah.id.us/Dept/PB_Main.htm). Also come to the next meeting on February 7 at 5:30 p.m. at the county court house (room 2B). This is our chance to address the problem of un-shielded dusk-to-dawn yard lights.

Shielding yard lights is common decency.



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Letter to the Editor:

In last month's Community News, the Co-op managers responded to a suggestion box question regarding the absence of the free box in the new store. In their response, they gave several reasons why the free box no longer exists. One of those reasons was that the free box was not serving the area's poorest folks, only the people who happened to know about the free box's existence.

As a former free box user I would like to say, watch out. The Co-op management is treading on dangerous ground if they believe they can make judgments about anyone's financial status but their own. No free box user filled out any income verification paperwork, to my knowledge.

I was a frequent browser in the old store's free box and was delighted when there was something there I could use to stretch my grocery dollars. It is true that to look at me, you wouldn't think my finances were tight; after all, I dress all right, I have a decent home, I'm working, my son is clean and healthy, I'm obviously not starving, we're Co-op members, and I have time to volunteer my time on the newsletter, etc. But no one but me knows my budget, or how much money I spend on clothes, or housing, or anything else.

My family buys almost all its food at the Co-op during the winter months, but that is because we're committed to an ideal, not because we're rich. I volunteer my time not because I'm a woman of leisure, but because I need that discount. Being a master of making do doesn't mean I don't appreciate what help I can get from the place where I invest so much of my time and money. If I found something in the free box that meant I could put something back on the shelf, I always used that money to buy something instead that I wouldn't have otherwise purchased.

The free box was a great service for Co-op **members**, period. The financial status of the people using it is completely beside the point. If the stuff that used to go into it is now going exclusively to the Co-op's hardworking staff, that's great, and I have no objections to it. I understand that the free box was a hassle to maintain; maybe a volunteer could've helped with that. But I prefer to make my own donations to the food bank, when and if my budget allows.

Sincerely,
Carol Price Spurling

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Auntie Establishment

By Joan Opyr

It's time to put the cat in the bathtub.

Not literally. I wouldn't wash a cat unless I had a tranquilizer gun and full body armor. No, I'm speaking euphemistically. My grandmother just turned 84. She is no longer fit to live on her own, but she doesn't believe this. She believes she's fine and dandy. She's lived on her own since 1983. Her neighborhood has grown derelict and dangerous, but it's going to take dynamite to shift her out. My grandmother isn't just stubborn—she's the old lady equivalent of a 20-mule team. She kicks, she bites, and she hee-haws us lesser mortals until we throw up our arms in despair. We know she's not safe. We know she needs to move. We just can't stand the yelling. Imagine a 5-year old with her own house and a checking account, and you've got my grandmother.

This past Sunday, things came to a head. A couple of crack-heads tried to break into her house. My grandmother saw them; in fact, she spoke with them. A man and a woman appeared on her porch and told her that Jesus

had sent them to see her. "Jesus will have to wait," said my grandmother. "I'm on my way to church." A damn good answer, I think, and one that might come in handy when dealing with pesky Jehovah's Witnesses, but when my grandmother came back home, she discovered that someone had tried to knock in one of her back windows. It was with great reluctance and a lot of pushing that she finally agreed to call the police, but when they arrived, she declined to file a formal complaint.

"What good would it do?" she asked. "Probably none," they replied. And that was that.

My grandmother is an old lady living in an old lady neighborhood. Most of the houses are derelict, and those that aren't occupied by elderly widows are rented cheaply to students and hop-heads. A few gay male couples have recently appeared on the fringes, but gentrification is at least a decade away. My grandmother has been preyed upon by a number of obvious con artists—the door-to-door repairmen who claimed to have noticed from the road that her roof had a leak; the men who stopped to ask if she had any antiques she wanted to sell; a couple of guys with a truck full of "left-over asphalt" who offered to pave her driveway—the usual assortment of liars, cheats and scoundrels. My grand-

mother is a product of her culture, the South, and her generation, World War II. In her book, a man, any man, knows more than any woman. My grandmother still wears her girdle and bats her eyelashes, and often she just gets took.

I grew up in the 1970s. I grew up believing that sisterhood was powerful. I bat balls, not my eyelashes, and this battle with my grandmother is one I must win. Her house is a disaster—faulty plumbing, a smoking fuse box, and a terrifying assortment of broken kitchen appliances on which she has stacked an electric tea kettle, a toaster oven, and a microwave. And then there's the living room. Stacks of *Life* magazines dating back to the Kennedy assassination litter the four corners. We've tried to throw them away, but my grandmother insists that they're valuable—just like the Avon collector perfume bottles and the "Gone With the Wind" plates from the Franklin Mint.

(God Almighty, hear my prayer. If we must have earthquakes, why make the epicenter some poor country like Turkey or Afghanistan? Why not the Franklin Mint?)

Honestly, how do old ladies do it? Forget about cold fusion; my grandmother could fit the Smithsonian into a mayonnaise jar. In a space that's roughly twelve by fourteen, my grandmother has managed to squeeze two sofas, a rocking chair, a six-foot oak desk, four bookcases, a fake fireplace, a formal dining room table with six

My grandmother isn't just stubborn—she's the old lady equivalent of a 20-mule team. She kicks, she bites, and she hee-haws us lesser mortals until we throw up our arms in despair.

chairs, and three Wurlitzer organs, none of which work.

My grandmother doesn't know it yet, but I'm flying back to North Carolina next month to move her, lock, stock and Wurlitzer, into a nice, safe, one-bedroom apartment. I was going to rent a dump truck, but instead I've rented a Mustang. Why? Because the less space Granny has to stuff, the better. Also, I expect I'll need to take frequent high-speed mental-health breaks. Wish me luck.

Joan Opyr is a Moscow writer and editor. She publishes in *New West Magazine* ([HYPERLINK](http://www.newwest.net) "<http://www.newwest.net>" www.newwest.net), *Stonewall News* (www.stonewallnews.net), and, soon, the *Sante Fe New Mexican*. Her first novel, *Idaho Code*, will be published by *Bywater Books* in March of this year. Joan encourages—nay, begs—you to order your copy today from *Bookpeople of Moscow*.



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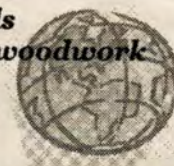
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Co-op Crossword

By Craig Joyner

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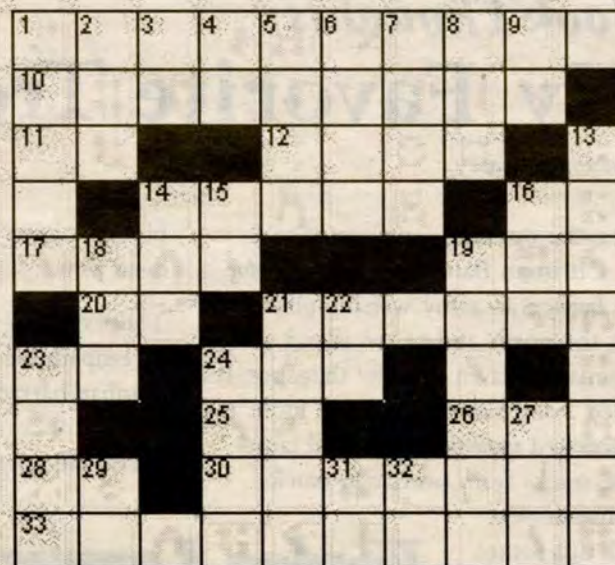
- 1 You won't find their chocolate in the candy section, but in the baking section
- 10 Dagoba chocolate bar flavored with rosehips and raspberries
- 11 For example, abbreviation
- 12 Online journal
- 14 MFC business partner Glenda Marie Rock does this
- 16 Monitor maker or earliest
- 17 Flatbread flavored with asafoetida, Indian Life brand is next to the tortillas
- 19 Heavyweight
- 20 Famous blues guitarist, ___ Cooder
- 21 The 1864 Last Chance Gulch goldrush is now a state's capitol
- 23 Neighboring time zone, abbreviation
- 24 Chess champion or dancer's cymbals
- 25 Yea
- 26 Roman goddess also known as Fauna or a federal agency

- 28 Morning, abbreviation
- 30 Endangered Species milk chocolate and espresso bar, Snow _____ Baby

- 33 Endangered Species dark chocolate bar with hazelnut toffee

DOWN

- 1 Organic chocolatier _____ & Black's, try the ginger, caramel, or mint flavors
- 2 Local book title, *Mountain Bike Guide to _____ Heaven*
- 3 Be
- 4 Concerning in a letter or e-mail
- 5 Billionaire Swedish super group
- 6 Town in Montana or computer company
- 7 Cupid
- 8 Not small, abbreviation
- 9 Astronomical abbreviation for stellar distances
- 13 Dagoba's Dominican fair trade chocolate bar
- 14 The other half of the chocolate coconut stack, they're in the bulk bins



- 15 Printer's measure or Babylonian priest
- 16 Long, long time
- 18 Chocolate that comes with this kind of reproduction, ___ Bar
- 19 Buddhist sect
- 21 Star of the movie *Frida*, Salma _____
- 22 Public transport
- 23 Utah city famous for its canyonlands and Arches National Park
- 24 Burt's Bees Baby Bee Dusting Powder is free of this
- 27 Sea eagle
- 29 Metric liquid measurement, abbreviation
- 31 Otherwise
- 32 Base or acid

Craig encourages everybody to check out the OCA at www.organicconsumers.org.

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Book Thoughts: My Favorite Tropical Island

By Nancy Casey

In the opening sentence of Christian Bauman's novel *Voodoo Lounge*, an army warship glides past the north end of the island of Lagonav at dawn. I know that spot. It's called Twou Lanfe—the Hell Hole. It's a scorched sprawl of wet sand laced with tracks from overladen trucks whose drivers seek out routes where they won't suddenly find themselves buried to the axle. The warship doesn't stop there. It continues a few more miles and docks in Port-au-Prince. The year is 1994, and the ship is part of an invading force aimed to reinstall Jean Bertrand Aristide three years after his government was toppled by a military coup.

For the past several years, I have been making regular visits to a peasant community in the mountains of Lagonav, a two hour long bone-jarring ride up from the sinkholes of Twou Lanfe.

For the past several years, I have been making regular visits to a peasant community in the mountains of Lagonav, a two hour long bone-jarring ride up from the sinkholes of Twou Lanfe.

As a depiction of the Haiti that I know, Bauman's book falls someplace between unresearched and bad. The

kreyol language is inaccurate, the Haitians are scary, and the vodou ceremony is utterly bogus. Yet Bauman was an American soldier in that invasion, so what his novel shows you about that military engagement is probably quite accurate. You can see how the stage was set for Aristide's second and final overthrow and the

bloody unrest that continues there even now.

There's much to applaud in this novel: an empathetic portrayal of a woman in combat, barracks romance, realities and honest misconceptions about AIDS, and a safe sex scene without condoms. It's a page turner.

Voodoo Lounge

The book that has most resonated with my experiences in Haiti is Rachel Simon's memoir, *Riding the Bus with My Sister*. This could be surprising, seeing as how it is set in urban Minnesota.

Simon is a 20-something over-achieving writer whose sister Beth, a year younger, is mentally retarded. Beth lives on her own with help from available social services. She's somewhat overweight and wears yellow sweat pants and purple T-shirts. She talks just a little bit too loud, often to strangers who wish she'd be quiet. She used to have a part-time job bagging groceries, but gave it up to pursue her true passion—riding city busses all day long, chatting with drivers and passengers.

At the urging of other members of the family, Simon visits Beth in an attempt to get her to give up the bus riding and go back to bagging groceries. Beth challenges her to ride the bus with her for a year. And she does.

What Beth and other people like her have in common with Haitians is this: you can read all about them, their plight and their issues, but no amount of information will give you a truly empathetic understanding of their lives. You don't even know what questions to ask. All you can do is spend time, withhold conclusions, and observe the bewildering behaviors

Riding the Bus with My Sister

without judgement. Simon is astonished by what she learns about her sister. Beth is coura-

geous and resourceful, even when daunted, afraid or hurt. Beth has her own priorities and her own ideas about what she wants. Despite what Simon has known all her life about her sister, she doesn't understand the least thing about what it is like to be Beth until she enters her world. Over and over, Simon finds her tidy notions about what it means to be human unraveling. Then I would find myself saying yes!yes! for the way this resonates with how it feels to be me as my worldview is restructured among the peasants of Lagonav.

Greenlanders

So what would one read to get a better inkling of Haitian peasant life? The *Greenlanders* by Jane Smiley. Yes, Greenland.

Europeans colonized the southern reaches of Greenland at the end of the first millennium. A back-cover blurb refers to them as a "failed people," yet there they are in all the richness of their lives, eking out an existence in a landscape that is uninhabitable by our standards. Once you fall into the Germanic cadences of Smiley's restrained, almost deadpan narration, your imagination drops into the rhythms and concerns of these peasant lives. Days tick away in heartbeats and time is measured with light. In a community where people arrive by being born and leave when they die, the social geography splits, heals and mutates over generations. By the time the small children in the opening chapter have grown old, you begin to get a sense that you have some answers to a few questions that you never asked.

Nancy Casey has been a member of the Co-op community for 23 years. These days, even if she walks into the store through the door marked "exit" she is dismayed and bewildered by how much she feels she has walked onto the final pages of Animal Farm.

Keep In Touch


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Sight Unseen
by Donald Margulies



DIRECTED BY PAM PALMER

February 2-4, 9-11 at 7:30 pm
February 11 at 2:00 pm

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Adults \$15
Seniors \$10
Students \$5

Produced by Sirius Idaho Theatre 2005-2006

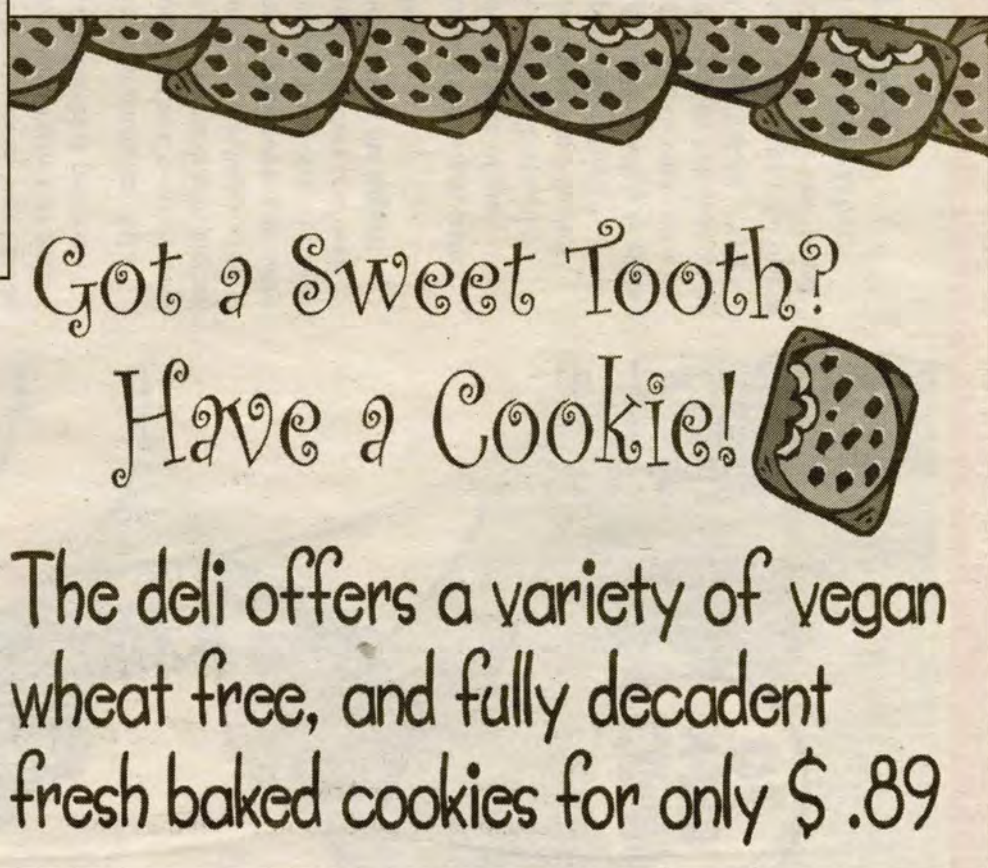
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Bulletin Board

MOSCOW FOOD



moscow food co-op
121 east fifth
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Vigil for Peace Moscow: Fridays, 5:30 pm-6:30 pm

Meetings in Friendship Square
and at Third and Main. 882-
7067, sperrine@potlatch.com.

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

Under the clock by the Pub-
lic Library. 509-334-4688,
nancycw@pullman.com.

Co-op Music Nights Tuesday nights, 6-8 pm

Free live music at the Co-op and
food/drink specials.

- Feb. 7: David Roon
- Feb. 14: Lisa Simpson
- Feb. 21: Milo Duke
- Feb. 28: Brian Gill
- Mar. 7: Brian Taylor
- Mar. 14: Potatohead

Sirius Idaho Theatre

Presenting "Sight Unseen" by
Donald Margulies. Feb. 2, 3, & 4 at
7:30 pm. Feb. 9, 10, & 11 at 7:30
pm. Feb. 11 at 2:00 pm. Tickets
available at BookPeople or before
each performance at the Kenwor-
thy Performing Arts Centre box
office. \$15 Adults, \$10 Seniors,
\$5 Students. For more info,
contact Pam at 208-596-2270, or
siriusidahotheatre@gmail.com

One World Cafe Events

- Feb. 3: Paralyse - 8:30
- Feb. 4: Jeanneology - 8:30
- Feb. 5: Bluegrass Jam hosted by
UI Bluegrass Club - 8:00
- Feb. 10: Brian Gill - 8:30
- Feb. 11: Jazz Night - 8:30
- Feb. 12: Book reading of *Ameri-
can Legend: The Real-Life Adventures
of David Crockett* by Moscow
author Buddy Levy with music.
- 8:00 pm
- Feb. 17: Alexander-Stephens
Band - 8:30
- Feb. 18: Zugunrue - 8:30
- Feb. 24: Luke Taklo - 8:30
- Feb. 25: David Roon - 8:30

Yoga for Creative Health Saturdays in February, 3:15 - 4:30 pm

Certified Instructor Andrea Bus-
singer offers Yoga at the Orchard
Studio. Registration requested by
Feb. 3. \$40/4 classes, or \$12/class.
Please RSVP. For more info or to
register: (330)687-0271.

Mental Illness Education

Classes to help families dealing
with mental illness begin Feb. 5 in
Pullman. Sponsored by the Palouse
Alliance for the Mentally Ill, the
12-week course is free to family
members who care for persons
with mental illness. For info call
Pete Becker at 882-7883 or Jane
Pritchett at 882-7743.

The Peabody Trio

Thursday, Feb. 2, 8:00 pm
Auditorium Chamber Music Ser-
ies. University of Idaho Audito-
rium. Contact: chmusic@uidaho.
edu; 885-7557 for further info.

Photography Exhibit

Friday, Feb. 3, 5 - 7:30 pm
The Moscow Arts Commission
presents a photo exhibit by Floyd
Peterson. Opening Feb. 3 in the
Third Street Gallery. 110 S. 3rd
7036 or ddeath@ci.moscow.idaho.edu

FOC Hike

Sat. Feb. 4, 7 am
Hike to Clear Creek
Area, near Kooskia, m
Rosauers in Moscow.

Health Screeni

Tues. Feb. 7, 9 am
CardioQuick Health
will be doing health
the Moscow Food C
7. More info. at the C
website, www.cardi

Public Meeting

Tues. Feb. 7, 5:30 pm
Latah County Courthouse, room
2B, a meeting about restricting the
light pollution from yard lights in
rural Latah County.

Open House

Thurs. Feb. 9, 10 am - 6 pm
At 106 East 3rd Street, Suite
5B. We welcome Carolyn Doe,
Massage Therapist, and offer well
wishes to Sharon Sullivan, Herbal-
ist/RN. Stop by for herb tea,
snacks, & giveaways. Info: Sharon:
883-8089 or Erika: 310-1728.

Art at the C

Fri. Feb. 10, 5
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is on Friday the I
will continue unti

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lore.org, or call 882-1980.

Valentine's Cake Drawing Drawing held on Feb. 12

Sign up at the Co-op Cafe to win
a heart-shaped chocolate rasp-
berry fudge cake. We will have a
drawing box out Feb. 1 - 11. One
entry per person please!

Contra Dance

Sat. February 18, 7:30 pm
Everyone is welcome! Dances are
ought. Live music by Out of the
Wood. 1912 Building (412 E. 3rd)
Moscow. \$4 newcomers, \$5
members, \$7 non-members. For
more info: www.palousefolklore.
org, or 892-0730.

Forests Benefit Concert

Saturday, Feb. 18, 7 pm
Love your Forests Benefit Con-
cert featuring Chubbs Toga at
American Legion Cabin (S. How-
ard St. Moscow). Doors open at 7.

Library Essay Contest Deadline: Feb. 28

Essay contest in honor of the
Moscow Public Library's Centen-
nial. Theme is "I Love My Library,"
open to all ages. Cash prizes will
be awarded in four age categories.
Send your essay to Friends of
the Library Essay Contest, 110 S.
Jefferson, Moscow, ID 83843, or e-
mail to: writer@plumassignment.
net. Questions? Call Carol Spurl-
ing, 882-3489.

University of Idaho Library--periodicals
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Submit community announcements to events@moscowfood.coop
24th of each month. For additional events & information, visit our web
site: www.moscowfood.coop/event.html

