

Community News

The Local Campaign Issue

FREE!
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • February 2009



Meet the Candidates!

by Carol Price Spurling, Co-op Outreach and Membership Coordinator
outreach@moscowfood.coop

Meet the Candidates Forum, 3-6 p.m., Sunday, February 22, Fiske Room, 1912 Center

The Moscow Food Co-op Board of Directors elections will be held throughout the month of March and we are happy to announce that there are five candidates for two open seats. Please see inside the newsletter for the candidate statements and photos.

Questions can be submitted in advance for the candidates' forum to be held on February 22; please drop your questions in the green box by the Board bulletin board at the front of the store. At the forum, we'll have some munchies and drinks, social time for informal discussion, and a moderated question time for the candidates to respond to questions and talk more about their vision for the Co-op and why they want to serve on the Board.

The election will be electronic in

order to make it as convenient as possible for every eligible voter to vote. Voting can take place anywhere there is a computer with an internet connection, or at the special voting terminal that will be set up in the Co-op.

The electronic election will also be anonymous, secure, and fraud-proof and the results will be available as soon as the voting closes, thanks to the great eBallot system created by Votenet, Inc., which we are using upon the recommendation of several other co-ops who had nothing but good things to say about it. If you have any questions about it, contact me.

And, for those who would prefer to use a paper ballot, we can do that too. Paper ballots will be available in the newsletter, in the store, or

by contacting me; completed paper ballots will go to an impartial third party, Co-op member Kay Keskinen, who will tally them. See more information about Kay inside the newsletter.

So this month, get informed. Next month, vote!



www.moscowfood.coop

Day-NW
HD
3284
N48

Community News



The Local Campaign Issue

The monthly newsletter of the Moscow Food Co-op • February 2009



The Grocery Zone: Taste of the Palouse, Saturday February 21 & 28 11 a.m. – 3 p.m.

by Joan McDougall, Co-op Grocery Manager, grocerymgr@moscowfood.coop

February is the month we invite producers in our area to the Co-op to meet you and offer samples of their foods and flavors. It's a fun event that the grocery department always looks forward to hosting. The Taste of the Palouse will take place on the last two Saturdays of the month, February 21 and 28 from 11 a.m. – 3 p.m. We are excited about the event and hope you will take this opportunity to come to meet some great folks, to sample some great foods, to ask some great questions, or to suggest some great products you would like to see. When we attend food shows it always adds an extra dimension to a brand when we meet the people behind the products. We hope you too will benefit from meeting the people who have either created the product or are directly responsible for marketing the product so you can gain first-hand knowledge. We look forward to seeing you here on the last two Saturdays of February.

Here is the list of participants we have lined up currently. We expect to add more and fine-tune the roster by the time you read this so look for posters around the store.

- ▶ Amy's Cakes
- ▶ ATP Beverage
- ▶ Camas Winery
- ▶ Caruso Honey
- ▶ Chukar Dave's All Natural Herbal Seasoning
- ▶ Cowgirl Chocolate
- ▶ Craven's Coffee
- ▶ Doma Coffee
- ▶ Eaton Beef
- ▶ Gluten Free Mama
- ▶ JT's Ranch Hand Spice Co.
- ▶ Landgrove Coffee
- ▶ Merry Cellars
- ▶ Orchard Farm Soap
- ▶ Republic of Tea
- ▶ Rudi's Organic Bakery
- ▶ Virginia's Salsa & Tortillas



Illustration by Lucas Rate



Local Economics at Work: Member Loans to be Re-paid

by Kenna S. Eaton, Co-op General Manager, kenna@moscowfood.coop

Late in 2004 when we made the decision to relocate to this building we also decided that we wanted to let our member /owners invest in our business as well. We had used member loans to help finance a previous move and it had worked so well for everyone that we were excited to try it again. Obviously the members were also, for in six weeks we raised over \$450,000! Wow!

We offered our members staggered interest rates depending on how much they loaned us. The terms increased with the risk. For loans less than \$10,000 we offered a 4 percent interest rate and a promise to re-pay the principle in 4 years. For loans over \$10,000, but less than \$20,000, we offered 5 percent interest

for 5 years and for loans above \$20,000 6 percent interest for 6 years. Although most members (29) loaned us sums less than \$10,000, nine owners loaned us more than \$10,000 and surprisingly (to me, anyway), eight owners loaned amounts larger than \$20,000. Our owners sure are a generous bunch! But perhaps they also realized the value of investing in their locally owned and operated co-operative, so they were smart too.

Here we are in 2009 and we are now ready to re-pay those smaller loans to a tune of \$81,457. Of course these and the rest of the loaners will receive their annual interest payments as well (\$19,888) for a grand total to be paid out of \$101,345 during February and March.

To me this really is the local economy at work: our owners decided to keep their money on the Palouse by investing in their local food Co-op. We put the money to work by investing the funds into our facility and local workers; turning this place into a community center and grocery store. Now we're ready to return the investment back to the owners so it can go to work elsewhere, hopefully still here in the Palouse. So, a very loud "thank you" to all our owner loaners, for without folks like you we would have had a tough time borrowing all we needed to make this move from a bank. Additionally, thanks to all our owners for their continued support during the past four years and now into the future.

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

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

This entire newsletter is posted on the Co-op website in PDF format. Writer's guidelines, as well as selected current and archived newsletter articles, are also available on the Co-op web site: www.moscowfood.coop.

For advertising rates and information: contact Jyotsna "Jo" Sreenivasan at 892-0730 or ads@moscowfood.coop.

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 20th of each month

Editor
Bill London
editors@moscowfood.coop

Issue Editors
Marcia Hill Gossard
Carol Hill

Graphic Design
Megan Prusynski
design@moscowfood.coop

Advertising Manager
Jyotsna "Jo" Sreenivasan
ads@moscowfood.coop

Illustrations
Lucas Rate

Photographs
David Hall

Distribution
Donald Stanziano—Moscow
Kurt Queller—Pullman
Mary Zuber—Lewiston-Clarkson

Back Page Bulletin Board Editor
Richard Elgar
events@moscowfood.coop

Webmaster
webmaster@moscowfood.coop

General Manager
Kenna Eaton (208) 882-8537
(208) 882-8082 fax
kenna@moscowfood.coop

Board of Directors
boardmembers@moscowfood.coop
Kimberly Vincent, President
Bill Beck, Vice President
Donal Wilkinson, Secretary
Kathleen Ryan
Joe Thompson
Gary Macfarlane
Chris Caudill

The Co-op Board of Directors monthly meetings are open to members.



CO-OPERATIONS



The Front End News

by Annie Hubble, Co-op Front End Manager,
frontend@moscowfood.coop

A couple of months ago at a cashier meeting, I felt as though I was at a revival camp! One after another, with no prompting from me, cashiers talked about how they loved their job. I felt so pleased to see how enthusiastic they all were and how much joy they got out of their positions at the co-op. I felt thankful to have such a good team. They have such complicated jobs. Obviously a friendly nature is a must, but also they have to keep accurate records

of transactions, and of the more obscure things such as paid ins, charges or kitchen transfers. Beyond all these things though, I am sure a lot of the joy comes from the interactions with the customers. Your smiles make our day and I thank you all, each and every one of you, for your cheerfulness and good natures. We are lucky to have the co-op and lucky to have a community that supports it. See you all soon!

**MFC Board
of Directors
Meeting: Tues.
Feb. 10, Fiske
Room, 1912
Center, 6 p.m.**

Just Trade
Fairly traded crafts
from around the world
inside Brused Books
235 E. Main St.
Pullman WA
509-334-7898
Mon-Fri 11-6, Sat 10-6
Sundays 12-5

Subscribe to the Co-op's Community News

Only \$18 per year for 12 monthly issues mailed to any address in the US.

Now you can take Moscow with you if you move, or share Moscow with friends or relatives!

To subscribe: send check for \$18 (made out to the Moscow Food Co-op) to:
editor Bill London
PO Box 8152
Moscow ID 83843

Be sure to include the full address where the issues will be sent.

Join the Moscow Food Co-op and Save!



Members Save:

- 10% off on bulk special orders
- Up to 18% discounts 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.

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

A Choir of Angels Massage Center: 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, 106 E Third St, 1C, Moscow ID 83843, 208-413-4773. Also by mail.

Adventure Learning Inc.: 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventurelearningcamps.com

Alchymia Life Coaching: 1 free session & \$25 off initial session, Katrina Mikiah, 882-1198

Anatek Labs, Inc.: Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, anateklabs.com, 1282 Alturas Dr, Moscow, 883-2839

Anna Banks, Equine Massage Practitioner: \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.

Appaloosa Museum: 10% off in the museum gift shop, Sherry Caisley-Wilkinson, museum@appaloosa.com, 2720 W Pullman Road, Moscow, 882-5578

Ball & Cross Books: 10% off Used Book Purchases, Mark Beauchamp, 203 1/2 S Main St, Moscow, 892-0684.

Bebe Bella: A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 208-882-1353, www.bebebella.com, amamaswork@yahoo.com.

Body Song: Free yoga class or \$10 off first massage, Sara Kate Foster, 106 E. 3rd st, Suite 2A, Moscow, 301-0372

Copy Court: 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680

Culligan: Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351

Clearwater Colonic Therapy: Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston

EcoWater Systems: \$100 off softener-reverse osmosis combo & free install up to 2.5 hrs within 50 miles, 2 weeks free water to new customer, Michael Robison, 882-5032, 316 N Main St, Moscow

Erika Greenwell, LMP: First 2 Massages @ \$35 each, 882-0191

The Healing Center: Save \$10 off on first exam or phone consultation, Dr. Denise Moffat, drmoffat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993

Healing Point Chinese Medicine Clinic: \$10 off initial and second treatments, Lauri McKean, LAc & Meggan Baumgartner, LAc, www.healingpt.com, PO Box 9381, Moscow ID, 669-2287

Healing Wisdom: 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 882-2578

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

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

Inspire Communications: 10% off All Services, Jo Sreenivasan, www.WritingHelp.us, 892-0730

Integrative Mindworks: Free 30-min. consultation for new clients, April Rubino, integrative-mindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, april@integrativemindworks.com

Kimi Lucas Photography: 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064

Dr. Linda Kingsbury: \$10 off first session. Herbal Medicine. Clairvoyant Counseling & Holistic Healing for body-mind-spirit. Classes. Community events. www.spiritherbs.com. 883-9933.

Mabbutt & Mumford, Attorneys: Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744

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

Mark Winstein-Financial & Leadership training: Free one hour session, Mark Winstein, www.ecostructure.us, 1904 Lexington, 208-596-6500

Marketime Drug: 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541

Andre Masom, Clinical Counselor: Free Wellness evaluation, amasom@hotmail.com, 106 E. 3rd st, Moscow, 882-1289

Mindgardens: Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, erik@buildmindgardens.com, 220 NW Tingly St., Pullman, 509-595-4444

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

Moscow Yoga Center: 10% off classes-new students, Jeri Stewart, 525 S Main, Moscow, 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, Moscow, www.TheNaturalAbode.com, 883-1040.

Now & Then Antiques: 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.

Palouse Discovery Science Center: 10% off on all items in the Curiosity Shop, Victoria Scalise, 2371 NE Hopkins Ct, Pullman, 332-6869

Pam's Van: \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858

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 off Medela breast pumps and supplies, Sid Pierson- owner, Pullman Care Community, 825 Bishop Blvd, Pullman

Susan Simonds, PhD, Clinical Psychologist: 20% off initial life coaching session, 892-0452

SkyLines Farm Sheep & Wool: 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747.

Sweet Peas & Sage: 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222

Tye Dye Everything: 10% off any purchase, Arlene Falcon, tyedye@moscow.com, 527 S Main St, Moscow, 883-4779

Whitney & Whitney, LLP: Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872

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



It's Essentially Spring!

by Kenna S. Eaton, Co-op General Manager, kenna@moscowfood.coop

Last year, sometime during the balmy days of May, we decided to unveil the Essentials program. Designed to help making shopping naturally easier (you can put the emphasis wherever you like in that sentence!) we selected items that will not only save you money, but also help the environment. Rotated seasonally, items chosen are minimally processed and packaged (no cookies or chips!), plus we are keeping the price as low as we can while they are on our *Essentials*

list. Probably by now you've figured out that if we are selling these items as low as possible we can NOT offer any other discounts on them. This would include staff, volunteer, or case discounts. As usual we will have identifying "Essential" signs in a bright green color this time, posters, and a shopping list (available at the check stands) to help you find all the things we've chosen to help make your next shopping trip "naturally easier."

From the Cheese Case

by Brent Steward, Co-op Cheese Buyer, cheesebuyer@moscowfood.coop

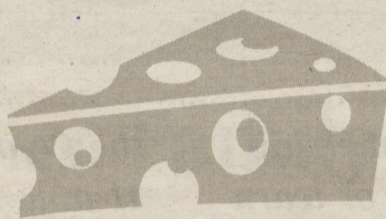
Valentine's Day is a perfect time to enjoy a great bottle of wine, a great cheese, and loaf of bread with your sweetheart.

I am having Chaource (shah-oorse), the premier cheese from the Champagne region of France, flown in for arrival on February 12. It is a Brie style cow's milk cheese that is rich and delightful. It will arrive in 250 gram rounds (8.8 oz.) and goes perfectly with Champagne or a nice Chardonnay.

Regularly Chaource runs \$11.99 per round, but leading up to St. Valentine's

Day we will offer them for \$9.99 per round.

The only catch is that I only have 36 rounds coming on the February 12, so if you'd like some at the special price you'll need to reserve them ahead of time. You can pick them up after 5 p.m. from February 12-14. Please reserve your Chaource Valentine special with Brent in the cheese department.



Member Opportunities

by Carol Price Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

The Co-op will be offering "Living Green 101," a two-hour class on living sustainably, tentatively scheduled for the evening of April 23, at the Hamilton Indoor Recreation Center, through the City of Moscow's Parks and Rec. Dept. We need volunteers to teach 10 minute class segments on these topics: recycling/reusing, composting, water conservation, energy conservation, minimizing consumption, reducing use of toxic chemicals (FILLED), and supporting the local economy. (Volunteers will receive a store discount of some sort.)

The Co-op will be offering a series of cooking classes in May and June through the City of Moscow's Parks and Rec. Dept., called "Essential Cookery." Classes this spring will be on breakfast breads, ethnic cooking

with grains and beans, cooking a whole chicken, and preserving the harvest. We are looking for: instructors to teach or co-teach classes (instructors will be paid), volunteers to offer childcare during the classes if necessary (for discount of some sort), and sponsors to underwrite scholarships for low-income residents and Co-op members who would like to attend.

The Co-op is looking for volunteers to sell and take tickets at our monthly Good Food Film Series, held once a month beginning in March. Ticket sellers and takers will receive free admission to the film.

For more information about any of these opportunities contact Carol Spurling for more information: outreach@moscowfood.coop or 208-669-0763.

Co-op Essentials Shopping List.

Great value for great food! The items are marked at everyday low prices so no extra discounts apply.



Making shopping naturally easier.

Bulk

- ___ organic whole wheat spaghetti
- ___ organic calico soup beans
- ___ organic walnuts

Chill/Frozen

- ___ Brown Cow plain yogurt, 32 oz
- ___ Amy's frozen vegetable pocket
- ___ Cascadian Farms frozen green beans
- ___ OV non-fat pasteurized milk, 1/2 gal
- ___ Greenbank Farms sharp cheddar

Packaged

- ___ Living Harvest unsweetened hemp milk
- ___ Lakewood red pomegranate juice
- ___ Aptera olive oil 17oz

Supplements

- ___ Gaia Black Elderberry phytocaps
- ___ Boiron Sabadil for Allergies
- ___ Jarrow fermented soy protein powder
- ___ Boiron Camilia for Teething
- ___ TMR Liquid Cal/Mag/Zinc, 32 oz
- ___ New Chapter All Flora
- ___ New Chapter Only One, 60 ct
- ___ Eclectic Nettle/ Eyebright Glycerite, 1 oz tincture

Health and Beauty

- ___ River Soap vetiver bar soap
- ___ Aubrey baby shampoo
- ___ Weleda lavender bath milk

Bakery

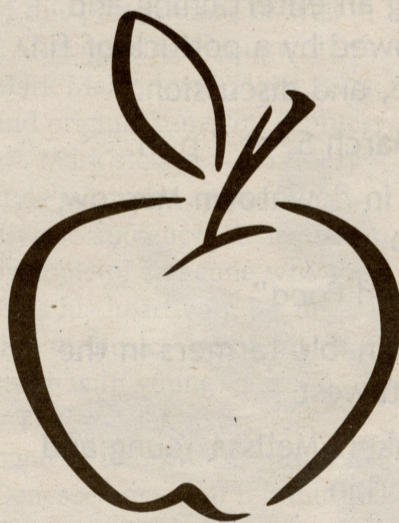
- ___ Whole wheat levain

Meat

- ___ chuck roast
- ___ stew meat

Pet

- ___ C&P Ultramix indoor cat food
- ___ Pet Promise adult dog food, 15 lbs



MOSCOW YOGA CENTER
525 S. Main. 208.883.8315

Current session Jan. 12 - March 13. Spaces still available.
Next session starts March 23.

View our schedule on line at:
www.moscowyogacenter.com

Above the Rim
Gallery
All Original Art
Gifts

Up the Stairs in Paradise Creek Bikes
513 S. Main St. - 208 882-3361

KONA GIANT RALEIGH HARO

PARADISE CREEK BICYCLES

SALES • REPAIRS • RENTALS

208.882.0703

513 S. Main
Moscow 83843

Open 7 Days a Week



CO-OPERATIONS



Food Faves!

by Carol Price Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

Congratulations to Cathy Porter, Food Fave! winner for February. The Co-op is awarding Cathy five bags of Stahlbush Island Farms frozen strawberries or blueberries as her delicious prize; the nutritional benefits she receives from these are a pretty priceless extra.

Members, keep the Food Faves entries coming! About 100 words on your favorite grocery/chill/frozen food item, with your name and contact info attached, submitted to outreach@moscowfood.coop. Previous entries are still in the running but you can submit more than one entry if you like.

My Food Fave: Stahlbush Island Farms frozen strawberries and Stahlbush Island Farms frozen blueberries, 10-oz package

by Cathy Porter, February Food Fave! Winner

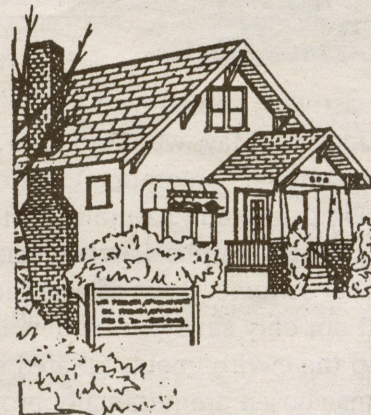
These frozen berries are very high quality berries (and I've tried many different brands). I use them on my hot cereal, which consists of Oat Bran with added Wheat Bran. I microwave a small glass dish of the berries very briefly and add them to my cereal with a little cinnamon, agave, and milk. This makes a wonderful breakfast!

In addition, I use both the strawberries and blueberries in my smoothies (made with tofu, apple or orange juice, a banana, plain yogurt). I add the frozen berries right from the freezer at the end of blending and blend again.

This is a great bedtime snack!

Thank You!

PALOUSE
Ocularium
VISION CENTER



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

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

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

Want to talk about outreach or membership issues? Want to arrange a store tour or learn more about our member benefits and outreach programs? Announcing the Outreach and Membership Coordinator office hours at

the Co-op: Monday, Wednesday, and Friday, 11 a.m. – 2 p.m. or by appointment. Have a cashier page Carol or call (208) 669-0763 or email outreach@moscowfood.coop to arrange a meeting time.

ANNOUNCING THE MOSCOW FOOD CO-OP GOOD FOOD FILM SERIES

by Carol Price Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

A monthly event featuring an entertaining and thought-provoking film, followed by a potluck of finger foods, social time, and discussion.

Beginning Thursday, March 5, at 7 p.m.

At the Kenworthy Theatre in downtown Moscow, Idaho

Featuring "Good Food"

A documentary about sustainable farmers in the Pacific Northwest

With special guests, filmmakers Melissa Young and Mark Dworkin

Doors open at 6:30 p.m.

Admission \$6 general public, \$4 Co-op members

Please bring finger food to share afterwards

Mark your calendars:

✓ Thurs., April 2 - "My Father's Garden" and "Beyond Organic"

✓ Thurs., May 21 - TBA

✓ Thurs., June 18 - "Homegrown"

✓ Thurs., July 16 - "Mad City Chickens"

Your Dollars at Work

by Carol Price Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

The December recipient of *A Dime in Time*, Community Action Partnership, received \$400.80 from generous Co-op shoppers who donated their bag and coffee cup refunds. This is about 80 percent of the bag refunds we gave! But there is still a lot of room for improvement, as a majority of Co-op shoppers do not yet use permanent shopping bags. We have an idea to make it easier, even if you forgot your cloth bags at home, and we'll talk more about that next month.

The February recipient for *A Dime in Time* is REACH, the Retired Equine and Care Habitat.

Recently, the Co-op donated some of its cookbooks to fundraisers held by the Graham Academy and to the University



of Idaho Student Nurses Association. We also donated the coffee for the Latah County Human Rights Task Force's fundraising Martin Luther King Jr. Human Rights Breakfast held Sat., Jan. 17, donated to the Lion's Club turkey raffle and to the Chamber of Commerce holiday gift basket, and

purchased an ad for the program of the University of Idaho Women's Center upcoming benefit performances of "The Vagina Monologues."

To cap off the month of January, the Co-op co-sponsored free to the public, live, big-screen coverage of the presidential inauguration on January 20, at the Kenworthy Performing Arts Center.



Art at the Co-op

by Annie Hubble, Art at the Co-op Coordinator, frontend@moscowfood.coop

The Co-op is lucky to have two art show openings in February. On Tuesday February 10 we will get a chance to see photographs of some of the entries in the city's Wisescape competition. This show will run until February 26, to be followed with an opening on Friday, February 27 by the annual quilt show with works by Alicia Cunningham and Kristin Jones. Their show will run through March 26.

The City of Moscow Wisescape Award was established in 2008 to promote water efficient landscaping on the Palouse and to recognize indi-

viduals who set examples for aesthetics and resource conservation. Candidates could be self nominated or nominated by others. Eighteen nominations were received in the various categories of residential, multi family complexes, and commercial properties. In my mind all these folks are winners, since they obviously practice good ecological approaches in their landscaping, but four candidates were chosen overall for outstanding work: Sue Benier and Martha Schmidt in the residential category; Harrison Park Apartments in the multifamily complexes, and Avalon House

in the commercial category. In the art show, we will see photographic journeys of the landscaping, and understand further how all these avid environmentalists answered to the quite strict guidelines given in the competition's rules relating to design, the reduction of resource use, appropriate soil enhancement, and environmentally sound plant selection. I, for one, am much looking forward to the display.

From 5:30-7 p.m. on Friday, February 27 you can meet Kristin Jones and Alicia Cunningham, local quilters with their third Co-op art show.

This is always a popular show. Their choices of fabrics, colors and design please the eye and the soul, and their works often have a "sold" sign on that very first evening, so come early and get chance to own a lovely piece of their art.

Enjoy all this and other local art, be it quilting, gardening, music, or other and rejoice in our very talented community. What a wonderful place to live!

Tuesday Night Music Series: Family Fun at the Co-op

by Ashley Martens and Noel Palmer, Co-op Music Volunteers

Back in the day, it was common for us to head out into the night at 10 p.m. to go dance to a groovy band at John's Alley. But now that we have two young children, we rarely stay up past 10 p.m. Exposing myself to new music was important to me, and it still is. Fortunately, the Co-op offers live music at reasonable hours (6-8 p.m.) and in a family-friendly setting (the Co-op's own deli).

Take last month's Bluegrass Jam, for example. There were kiddos dancing, playing instruments, listening, and munching. Parents were having fun,

too. People of all ages showed up with banjos, mandolins, fiddles, guitars, voices, and percussive toys of all sorts. We danced, sang, and enjoyed the beauty of community. This experimental jam proved successful on all fronts. Look for more chances to jam with new friends and old in the coming months.

February will provide a varied display of music on Tuesday nights that will entertain the whole family. So load up the kids and come on down to the Co-op this month.

Moscow's own Joan, Marci, and Tom will provide harmonious accompaniment to your dining and shopping experiences on February 3. Their guitarist, Tom, provided the following "artsy" description of their music: "Working in the vein of writers like Sarah McLachlan and Patty Griffin, Joan's songs prove that real love, and the best love songs, takes shape after the happily ever after. Her rich and haunting piano work provides the ideal backdrop to a voice that is both innocent and experienced, and always yearning. Marci's uncanny harmonies lift that yearning into sublime hope. Tom owns many guitars." Based on this witty description, I think it's safe to

assume you will be entertained!

Natalie Rose of Moscow will ease the mood at the Co-op with smooth jazz vocals on February 10. Natalie Rose, a Northwest native, has been performing vocals & keys

since the tender age of 14. Natalie's velvety voice and soulful keyboarding is sure to captivate any audience. Come enjoy her stirring, unique renditions of Soul, R&B and Blues tunes. As a new mother, Natalie will appreciate the early hours of this performance as well.

Moscow singer-songwriter Mark Maland will play covers and original tunes on February 17. Mark's classic and folksy style is sure to appeal to a diverse audience. He is also an example of someone who follows his heart with his dedication to music—a fine lesson to share with young ones.

Thorn Creek Express, a band of four brothers from the Genesee area, will roll into the Co-op on February 24. They perform a mix of ol'-timey, bluegrass, Irish, classic country, and gospel. Lucas (age 15) plays bass, Tyler (12) is on guitar, his twin brother, Austin, plays fiddle, and Carson (10) plays fiddle, too. The brothers have been raised on the oldest homestead of what was

February Tuesday Night Music

February 3: Joan, Marci, and Tom of Moscow, Idaho. Harmonious vocals, guitar, and piano.

February 10: Natalie Rose of Moscow, Idaho. Smooth jazz vocals.

February 17: Mark Maland singer-songwriter of Moscow, Idaho. Classic, folksy style.

February 24: Thorn Creek Express, four brothers ages 10-15 of Genesee, Idaho. Bluegrass, Irish, classic country, and gospel.

the Thorn Creek Territory in 1870, which also includes an easement for the pony express, hence the band's name. Bring the kids to see other kids play!

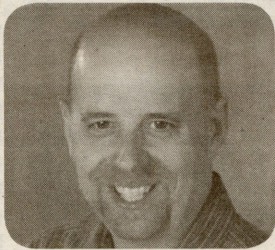
.....
Ashley and Noel love looking at the intricate ice crystals on the branches and leaves around town.



Short-Term Rental

One bedroom upstairs apartment
Near downtown Moscow
Fully furnished & equipped
High-speed wireless internet
Cable television
Daily, weekly, and monthly rates

Carol Spurling (208) 669-0763
www.SixthStreetRetreat.com



2008 Ends with a Whimper: Sales soft in December

by Steve Kobs, Co-op Store Manager, manager@moscowfood.coop

Last year ended with disappointing sales. December sales were \$582,000 compared with \$572,000 in 2007. That makes December '08 1.7 percent better than '07. For the first 11 months of 2008, our sales had been 11 percent better than 2007.

December sales in some of our biggest departments barely kept pace with sales last December. Grocery, Produce and HABA (Health and Beauty Aids) had tiny sales increases, after 11 months of double digit sales increases. The Coffee area of

the Deli also had flat sales and so did Cheese. December was the first full month in our "official" recession and weather was less cooperative than normal. Despite our slower than expected sales, we should make a little money in December and end 2008 with net income around 1.4 percent of sales. The average grocery store has net income of 2.1 percent of sales.

For the year, 2008 sales were \$7.3 million compared to \$6.6 million in 2007. That is a 10.6 percent increase in sales. For 2009, we are expecting sales to

be \$7.8 million if the local economy remains reasonably resilient. We developed a contingent budget, making adjustments if sales growth only reaches \$7.5 million in 2009.

It seems a little daunting to be talking about millions of dollars. To put it in perspective, let's look at how each dollar spent at the Co-op in 2009 will be used:

- ✓ 58¢ goes towards purchasing the product from our supplier,
- ✓ 21¢ pays for wages and benefits for staff,
- ✓ 16¢ pays for other expenses

like utilities, rent, debt, taxes, and maintenance,

✓ 2¢ pays for discounts to members, volunteers and staff, and

✓ 3¢ is "net income" is reinvested into the Co-op.

Our significant reinvestment projects for 2009 include a cardboard bailer, salad bar, building alarm upgrade, increased bike parking and replacing temperature controls and lighting to improve energy efficiency.

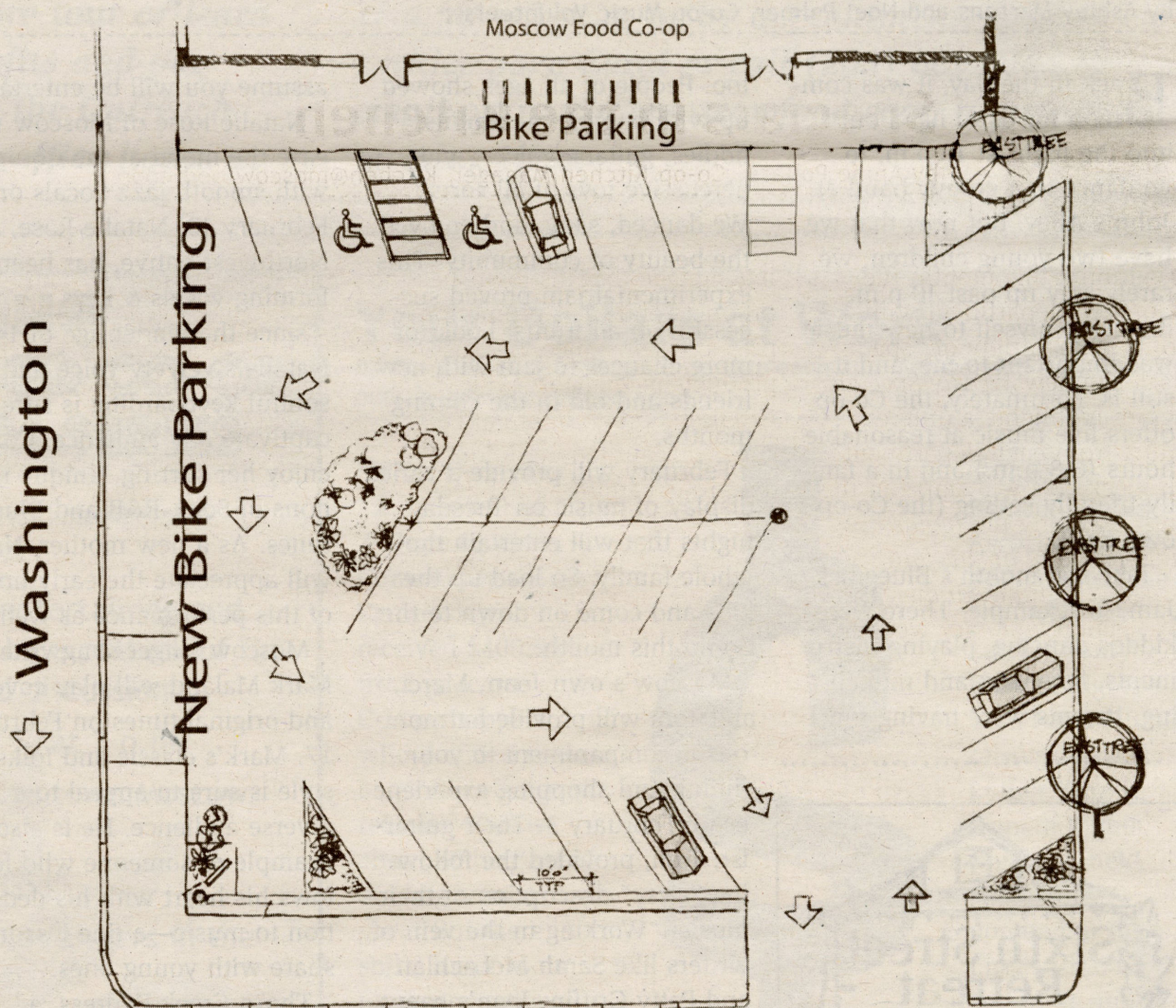
Expanded Bicycle Parking Slated for Spring

by Steve Kobs, Co-op Store Manager, manager@moscowfood.coop

The Sustainability Committee has been working on a number of initiatives to encourage low carbon footprint transportation, including expanding bicycle use. But, to encourage bikes, we need more bike parking. And that is our plan.

This spring, we will be adding more bike parking along the east side of the parking lot, along Washington Street. We expect to be able to accommodate 20 more bicycles, with enough room for bike trailers as well. Because of challenging snow removal conditions, these racks will be removed each winter. An exact installation date has not been determined.

If you have any questions, contact me at the Co-op or at manager@moscowfood.coop



Meet the Candidates Forum: Sun. Feb. 22, Fiske Room, 1912 Center, 3-6 p.m. Submit your questions for the candidates in advance at the Co-op, and then come hear what they have to say!

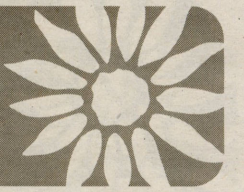
INTEGRATIVE MINDWORKS
INQUIRY INTO CONSCIOUSNESS

April Rubino, CHT, RYT, EFT-ADV
 (208) 882-8159

Clinical Hypnotherapy
 Emotional Freedom Techniques
 Yoga & Somatic Therapy
 Reiki & other Energy Therapies

Offering private sessions, onsite or by phone,
 group classes and workshops
 and audio recordings

www.integrativemindworks.com



February Wellness Class: Learn about being heart healthy during Heart Health Month!

by Amy Lucker, Co-op Wellness Manager, haba@moscowfood.coop

Please join us for a wellness class in February on Optimal Heart Wellness: Natural Approaches to the Prevention and Treatment of heart disease with naturopathic physician Angila Jaeggli.

Heart disease is the number one cause of death in the world. It encompasses the diseases of the heart and blood vessels, such as high blood pressure, arrhythmias, coronary artery disease, and heart defects. The encouraging fact is that most heart disease is preventable and even reversible with a proper diet and lifestyle. Yes, reversible! More and more research has emerged to show that reversal of heart disease may occur with only interventions of diet, supplementa-

tation of specific nutrients, and lifestyle alterations. Come and explore the research and method behind creating optimal heart health, no matter what stage of health you're in! We'll look at:

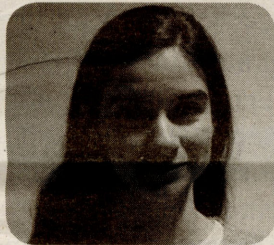
- ♥ Identify specific nutrients which tend to be depleted in people with heart disease
 - ♥ Traditional and alternative labs for markers of cardiovascular wellness
 - ♥ Dietary recommendations to improve the health of your heart and to the reduce risk of heart disease
 - ♥ Explore herbs which nourish and heal the heart
 - ♥ Discuss current research of the most recent findings in nutrition and lifestyle approaches
- Please join Dr. Jaeggli at the

Fiske room in the 1912 Center, Monday, February 23, 7 p.m. for a class on this important topic! The sign-up sheet will be located at the back of the store next to the meat department. Please include your name and phone number in the event of a cancellation. You can also sign up by contacting the Wellness department at (208) 882-8537 ext.19 or by e-mailing classes@moscowfood.coop.

Angila Jaeggli Biography

Angila Jaeggli, a naturopathic physician, is currently adjunct clinical faculty at Bastyr University in Seattle, Wash. in addition to her private family practice in Pullman. She received a doctorate in Naturopathic

Medicine from Bastyr University and completed her residency through Bastyr University with rotations at Harborview Medical Center, University of Washington, and Virginia Mason Hospitals in Seattle. As a resident, her concentrations were in women's health, geriatrics, and family medicine. Dr. Jaeggli is currently a contributing author for an upcoming book, "The Foundations of Natural Medicine," and has co-authored several other publications on natural medicine. She has also published interviews in the magazines of Alternative Medicine, Natural Health, and Natural Health Merchandiser.



Specials in the Kitchen

by Annie Pollard, Co-op Kitchen Manager, kitchen@moscowfood.coop

Beginning this month, the Kitchen department will be offering a variety of "specials." The new *Weekly Specials* program highlights a different product from each department each week. We will start out the month featuring the *molasses crinkle, stuffing bread, latte,* and pre-made the *tuna sandwich*. The selection will vary week-to-week, so look for the eye-catch-

ing signage that distinguishes the products and their promotional prices. For instance, because products in the store-wide *Essentials* program are already super-discounted, additional discounts cannot be applied to them.

Relax this Valentine's Day and let us do the cooking and baking! The Deli will be cooking *Herb Roasted Cornish Game Hens*

and *Pesto Spinach Lasagna* with classic simple side dishes. In the bread bakery you will find that heart shaped *Challah* and *Triple Chocolate Apricot. Double Chocolate Mousse* and *Meringue Cups with Lemon Curd* are only a couple of the new delicacies coming from our creative team of dessert bakers. *Spicy Cowgirl Mochas* and *Chocolate Cherry Mochas* will be flowing at the

espresso bar.

A complete listing of the various items that each department will be making the week of the February 14, including a suggested wine to be paired with each item, will be available at the deli counter. Only a limited number of each specialty food will be produced, so to ensure that you get what you want, please call ahead and place a special order.

Co-op Newsletter Ad Rates Increase

by Jyotsna Sreenivasan, Newsletter Volunteer

Advertising in the newsletter will still be a very good deal, even after ad rates go up starting with the May issue. See the chart for the new ad rates.

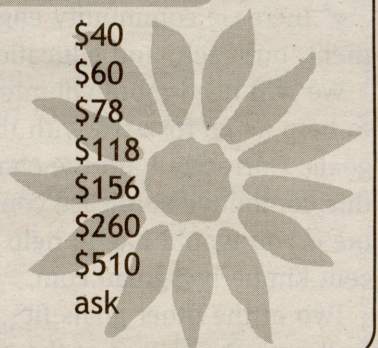
The Co-op publishes 2,500 copies of this newsletter every month. Copies are distributed in Moscow, Pullman, and the Lewiston-Clarkston valley. The deadline for placing an ad will remain the same: please reserve your space and send your ad by the 20th of the previous month.

Advertisers will continue to receive a discount for placing an

ad of the same size for at least three months in a row. In addition, Co-op Business Partners receive an additional 10 percent discount. For more information on becoming a Co-op Business Partner, contact Carol Spurling at: outreach@moscowfood.coop.

To place an ad, or to ask additional questions, contact the ad manager, Jyotsna "Jo" Sreenivasan, at: ads@moscowfood.coop, or 892-0730.

Size	Dimensions	1 month	3 months
Size 1	2.25 x 2.25	\$15	\$40
Size 2	2.25 x 3.5	\$22	\$60
Size 3	2.25 x 4.66	\$29	\$78
Size 4	4.66 x 4.66	\$44	\$118
Size 5	4.66 x 7	\$58	\$156
Size 6	half page	\$96	\$260
Size 7	whole page	\$190	\$510
Insert		\$240	ask





Strategic Plan Unveiled!

by Jessica Bearman, Co-op Strategic Planning Volunteer

On behalf of the Co-op's strategic planning working group, I'm delighted to ring in the New Year by announcing that the Strategic Plan (SP) is finished... for now. Because the SP is a working document, it will never actually be complete, but instead will serve as a roadmap for future planning and decision-making.

Remember the Strategic Plan's five core goals? Here they are again. You can read all about them on the Co-op's website: www.moscowfood.coop.

- ✓ Strengthen Co-op community

✓ Create and maintain the best working environment in Moscow

✓ Develop and support the local, organic, and sustainable food and goods economy

✓ Incorporate values of environmental sustainability into facility

✓ Increase community engagement, outreach, and education

If this feels like old news to you, that's because it is. The headline of this article is misleading, since "unveiling" suggests that our SP has been shrouded in secrecy. In fact, we have tried hard to be transparent as we developed the plan, seek-

ing input from Co-op members, staff, and board at every step of the way. This process, although lengthy (nearly two years!) made the SP a much stronger, smarter, and more useful document.

I want to offer a quick shout-out to the people who rolled up their sleeves and made the SP happen. Kenna, the Co-op's general manager, plunged fearlessly into uncharted terrain by opening the Co-op's future to speculation and discussion. Other Co-op staff, including Amy Richards and Joan McDougall, lent their ideas, expertise, and intimate knowledge of how our

Co-op works. Two Board members, Joe Thompson and Donal Wilkinson, ensured a close connection between the strategic planning process and the Co-op's Board. Finally, two members-at-large, Nicole Werner and Pat Vaughn, rounded out the working group by bringing a community perspective to the planning. Of course, there were hundreds of other participants in the process, from people who submitted thoughts to the Vision Box, to those who attended community meetings, round tables, and a Dinner with Directors. Thanks to all of you!

Board of Directors and Implementing the Strategic Plan

by Kimberly Vincent, President of Co-op Board of Directors

Thank you to Jessica Bearman and the entire working group, as well as all members of the Board of Directors (BOD), members, and staff who provided advice and feedback. All of the hard work from so many voices contributed to this document over the past two years. This next year will be devoted to exploring opportunities, gaining more knowledge, and developing detailed work plans for achieving each goal. There will be many opportunities for member involvement.

In December 2008 the Board of Directors (BOD) endorsed the Strategic Plan (SP) after two years of providing suggestions to the working group. At the January board meeting we discussed which committees could address the different goals.

Two of the goals fit well with the membership committee:

- ✓ Strengthen Co-op community
- ✓ Increase community engagement, outreach, and education

We will need more volunteers to help us go forward with the goals. Currently I am the chair of this committee so please contact me if you would like to help vincent.kimberly@gmail.com.

Two of the other goals fit well with the charge of the Sustainability Committee:

- ✓ Incorporate values of environmental sustainability into the

facility

✓ Develop and support the local, organic, and sustainable food and goods economy.

Currently Joe Thompson is the chair of this committee so contact Joe if you would like to become involved in either of these sustainability issues, josewales@gmail.com.

The BOD operates under Policy Governance. We will examine our policies and align them with the SP. Over the next six months the Board Professional Development Committee will be examining our policies that cover Executive Empowerment. Their task is to bring recommendations to the BOD to align these policies with the goal "Create and maintain the best working environment in Moscow."

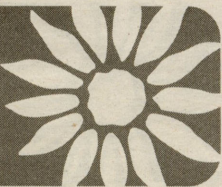
At our annual board retreat in early May or June of 2009, the entire BOD will examine our Ends policies to determine how to restructure them to align with the SP. Our goal is to ensure that our ends policies fit with the SP as well as with cooperatives' vision of what an ends policy does. An ends policy should discuss who will benefit from what the Co-op does, how we will impact these people, at what cost and how we will hold ourselves accountable. To prepare for the retreat we each will do some reading and cogitating. Then at the retreat we will dis-

cuss and come to a consensus on how to improve the Ends Policies and thus how we govern.

Both the management team and the BOD have already begun implementing some of the short term goals outlined in the SP. To ensure we continue to make this living document a productive guide for management and the board of directors we need volunteers to help continue to form progressive ideas and then implement them, so if one of the goals calls out to you please con-

tact Carol Spurling outreach@moscowfood.coop, Kimberly Vincent at vincent.kimberly@gmail.com or send an email to the entire board of directors at bodfeedback@moscowfood.coop and volunteer.

February Hot Specials	
Breakfast / Lunch	Dinner
SUNDAY	
French Toast, Maple Sausage, Egg and Tofu Scrambles	Mango Coconut Stirfry, Chicken Sate, White Jasmine Rice, Sesame Green Beans
MONDAY	
Gourmet Pizza by the Slice	Chicken and Tofu Enchiladas, Spanish Rice
TUESDAY	
Mac and Cheese, Roasted Red Potatoes, Mean Greens	Piquillo Pork Loin, Spinach and Mushroom Risotto, Steamed Baby Carrots and Broccoli
WEDNESDAY	
Chicken Vindaloo, Tomato Paneer Stew, Basmati Rice	Chicken and Dumplings, Veggies and Dumplings
THURSDAY	
Smothered Burritos: Chicken, Veggie, Vegan	Meat loaf, Carmelized Onion Tart, Garlic Roasted Potatoes
FRIDAY	
Foldovers!, Mean Greens	Gourmet Pizza by the Slice
SATURDAY	
Chicken Fried Steak and Gravy, Egg and Tofu Scramble Lunch: Spinach or Chicken and Herb Manicotti	Braised Duck, Roasted Winter Vegetables, Mean Greens



Human Resources at the Moscow Food Co-op

by Theresa Nuhn, Co-op Human Resources Coordinator, hr@moscowfood.coop

In my new position as human resources coordinator at the Moscow Food Co-op, I have the opportunity to view the store from a unique perspective, through the eyes of our most precious resource—our employees. They are dedicated and work hard toward our common purposes. Collectively, we bring hundreds of years of experience in the Co-op business to our community and a welcoming presence that cannot be measured.

Some of you remember that the Co-op originally opened its doors in a tiny space with few employees. When I moved to Moscow in 1983, it was located in its second home on south Washington Street. The Co-op was a cozy place with food I trusted and shelves and barrels of bulk flours and teas. These things were essential, but it was the Co-op staff, with their no-nonsense dedication and friendly sense of purpose that made my shopping experience enjoyable.

I could rely on these people to help me in my quest for delicious eating, good health, and intelligent conversation. They continued to provide these for me through three more store changes, with an enhanced product line and an ever growing family of welcoming, helpful employees. When we moved to our present location, our staff nearly doubled as the Co-op expanded its role as a community gathering place.

Today we have approximately 90 employees within nine departments. We come from all over the country and several distant points on the globe. We employ people in grocery, health and beauty, produce, meat, front end, kitchen, bakery and deli. And where human resources are concerned, what was once a relatively uncomplicated process became more of a challenge. To accommodate our growing staff, the Co-op created a human resources department to meet the diverse needs of our employ-

ees.

As the human resources coordinator I have been asked to collaborate with staff and management to create a first class working environment. While creating a superior working environment is rightly everyone's responsibility, we can encourage the retention of good employees by providing excellent wages, benefits, strong training programs, and a responsive atmosphere. Last year, the Co-op began enhancing wages by stepping them up in quarterly increments. We will continue this stepped up increase every quarter until mid-2010. This past fall we introduced an improved benefits package that significantly shortens qualifying employees' waiting period for all benefits, including health insurance. We have also combined vacation and sick pay into paid time off and now qualify employees for paid time off if they work as little as six hours a week. In addition to orientation for new employees,

our training program includes communication, customer service, and safety. This year we plan to strengthen our programs to include training in natural foods and workplace respect.

I am looking forward to continuing our efforts to provide an exceptional working environment at the Co-op. Will we be able to please everybody? That's not statistically possible. With our numbers, there will be continual discussion and occasional disagreement. But we can and should inspire each other to be the best we can be by promoting respect and responsibility. We ought always to strive for an open working environment that promotes healthy discussion, trust, and growth in a positive direction. I am proud of the people who work at the Moscow Food Co-op. And I am happy to be part of this generous, diverse, and dynamic community.

February Co-op Kids!

Rebekka Boysen-Taylor, Co-op Kids! Coordinator

Tuesday February 10 at 9 a.m. we will meet in the Co-op Cafe to make old fashioned Valentines. This is a great first collage lesson; feel free to bring pictures or supplies from home if you wish.

Tuesday February 24 at 9 a.m. we will meet in the Co-op Cafe

to make healthy snacks your kids are sure to eat!

Rebekka Boysen-Taylor is mama to two organically growing little ones here in Moscow and can be reached at amamaswork@yahoo.com.



Macoy and his Fork Weaving

BE GOOD TO YOURSELF

Start treating yourself today!!!

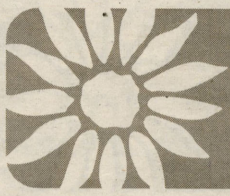
Every Friday at the Moscow Food Co-op Deli is MaryJane's ORGANIC **FOLDOVER**™ day.

What's a FoldOver? It's a luscious little pocket of food pleasure with either a meat or vegetarian filling baked inside a golden crust using MaryJanesFarm fabulous new ORGANIC Budget Mix® baking mix (available in the grocery section).

"And I don't even have to warn you to consult your physician first before you start 'treating' yourself."

MaryJane

MaryJanesFarm
1000 Wild Iris Lane • Moscow, Idaho 83843 • 882-6819



FEBRUARY 2009 SUGGESTION BOX

The handicapped parking sign on the west side no longer has a sign. During the snowy weather, other vehicles are blocking the space. —Tamara

I can see how it is confusing. We recently moved the West handicapped space to the East door. We continue to have two spaces. Both now straddle the east entrance. The City asked use to move the west reserved handicapped space. It was a good idea. The elevation change from the parking lot to the sidewalk is less severe and the path is more level than the west door. —Steve, Store Manager

Can you please bring back Sheldon's chilis? They are so good! Thank you! —Cheyenne

Unfortunately these Sheldon's products are not available. It appears from the "manufacturer is indefinitely out of stock" notation that they are discontinuing those products. Have you tried the Amy's or the Health Valley chilis? —Joan, Grocery Manager

I'm missing the green salads you used to have at the deli (Bok Choy and Kale Slaw). Is there any way to always have a vegan dark green leafy salad available? —Lahde

Kale Slaw is now back. I wanted to start switching things up in the deli by rotating our salads in the case. I took Kale Slaw out of the case to make room for a different salad. We received many comments stating how much everyone missed it so I decided to bring it back. We'll still have a new salad rotation every month, but I'll keep Kale Slaw in the case due to its obvious popularity and I'll also make sure we have plenty of other tasty and healthy choices. Thank you for your positive feedback! —Melissa, Deli Manager

Please keep gluten free bread for sandwiches. Could be frozen Glutino. Spelt is not gluten free.

Thank you for your suggestion. We'll see about adding that to the sandwich bar. —Annie P., Kitchen Manager

You need to find a way to deal with ice in the parking lot. It was a death defying experience to walk from our car on Saturday (January 3) and I had exactly the same experience a number of times last year. There is being "environmentally correct" and then there is "lawsuit waiting to happen." Barbara

There are many challenging effects of having so much snowfall. I think we have done a pretty good job of keeping our sidewalks clear, all the way down to the walking surface. The parking lot is much more difficult. During almost any snow fall, snow in the parking lot is compacted by cars. It is very difficult to remove,

mechanically or chemically. Compacted snow can become slippery and is part of winter weather in Moscow. We will be adding some grit to our winter routine to try to improve foot traction in the parking lot. —Steve

Thank you for once again printing receipts with the balance left on a gift card. I use my card for all my shopping at the Co-op but when you stopped printing the balance I never was sure how much was left and more than once was surprised that there was far less than I thought and at other times more than I thought. Since I think you like to encourage the use of gift cards, please continue the practice of printing the balance on receipts. —Barbara

We certainly will continue printing the balance. Sorry for the temporary inconvenience and thank you for your comment. —Annie H., Front-End Manager

At the old location, there used to be [a] corn bread type bread made in a loaf. I would like that again. Thanks. —Chelle

Thanks for your idea! We have not made a corn bread in quite some time. We will look to reintroduce this bread soon (maybe the month of March). —Hunt, Bread Bakery Manager

You have (in the Deli trash area, choices for) plastic, glass, aluminum and trash. Should you not have a compost category? —Rudy

This is a good idea that may work. It looks like we can convert one of the "trash" openings into compost. The missing link may be where the compost goes. Eartha, our on-site composting system, has been put on a diet to try and improve her digestion efficiency. (At least she does not feel so bad after hearing that Oprah is officially trying to lose weight too.) If she does not regularly have room, I am not too keen about separating compost, just to throw all the bags into the regular trash. If we know we can use the compost, we will definitely rearrange the trash bins. —Steve

Meghan was an awesome cashier. Polite, patient and friendly. Keep up the great job! Happy New Year —Mercedes

Meghan is one of our two new cashiers and certainly is proving herself to be a great representative of the front end crew. Thanks for the compliment and thank you Meghan. —Annie H.

I have a "friend" who likes stinky cheese. My "friend" wants to know if you can get any limburger. Either German or Wisconsin-made is best, or

so I'm told . . .

I am happy to read your input. We are always open to new and exciting cheeses for our ever-changing cheese case. I cannot guarantee that we will stock it, but we will consider it and you can special order it. —Annie P.

While moving coupons to where the item is in the store may be better for the casual user it makes them more difficult to locate. I don't want to walk up and down every aisle trying to see what now has a coupon. It was much more convenient when they were on the ledge in the back of the store. Maybe you could put them both places? —Kate

Oftentimes brokers put coupons on their items when they are in the store. When we receive coupons we often put them on the back shelf to help keep the aisles less cluttered, but that shelf is for the cooking classes. Joan

I'd love it if nutritional facts and calorie count were available for foods sold in the deli. Thanks!

I would love that, too! That is one of our long-range goals, but I don't have an estimated date yet. —Annie P.

You told me that you would track my purchases with my card. Can you count loaves electronically to save bread card paper please?

Our point of sale system does not have that specific capability. —Annie P.

When cookies went up 35%, I stopped buying cookies. Now that sandwiches have gone up 35%, time to start brown-bagging. Smaller incremental price increases would have been more palatable, but, oh, the sticker shock!

Your comment brings to light two of our mistakes. First, we did a poor job of updating our retail prices to keep up with the rising costs of our ingredients. The retail prices for items such as cookies, pre-made sandwiches, and bread stayed the same for years. When we recently did the math and discovered how terribly wrong our prices were, we raised the prices, and that is where we made the second error. Instead of correcting the prices gradually, we raised them all at once. Cookies went from 89¢ to \$1.39. No matter how well justified, that is really a big price increase. When we calculated our pre-made sandwiches, the result was even worse, so we scaled back the new retail price (which turned out to be the same percent increase as cookies). We should have done better.

For the next few months, we will be featuring at least one sandwich and one cookie variety at a reduced retail price. I hope this helps to soften the blow of



FEBRUARY 2009 SUGGESTION BOX

big price increases. I promise that if raw ingredient prices go down, we will lower our prices too. —Annie P.

Why is everything getting so complicated here? I want LOCAL ORGANIC STUFF. By local I mean MADE IN AMERICA! NOT peppers from Mexico or other stuff from China? —Anonymous longtime shopper.

Dear anonymous, I have to agree with you! The world is getting more complicated and that includes food production. We would love to sell more locally grown, organic food, but unfortunately it is often not available to us. Frankly they can't grow peppers in America year round, so if we shoppers want to buy them in January then they have to be grown elsewhere. I try to comfort myself by remembering that all workers everywhere deserve safe working conditions and that the organic fields in Mexico should, by default, be better for the workers, as they are here. As one of our strategic directions we have identified a wish to "develop and support the local, organic, and sustainable food and goods economy." Perhaps you would like to join us as we determine what that means, how we're going to do it, and at what cost? If so please contact strategy@moscowfood.coop. —Kenna S. Eaton, Co-op General Manager

Dress codes, reduced member and worker benefits, attacks on the volunteer program? This [my] co-op is systematically eliminating the reasons I choose to shop here. Rosauers is closer to my house, pays its workers well and sells the same products—convince me otherwise-

—Kelly

Kelly thanks so much for taking the time to write about your concerns. I'll try to take your issues one at a time and see if I can convince you that we are still worth supporting.

Dress code: It has not changed in the past 20 years. It is still the same "closed toed shoes and neat, clean and tidy" as it has been. We did consider adding "no sleeveless shirts" to the list but decided against it.

Reduced member benefits: It's true we have changed the discount structure for volunteers and staff when it comes to buying in cases (see Steve's article elsewhere) but the member benefits have not changed at all. On the contrary, our outreach/ member coordinator, Carol Spurling, has been working hard to improve the benefits. This spring we are adding a film series where we show films at the Kenworthy about food and share a potluck and conversation; the ticket price will be reduced for Co-op members. We hope that this will help increase everyone's awareness of the challenges of growing food, here and elsewhere, as well as bring our community together. On a different note, in November we started the "A Dime in Time" program to donate those bag refunds we give to shoppers to local organizations. And during the growing season we make our parking lot available for the Tuesday Growers Market. We support local artists and musicians and offer free live music in the store every week, all year round. Frankly I know of no other grocery store that is doing anything like us in terms of added services for our community.

Wages: In the past 2 years we have

increased wages dramatically. Our entry level wage has gone from \$5.85/hour to \$7.12/hour (as of January 1) and will continue to increase to \$7.75 by July of 2010. To ensure that all staff are adequately compensated and no one suffers from salary compression (that's when you raise one wage but not the wages of folks who have worked here longer), everyone gets a raise every quarter, so the average wage right now is \$8.63/hour (excluding managers and not including benefits). Staff who work at the Co-op are eligible for Paid Time Off (PTO, which used to be called sick and vacation) when they work a minimum of six hours per week (it used to be 20 hours per week). At the beginning of January we brought in a new medical/dental insurance program that has better benefits for staff yet we still pay 100 percent of that. Conversely the other grocery store's staff, oddly enough, lose their benefits when they are sick (since they don't meet the minimum hours requirement). So, loaded with discounts, PTO, medical and dental insurance, etc. that average wage is now over \$11.00 per hour (still not including management).

Recently in our strategic planning process we identified two different goals that relate to your comments—one to create and maintain the best working environment in Moscow, the other to strengthen the Co-op community. If you are interested in helping us achieve either or both those goals please consider joining us by emailing strategy@moscowfood.coop. —Kenna S. Eaton, Co-op General Manager

Palouse Prairie School

of Expeditionary Learning

Accepting Applications for Grades K-5

Application Deadline: **March 26, 2009**
Enrollment is by Lottery

Applications and information at PalousePrairieSchool.org
Or call 208 882-3002



"We are Crew not Passengers!"

Palouse Prairie School is a Tuition Free Public Charter School

Opening August 2009

Learn More: February 14th 10am 1912 Center Moscow



Fireworks Ensemble

Tuesday, March 3

7:30 PM in the UI Auditorium

The innovative New York octet of acoustic strings, winds and percussion plus electric keyboard, guitar and bass performs original and arranged works.

"Adventurous and ahead of the curve...chamber music got a kick in the pants."

—Washington Post

Concert tickets available at BookPeople, through www.auditoriumchambermusic.org or at the door.

Students: \$10, Seniors: \$15, General: \$18

Music...
Live & Intimate



Staff Profile: Brent Steward

by Amy Newsome, Newsletter Volunteer

Interviewing Brent Steward gave me an opportunity to accomplish two tasks at once: I could fulfill my commitment as a newsletter volunteer as well as discover the location of a delicious cheese that I had tasted at one of the Co-op's Tasteful Thursday events.

Brent started working as the Cheese Buyer last November. He discovered the job opening on the Co-op's website and knew it would be a perfect match for his interests and experience.

"I worked in the wine business for 20 years and you can't be in the wine business without also learning about cheese."

Brent was raised in Pittsburg, Pennsylvania. Upon graduating, he attended Duquesne University in Pittsburg. After his first year there, he was ready for a change.

"It was right after the steel industry collapsed and Pittsburg became a depressing place to be. So I decided to study abroad at University of Stirling in Scotland."

That ended up being an excellent decision. He not only made a business contact that would serve him well later but he also met his wife, Joanna, there. Joanna was there on exchange from Washington State University. After their year in Scotland, he moved to Pullman to be with Joanna. He worked at Seasons Restaurant and was introduced to fine Washington wines.

"Working in restaurants back east, European wines were still King".

Brent returned to Duquesne University to finish his degree in International Relations. After graduating in 1987, he hopped on his motorcycle and rode to Seattle where Joanna was working in media production at Boeing. Having acquired an interest in Washington wines, Brent got a job at Chateau Ste. Michelle. But it is a union cellar and it would prove too difficult to move into the wine making jobs, so he took his ambitions to Columbia Winery. He was hired by David Lake, a Master of Wine famous for introducing Syrah to Washington. Brent started on the bottling line and soon made his way to Assistant to the Cellar Master. In that role he was given primary responsibility



"Brent is working hard to bring in as many regional homestead cheeses as possible. Homestead cheeses are made by small companies that are responsible for every part of the cheese making process; raising and milking their own cows, and then making and distributing their cheese."

ity for creating the 1989 vintage. Although he enjoyed his work in the cellar, he realized to better support a family he would need to move into the sales and marketing arena. So, he went back to Stirling University and got a post graduate diploma in Public Relations. Brent came back to Columbia Winery and became their Eastern Regional Manager. Later Brent would have many more sales jobs: he brought Scotland's Highland Spring Water to the United States; he owned his own wine and spirits wholesale company; and he worked for Vias Imports of New York, an Italian wine importer. His life on the road came to an end in 2001 when their son was born and Joanna wanted to return back to work. Brent became a stay-at-home dad for 7 years.

They moved to Pullman just over a year ago so Joanna could take a job as Washington State University's Marketing Manager.

Brent and Joanna have two

children, a daughter Senna who is 14 and a son, Connor who is 7 years old.

"I'm pretty much a family guy. We enjoy camping together. Senna loves gymnastics and Connor plays soccer."

Brent is the family chef whereas Joanna takes care of the baking, which is how the cooking duties have fallen in my family as well.

By the way, the cheese that I had tasted and couldn't find was Cablanca Goat Gouda. Delicious! Brent is adding so many new cheeses that the Gouda didn't have a sign yet. Brent is working hard to bring in as many regional homestead cheeses as possible. Homestead cheeses are made by small companies that are responsible for every part of the cheese making process; raising and milking their own cows, and then making and distributing their cheese.

"There are definite parallels between the cheese industry today and the wine industry in

the mid-1980s. Wines were not such a commodity back then and the focus was on the craftsmanship. All the innovation and creativity takes place with the small, independent makers."

So continue to watch the cheese case and support all the cheesemakers.

Amy Newsome has to confess that she had to take a break from writing this article to eat some of the Gouda she was writing about.

Camas Prairie Winery

Made in Moscow since 1983.

Grape wines, fruit wine, honey wine.

Try before you buy!

Mon-Sat 12-6:30

@ 110 S. Main St.



Volunteer Profile: Evelyn Palmer

by Todd J. Broadman, Newsletter Volunteer

Nearing the end of our captivating ninety minutes of conversation, someone who overheard us talking, tapped me on the shoulder. "Ask her about community," he insisted, adding a wink. After a little nudging, Evelyn mentioned aspects of her service to the Moscow community. "Meals on Wheels is one of the activities that my husband and I had been involved with over the years."

We also talked about Evelyn's work with the League of Women Voters. Over her eighty-two years, Evelyn has been deeply committed to the communities in which she has lived. Her optimism shines through. These days, to stay in touch, "I make my local rounds," which include stops at the credit union, the post office, BookPeople, and of course the Co-op—where Evelyn works with dried fruit. "I pack it, weigh it, label it, and shelve it."

Evelyn's story though begins quite a distance from Moscow, Idaho. She hails from Harlingen, Texas, five miles from the Rio Grande River. She experienced the great depression first hand; in 1931 the family farm was lost to a cabbage crop failure. "We moved from house to house during my childhood," and counted them out on her fingers, "eight in all." In spite of the economic hardships though, Evelyn's mother taught her to read and write.

Education was a strong thread. Her parents borrowed to send her to college, University of Texas. "Twenty-five dollars a semester and I graduated with a degree in Sociology." Prior to college, Evelyn taught her father read and write, which enabled him to pursue a career with the postal service and in private industry. Evelyn is that special breed of person who transforms adversity into opportunity. "I have great hope for the future," she said with a nod.

Education also led her to marriage. She met her husband, Neil



Over her eighty-two years, Evelyn has been deeply committed to the communities in which she has lived. Her optimism shines through.

Palmer, while in college, and they married in 1946. I did the mental math and realized they've been together for sixty-two years. Long-term commitments fascinate me and I ask Evelyn more about their journey together. "I was primarily a stay-at-home Mom while Neil's career progressed through academia." Neil taught Sociology at University of South Dakota for thirteen years and spent a further twenty-seven years at University of Toledo.

"We raised free range children in South Dakota." Evelyn made reference to their three daughters Pam, Cynthia, and Susan. "They loved the open spaces. And I suppose we ate organic before there was such formal designation for food." The move to Toledo was a more urban environment, "and that is when I took on a new job role as Field Supervisor with the University of Michigan's Survey Research Center." Evelyn reflects fondly about those twenty years which included much travel to the southern part of the country. "I trained interviewers who interviewed high school students and their views about the future."

"So, how did you end up here, in Moscow," I asked. "Our daughter Pam had moved here,"

she replied, "and we'd spend time each summer visiting her. We were drawn by the beauty of the area and moved here after Neil retired in 1997." Pam introduced her mother to the Co-op. In addition to volunteering, Evelyn is a daily customer. "I've abandoned cooking altogether; I come here to eat."

I couldn't complete the inter-

view without asking this great-mother and community matriarch, for some sage advice. She rubbed her chin a few times, and then hit on her simple truth, "appreciate each other."

Todd is unsure, after years of globetrotting, how he ended up in northern Idaho. He loves it though. Todd, Corinna and son, Micah, reside in a strawbale house amidst the pines. His current project, telepsychiatry, will use videoteleconferencing to connect psychiatrists and patients.

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

PLEASE DON'T FEED THE LANDFILL

Cartridge World will help you save the planet while you save money.

Don't contribute to the 2 billion ink cartridges that end up in landfills every year. Our remanufactured ink and toner cartridges are 100% guaranteed.
 Officially Earth Day is April 22. But at Cartridge World, it's every day.

Cartridge World of Pullman
 1475 S. Grand Ave. Ste 102
 Pullman, WA 99163
 www.cartridgeworldusa.com/Stores17
 509-332-6465 Call or stop by today.

© 2008 Cartridge World. All rights reserved. 1752E (2/08)
www.cartridgeworldusa.com/Stores17

The Ink and Toner Experts



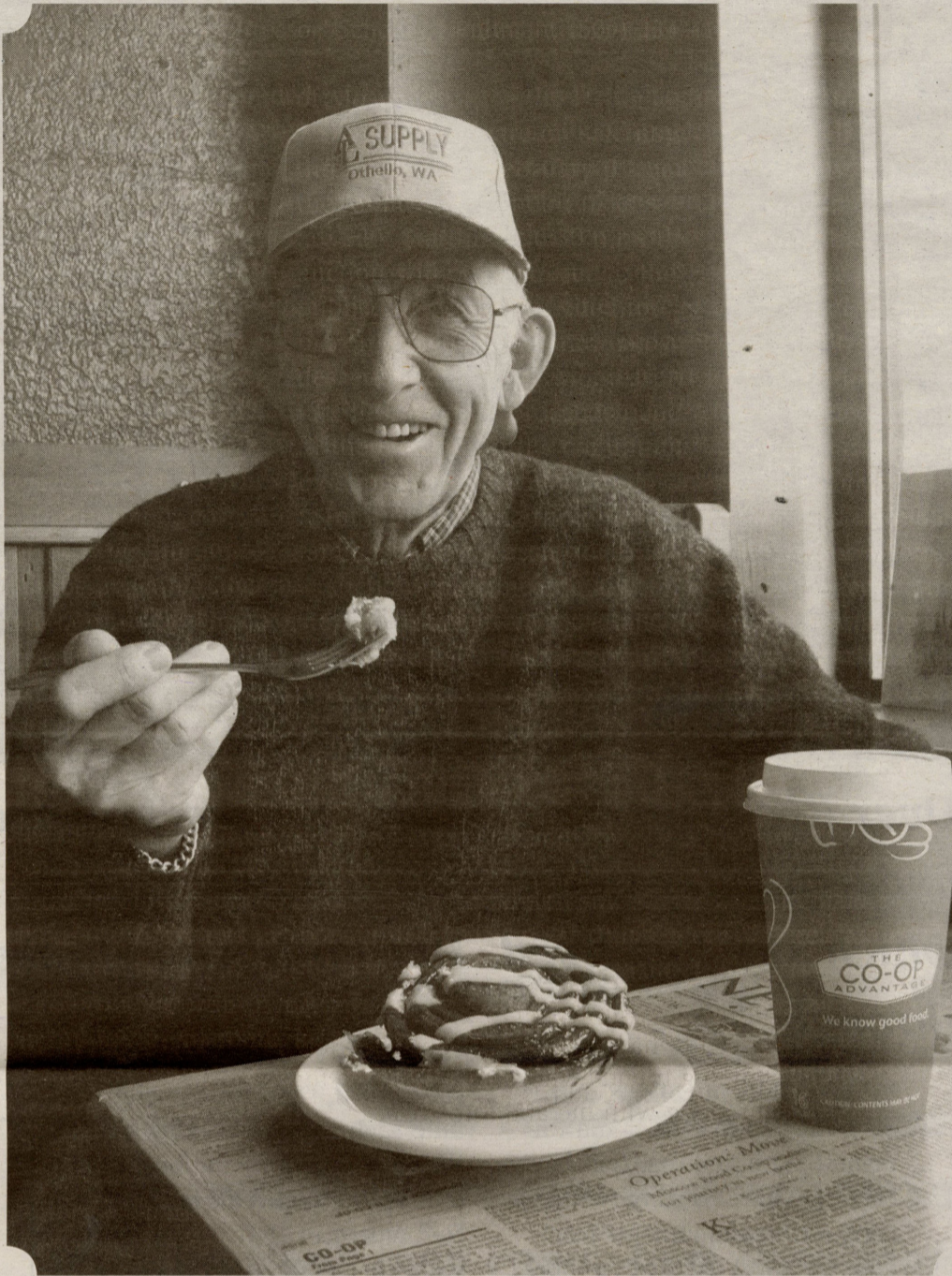
The People We Meet: Ben Jemes

by William Langlois, Co-op Cashier

Hello everyone my name is William Langlois and I work as a cashier here at the Co-op. One day at the register, I was thinking about the people I meet every day and the community we serve. I thought why don't we have an article featuring our members and customers—after all they are who keep us going. So without further ado, let me introduce Ben Jemes.

I first met Ben at the registers one Sunday morning buying coffee and a caramel roll as he frequently does. One thing I noticed about Ben was his young man gait and his gentlemen's persona. Mr. Jemes, originally from Missouri, ended up in this part of the country when his neighbor was headed out west and a young Ben said, "Hey, I want to go." Ben ended up working on a farm picking fruit in Milton-Freewater, Oregon. The good economy, pleasant weather, open spaces, and the people he met quickly found his heart. Sadly, he had to return to Missouri and register for the draft during the Vietnam War. As fate would have it, he didn't pass the physical and ended up moving back to Milton-Freewater, this time as a farm mechanic.

His boss just happened to have a daughter named Lois, to whom he has now been married for 44 years. They have two children a daughter, Angie, and son, Brian. Ben now lives near Moscow and loves its little big town feel. He and his wife have lived here for four and a half years on some land his



Ben now lives near Moscow and loves its little big town feel. He and his wife have lived here for four and a half years on some land his wife inherited.

wife inherited.

When I asked Ben what he does outside of eating caramel rolls, he said he loves theater and poetry. And he goes to any Shakespeare performance at the University of Idaho he can get too. Then he began to rattle off

some lines that I sadly can't remember from my school days.

But then again he said he loves Kipling too. "It's the depth of wisdom and tomfoolery that I love," Ben said.

Some of his other enjoyments are walking through the arboretum and witnessing the seasonal changes. Ben enjoys reading books, especially westerns—American author Zane Grey is one of his favorites. "I love the way he uses old terms and words long lost in our current vernacular," he said. Ben also dabbles with computers, but only as a means to find more poetry and to communicate. He doesn't like TV and what it has done to our current society. Then he sheepishly said "yeah, I watch it from time to time." He is also an avid church attendee at Trinity Baptist. "I love the community," Ben said.

So then I asked, "What is it that makes the Co-op your home"? He replied, other than the mochas and caramels he loves, the staff, the people and to be honest the community. He told me he likes to come here and talk to people and just enjoy the atmosphere. Is there anything you think you'd like to see improved here to better serve you? He replied, "Well no, I am plum tickled I wouldn't change a thing!"

William is celebrating his first year anniversary at the Genesee Valley Daoist Hermitage.

Kurt "Sam" Obermayr
Renovations, Remodels,
Energy Efficiency
Idaho Registered
Contractor RCT-23826
(208) 669-0189
Kurt@samaree.net
References and portfolio on
request

**SPURLING
HOUSE & GARDEN**

Landscaping
Pruning
Handyman Services

Walter Spurling
(208) 669-0764

TEAM Idaho
real estate
882-9500
www.teamIDAHOrealestate.com
4331 Highway 8, Troy
Tour This Home - Visit Our Website



\$259,000
(#58804)

This delightful home sits on 8+/- ac. & offers 4 BR, 3 BA, gorgeous cathedral ceilings in entry, oak cabinetry, Pergo flring, brick fireplace in family rm, french drs leading to cov patio & flat yrd. Charming sunroom w/skylights, 2 car garage & more.

Debbie Loaiza, Broker/Owner
Cell: 509-336-3672 - debbie@tidaho.com

Healing Point LLC

Chinese Medicine Clinic
Lauri McKean, LAc & Meggan Baumgartner, LAc

Holistic health care featuring
acupuncture, Chinese herbs and
therapeutic bodywork

Call **208-669-2287** or visit
www.healingpt.com for
more information

Discounts for
Co-op members





Allergy and Gluten Free: "I Can't Eat What?!"

by Terri Schmidt, Newsletter Volunteer, Illustration also by Terri

Hello everyone. It's me, Terri. For the last two years I have been the writer for the tofu page. Unfortunately, recent allergy tests confirmed I have developed an allergy to soy, so I will no longer be able to eat tofu or other soy products. As you may suspect, I was less than excited to get this news. The tests also verified I am gluten intolerant and I was advised to go on a strict and permanent gluten free diet. I will now be writing for this page instead of the tofu page.

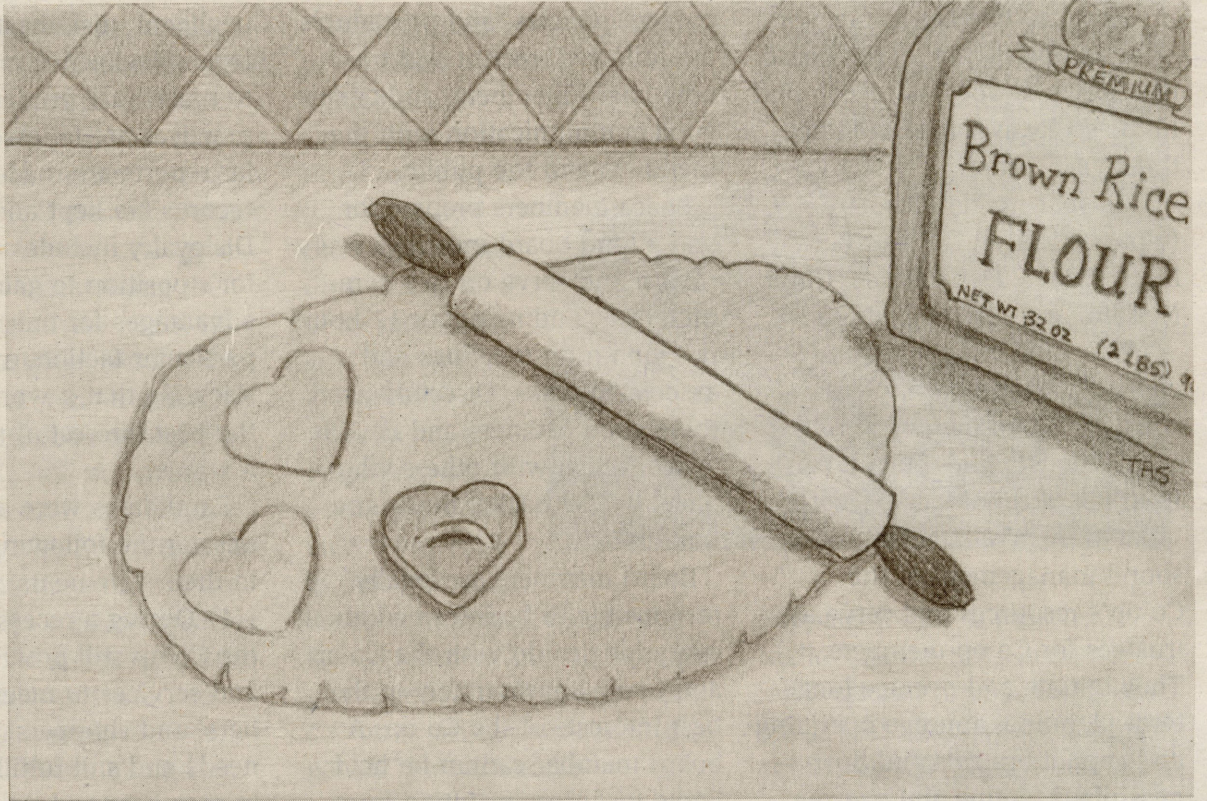
This is not the first time I've been told I'm allergic. When I was in fourth grade, my parents took me to get skin tests for allergies. The allergist made about fifty nicks on my back with a sharp instrument and dropped various liquid allergen extracts on them. I tested positive to many foods and environmental allergens. Back at school, the testing procedure proved to be a fascination to my teacher, who took me down the hall to show my red pincushion back to the principal.

For several years I wasn't allowed to eat various foods. Wheat is the one I remember most. My Mom put cornflakes in my soup instead of saltines and when my siblings ate chocolate cake, I got Jell-O. When I was a teenager I began eating what I wanted, but also began getting monthly allergy shots to control the symptoms.

About four years ago, I went to see a naturopathic doctor and followed her advice to restrict several problematic foods. I

eliminated wheat, barley, rye, tomatoes, peppers, potatoes, sugar, vinegar, dairy products, and a few other things from my diet—which was followed by a mourning period where I cried for the loss of eating like a normal person. Going to potlucks and other social events was so discouraging. Having dietary restrictions opens your eyes to how much our social lives revolve around food. Eventually, I adjusted to the new way of eating. I am blessed to have caring and understanding friends who adjusted right along with me and catered to my new requirements. I am also very grateful for the Co-op which is the best place in town for people with allergies to shop. Now I am re-adjusting to not eating soy and being more strict with glutes. I'm sharing my story to let you know I am very sympathetic to the plight of those of you who have to live with food restricted diets.

This is a new page for this newsletter and will focus on



various issues related to living with food allergies and gluten intolerance. I will be interviewing people, sharing about issues and support groups, researching restaurants, offering recipes, etc. I also want to collect ideas from readers about what you would like to see featured here. If you have topics you want me to cover or would like to tell your story, please contact me at: allergypage@yahoo.com I look

forward to hearing from you.

Enjoy the recipes for this month. One is a sugar cookie recipe for those of you who enjoy making heart shaped cookies for Valentine's Day. The black bean stew is a warm hearty meal for cold winter days. Both are free of some common allergens.

Terri Schmidt wishes you a Valentine's Day filled with love and gluten-free nut-free chocolate.

Cookie Cutter Sugar Cookies

www.allergygrocer.com/gluten_free_wheat_free_id147.html
nut, wheat, dairy, soy free

- 1 1/2 cup sugar
- 1 cup shortening
- 4 egg yolks
- 1 teaspoon dried orange peel or GF vanilla
- 1 1/2 cup potato starch flour
- 2/3 cup cornstarch
- 2/3 cup tapioca flour
- 2 teaspoon baking powder
- 1 teaspoon salt

1. Preheat oven to 375 degrees.
2. In large mixing bowl, blend sugar and shortening.
3. Blend in orange peel or vanilla.
4. In separate bowl, mix remaining dry ingredients. Add to first mixture. It will seem crumbly, but work dough until balls form.
5. Roll out 1/8 inch thick.
6. Cut shapes and transfer to greased cookie sheet
7. Bake for 8-10 minutes or until golden.

Black Bean Stew

www.allergygrocer.com/id798.html
wheat, dairy, egg, soy, nut free

- This stew is unique for its mixing of black beans and sweet potatoes.
- 3 cups water
- 1 cup tomato juice
- 1 1/2 cups brown rice, uncooked
- 1 tablespoon canola oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 medium sweet potatoes, peeled and chopped
- 4 cups black beans, cooked (this also amounts to two 1 pound cans, drained and rinsed)
- 1 large bell pepper, diced
- 1 cup tomatoes
- 1 hot green chili pepper
- 1/4 cup parsley, chopped
- salt and pepper to taste

Rice: In a medium pot, combine the water and tomato juice and bring to a low boil. Add the rice and lower the heat, simmering gently until all of the liquid is absorbed. This should take about half an hour.

Stew: In a large pot, heat the oil and add the onion. Saute over a medium heat until the onions are translucent. Add the garlic and continue to cook until the onions are golden brown.

To the onions, add the sweet potatoes and an additional 1-1/2 cups water. Bring to a low boil. Lower heat and allow to simmer until the potato is tender (usually takes about 10 or 15 minutes).

Add the beans, bell pepper, tomatoes, and chili pepper, and simmer gently for another 15 minutes. Add the parsley, and season to taste with the salt and pepper. Line the bottom of your serving bowls with some of the rice and pour the stew over it.



Moscow Food Co-op Board Candidates 2009

by Carol Price Spurling, Co-op Outreach and Membership Coordinator, outreach@moscowfood.coop

There are five candidates for two open seats on the board this spring as Joe Thompson and Kathleen Ryan complete their three-year terms.

This year's candidates are (alphabetically): Bennett Barr, Mark Jacobs, Dena Neese, Chris Norden, and Joe Wagenbrenner.

When thinking about your choices for the Board, please consider Board members' role and responsibilities (text taken from board candidacy packet):

Board members ensure the sound management of the Co-op's resources and serve as trustees for Co-op members. They initiate and oversee long-term planning, approve operating and capital budgets and business plans, define and oversee implementation of the membership structure, ensure that laws,

bylaws, policies, and procedures are followed, recruit and train new board members, and ensure good communication with the members and the public.

Board members prepare for and attend board meetings every month and serve on two committees, spending about 12 hours per month on meetings and associated tasks. Directors need to be good listeners and be able to work well with others who have diverse backgrounds and interests.

Board members are legally responsible to be informed about everything to do with the Co-op and to act appropriately in the best interests of the Co-op. A board member cannot be held liable for losses resulting from errors of judgment, but they can be held liable if they are

negligent, dishonest, or disloyal. Negligence means failing to make sure prudent business practices are followed, that regular reports are made, and that records are kept and reviewed. Disloyalty includes using a director's position to gain special advantages for oneself or for a particular faction, anything done knowing that it works against the best interest of the Co-op as a whole.

Candidates were asked to answer the following questions in their statements:

1) During a recession how can the Co-op still provide products and services to meet our members' and shoppers' very diverse needs and still fulfill its mission to members and the community?

2) Which goal or goals in the Strategic Plan are you particu-

larly interested in and what ideas or activities would you like to propose in order to further the plan?

3) Please describe your experiences and interests that would help Co-op members understand why you are running for the board and how they demonstrate expertise in providing governance.

Please read the candidates' statements carefully to help you decide how to vote in March. There will also be a Meet the Candidates Forum at 3 p.m. on Sunday, February 22 in the Fiske Room, 1912 Center, where members can ask specific questions of the candidates and learn more about their experiences, goals, and qualifications.

Dena Neese

1) During a recession, how can the Co-op still provide products and services to meet our members' and shoppers' very diverse needs and still fulfill its mission to members and the community?

The Co-op Board must work creatively, while coordinating with Co-op management, to ensure the Co-op not only weathers the recession, but also continues responsible growth, member support and community involvement.

One concrete task the Board can focus on is expanding membership. This would help the Co-op raise monies from membership dues, as well as increase in-store sales because members are more likely to shop than non-members. The Co-op can encourage membership by offering and marketing sufficient benefits to non-member shoppers, such as membership discounts and potentially year-end dividends.

Implementing an information gathering committee may also be useful to learn how other Co-ops are dealing with the recession, and to solicit creative ideas from our own membership.

The Co-op is in a unique position because it is the only store around to provide many

products that are important to its shoppers. Thus, if the Co-op operates as efficiently as possible and markets itself effectively, it seems likely it will not only survive, but thrive, during these difficult economic times.

2) Which goal or goals in the Strategic Plan are you particularly interested in and what ideas or activities would you like to propose in order to further the plan?

The Strategic Plan goal I am most interested in is strengthening the Co-op community. Member-owners are what differentiate the Co-op from other natural grocery stores. Many members I have spoken with want to be part of something bigger—they want to contribute to the success of their Co-op and community. Expanding the current volunteer/working member program would provide opportunities for membership engagement in the Co-op community.

In addition to expanding in-store working member opportunities, I would advocate developing new out-of-store volunteer activities for members. To this end, I am interested in the Strategic Plan's goal to explore establishing a nonprofit arm. A non-profit arm would provide many new opportunities for working members to volunteer their skills for the benefit of our community while increasing the

Co-op's visibility.

3) Please describe your experiences and interests that would help Co-op members understand why you are running for the Board and how they demonstrate expertise in providing governance.

I have enjoyed my experiences volunteering for the Co-op and would value the opportunity to serve on a broader scale by sitting on the Board. Returning to the Moscow area in 2006, one of the things I most anticipated was the Co-op. I wanted to become a Co-op member immediately; however, in addition to being a shopping-member I wanted to learn about the Co-op community and philosophy—and to contribute in some way.

I began volunteering at the Co-op as a bulk fruit packer almost two years ago and later joined a committee organized to evaluate the volunteer/working member program. Packing fruit

was a way to provide a tangible benefit to the Co-op while gaining insight into daily operations. As a member of the volunteer/working member committee, I have learned the importance of carefully listening to the opinions of many Co-op constituents before making recommendations on the future of the program.

In addition to volunteering at the Co-op, my background as an immigration lawyer helps to prepare me for the Board. I have worked with diverse populations on challenging and controversial issues. I have learned to be a good listener, advocate and advisor, all qualities that would help me to be an effective Board member.





Bennett Barr

In 1985, Bennett Barr, at the young age of 13, had his first 'Co-op experience' at the Boise Food Co-op on Hill Road. This experience sparked a lifelong interest in local, organic food systems and the people who consume and manage them. In 1996, he moved to Moscow to attend the University of Idaho. A month after arriving he started working as a volunteer at the Moscow Food Co-op. Eventually he became an employee working in produce, the deli, and as a cashier. Since his first days at the Moscow Food Co-op, his love of the Co-op as the hub, heart, and epicenter of Moscow, has not waned.

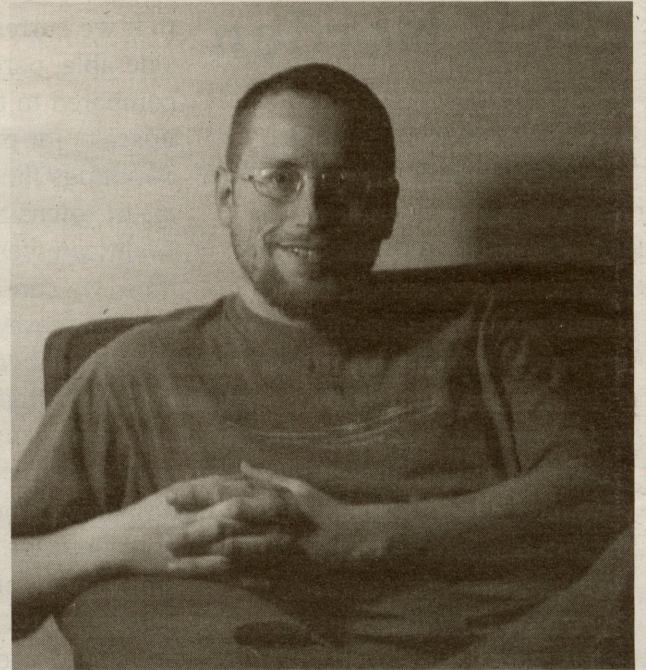
Election to the Board of Directors would allow Bennett the opportunity to become intimately involved in opera-

tions essential to the success of the Moscow Food Co-op. His involvement, as a Co-op Board member, would bring invaluable experience. This experience includes 20 years of customer service including the Moscow Food Co-op and other various food retailers. If elected, Bennett would focus on the strategy of creating and maintaining the best working environment in Moscow. Customer service for the Co-op's members and non-members is quintessential for a sustainable and surviving Co-op. With customer service as a priority, the Board must be responsive to the needs of the employees. As a board member, Bennett would strive to build and maintain a positive and working relationship between the Board of Directors and Co-op employees. This positive, working relationship would encourage a healthy environ-

ment, for both employees and members alike.

During times of economic hardship, the Co-op must continue to have a positive attitude toward the diverse needs of its members' and shoppers', as well as its employees. An emphasis on customer service is essential in order for the Co-op to maintain its mission to its members and the community. Bennett's experience with customer service will only help garner that relationship.

Currently, Bennett is working as the International Sales Manager for Northwest River



Supplies (NRS) in Moscow, Idaho. His interests include eating local and organic food, paddling, teleskiing and playing the accordion whenever possible.

Mark Jacobs

I am excited to be a part of our unique community considering the uncertain times. A changing environment and an ever evolving economy call for us to be innovative with our ecological thinking and our approach to sustainable business. Thus, the Co-op fills an important niche now and for our future. Thru community education we can learn new ways of living to enrich and diversify the local natural foods economy while protecting the integrity of our environment. This can be accomplished by offering classes on preserving locally abundant seasonally available products and sup-

ply information on the carbon footprint of our products in the hopes that shoppers make more sustainable choices. The Co-op can also become a flagship for progressive democratic business as well as creating cohesion and transparency by strengthening the Worker's Council. If we involve the Council's ideas at the Board level, we will attract passionate and purposeful folks to the workforce. In order to retain these quality workers we must build a more balanced pay structure, which will foster productivity and a more satisfying shopping experience. With input from our active membership, our impassioned workforce and our dedicated management, I hope to reflect, represent and implement effective and sustain-



able solutions for our diverse and changing needs. I am a committed listener with solid ideologies and I am not afraid to stand against the status quo. I believe that healthy change comes from open discussion

and shared sacrifice. I offer the experiences of a trail maintenance crew leader and a Co-op employee. I actively participate in discussion with a group of Co-oppian peers who

stimulate my thinking and diversify my perspective. I hope to inspire my generation to become an active and responsible part of our community's future.

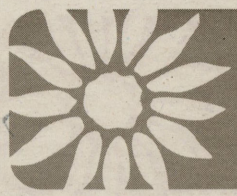
Kay Keskinen to oversee mail-in ballots for 2009 Co-op Board election

Parliamentarian and lifetime Co-op member Kay Keskinen will assist the Co-op Board of Directors by overseeing the mail-in ballots for the annual Co-op board elections to be held in March. A member of the American Institute of Parliamentarians for over thirty years, Keskinen has worked with numerous corporations and clubs in a variety of parliamentary

capacities. She is also a Certified Professional Mediator through the Idaho Mediation Association and Washington Mediation Association and serves as a mediator, facilitator, and trainer in areas of conflict management. Retired from the University of Idaho in 2003, Keskinen now volunteers at the Moscow Senior Center, along with other volunteer jobs. She enjoys pitching

horseshoes, is a member of the National Horseshoe Pitchers Association, and is currently ranked #87 among female horseshoe pitchers in the country.





Chris Norden

As a 14-year member of the Moscow Food Coop who helped with the move to the current location and more recently has been involved in the ongoing Strategic Planning process convened by the board and management, I feel strongly committed to the future of the Coop. I believe I have a set of organizational skills, a knowledge base, and grassroots democratic values that would help me to serve the entire Coop community.

The Coop community includes rank and file workers—the heart of the Coop—a number of whom have expressed to me concerns about living wages, benefits, salary equity, financial transparency, and procedural democracy. The Coop community also includes the many friends and neighbors who confess, regretfully, that they cannot afford to do more of their day-to-day shopping at the Coop. So the main values that I would bring to the Coop board are affordability, inclusion, and fairness.

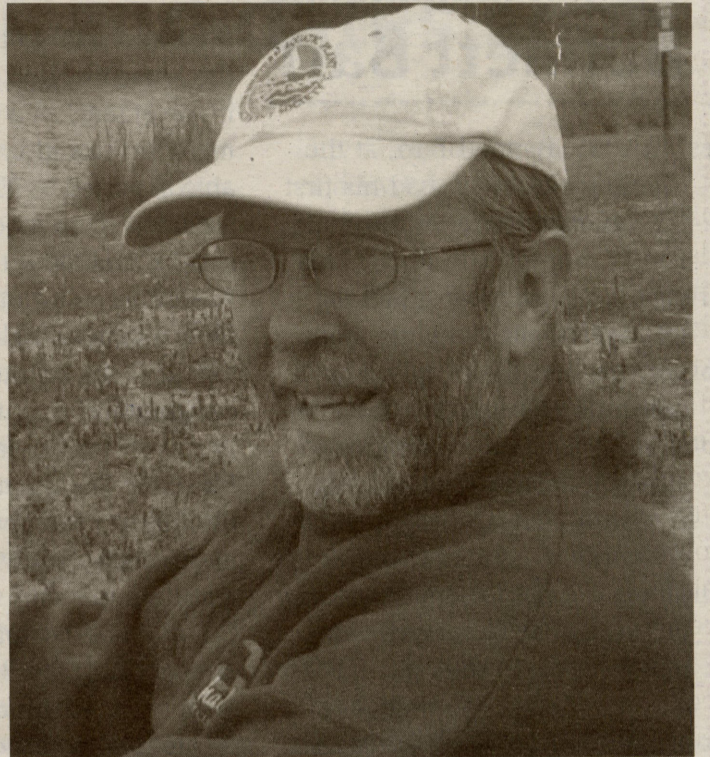
The sense of community

that we currently enjoy is considerable, particularly when compared to the sterile feel of upscale, for-profit natural food boutiques found in cities and resort towns throughout the American west. At the same time, we can and should do better. My sense is that for most Coop members, part of the purpose of being a Coop member—part of the “value” we get for our membership dollar—has to do with spreading the message. That message involves sustainable community, which in turn depends on a community’s ability to feed itself in such a way that both producers, commercial handlers, and consumers all feel reasonably secure, both economically and in terms of their ability to create and sustain the kind of community they actually want to live in, and raise a family in.

I live in Moscow, and work as a professor in the Humanities division at Lewis-Clark State College, where I teach interdisciplinary courses in environmental ethics, along with courses in literature and writing. I’ve served as president of Friends of the Clearwater, and am current board secretary. I am also

president of the LCSC faculty union, and have served as a faculty senator.

My involvement with community food coops began in Madison, Wisconsin in the late 1980s, at the Mifflin Street Coop. Other Moscow community involvements, since 1994, include long-time Renaissance Faire volunteer, founding member and ongoing supporter of KRFP (Radio Free Moscow), and numerous benefits for environmental, educational, and human rights causes and organizations as bassist/vocalist for Galactic Tofu Farmers and Uniontown. I’m a Community Supported Agriculture subscriber, and a long-time friend of several local organic farm families. I’ve also



done campaign work for various progressive candidates in the region, including campaign manager for Aaron Ament’s successful city council run.

Coop members are consumers, but we are much more than that. Let’s continue to evolve, toward a richer, more fully engaged participation in the life of both our Coop and our local and regional community!

Joe Wagenbrenner

I like to collect information and then act with certainty on decisions, adjusting as necessary to new information. The Co-op management should do the same whether in an economic recession or expansion, and clearly they have. The Co-op management should pay close attention to key indicators and adjust to changes in these. The Board and management also should pay close attention to the livelihood of our community, and as a Board member I would make this one focus of my interaction with members. In the store, management has many ways to reduce system costs, thereby reducing the cost to its members, without impacting employment, prices, or member benefits. For example, increasing promotion of existing member benefits, like the 10 percent case order discount, can save members money without

increasing operational costs.

Many of the goals in the Strategic Plan are interesting and inter-related. But one goal that I am particularly interested in is to develop and support the local, organic, and sustainable food and goods economy. This goal will strengthen our community, improve our quality of life, and help the Co-op and region environmentally and economically. I want to see our community prosper in a sustainable way. The reason I became a member of the Co-op was because it provided access to great food and products, with an organic focus. Over my six years of membership, the store has made many adjustments to focus more on local and thereby more sustainable products, and there is an opportunity to increase this. Working with small volume suppliers will bring more local products into the store and increase the proportion of money that stays in our community. Developing a small business partnership program will help start new

businesses, further strengthening the sustainability of the local economy.

In an interview with the *Community News*, our Board president said that the Board needs workhorses and people that can brainstorm. I enjoy hard work, and I can develop creative solutions in a team environment. Since I moved to Moscow I have been working for the research arm of the U.S. Forest Service. Before that, I worked for seven years as a manager and engineer in the private sector, and through that experience I can relate to the general business concepts of running the Co-op. During my work in the corporate world I had formal team building training as well as daily interaction in a team environment, and so



I have the skills to listen, appreciate differences, and develop common decisions. These skills, along with my devotion to the task at hand, have allowed me to develop good working relationships and achieve communal goals. In addition to my related professional experience, recent volunteer activities include the director of a regional mountain bike race, a Co-op volunteer position, and an active role in the Moscow Area Mountain Bike Association. And with the opportunity to run for the Board, what better way to focus some energy and serve the community I love?



Omnivoria: Eat Local Beef!

by Alice Swan, Newsletter Volunteer

In 2007, the word “locavore” was not only added to the Oxford English Dictionary, it was also word of the year (although apparently, my computer didn’t get the message—I just had to add it to my dictionary to get rid of the red squiggly line underneath it!). Closely related to the word locavore is the concept of “food miles”—that is, how far your food travels from farm to table. For a while, food miles were a hot topic in the global warming debate. Eat locally and reduce your carbon footprint by reducing the distance your food travels, went the logic. Seems simple enough! But recently food miles have been coming under fire.

Critics of the concept of food miles say that the amount of carbon produced by transporting food is relatively small; that a tomato grown in a tropical climate and shipped to those of us in northern climes has a smaller carbon footprint than one grown in a hothouse closer to its final destination. (And to this I say Duh! Fresh tomatoes are strictly a late-summer treat for me, when I can get them either straight out of my back yard or within hours of being picked at a local farm). Meat in general, and red meat in particular, also gets a bad rap from the champions of industrial agriculture who want to deny that food miles matter.

The basic point, which is hard to argue with, is that meat is a more resource-intensive source of calories than plant products are. Meat is, this argument goes, higher up on the food chain than vegetables. This is undoubtedly true. But let’s get more specific. Locally-produced, grass-fed beef has a considerably smaller carbon footprint than conventional, feedlot-raised, grain-fed beef. The grain-fed beef is consuming feed that has been raised in a resource-intensive manner—heavily fertilized and sprayed with chemicals, and grown in a monoculture that is farmed with the help of large tractors and combines. One article I read said that over two-thirds of the energy used to produce beef comes from producing and transporting feed.

Compare that to the cattle that graze native grasslands. The grass itself is not a viable source of nutrition for humans, the

“Locally-produced, grass-fed beef has a considerably smaller carbon footprint than conventional, feedlot-raised, grain-fed beef...”

grazing land is often not suitable for agriculture, and cattle grazing on well-managed pastures help to fertilize and maintain the land without the use of petroleum products and heavy machinery. Yes, the grass-fed animals still produce methane, but considerably fewer calories of energy are invested in producing each calorie of meat.

I haven’t done the research and math on this question myself, but I’d venture to say that eating a vegetarian meal of conventionally-raised food, shipped from far away, likely has at least as large (if not larger!) a carbon footprint than a meal of local, grass-fed beef. The point that many naysayers about local food fail to take is that eating local food that is sustainably raised (if not actually certified organic), and in season, is far better for the health of our planet than most alternatives. And don’t forget that eating locally is also good for our local economy!

The most local meat the Co-op carries is Eaton Natural Beef, produced by Joe & Nikki Eaton in Colton, Wash. Eaton Beef is grass-fed, natural beef—no hormones, antibiotics or animal by-products. And Nikki is often around town, delivering meat to local restaurants, and selling at the Tuesday Grower’s Market during the summer. For those who want their grass-fed beef certified organic, there is Alderspring Ranch Grass-fed Beef that comes from slightly farther afield in May, Idaho. The third brand of beef the Co-op carries, Country Natural Beef, is also relatively local. Country Natural Beef is a cooperative of ranches in the Northwest. Country Natural Beef is grain-finished, but for a shorter period of time than the industry standard, and without the typical feedlot hormone and antibiotic additives.

The recipe I’m including calls for pomegranate juice, which is not local, but is seasonal and

ting longer again and that it’s no

Grass Fed Flank Steak with Pomegranate Glaze

- ▶ 1 pound Grassfed flank steak
- ▶ 1 tablespoon chopped rosemary
- ▶ 1 tablespoon chopped thyme
- ▶ 1 teaspoon cracked black pepper
- ▶ 4 cups pure pressed pomegranate juice
- ▶ 1/2 cup safflower oil

Marinate flank steak in rosemary, thyme, pepper, 1/2 cup of pomegranate juice and oil overnight.

Simmer the remaining 3 1/2 cups of juice and slowly reduce it to about 1/2 cup. The juice will turn into a thick syrup.

Grill or broil the flank steak about 5 minutes on each side until medium-rare.

Slice thinly against the grain and drizzle with pomegranate syrup.

delicious, with a bright red color and plenty of vitamin C to cheer you during the dreary days of February.

longer totally dark at 4:15 p.m.

Alice is glad that the days are get-



If you’ve always wanted to play the cello, you can!

Call Lois Blackburn, Ph.D., to begin!

- Specializing in both children and adult beginners
- 40 years of cello teaching experience
- 17 years as public school music teacher
- Retired UI music professor

208-882-8936 or Lblackburn@turbonet.com

medical care for the whole family



FAMILY PRACTICE

OBSTETRICS

GERIATRICS

FAA PHYSICALS

WELLNESS VISITS

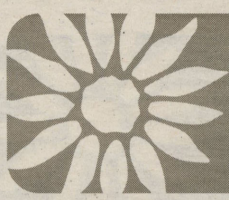
We are now accredited as a Rural Health Clinic. Accepting new patients, including Medicare and Idaho Medicaid patients.

JOHN GRAUKE, M.D. | MAREE MCHUGH, F.N.P. | DEBORAH MEDEL, F.N.P.



213 N. MAIN ST.
208.882.7565

WWW.MOSCOWMEDICAL.COM



Veganesque: The Art of Being a Local Yokel

by Caitlin Cole, Newsletter Volunteer

Palouse Cares and their team of volunteers collected over 20,000 pounds of food for area food banks and collected thousands of dollars for area agencies.

We have all heard a lot about buying local and growing local food. Why is this issue important? For me it is because I know that when my family buys local and supports local food growing the dollars that we spend stay in and help build our community. I believe for the most part we are a community-minded people who support these concepts, but I would like to introduce the topic of giving locally.

There was a local giving event that happened during this past holiday season that was inspirational to me and brought out the very best characteristics of our community—true compassion and community spirit. On December 6, 2008 over seven hundred local volunteers gathered in two locations to hold a food drive and a live and silent auction to benefit local charities serving families. The event was created and run by a local Moscow charity called Palouse Cares (www.palousecares.org).

Over forty local businesses generously donated the auction items, including our Co-op. The results were astounding. Despite the tendency for folks to hold on to their money in times of economic downturn, this year's event was the most successful to date. Palouse Cares and their team of volunteers collected over 20,000 pounds of food for area food banks and collected thousands of dollars for area agencies, including Backyard Harvest, Alternatives to Violence on the Palouse, and Success By Six. As a volunteer for Success By Six, I can tell you that the unrestricted funds that Palouse Cares donated to us keeps our doors open. In this lending environment it is difficult to find funds that will pay for our programming costs. Without these dollars we would not be able to continue to offer our car seat safety, parent support or preschool programs, all of which we offer free of charge to our community. I am grateful to know that the locals who run Palouse Cares are working hard to serve our families. They run on 100 percent volunteer power with no overhead costs, which means all of the dollars raised from their awesome efforts go to local agencies. Knowing these folks makes me proud to call myself a local yokel.

This example is inspirational to me because I believe it can heal the damage divisive attitudes have caused to our community in the past and our world in gen-



Palouse Cares! Auction and Food Drive December 2008

eral. When people stand shoulder to shoulder without regard to the differences in our political and religious identities in pursuit of the good of our community, miracles can happen. Healing happens. In addition, people who have strong community ties and social networks have been proven to have lower blood pressure, less heart disease, less depression and live longer in general. Sounds like what happens when you eat more plant foods! There are many ways to participate in our local community while meeting our human needs for connection and contribution. I hope you find yours. You could start by finding local ingredients in the Co-op's produce department to make this delicious stew!

Caitlin Cole wants the community to know if you need more information on preschool programs and safety support, visit www.palousesuccessbysix.org.

Local Harvest Stew

- 3 quarts water
- 8 large potatoes, roughly peeled and sliced
- 4 large carrots, diced
- 2 stalks celery, chopped
- 2 sweet onion or onion of choice chopped
- 1/3 cup Spectrum
- 2 tablespoons flour
- salt, to taste
- pepper, to taste
- 1/4 teaspoon paprika
- 2 cups coconut milk (find this in the international foods section of our Co-op)

In a large saucepan over medium heat, heat the water and stir in the potatoes, carrots and celery. Cook 15 minutes, or until tender but firm. Remove from heat. Drain and set aside, reserving liquid.

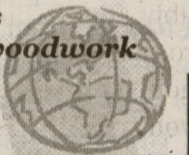
Place the onions and Spectrum in the large saucepan. Over medium heat, slowly cook and stir 10 minutes, or until the onions are tender. Mix in the flour, salt, pepper, paprika, and coconut milk. Mix in the potato mixture. Continue cooking and stirring, adding the reserved liquid a tablespoon at a time, until the mixture has reached a desired consistency.

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



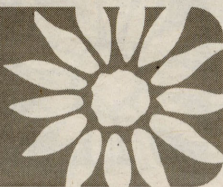
Kenworthy Performing Arts Centre

Your Downtown, Community Theater

- UI Women's Center presents
- | | |
|------------------------------|------------------------------|
| The Vagina Monologues | February 6 - 8 |
| Doubt | February 13 - 15 |
| Frost/Nixon | February 20 - 22 |
| Slumdog Millionaire | February 27 - March 1 |

Call or visit our website for up-to-date times and ticket info
Titles and dates subject to change

www.kenworthy.org • 882-4127 • 508 S. Main Street



Into the Cupboard: Warming Your Winter!

by Ivy Dickinson, Newsletter Volunteer

I have long been a fan of the “Buy Local” campaign. For starters, it warms my heart to support local businesses; buying local often goes a long ways towards helping us to reduce our carbon footprint, plus there is just something to the idea that I could go check out the operations of the local businesses I am supporting so that I can be sure that I am investing in a business with similar morals to my own (I won’t go into all of that here). Plus, if you ever get to compare a farm egg that came from a happy, free range chicken to a standard grocery store egg, you’ll be shocked at the difference and will never go back. Seriously if the color alone doesn’t convince you, the taste will. I am not here to talk about eggs, however. This month I wanted to focus on something nice and warm, which will allow you to support local businesses with every sip.

My ingredient of the month is coffee. You may be thinking about now that coffee doesn’t grow in Moscow, which arguably is true, but it does get roasted here, and the Co-op has gone to great lengths to provide you with all the best coffee options from fair-trade, to organic, to local (and even all three at once). Although I love all the choices the Co-op offers, I’ll focus only on the local ones. In the bulk department, the Co-op carries Landgrove coffee, Doma coffee, and Cravens coffee, based out of Troy, Coeur d’Alene, and Spokane respectively.

I have always been a lover of the flavor of coffee, but did not drink it for many years because I always thought that it upset my stomach. It took me far too



long to realize that the real issue was that the swill my dad used to keep in the house would have upset the stomach of anyone, not to mention that it would leave you with awful coffee jitters. Although I

didn’t realize it at the time, the problem with my dad’s coffee was that he most likely drank coffee brewed from Robusta rather than Arabica beans.

Robusta and Arabica are the two main categories into which all coffee varieties can be divided. Robusta beans are characterized as the not-so-tasty “cheap” variety; they are easy to grow in a wide range of climates, are quick to mature, and contain much more caffeine than Arabica beans (hence the jitters, and guaranteed addiction). Arabica beans on the other hand are known for the complexity of flavor and are difficult to grow; they have a much more limited range and require a very specific climate. They also take longer to mature, although they fetch a higher price in the market eventually. In short, most pre-ground mass produced coffees are made most from Robusta beans, while most specialty coffees are made mostly from Arabica. I used the word “mostly” because most coffees are a mix of the two beans. The former wanting to claim the flavor attributes of the latter and the latter needing the some of the former in order to remain affordable.

In addition to being a delicious drink, coffee has the astounding ability to add depth and complexity to cooking much the way that herbs do, and as a common element that can be found in many kitchens, it deserves to be experimented with in cook-

Bonnie’s Coffee Steak Rub

- 1 tablespoon coarse sea salt
- 1 teaspoon coarsely ground coriander
- 1 teaspoon coarsely ground coffee beans
- 1 teaspoon ground black peppercorns
- 2 tablespoons olive oil
- up to 36 ounce bone in steak (rib eye, t-bone, or other)

Mix the ingredients for the spice mix together. Preheat oven to 450 degrees.

Remove the steak from refrigeration 1 hour before cooking to allow steak to come to room temperature. Rub the steak with 1 tablespoon olive oil, and then rub the spice mix on to the steak. Set aside.

In a large cast iron skillet or sauté pan, heat 1 tablespoon olive oil. When smoking hot sear the steak on all sides and place in the preheated oven. Allow the steak to roast until its internal temperature is 100 to 105 degrees on a meat thermometer. Remove it from the oven and place steak on a cooling rack. Allow the steak to rest on the rack for 10 minutes.

Mocha Butter Cookies

- 2 ounces bittersweet chocolate
- 2 cups unbleached flour
- 1/2 teaspoon baking powder
- 1/4-1/2 teaspoon finely ground coffee (depending on how bold a statement you want to make)
- 1/8 teaspoon cinnamon
- 1 cup butter, at room temperature
- 1/2 cup brown sugar
- 1/2 ground walnuts, plus more for garnish

Preheat oven to 350 degrees. In the top of a double broiler melt chocolate. Combine flour, baking powder, coffee, and cinnamon in a bowl and set aside.

In another bowl cream the butter and sugar, then add the chocolate and melted nuts. Once the mixture is smooth, add to the flour mixture.

Roll the dough into one inch balls, flatten, and press half a walnut into the top of each. If you’d like the outside to be a bit crunchy you can use slightly less sugar in the recipe and roll the dough balls in granulated sugar before flattening. Place on a cookie sheet lined with parchment paper and bake for 15 minutes. Cool on a rack, and then eat as many as you can before the guilt sets in.

ing. My first recipe is basically a simple steak rub that will completely spice up your steak. It was made for me by my friend Bonnie, who is actually a vegetarian. It is a little mysterious to me how she managed to make something so delectable without even sampling it herself, but I guess I’ll just chalk it up to intuition. I challenge all of you to try this recipe with a local cut of beef from the Co-op’s meat department.

My second recipe is for some butter cookies that have a little

bit of chocolate, a little bit of coffee, and ground walnuts. It is nearly impossible to eat only one, or even three of these. They are dangerous for me to have in the house because I always want more, perhaps because they aren’t as overly sweet as some cookies.

Ivy also loves a nice stiff Irish Coffee, but since the Co-op doesn’t sell whiskey, you’ll have to find that recipe on your own. You can email her with questions and comments at ivyrose7@hotmail.com.

A Choir of Angels Massage Center

choiramc@clearwire.net

106 E. Third, Rm. 1C
Moscow (@ Main)



Pat Rutter, CMT
(Since '89)

Weekend Appointments, Too!

1.5 hrs. Swedish	\$69
1.0 hr. Swedish	\$49
1.25 hrs Hot Stones	\$69

7 days • 11:00 a.m. – 8:00 p.m. • C. 208-413-4773 by Appt.



In the Garden: Wisescape

by Holly Barnes, Newsletter Volunteer

“The nation behaves well if it treats the natural resources as assets which it must turn over to the next generation increased, and not impaired, in value.”

—Theodore Roosevelt

Do you know someone in our community that is making an effort to save water through efficient landscaping? So asks the Wisescape brochure prepared by Nichole Baker, Water Conservation Specialist, at the Moscow Water Department's Water Conservation Program. From February 10-26, 2009, the department will have a display in the Co-op Deli explaining the awards program.

The Wisescape award recognizes individuals, households, businesses, or public buildings in Moscow that set a good example for aesthetics and resource conservation. Nominees must follow Moscow water ordinances and resolutions.

The following guidelines (from the brochure) apply:

Design: Aesthetically pleasing during different seasons, practical (designed for efficient resource use); limited use of turf and/or using water-conserving varieties; plant zoning (placing similar-needs plants together); efficient irrigation.

Reduce Resource Use: Water savings; less mowing (saving energy and fuel); labor saving (time and money); fertilizer savings; pesticide savings; reduction in yard waste (on-site retention and/or composting).

Soil: Enhancements (compost, mulches, etc.)

Plant Selection: Site-appropriate plants suitably placed within the landscape.

At the Co-op display you will be able to pick up a Wisescape nomination form that you can use to nominate your own garden or one that you know of that exemplifies these principles. You can also print a form from the website (<http://www.moscow.id.us/pw/WaterConservation/Wisescape.asp>). Nichole emphasizes that nominees can be anywhere in the process of incorporating the above principles. Efficient gardens can take years to develop, but savings in our resources begin to take place



'Before' picture of Moscow Water Department's Wisescape garden at 201 N. Main.

right after implementation, and she wants to reward that. An etched yard stone is presented to the garden that best exemplifies the principles. Our mayor will make that decision each year, based on the nominations.

The first awards were presented in 2008. As interest in the program expands the number of nominees will surely increase, as will the motivation of residents to incorporate water-efficient landscaping into their yards and businesses.

The Water Department is installing a Wisescape garden in its new location at 201 N. Main Street. Last year they removed all the water-consuming grass and did site work to prepare for the new garden, to be installed this spring. New efficient and water-saving sprinkler heads will be in use in the irrigation system. For the garden work many resources were donated, including heavy equipment and a landscape plan. I'm pleased that the Department building is in a visible location downtown so we can all keep

In the February Garden:

✓ Work in the garage this month to make and/or repair birdhouses and feeders and mason bee blocks for nesting native bees.

an eye on progress. I'll feature an 'after' photo when it is completed.

February is a perfect time to plan a new garden and this Moscow program provides a good impetus for building a garden that Teddy Roosevelt would honor.

Holly Barnes is looking forward to a vacation in sunny Arizona, which is on tap for February and March. She is getting lots of quilting done while snow and cold-bound but she always has one eye on the garden, looking for the first signs of spring.

Brused Books



Hours:
Sunday: 12-5
Monday-Friday: 11-6
Saturday: 10-6

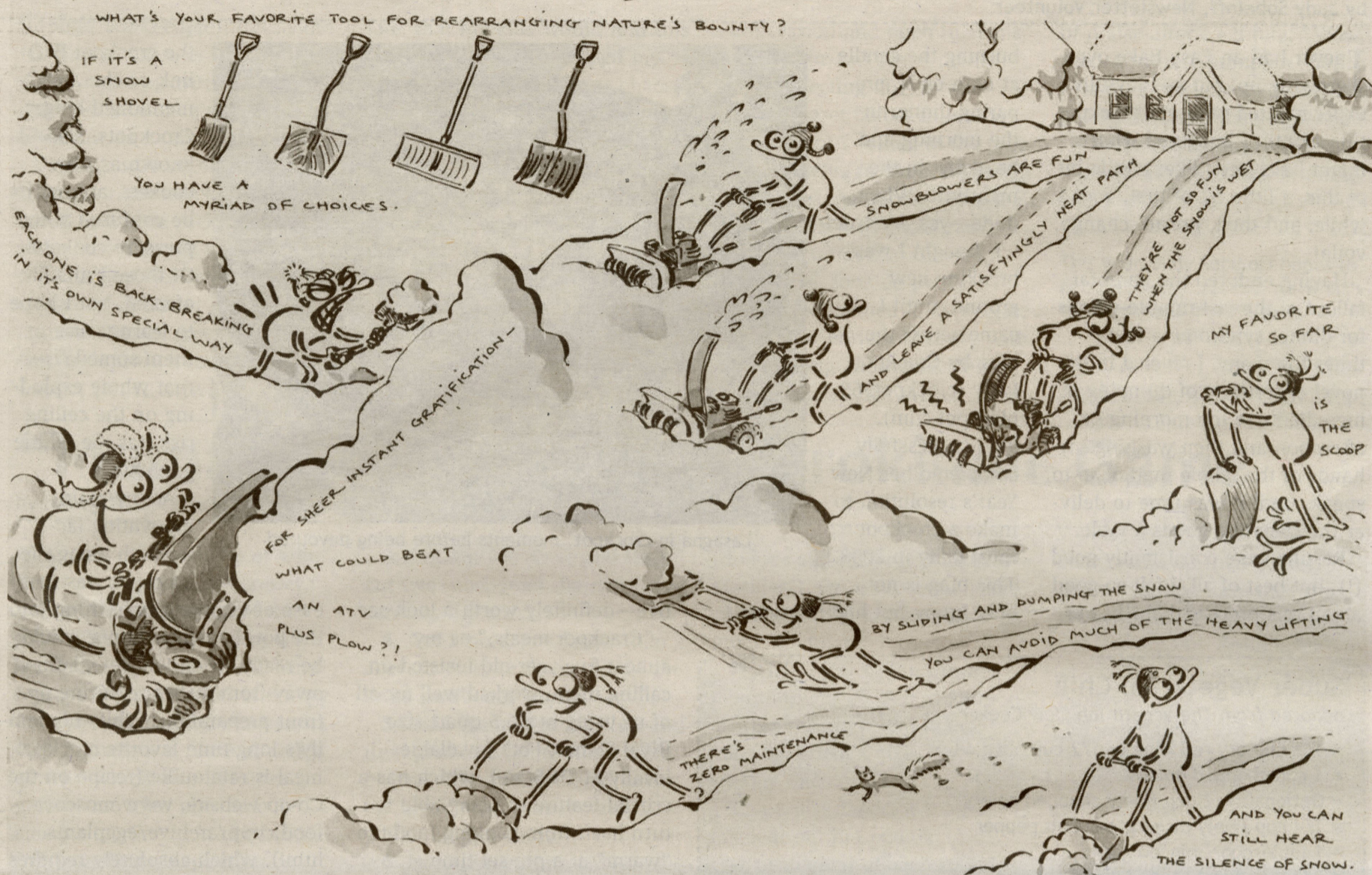
• buy • sell
• trade
• hardbacks -
paperbacks
• science to
science fiction
• literature to
psychology

509-334-7898

235 E. Main
Pullman, WA 99163



PALOUSE REPORT: Winter Workout



THANKS TO PAUL MUNETA FOR LOANING HIS "SCOOP", TO THE WINTZ FAMILY FOR HELP WITH THE SNOWBLOWER AND TO MOTHER NATURE FOR PROVIDING ABUNDANT TEST MATERIAL. © ANNA BREWER WWW.FROGBLOG-ACARTOONDIARY.BLOGSPOT.COM FEBRUARY 2009

Co-op Crossword Puzzle

by Craig Joyner, Newsletter Volunteer

ACROSS

- 1 Last month's profiled staff, last name, 1st is 31 down
- 7 Farewell to the Renaissance king, last name, 1st is 18 down
- 11 Black, green, white, and Oolong teas originate from this part of the world
- 12 Herb known as bloodwort
- 14 Lime tree
- 15 Preceding
- 16 Allude
- 20 Advanced degree
- 21 The only state in America where diamonds are mined, abbreviation
- 22 Last month's MFC artist, last name, 1st is 23 across
- 23 See 22 across
- 25 Dating desire, abbreviation
- 26 Congressional bill abbreviation
- 27 Golf ball pedestal
- 28 Advanced degree for artist
- 30 Wooden shoe
- 32 French Champagne center
- 33 Ancient Gaelic for king or the smallest state, abbreviation
- 34 Capital of Belarus
- 36 Farewell to the recycling master, 1st name, last is 27 down
- 39 Tolkein's Galadriel
- 41 Maker of salsa and hummus, _____ Valley
- 43 Light Mountain Natural _____

DOWN

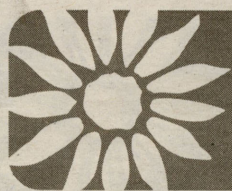
- 45 Hospital caretaker, abbreviation
- 46 Important fatty acids
- 48 Part of a fish or mushroom
- 49 Folk singer Joan _____
- 50 New MFC cashier Meghan _____
- 1 Last month's profiled volunteer _____ Hall
- 2 Windows, Linux, or Leopard, abbreviation
- 3 Tony New York peninsula, abbreviation
- 4 Numi Aged _____ Grey Tea
- 5 Yea
- 6 Opposite of longitude, abbreviation
- 7 What the rabbit fell into
- 8 Cactus or First Step would be a better choice, abbreviation
- 9 Airline or compass point
- 10 Variety of squash
- 13 Energy bar chock full of vegetables and fruits
- 15 Local produce grower for MFC and the Farmer's Market, Elizabeth _____
- 18 See 7 across
- 19 The last two letters in the alphabet
- 23 Rift
- 24 Roe
- 27 See 36 across

1	2	3	4		5	6		7	8	9		10
11					12		13					
						14					15	
16	17	18		19			20				21	
22						23			24			
	25					26						
27				28	29			30				31
		32									33	
						34				35		
36	37	38								39	40	
41						42		43	44			
45						46	47					
48					49					50		

- 28 One of last month's profiled musician, Katrina _____
- 29 KUOI or KRFP
- 30 One of MFC's new cashier Dolly _____
- 31 See 1 across
- 35 Hibiscus plant that is the source for tree-free paper and jute
- 37 Universal or science magazine
- 38 Do this instead of doing
- 40 Road, abbreviation
- 42 Medical abbreviation for death

- 44 For example
- 47 Augusta is this state's capitol, abbreviation

Craig Joyner is addicted to the Bequet's Celtic sea salt caramels. Clue suggestions or comments can be sent to cascadeeffect@hotmail.com.



Meals Kids Might Eat: Crockpot It!

by Judy Sobeloff, Newsletter Volunteer

I never had an Easy Bake oven growing up, but as I joyfully experimented with our crockpot this month, I imagined what it might have been like: a little bit of this, a little bit of that, wait a while, and then, presto, chango, voila!

Having endured the parental fallout of the last-minute-what's-for-dinner syndrome a few times too many, I reveled in the novel experience of dumping in ingredients in the morning or afternoon and then washing my hands of the whole matter, so to speak, until it was time to deliver the steaming goods à table.

Results were consistently good (!), but best of all, I felt so good about this process that I began

burning the candle at both ends, preparing dinner in the morning and breakfast in the nighttime. Whoa, dude—yes, it's true!

I thought I was breaking new ground, until I came across the blog by Crockpot Lady (crockpot365.blogspot.com), who successfully completed her New Year's resolution to make a crockpot meal daily in 2008. This blog is not only funny but highly informa-



Lasagna in crockpot, moments before being devoured

the crockpot FAQ link on the above-mentioned blog. Crockpots, also known as slow cookers, are not to be confused with pressure cookers! Of those I'm still afeared, but I hope to learn to use them someday—that whole exploding on the ceiling risk has me a little gun-shy.

As my main motivating factor with using the crockpot was the

ease of throwing everything into

the pot, knowing dinner would be ready when we were, I shied away from dishes requiring up-front preparation. While my family's long-time favorite crockpot meal is ratatouille (recipe on the Co-op website, www.moscowfood.coop/archive/eggplants.html), which absolutely requires a separate preliminary step of sautéing the eggplant, this month I took shortcuts wherever plausible: not blending when instructed to blend, or not peeling when instructed to peel (fortunately no bananas or oranges were called for in these recipes.)

We did sample a delicious lasagna, made by someone else, from The Vegetarian Slow Cooker (our copy ordered locally

definitely worth a look-see. "Crackpot meals," as my almost five-year-old insisted on calling them, worked well for all of us using our 6.5 quart size Rival "Smart Pot" (available locally at Tri-State), which has a crucial feature of being able to turn itself from cooking mode to "warm" at a pre-set time. For those leery of using a new appliance, I must say that in my experience there wasn't much to it, especially as I found the length of cooking time to be extremely flexible. (We did break the heavy, slippery ceramic liner years ago during one of our first times washing it, but were able to replace it from the company easily.) For those with residual concerns, I would direct you to

ease of throwing everything into the pot, knowing dinner would be ready when we were, I shied away from dishes requiring up-front preparation. While my family's long-time favorite crockpot meal is ratatouille (recipe on the Co-op website, www.moscowfood.coop/archive/eggplants.html), which absolutely requires a separate preliminary step of sautéing the eggplant, this month I took shortcuts wherever plausible: not blending when instructed to blend, or not peeling when instructed to peel (fortunately no bananas or oranges were called for in these recipes.)

Super Vegetarian Chili

adapted from *The Vegetarian Slow Cooker*

- 1/2 cup dry red wine or 1/2 cup olive oil
- 1 cup chopped onions
- Optional: 1/2 cup finely chopped celery
- 1/4 cup finely diced green bell pepper
- 1 tablespoon minced garlic
- 2/3 cup diced canned green chiles
- 3 cups chopped canned tomatoes
- 3 cups canned pinto beans, rinsed and drained
- Optional: chopped fresh cilantro
- 1 tablespoon chili powder
- 2 teaspoon ground cumin
- 2 teaspoon dried oregano
- 1 bay leaf
- 2 cups water
- 3 tablespoon tomato paste
- salt to taste

In a large saucepan on medium-high heat, heat wine or oil, onions, optional celery, bell peppers, and garlic together for 8 to 10 minutes. Transfer to the slow cooker. Add all other ingredients except salt. Stir to combine. Cover and cook on low heat for 5 to 7 hours. Remove bay leaf before serving. Taste and add salt if desired.

Pumpkin Soup

adapted from www.a-crock-cook.com

- 1 ounce butter
- 2-15 ounce cans of pureed pumpkin, or 1-2 pound pumpkin, peeled and cut into 1-inch pieces
- 1 medium peeled onion
- 2 cloves stuck into the onion
- 2 teaspoon sugar
- salt to taste
- 2-1/2 cups chicken or vegetable stock (homemade, from cubes, or ready-made)
- 1 cup milk
- Optional: nutmeg to sprinkle on top
- Optional: sour cream, grated cheese, or yogurt when serving

Place butter and pumpkin in crockpot and turn on high. When butter has melted, stir to coat pumpkin. (Optional: For more intense flavor, cook for one hour on high before adding remaining ingredients.) Add onion, sugar, salt, and stock. Cover and cook for 8-9 hours on low or 4-5 hours on high. When ready to serve, remove the onion. If using fresh pumpkin, puree soup in a blender. Add milk, to achieve preferred consistency. (Do not add milk if intending on freezing—instead add milk when thawed.) Optional: serve with a sprinkling of nutmeg and/or sour cream or cheese.

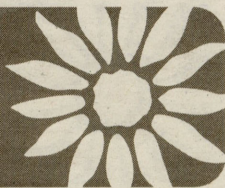
Easy Vegetarian Crockpot Lasagna

Please NOTE: This recipe is intended to be extremely flexible.

Amounts are approximate, as are types of cheese, and up to the preferences of the individual cook.

- 5 cups tomato sauce or pasta sauce
- 1 box lasagna noodles, uncooked
- 16 ounces cottage cheese
- 1-10 ounce package frozen spinach, thawed and patted dry
- 1-2 cups grated cheese (cheddar or Monterey Jack or mozzarella)
- Optional: 1/2 cup parmesan cheese, for sprinkling on top

To assemble, spread 1/3 of the tomato or pasta sauce on the bottom of the slow cooker. Cover with a layer of uncooked lasagna noodles. For the cheese layer, spread 1/3 of the cottage cheese on top of the noodles, then sprinkle 1/3 of the spinach on top of that, and then sprinkle 1/3 of the grated cheese. (NOTE: I did it this way, using cottage cheese and grated sharp cheddar, because these were the types of cheese we had on hand, and because I was too chicken to let the spinach show and unwilling to use the blender; however, other cheese blends and methods would probably work equally well.) Cover with more noodles and another layer of sauce. Again layer with noodles and spread with another 1/3 of the cheese/spinach combination. Top with noodles and remaining sauce. Continue layering ad infinitum until you feel like stopping or supplies run dry. Finish with remaining cheese mixture (and/or extra sauce). Optional: sprinkle top with parmesan cheese. Cook on low heat for four to six hours, or until noodles are soft.



Meals Kids Might Eat, continued ...

through BookPeople), but as the recipe was rah-ther labor-intensive, I came up with a cinchy alternative lasagna which we all liked just as much.

Next up was vegetarian chili, from the same cookbook. I do admit to a little preliminary sautéing here, but not enough to get my knickers in a twist. Not having green chiles on hand, I substituted canned green enchilada sauce—and then thought, too

late, that my kids would find this way too spicy, and hedged my bets by supplying cottage cheese and grated cheddar with which to tone it down. However,

despite the cry of “I will not eat anything with tomatoes in it!” heard throughout the land, both kids liked it, one requesting more, and the other requesting separate bowls for cheese, chili, and the cheese/chili combo.

For pumpkin soup, I did make

a concession and open the cans of pumpkin and sweet potato puree collecting dust in our kitchen closet before dumping them in, but I balked at the prospect of having to chop an actual onion—oh, the horror—until I realized that said onion need only float around in the soup unchopped, looking pretty.

Everyone seemed to appreciate this (butter-enriched) soup, with Fred offering additional words

of praise after each bite: “Wow, that is yummy pumpkin soup! ... I thought it would be bland, but it actually has a nice tart taste! ... That’s a way of getting rid of our two hundred cans of pumpkin!”

.....
This year, Judy Sobeloff hopes to get that pesky last-minute-what’s-for-dinner syndrome licked.

“Mama Can We Make...? Crokinole Game

by Nancy Wilder, Newsletter Volunteer

Here it is the middle of winter...still cold and snowy, yet, for the kids, some of the thrill of those early snowy days has faded. The kids don’t seem to have the same level of energy for playing outside for hours on end. So here is a fun and crafty activity which also becomes a great game after playing outside, or anytime you need some indoor-activity inspiration.

The game of Crokinole is thought to have developed semi-locally; that is to say, in the Northern United States or in Canada in the 1860s. It is a unique blend of several older English, French, German and East Indian games, and has been a favorite family game for close to 140 years. It can be easily adapted for all ages to enjoy.

You’ll need:

- ✓ Four 30 inch squares of sturdy cardboard
- ✓ A one foot length of string attached to a pencil
- ✓ Scissors or a craft knife
- ✓ Measuring tape
- ✓ 12 checker discs of one color and 12 of another (available locally at Hodgins Toy & Hobby or The Natural Abode)
- ✓ White glue
- ✓ A black marker
- ✓ Eight sturdy thumbtacks

1. Cut the corners off one square of cardboard to make an eight-sided figure. This will be your Crokinole board base.

2. With your thumb, hold the end of the string on the midpoint of a second cardboard square. Pull the pencil so the string is tight and draw a circle with a radius of the full one foot of the string.

3. Cut out the circle and then cut two more from the remaining cardboard pieces.

4. Cut a hole, just larger than a checker disk, in the center of the three cardboard circles.

5. Glue the circles together and then glue them onto the middle of your base piece. Weigh down the board with a heavy object while the glue dries.

6. Draw three more circles with the string and pencil on the top piece of cardboard from the midpoint. The radius of the first circle should be 11 1/2 inches, the second 8 inches, and the third 4 inches. Go over the lines with marker.

7. Place the eight tacks evenly around the smallest drawn circle (assist tender young fingers with this part).

8. With the marker, write the number 20 in the hole, 15 in the ring between the hole and tacks, 10 outside the tacks, and 5 in the outside ring.

9. The outside line is the starting line. Draw four evenly spaced lines from it, across the ring valued 5, to the next line. These are called quadrant lines.

Crokinole Game Rules:

➔ With two players, each player starts with 12 checker disks of one color. Players sit opposite each other and take turns shooting their disks. With four players, each starts with six checkers. Make two teams (this is helpful for aiding younger children take their turns) with team members facing one another. Play moves clockwise around the table.

➔ Place a disk on the starting line inside the quadrant facing you. “Shoot” the disk as you would playing Marbles

(do kids still know how to play Marbles?). Once the game starts, players cannot change places or move the board.

➔ The object of the game is to shoot your disks into high-scoring positions and knock your opponent’s disks into low-scoring ones or out altogether. When a disk lands in the hole, it is taken out but counts as 20.

➔ At the end of each round,

players add up their scores. Disks touching lines take the lower value. Disks on the starting line are out. Rounds are played until a player reaches 100 points.

➔ Have fun!

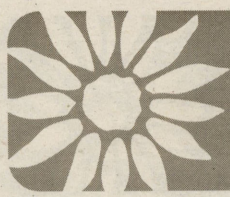


**Howard Hughes
VIDEO**

Valentine’s Day Raffle!
Come in & enter to win a Gift Basket full of great prizes from Buy Local Moscow businesses. Also enter to win our 2nd & 3rd place prizes, each with a \$100.00 value. Just rent any movie to earn a raffle ticket. Enter Today!
Drawing will be held on Feb. 11th.

Specials: Sunday-Thursday: All (5 day) \$2.50 rentals are \$1.50, or rent 5 movies for 5 dollars.
Friday and Saturday: Rent two (5 day) \$2.50 titles, get one free.
1 and 2 day New Releases are \$3.48 each

520 S. Main St. | 208-882-3456 (FILM)



Dime in Time Funds REACH

by Rhonda Kent, REACH president

Our thanks to the Co-op for dedicating the *A Dime in Time* funding for February to R.E.A.C.H. Inc. (Retired Equine And Care Habitat). We are a non-profit organization dedicated to providing a safe habitat for horses that have fallen victim to neglect and abuse. When authorities seize abused horses, or when owners are unable to provide the required necessary care, we take them in and provide them with a clean safe environment. The rehabilitation process begins immediately. We

provide a nutritional feed regimen daily and add vitamins and minerals that help rebuild their blood and immune systems. Any injuries that are present are immediately tended to and each horse receives a well check.

Upon intake, new horses are kept separate from the others until that horse is deemed healthy and able to mingle with others. Horses that have been abused, starved, and neglected have typically lost their trust in humans and this sometimes makes for a dangerous situation.

R.E.A.C.H. allows each horse the time it needs to submit their trust once again in humans. We strive to create a trusting relationship with each horse at the pace desired by each horse.

Our facility is probably a little different than other facilities. We are somewhat selective in the horses that we accept. Until you have owned a horse, you really don't have a clear understanding of the work and dedication it takes to maintain that horse. An abused horse requires more than that. We accept the truly abused/

neglected horse that truly needs a second chance at life. It's our opinion that not all horses should be sent to the slaughter house and some have been unfortunate and ended up there.

When we opened our doors in June of 2006, we initiated our mission statement as follows: Giving life a second chance through rehabilitation and adoption in lieu of slaughter. The Co-op's *A Dime in Time* donations from February will help us provide feed and care for our horses.

Adding Artwork to Books for Lesotho Africa—Co-op Kids Asked to Help

by Alice Pope Barbut

Friends of Peace Corps Volunteer, Pam Rogers, have partnered with the African Library Project, the Moscow School District, and Friends of the Library to build a primary school library for 500 students and 11 teachers in Sehonghong, Lesotho Africa. The school has no running water, electricity, or phone signal. Most of the students have never ridden in a

car, seen a television, or owned a book. The school specifically needs gently-used preschool - 4th grade level books, teacher resources, educational games, puzzles, and flash cards.

We also want to include artwork with each box of books. The artwork will serve as greeting cards from rural Idaho kids to kids in the remote village of Sehonghong. Ideas for drawings

include any facet of Moscow life (home, family, pets, friends, landscape, wildlife), self-portraits, etc. Photographs are also welcome. Please include your name and age on each piece of art you provide. The artwork and connection with Moscow will make opening each box especially exciting for the children of Sehonghong!

Look for an African Library Project table at the Co-op on Saturday, February 7, from 11 a.m. - 2 p.m. Please bring artwork, books or, if you wish, cash donation at that time. Book drop boxes will be in each of the

Moscow Public Schools and at NRS (Northwest River Supplies, 2009 S. Main St. - Hwy 95) on Wednesday, February 4 through Thursday, February 12.

Questions about the artwork needs or book drive may be directed to moscow.africa-books@gmail.com. Further information about the African Library Project (including photos of children and schools in Lesotho) is available at www.africanlibrary-project.org.

Vendors Wanted for MaryJane's 4th of July Farm Fair

by Bill London, Newsletter Volunteer Editor

Vendors of antiques and of rural crafts are encouraged to apply for booth space at MaryJane's 2009 Farm Fair, which will be held at the Historic Barron Flour Mill in Oakesdale, Washington, on Saturday, July 4. Applications for the 30 available booths must be submitted by March 1.

MaryJane Butters, Co-op member and organic lifestyle pioneer of MaryJanesFarm, owns the historic mill at Oakesdale, the Farm Fair location. Farm Fair festivities will include live music, lawn games, food, as well as antique farm collectibles and farmers' products. Guided tours of the mill will also be available.

Farm Fair vendors are juried. Selection is based upon both the quality of the goods they

offer for sale and their pleasant and friendly personalities. Applications are available from Rene Groom by email at rene@MaryJanesFarm.org or by postal mail at MaryJanesFarm, 1000 Wild Iris Lane, Moscow, Idaho 83843.

MaryJane Butters writes a nationally-syndicated newspaper column and edits a bimonthly magazine, *MaryJanesFarm*, which is available at the Co-op. Following the publication by Random House of her third book, "*MaryJane's Outpost, Unleashing your Inner Wild*," she is now working on three other books. The books focus on quilt making, bread baking, and diet makeovers. More information is available at www.maryjanesfarm.org

A V-Day Benefit Production of Eve Ensler's

THE VAGINA MONOLOGUES

University of Idaho Women's Center

FEBRUARY 6 & 7
7:00 PM

FEBRUARY 8
2:00 PM

KENWORTHY PERFORMING ARTS CENTRE
508 S MAIN ST, MOSCOW

Powderbox Peepie
Coochi Mimi
Mushmellow
Poonani
Wee wee
VA

General Admission \$9
Students & Seniors \$7

WOMEN'S CENTER
WORKING FOR GENDER EQUITY SINCE 1972

{V DAY} 2009

For more information contact the Women's Center at 208/885.6616 or wcenter@uidaho.edu.
Tickets available for advance purchase at The Women's Center, Eclectica, and Book People of Moscow



Montessori School of Pullman's 14th Annual Fundraising Auction "Carnival" in February

by Bev Wolff, Administrator, Montessori School of Pullman, (509) 334-4114

The Montessori School of Pullman's 14th Annual Fundraising Auction and dinner will be held at 5 p.m., Saturday, February 21 in the Gladish Community and Cultural Center gymnasium. The event will be catered by Dinner in Minutes of Pullman with a menu featuring the flavors of the Caribbean including beef and vegetarian kabobs, dirty rice with chicken, red beans, shrimp gumbo, corn bread, and salad. A vegetarian option will also be available. Live music will be provided by local favorite Sesitshaya Marimba

of Moscow.

Dinner tickets are on sale now through Friday, February 6 from the Montessori School; tickets are \$20. Starting at 6:30 p.m. the auction will be open free to the public. Everyone is invited to bid on auction items and enjoy desserts provided by Montessori families. Auction proceeds benefit the children in the community by supplying classroom equipment and reducing tuition for families needing assistance.

Auction items include a week's stay in a shore front vacation home in Bar Harbor, Maine; a

Washington State University basketball signed by the players; a one day rafting trip for two from Salmon River Experience; a weekend retreat at St. Gertrude's in Cottonwood; yoga lessons from the Moscow Yoga Center; two adult ski passes for Ski Bluewood, Wash.; 50 pounds of organic beef from Eaton Ranch, and 200 additional local and international items.

Opened in 1968, the Montessori School of Pullman has been educating children in the community for 41 years. The Montessori Method, developed

by Dr. Maria Montessori, encourages critical thinking, hands on interaction, and a love for learning. Widely credited for creating a child-sized classroom, Maria Montessori's teaching influence can be seen in schools all over the world.

The Montessori School of Pullman is located at 115 NW State Street in the Gladish Community and Cultural Center in Pullman. www.pullmanmontessori.com. Email: montessori@pullman.com

Mardi Gras Party

by Joan McDougall, Co-op Grocery Manager and Co-op Buy Local Moscow Representative

Mardi Gras time! Saturday, March 7, Moscow Mardi Gras will fill the downtown bars with revelers. And this year, there will also be a great party for the rest of us, those who want to dance and socialize in a smoke-free venue.

Buy Local Moscow is sponsoring this smoke-free Moscow Mardi Gras Masked Ball, to be held at the 1912 Center from 8 p.m. to midnight on March 7. The evening holds the promise of fun listening and dancing to live music. Beverages, including beer and wine, will be available for purchase at the event.

Costume finery is encouraged. Dress in Mardi Gras style, flam-

boyant and colorful. Also note that this will be a masked ball so please wear a mask. We will be announcing mask-making and mask-purchasing opportunities before the dance. When you are considering what to wear, remember the theme of the party: Dress Up to Get Down.

Tickets for the event will go on sale about February 15 at Mikey's Gyros and other Buy Local Moscow member businesses. Tickets for the party are \$5 in advance, or \$7 at the door. In addition, the \$10 Mardi Gras ticket (for all the Moscow Mardi Gras events) will be honored. See you at the Ball!

Row, Row, Row Your Boat

by Arthur Ericsson, WSU crew coach

The Palouse rowing summer program provides an opportunity to join a crew this summer and row on the Snake River. Practices are held three times a week at the WSU boathouse located at Wawawai Landing.

Junior Learn to Row (ages 12-18) will begin on June 13. The three week program will teach the mechanics of the rowing stroke, blade work, boat balance and rowing together as a crew in 8 and 4 person rowing shells. Juniors who want to fully develop their oarsmanship can join the Junior Development Camp for an additional six weeks.

The Adult Learn to Row and Masters Crew sessions both begin on May 23. The sessions are four weeks long and for those that want to get as much rowing in this summer as possible, there are twelve weeks in all.

Each group practices three times a week: two evening practices, 5:45-7:45 p.m., and one Saturday morning practice.

This is a program offered by the WSU Men's Crew. Please visit www.row.wsu.edu to find out more.

Moscow Renaissance Fair

Poster Contest

by Mark Howell, Fair Public Relations Director

Entries for the annual Moscow Renaissance Fair poster contest are due by noon on Saturday, February 21, at BookPeople, 521 South Main in downtown Moscow. The fair is offering \$200 for the design chosen for the poster and \$100 for the design chosen for the program guide.

The poster judging will be held at 2 p.m. at BookPeople and the winners will be notified that day.

The artwork should reflect

the fair them of a celebration of spring. More information about the entry requirements is available at www.moscowrenfair.org or by contacting Mark Howell at renfairpr@hotmail.com or at (208) 669-0624.

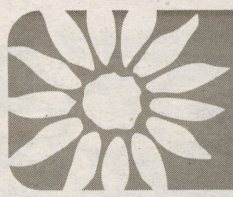
Tax Help Available

by Mary Hughes, Local Coordinator AARP Tax Aide Program, Moscow

Federal and state income taxes are prepared and e-filed free by the AARP Tax- Aide Program for middle to low income taxpayers with emphasis on those 60 or over. This program is available beginning Wednesday, February 4 until Friday, April 10 at the 1912 Center located at 412 E. 3rd Street in Moscow. Hours of operation are Wednesdays and Fridays from 10 a.m. to 3 p.m. No appointment is necessary, first come, first served.

We can prepare the following returns: Forms 1040 EZ, 1040A, 1040 as well as Schedules 1, 2, 3 EIC, A, B, R, V, ES, Form

2441 (Child and Dependent Care Credit) Form 8863 (Education Credits), Form 8812 (Additional Child Tax Credit) and Schedule C-EZ (Profit and Loss from Business with no inventory, depreciation, employees and with less than \$5,000 in expenses) We cannot prepare returns with farm income or commercial rentals.



Price Shopper: Winter Weekend Comfort Food

by Joe Pallen and Amy Richard, Newsletter Volunteers

After the cold heavy snows it was nice to have a week of sunshine. We took the dogs out to Mountain View Park and let them run around in the sparkling snow. However the sunny days were short lived with cold temperatures. Fog and hoar frost welcomed us into the weekend, so again we were in search of some good ol' comfort food.

After checking with the family we all felt like soup, crackers, and a warm winter desert. Dylan enjoys a good bowl of chicken noodle soup and with Amy being a vegetarian we went with chicken soup using Quorn chik'n tenders and Pacific vegetable stock. Zoe doesn't care much for chicken soup so she picked out her favorite cream of

tomato soup with saltines. We voted on a dessert we made on Thanksgiving, pumpkin pudding warm out of the oven with some natural Tru-Whip to top it off. Adding in some Deschutes Black Butte Porter for the adults and milk or apple juice for the kids we couldn't wait to go shopping and start cooking.

For this adventure we decided to compare the cost of the ingredients we needed for our dinner between the Co-op and Rosauers for comparable organic items. With some research we found that we saved \$4.37 by shopping at the Moscow Food Co-op (see attached chart). After a trip to the Co-op and putting together our meal we found ourselves enjoying some warm comfort

Item	Co-op	Rosauers	Savings
Celery	\$1.49	\$1.39	\$0.10
Carrots, Per Lb	\$1.39	\$1.34	\$0.05
Onions, Med 3lb bag	\$2.99	\$3.99	-\$1.00
Suzie's Saltines	\$3.39	\$4.29	-\$0.90
Organic Valley Milk, Gal.	\$7.25	\$7.29	-\$0.04
Veg-a-Fed white eggs	\$3.65	\$3.79	-\$0.14
Tru-Whip	\$3.35	\$3.90	-\$0.55
Evaporated Milk	\$1.55	\$1.59	-\$0.04
Sugar, bulk unrefined, per lb	\$1.25	\$1.29	-\$0.04
Bionature Egg Noodles	\$3.69	\$4.19	-\$0.50
Pacific Broth	\$3.19	\$3.19	\$0.00
Pacific Tomato Soup	\$3.19	\$3.15	-\$0.04
Canned Pumpkin	\$2.35	\$2.49	-\$0.14
Quorn Chicken Tenders	\$4.35	\$4.39	-\$0.04
Orchard Frozen Apple Juice	\$2.99	\$3.79	-\$0.80
Deschutes Beer	\$8.70	\$8.99	-\$0.29
Totals	\$54.73	\$59.10	\$4.37

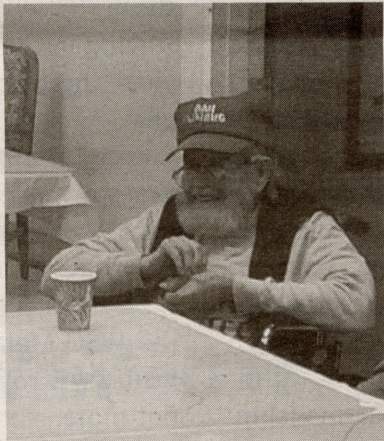
*All are regular prices without any discounts applied

food on a cold and foggy winter evening.

Bob Thyberg: died January 12, 2009

by Bill London

For more than two decades, Bob was the Co-op recycler. He would regularly drive his battered blue van to the Co-op and fill it with cardboard, paper, etc, and haul it all away to the recycling center.



celebration from a specially-designed throne that he built himself.

Even to the end of his days, Bob never wavered from his strong commitment to his ideals. He was a vegetarian, a strong supporter of labor unions,

and a believer in a host of progressive political principles. He really cared about this community. He was 88 years old when he died.

When accompanied by his wife Mary, he would first open the side door and remove a small stool, then open the passenger door and help Mary find her footing on the stool, and slide her out to a standing position. It was a dance of loving grace, peppered with a well-tuned mix of complaints and grumbings that was a joy to watch.

At the Co-op's 20th anniversary, in 1993, Bob retired as the Co-op recycler. He was 73, and had years before retired from his job as a union carpenter. To thank Bob for his years of service, the Co-op staff made him a crown (to symbolize his job as Recycling King) and awarded him a lifetime discount.

That year he also was crowned the King of the Moscow Renaissance Fair. He and Mary ruled over the springtime cel-

Peter Basoa: died January 10, 2009

by Bill London

First, there was the music, always needing a listener....

Second, there was Peter,

Proudly binding the music to the receptive ear,

Linking the player and the enjoyer, Sharing in the creation of the musical dance.

Radio Rider, RenFair Impresario, Concert Promoter, Record Collector, An alchemist who created audiences from thin air.



Renaissance Fair Food


Booth Applications Available

by Mark Howell, Moscow Renaissance Fair publicity director

It's hard to believe someone might be thinking of spring, but Moscow's Celebration of Spring, the 36th annual Moscow Renaissance Fair, is now accepting applications for food booth vendors. Our food booths help to create and maintain the uniqueness of our fair by providing non-commercial, home-made foods and are operated by regional non-profit organizations. This means that all the money they earn stays in our community, benefiting us all. If you belong to a non-profit organization and are looking for

a great way to generate capital for your cause, please visit our web site at www.moscowrenfair.org to view our Guidelines and Application.

This year's fair will be held Saturday, May 2 and Sunday, May 3, 2009 at East City Park. Food Booth Applications are due by March 1, 2009. Potential vendors are juried in a food-sampling event to be held March 15, 2009. Space is limited to 20 booths so apply early!

Heather Alexander  LMP, NCTMB

Licensed Massage Practitioner

- Relaxation
- Swedish
- Deep Tissue
- Hot Stone Massage

Handcrafted Massage and Body Care Products

600 S. Main St., Moscow ID 83843

By Appointment
208-596-8248

Awareness through Touch



Around Town with the Bicycle Brothers: Transportation with the President and Pedestrian Quiz #1!

by Isaak Julye and Emmett Breedlovestrout, Newsletter Volunteers

We know that Barack Obama has promised to bring hope and change to America, but what has he promised for our transportation system? A major portion of Obama's transportation plan is to revitalize our current railways, highways, bridges, and airports. The infrastructure revitalization proposal is also aimed at stimulating the economy and will create a projected two million new jobs in the process. One major emphasis that Obama and Biden have proposed is to create a nationwide network of high-speed freight and passenger trains, recognizing that trains can be an efficient form of transportation.

What are they planning for cars? Each year Obama wants to see a 4 percent increase in fuel efficiency in our new cars. By 2015, the new administration would like to see one million plug-in hybrid cars cruising our country's roadways. And the White House plans to be a role model for this, updating their entire fleet (as safety permits) to plug-in hybrids within one year! By 2012, half of all cars purchased by the federal government will be hybrids of electric.

But more importantly to the Bicycle Brothers; what is planned for bicyclists and walkers? Obama and his administration appreciate smart growth and want to encourage communities where "we are able to leave our cars, to walk, bicycle and have access to other alternative transportation." He would like to "incentivize greater bicycle and pedestrian use of roads and sidewalks." We hope that all of us will come to see these benefits within the coming years!

Do you see more of the world from the inside or outside of your car? Would you ride your bike to work on a sunny day? Walk in a blizzard? Take our exclusive quiz and find out more about your inner pedestrian!

The snow has been coming down since last night, you...

1. Skip work and spend the day keeping your sidewalks completely clear of snow.
2. Take a nice ski around town and shovel your walks once the snow finally stops.
3. Don't bother shoveling—no one will be out walking in this weather!
4. Shovel your driveway and pile most of the snow on the

sidewalks.

When running errands around town, you...

1. Would carry a sheet of plywood home from the lumber yard if you couldn't find a truck to borrow.
2. Pedal home a full bike rack of groceries.
3. Carry a book or two home from the library.
4. Avoid the mall on Saturday because you may not find a parking space close enough.

Crossing Jackson Street on your way to the Co-op, you...

1. Jump in front of oncoming traffic. They'll stop if they know what's good for them.
2. Step into the intersection making eye contact with drivers while they stop for you.
3. Stand on the sidewalk waiting for traffic to clear out.
4. Drive across the street. It's a dangerous intersection. And it could start raining.

When it comes to gasoline, you...

1. Hope it hits \$10 per gallon soon. That'll teach 'em.
2. Have no idea how much a gallon costs.

3. Are glad that it is still somewhat affordable.

4. Are buying it by the barrel.

Now total up points from your answers to see how you compare:

Score 4-6 Diehard

Pedestrian: Your car never leaves its parking space. In fact, you don't even own one. They'll have to pry those walking shoes from your cold, dead feet.

Score 7-10 Enthusiastic

Pedestrian: Motivated and excited about getting around under your own power. Willing to endure more than a little discomfort or inconvenience in your people powered pursuits.

Score 11-13 The Casual

Pedestrian: When its sunny you'll enjoy a walk to the grocery store. But if it rains, well, that's why they invented the windshield and bucket seat.

Score 14-16 Pedesrti-what?

Admit it, you're just waiting for the day they invent the drive-through grocery store.

In a photo the Bicycle Brothers saw of President Obama riding a bicycle both of his tires appeared to be low on air. If you ever want them inflated, we'd be happy Mr. President!

Fun Flix

by Bill London, Newsletter Volunteer

Here's the best videos we've watched lately. What are your favorites?

"October Sky" This 1999 coming-of-age film is based on the autobiography of a NASA scientist who grew up in a poor West Virginia coal mining town. He became a "rocket boy" when his imagination was sparked by the launch of the Soviet Sputnik in 1957. This is a great story of youthful dreams coming true. The film is rated PG and entirely appropriate for families to watch together.

"Breaking Away" Similar to October Sky, this is an equally heart-warming coming-of-age story. This 1979 film charts the life of a "cutter" (the son of a limestone worker) who dreams of becoming a champion bicycle racer. The story is charmingly

presented, despite the predictable conclusion. But it's still fun to root for the underdog. And rated PG, this is solid family fare.

"Rabbit-Proof Fence" This Australian film from 2002 is the story of a pair of courageous Aborigine girls who in the 1930s escaped from a government cultural integration program to walk the 1500 miles back to their home. Though the film is rated PG, the story may be unsettling for young children, since it deals with Australia's cultural genocide program (similar to the American efforts to wipe out American Indian identity). Excellent movie.

These are all available at Howard Hughes Video in downtown Moscow.

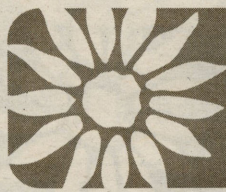
Bill London edits this newsletter

and sadly says goodbye to Bob Thyberg and Peter Basoa, both inspiring and engaging members of the Co-op community.

*Taste of the Palouse
Come to the Co-op
Saturday February 21
& Saturday February
28, 11:00am to 3:00pm
Dozens of local pro-
ducers will be at the
Co-op to meet you and
offer samples of their
foods and flavors!*



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



COMMENTARY

Letter to the Editor:

Dear Editor:

Upon picking up my bulk order back in December, I was greeted by a notice of "Special Order Changes." I read about the changes in the December Newsletter but continue to feel quite strongly that if there are to be changes to member benefits there should be member input.

Throughout years of involvement with different food co-ops, I have seen many co-ops get bigger and expand well beyond bulk grains and beans because, it was said, co-op members/customers wanted more packaged food choices, a source of organic meat, wine and beer, a deli, and a bigger store; especially if margins increased and the co-op was saved from economic demise. Even if one wasn't so sure about the positive side of more packaged food and some higher prices, the fact that the co-op was still around was reason enough to learn to accept it. Why? Because...any co-op is a good co-op, right?

So here we are at the Moscow Food Co-op in 2009, we have a new store and all the above amenities. Why are we targeting bulk ordering and how it interfaces with the employee/volunteer discount? Is there a financial crisis? Is it because the bulk ordering system costs too much? Is it because of losses and expenses elsewhere in the store? If there are losses on bulk orders of sale items, why not be specific and amend the discounts applied only to those items? Our new managers have been put to the difficult task of finding the places where the store (read: our food co-op) is potentially losing money when it could be making money. But at what cost to the morale of the co-op community? Without membership input there is the sense that it is just a matter of time before the next new manager determines that in fact the co-op is losing money on all discounts and posts a notice and writes an article... One essential difference between a food co-op and a natural food store is accountability to membership.

Food co-ops are consumer co-ops, owned by their members. Historically, the ability to buy in bulk at a discount was one of the main reasons why food co-ops came into existence. Bulk ordering and volunteers are cornerstones of the food cooperative movement's philosophy and practice. Bulk orders placed by members, depending on the suppliers, can also increase the volume discounts the co-op receives. Having said that, I realize that the managers have not decided to put an end to bulk ordering, but have determined that member employees and volunteers who place a bulk order can no longer add the case discount to their employee/volunteer discount. As outlined in the benefits of membership, a case discount is a benefit earned in exchange for the membership investment, paid annually or in one lump sum, "lifetime" membership. Thus, as owners, member employees or member volunteers, earn the case discount with their investment. The employee/volunteer discount is earned quite independently, and on the co-op's website, is listed as another great reason to work at the Moscow Food Co-op (read the *Community News* article on how the discount figures into the "living wage" paid by the co-op to its employees).

I do not think the decision concerning the bulk order discount was made without taking into account sustainable business practices. However it also indicates a willingness to erode the basis of member/volunteer/employee benefits when deemed necessary. Are these management or board decisions? After reading the report from the last dinner with the directors (Joe Thompson, "Freakonomics," Dec., 2008, Co-op Newsletter), I wondered whether the board's discussion of the co-op's "earning trends and the suggested strategies for improving them" might have included these "Special Order Changes." In that case, has the board approved a process for changing member benefits that does not involve member input and is this a trend we can expect to see more of?

Sincerely,

Erin O'Rourke, Member/Volunteer

Dear Erin,

Thanks so much for taking the time and having the initiative to express your concerns. Your letter is thought-provoking, and touches on several very important issues at the heart of co-operative principles, governance, and management. So we're taking this opportunity to discuss these issues seriously.

Perhaps this is splitting hairs, but we want to first define a couple of terms to be sure we are talking about the same things:

"Bulk" - Bulk foods are not packaged, sold by weight, and are generally dry products like grains, spices, teas, coffees and pastas, along with wet products like honey and peanut butter.

"Case" - A case is a unit of product as it comes from the manufacturer. For packaged grocery, a case is usually 6, 12, or 24 units in a box. In bulk, a "case" is usually a 25- or 50-pound bag.

Back to your questions:

Why are we targeting bulk ordering and how it interfaces with the employee/volunteer discount? The problem is how we "stacked" discounts for case orders. When employees and volunteers ordered cases of products, nearly always those on sale in the Co-op Advantage Program (CAP), we had a practice of combining discounts: CAP sale price + 10percent member case discount + volunteer discount. We lost money selling each case when we added all these discounts together. There is an important difference between foregoing profit, which is what we do all the time when we offer discounts to our members, and actually losing money.

Is there a financial crisis? No.

Is it because the bulk ordering system costs too much? No. The bulk food

department does fine. Ordering cases of products for individuals is a bit of a hassle, but it is a hassle that we gladly deal with in order to serve members. It is the stacked discounts that cost too much. Not only did stacked discounts take away the margin income to pay for the operation of the Co-op, but we "sold" cases for less than what we paid the supplier. By the way, it is a misperception that the Co-op gets some sort of volume discount by ordering a few more cases of products. There are price breaks in our main supply contract, but those are based on purchasing levels that are tens of thousand dollars apart, not a few cases apart.

Is it because of losses and expenses elsewhere in the store? No, it is the other way around. Losses on the cases because of the stacked discounts were being subsidized by all other areas of the store.

If there are losses on bulk orders of sale items, why not be specific and amend the discounts applied only to those items? We thought it was too confusing, would be difficult to put into place, and hard to communicate to members. After talking about a number of options, we decided that "one - best discount" summed-up what was needed and was something that could be understood and applied consistently to all areas of the store. "One - best discount" is fair and reasonable, still provides a very good deal for the purchaser, and is financially sustainable. We also thought it would stand the test of time, even if later decisions changed individual discounts (say, the case discount for members went up to 15percent).

In hindsight, we should have done a better job of predicting exactly how the CAP pricing would interact with the 10 percent member case discount and the discounts offered to volunteers and employees. It would have been much better to establish a long lasting policy at that time, rather than change it now.

Although the discounts were independently created, we don't think it is accurate to characterize the volunteer discount as being earned separately or independently from the member discount, and that therefore volunteers should be allowed to stack those discounts. Only members can be volunteers. Members get 10 percent off cases; volunteers can get up to 18 percent off their cases. Therefore, volunteers get almost double the amount of discount available to non-volunteers—a pretty good perk for the volunteers we appreciate so much, but one that doesn't harm the viability of the store, or make it less feasible for us to offer more membership benefits to the whole group, or discourage us from taking on more volunteers when the opportunities arise.

What is the cost to the morale of the co-op community? The financial impact can be measured. Employees and volunteers who purchased cases of products will pay more for the same cases, 10 percent more. That change affects about 40 people, you included. There are over 5000 Co-op members who are not volunteers who will no longer be subsidizing below-cost case discounts, but they will continue to "pay" for volunteer and employee discounts. We think that most members will evaluate this change and agree that it needed to be done. If not, we hope they'll communicate with us and with the board just as you have.

I, myself (Carol) used to order cases of items on sale and thoroughly enjoyed the stacked discounts; in some instances I was shocked at how cheap these cases were. But when I learned earlier this fall that the Co-op had actually lost money on these, my reaction was that it made perfect sense to eliminate the stacked discounts, and all the other managers similarly affected felt the same way, even though by doing so we eliminated one of our perks. We're not happy to have taken something from you personally by changing the stacked discount policy; we're actually very sorry—and we share your pain, so to speak.

Are (changing the member/volunteer/employee benefits when deemed necessary) a Management or Board decision? Has the board approved a process for changing member benefits that does not involve member input and is this a trend we can expect to see more of? In our governance structure, the Board does not determine member benefits. Technically, they hire and supervise a General Manager who is specifically responsible for making operations decisions, like member benefits and discounts. However, these decisions are not made in a vacuum. There is a membership committee of the Board. The General Manager is accountable to the Board and balanced decision making, which can include input from members and board members, is part of the deal. As far as we know, there is no governing document or procedure that specifically addresses any process for changing member benefits. Several member benefits have been added recently by management and we are always looking for ways to add more.

We have very strong feelings about our personal and professional responsibility to serve the members of the Co-op. We believe that the accountability mechanisms at the Co-op work, that the dialogue and communication avenues are free and clear, and that everyone, especially the people we might disagree with, are very sincere in their motive to make the Co-op better.

Even if one wasn't so sure about the positive side of more packaged food and some higher prices, the fact that the co-op was still around was reason enough to learn to accept it. Why? Because...any co-op is a good co-op, right?

Co-ops grow and change to serve the diverse needs of their membership. No co-op can perfectly meet the needs of every individual member, but that doesn't make it a "bad" co-op unless goodness is nothing less than perfection. We love our Co-op, imperfect though it may be, and hope you do too.

Sincerely,

Steve Kobs, store manager

Carol Price Spurling, outreach and membership coordinator



Sustainability Review: Greener Computing

by Mike Forbes, Newsletter Volunteer

Computers are a fixture of our everyday life. Most of us have them running in our homes and workplaces, and my guess would be that they are on most of the day—ours is. Choices we make about the type of computer to purchase or the way we use our computer can reduce our energy and resource consumption. This month I'm going to talk about the basics of computers and some energy wise decisions you can make now and in the future.

Let's first talk about computers in terms of energy consumption. Laptops will always use considerably less power than a desktop, but desktops still have their place. They typically have larger screens, more storage capability, and room to expand. Regardless of your computer type there are things you can do to reduce your energy consumption. First, and most important, is to put your computer and its peripherals (printer, scanner, speakers, etc.) on a power strip that is switched off when you are not using your computer. My printer consumes 10 watts continuously while it's in standby mode doing nothing. Scanners are notorious for consuming power to keep their lamp warm. A power strip guarantees that your devices are off. We'll turn the computer on in the morning with the power strip, and if we need the printer we'll switch it on independently, saving all that wasteful standby electricity.

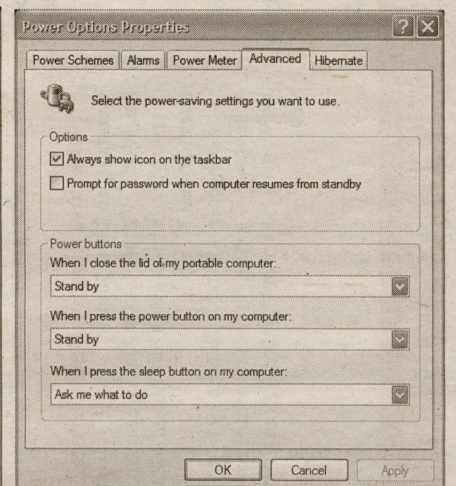
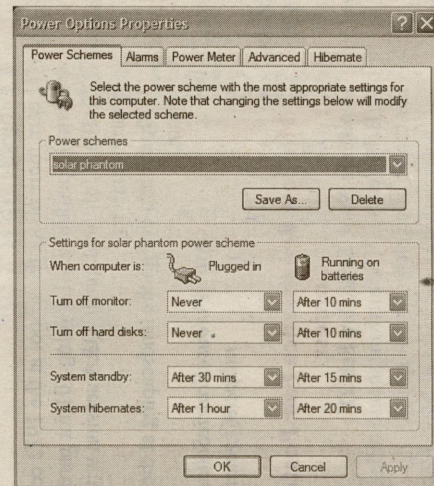
Second, use the standby and

hibernate modes of your computer. These modes allow for you to reduce your power consumption dramatically when not using your computer but still maintaining a computer ready to be used without a lengthy startup process. My computer uses 27 watts when on and doing basic tasks, in standby it uses 4 watts and will come back to ready in less than 10 seconds. If I'm going to be away from the computer for more than a few minutes I'll put my computer into standby. You can adjust your computer to go in and out of standby after periods of inactivity or via the push of a button or close of the lid.

Hibernate is similar to standby, but it shuts down more processes and saves a bit more power but takes longer to restart. My computer drops to 2 watts in hibernate but takes almost a minute to restart. I have opted to stick with standby for now.

The power settings can be found in the Power Options section of the control panel on Windows based machines and in the Apple menu for Mac's and they both have very flexible options.

In terms of purchasing a new computer there are a number of factors to consider beyond power consumption. The creation of a computer takes enormous amounts of energy, creates tremendous waste, and the computer itself contains many toxins. In addition to these concerns, what happens to the old computer? Landfill? Computers need



to be recycled and fortunately we have that option available to us at our local recycling center and many manufacturers are offering a recycling service as well.

In terms of the overall "greenness" of a computer a tool called EPEAT (Electronic Product Environmental Assessment Tool, www.epeat.net) was developed by the Green Electronics Council. The goal is to provide a list of manufacturers that meet criteria classifying them as gold, silver, or bronze. The criteria include areas such as toxic materials, packaging, energy performance, recyclability, and corporate performance. This is the best place to start when shopping for a new computer.

In 2007 the government's Energy Star program began placing their label on computers and other electronic devices (cordless phones but that's another future

article). The program is a step forward in the right direction towards more efficient desktop and laptop computers. The website www.energystar.gov has a downloadable spreadsheet that details brands and models that meet their requirements and list power consumptions. The computer to look for is the one with the lowest idle power.

These are just a few options you have in making the shift to greener computing. More information and the nitty gritty details can be found at various websites on the web. The websites mentioned above are great resources and in addition www.ecopcreview.com is a good resource for "greener" computing.

Mike Forbes is trying to come up with a solution to moving snow effectively and easily.

Letter to the Editor:

Recently I read an account of a business set up by a couple of small farmers. It evolved from a business in which the farmers planted a garden and sold shares in the harvest. Their search for land for a garden led them to wonder if the necessary land might be something their customers already owned.

So they advertised that they would set up a garden for those that had space but didn't know how. They claim their phone rang off the hook with potential clients. The work consisted of digging up a patch of ground, improving it with compost, planting it, weeding it, and harvesting it with help at each step from the landowner. In addition they taught the owner how to make compost.

This seemed like a fine idea, and I wondered if some of your readers might have an interest in setting up such a business. Not only might it be a way for them to earn the money they need, but it would help those unfortunate people who can do nothing for themselves and are so totally dependent that they must buy everything.

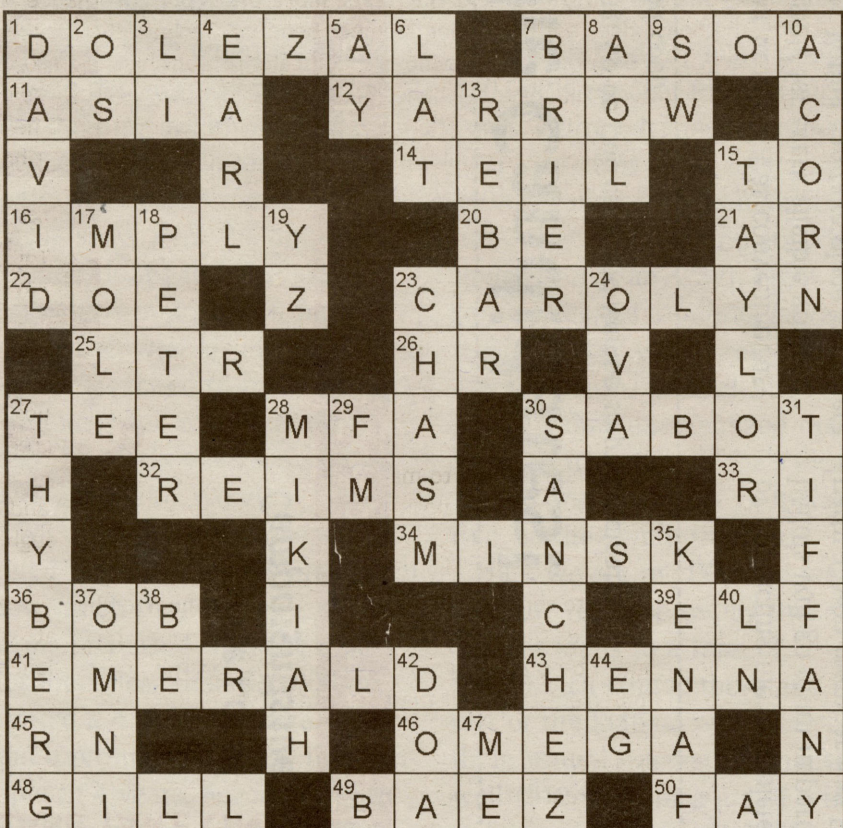
—Jim Cooley, Troy

Letter to the Editor:

Thank you for your wonderful donation to the Moscow Chamber of Commerce holiday party! The Champagne was a fantastic addition to the gift basket!

Thanks again.

Kristen Dahl & Mary Blankenbaker, Moscow Chamber of Commerce





Bulletin Board



Moscow Food Co-op
121 East Fifth
Moscow ID 83843

Co-op Events

Moscow Food Co-op Board Meeting
Tuesday Feb 10, 6 pm
Fiske Room, 1912 Center.

Meet the Candidates Forum
Sunday Feb 22, 3—6 pm
Fiske Room, 1912 Center.

Art at the Co-op

Tuesday Feb 10
Photographs of the winning entries in the city's Wisescape competition.
Friday Feb 27, 5.30-7pm
Opening reception for Kristin Jones and Alicia Cunningham, local quilters' 3rd annual show.

Tuesday Co-op Music

6—8pm at the Co-op Deli
Feb 3 Joan Alexander Band
Feb 10 Natalie Rose
Feb 17 Mark Maland
Feb 24 Thorn Creek Express

Co-op Kids—meet Tuesdays at 9am

Feb 10 meet in the Co-op Cafe to make old-fashioned Valentines.
Feb 24 meet in the Co-op Cafe to make healthy snacks your kids are sure to eat!
amamaswork@yahoo.com

Moscow-African library project table

Saturday Feb 7, 11am—2pm
Learn how you can help build a primary library in Sehonghong, Lesotho Africa. Drop off gently-used pre-school through 4th grade books and teacher resources, artwork to include in the boxes sent to Africa, or make a small cash donation. moscow.africabooks@gmail.com

Taste of the Palouse

Saturdays Feb 21 & Feb 28, 11am—3pm
Local producers will be at the Co-op to meet you and offer samples of their foods and flavors.

Co-op Wellness Class

Monday Feb 23, 7pm
Location: 1912 Center
Natural Approaches to the Prevention and Treatment of Heart Disease with Dr. Angila Jaeggli, Naturopathic Physician.
Sign up at back of store by the meat department.
☎ 882-8537 and ask for the Wellness department or e-mail:
classes@moscowfood.coop

Community Events

Final Winter Market of season
Saturday Feb 7, 10am—2pm
At the 1912 Center. This will be the biggest market of the winter, packed with vendors and nonprofits. Kids will have a chance to do a special Valentine's Day craft project.
Mary Jo Hamilton ☎ 882-0443.

Moscow-African Library Project Book Drive

Wednesday Feb 4—Thursday Feb 12
Donate your gently-used books including baby board books, picture books, children's fiction & non-fiction, early readers, those with universal themes, children's dictionaries, accurate atlases, thesauruses, paperback textbooks up to the 8th grade level in math, english, geography and science. Book drop boxes are available at Moscow elementary schools, the Junior and Senior High Schools as well as NRS (Northwest River Supplies, 2009 S. M...
www.africabooks.com
moscow.af...

Palouse Prairie S

Saturday Feb 14
Learn more about the sch...
10am Expeditionary Lear...
11:30am Informal lunch, Board members.
1:30pm Help design the l... school.
<http://Pal...>

Moscow Renaissance Cont

Deadline: Noon Saturday
At BookPeople. The artwork should reflect the fair theme of a celebration of spring.
www.moscowrenfair.org or Mark Howell at renfairpr@hotmail.com ☎ 208-669-0624

Moscow Library Book Groups

Monday Feb 23, 6:30pm
The World Without Us by Alan Weisman.
Envision the Earth without any humans at all.
Tuesday Feb 17, 1pm
The Zookeeper's Wife: A War Story by Diane Ackerman. The true story of how the keepers of the Warsaw Zoo saved hundreds from the Nazis.

MOSCOW FOOD CO-OP

League of Women Vo

Feb 4, Linda Pike, Board Mem Appeals, "The Who, What and Idaho Board of Tax Appeals".
Feb 11, Diane Mallick, Mem Perce Tribe will discuss issues of importance to the Nez Perce.
Feb 18, Andy Ford, Professor a Environmental Studies at WSU, critical environmental issues of
Feb 25, Jan Boll, Professor of H & Director of Waters of the We broad aspects of regional water issues.
All in the Fiske Room of the 1912 Building on Wednesdays from **12 Noon - 1pm**

Music at the One World Café

All music starts at 8pm
Feb 7 Daniel Botkin
Feb 8 Polyphonic Pomegranate.
Feb 14 Katrina Mikiah and Brian Gill
Feb 18 Open Mic Poetry
Feb 20 Vishnu Manoranjan's jazz group
Feb 21 Justin Lantrip
Feb 28 Open Drum Circle
Mar 3 John Craigie

Artisans at the Dahmen Barn

Sunday Feb 1, 1-4pm—Opening reception for "Uncommon Threads: Traditional, Transitional, and Three Dimensional Quilts"
Saturday Feb 14, 10am—2pm—Locker Hooking Class for students aged 16 and up. \$25.
Sunday Feb 15, 1pm—Performance of Australian cowboy poetry. Australian bush music. \$6 at the door.
www.artisanbarn.org or ☎ 509-229-3414.

Moscow Mardi Gras Ball

Saturday Mar 7, 8pm—midnight
A smoke-free event sponsored by Buy Local Moscow, to be held at the 1912 Center. Costumery encouraged. Wine and beer available. www.buylocalmoscow.com

Vigil for Peace

Moscow: Fridays 5.30—6.30pm
Ongoing since November 2001. Friendship Square. Resources, e and opportunities for action.

Dean or ☎ 882-7067, sperrin

Pullman: Friday Jan 2, 12.15—
Under the clock by the Public L
☎ 334-4688, nancye

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



We want to hear from you! Send us your community announcements by email to events@moscowfood.coop of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter! For more events & information, visit www.moscowfood.coop