

Community News

FREE!
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • November 2010



Local 50

By Kenna S. Eaton, General Manager

What is Local 50? A new way of letting you know that a product was grown, made or distributed within 50 miles of home. Specifically, your home, the Palouse.

Why only 50 miles? We want to celebrate and highlight the unique beauty of our rolling hills and vast skies, our diverse local farmers, artisans and businesses, and our commitment to supporting and growing the local economy. We do have other designations, including 100 miles and 200 miles. Local 100 is a bit broader, encompassing Spokane and Coeur d'Alene to the North, while Local 200 represents our food shed, an area bordered by the Cascade Mountains to the west and the Bitterroots to the east. It is the area

that is often referred to as the Inland Northwest.

How can I use this information? By supporting producers in our region, we keep our \$ recycling throughout our community ... making the Palouse and its many communities stronger and more resilient.

How will I identify Local 50 items? We've designed a great new logo that we feel symbolizes the abundance of our region. We will use it for shelf signs, stickers, produce signs, etc.

Is the local logo only in the Co-op? So far, the answer is yes. But we hope that other area businesses like restaurants, other retail outlets and the universities, will adopt our signs and use them to designate how many miles an item has traveled.



**Local
50** grown
made
distributed

www.moscowfood.coop

Day - NW
05
HD
3284
N48

Community News



The monthly newsletter of the Moscow Food Co-op • November 2010



Buy Local Winterfest

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

It's been so much fun for the past several years, that we'll be doing it again this December 9. We'll be celebrating the holiday season and the locally owned businesses in our community at our 4th annual Buy Local Winterfest. And this year we'll be giving a \$300 door prize to the luckiest visitor. Could that be

you? Everyone is invited to the festive event at the 1912 Center, 412 East Third in Moscow, on Thursday, December 9, from 5 p.m. to 8 p.m. Admission to the party, food samples from local restaurants, product samples, and fun for all ages will be provided free of charge. Beer and wine will be available for purchase.

More than 30 Moscow businesses, including the Co-op, will offer displays and giveaways at the party. A raffle of gifts and prizes from locally owned businesses will be held with winners selected every 15 minutes. Raffle tickets will be available at the event for \$1 each. In addition to the raffle, each visitor will receive one free door prize ticket. The door prize winner will receive \$300 to be spent at any Buy Local Moscow member business.

At Winterfest, participants will



be able to visit with the owners of local businesses, see what's locally available for holiday gifting, sample food and beverages from local restaurants, and support the independent businesses that make Moscow unique.

In October, a twelve-member steering committee was elected to direct the organization for 2010-2011. The members of the Buy Local Moscow Steering Committee include Louise Todd of Mikey's Gyros (president), Melissa Rockwood of Rdesign (vice-president, secretary), John Crock of Hyperspod Sports (vice-president, treasurer), Joan Alexander of Wild @ Art, Arlene Falcon of TyeDye Everything, Heather Alexander of Balance, a wellness spa, Lois Blackburn of Let's Play Cello, Mary Jo Hamilton of Society Socks, Eleanor Kirk of Ion Cafe, Geoff Potter of Rembrandt Tree Care, Nick Gordon of Mix and myself,

Joan McDougall, representing the Co-op.

More than 100 Moscow businesses have joined Buy Local Moscow since the organization was formed in 2006. The businesses are profiled on the website, www.buylocalmoscow.com. The mission of Buy Local Moscow is to showcase and to support the locally owned independent businesses of the community. Moscow continues to be a vibrant community because these businesses reinvest their profits locally, donate consistently to local programs, maintain diverse product choices, and strengthen Moscow's unique character.

Come visit with and support your neighbors on Thursday, December 9, at Winterfest in the 1912 building. Maybe you'll win the big door prize!!

Board of Directors Meeting November 9

The next Board of Directors meeting is Tuesday, November 9, at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 p.m. and will end at exactly 6:15 p.m.

Breakfast with the Board October 30

The next Breakfast with the Board will take place on Saturday, October 30, from 11 a.m.-12 noon in the Co-op Deli.

Co-op E-mail Addresses

newsletter advertising: ads@moscowfood.coop
newsletter editor: editors@moscowfood.coop
newsletter design: design@moscowfood.coop
newsletter back page bulletin:
events@moscowfood.coop
webmaster: webmaster@moscowfood.coop
general manager: kenna@moscowfood.coop
membership and outreach coordinator:
outreach@moscowfood.coop
participating member (volunteer) coordinator:
participate@moscowfood.coop

Board Committee E-mail Addresses

Best Workplace Committee:
bestworkplace@moscowfood.coop
Board Members And Support Staff:
boardmembers@moscowfood.coop
Board Members Only: bodfeedback@moscowfood.coop
Cookbook Committee: cookbook@moscowfood.coop
Dime In Time Committee: dimeintime@moscowfood.coop
Engagement & Outreach Committee:
engage@moscowfood.coop
Green Commerce Committee:
greencommerce@moscowfood.coop
Sustainability Committee: sustainability@moscowfood.coop

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

Printed on Recycled Paper

Deadline for Articles, Ads, and Photos: 15th of each month

Editor

Bill London

Issue Editors

Carol Hill
Judy Sobeloff

Media Relations
Marcia Gossard

Graphic Design
Megan Prusynski

Advertising Manager
Jyotsna "Jo" Sreenivasan

Illustrations
Lucas Rate

Photographs
David Hall

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

Back Page Bulletin Board Editor
Richard Elgar

Webmaster
Lida Saskova

General Manager
Kenna Eaton (208) 882-8537
(208) 882-8082 fax

Board of Directors
Bill Beck - President
Andrika Kuhle - Vice President/
Treasurer
Kimberly Vincent - Secretary
Donal Wilkinson
Jamie Bentley
Mark Mumford
Sheryl Hagen-Zakarison

The Moscow Food Co-op Board of Directors meets the 2nd Tuesday of every month at 6 pm, in the Fiske Room of the 1912 Center. The public is welcome to attend. The agenda for each meeting is posted about one week in advance in the store, and official meeting minutes are placed in the store by the Board bulletin board.



CO-OPERATIONS

Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've organized them by category to make it easy to find what you're looking for. Let us know if a business you like might make a good partner - we'll send them an application! Applications for the business partner program are available on our website, www.moscowfood.coop, or in the front of the store near the suggestion boxes. New business partners are welcome to join at any time; listings in the newsletter and on the website will be updated once a month.

Food and Beverage

One World Café

533 S. Main, Moscow; www.owc-moscow.com; 208-883-3537

50% off One World Café 100% cotton totebags

Camas Prairie Winery

110 S. Main Street, Moscow; www.camasprairiewinery.com; 208-882-0214

Upon presentation of Moscow Food Co-op Membership Card, customer will receive an extra 5% discount. Must show card at purchase, not after.

Retro Espresso

1102 South Main; info.retroespresso@gmail.com
Free extra single shot in any espresso drink with presentation of Moscow Food Coop Membership Card.

Childcare and Family Services

Moscow Parent Toddler Cooperative

208-310-9344; mptcoop@gmail.com
35% off one semester's tuition

Palouse Discovery Science Center

950 Nelson Ct., Pullman, WA; www.palousescience.org; 509-332-6869

10% off membership to the Palouse Discovery Science Center.

Professional Services

Allegra Print and Imagine

507 S. Main; allegra@moscow.com; 208-882-5449
10% to Co-op members

Copy Court

428 W. 3rd St., Moscow
10% off to Co-op members

Krysta Ficca Photography

kficca@hotmail.com; 208-596-8101
10% off all photo shoots

Motherwise Midwifery

Nancy Draznin, CPM; www.motherwisemidwifery.com; 208-310-3252

Free pregnancy tea for Co-op members under our care

LET's Coach

Eric Torok; www.letscoach.net; 208-301-8047
20% off the first month of individual coaching

LDP Academy LLC

www.lpdacademy.com; 208-835-3737
\$10 off any firearm safety or basic firearm training class

Printer Pro Inc.

208 S. Main Street; www.printer-pro.com; 208-882-0193
10% discount on all compatible laser printer supplies

Retail

Tye Dye Everything

527 S. Main St., Moscow; www.tyedye-everything.com; 208-883-4779
10% discount on your purchase

Safari Pearl

221 E. 3rd, Moscow; www.safaripearl.com; 208-882-9499
10% off any board game or noncollectible card game

Lilliput Maternity and Children's Boutique

312 S. Main, Moscow; 208-882-6262
10% off purchase of \$50 or more

Inland Cellular

672 W. Pullman Rd, Moscow; www.inlandcellular.com; 208-882-4994

10% off monthly calling plans

Marketime Drug Inc.

209 E Third St, Moscow; joannemilot@hotmail.com; 208-882-7541
10% off all gift items

Hodgins Drug & Hobby

307 S. Main St, Moscow; hodgins@turbonet.com; 208-882-5536
10% off all purchases, excluding prescriptions

The Natural Abode

517 S. Main St., Moscow; www.thenaturalabode.com; 208-883-1040
10% off natural fertilizers

Sid's Professional Pharmacy

825 SE Bishop Blvd #301, Pullman, WA ; <http://sidsprofessionalpharmacy.com>; 509-332-4608
10% off all Medela breast pump and supplies purchases

Bebe Bella

www.bebbella.etsy.com; 208-882-1353
10% off any baby sling

Dance and Theatre

Spectrum II Art and Dance Studio

525 S. Main Street; www.spectrum2studio.com; 208-882-1445
10% discount to new students

House and Garden Services

Dr. Arbor Tree Care LLC

208-883-3559
10% discount on tree work (not yardwork); trees, shrubs, and fruit tree pruning for health and beauty of trees

CLEAN GREEN Organic Cleaning Services

www.CleanGreenOCS.com; 208-835-3535
\$15 off any service

Green Side Up

208-883-3485
10% off design services for Moscow Food Co-op members

Mindgardens, Eco-Friendly Residential Building Solutions

1230 NW Clifford St, Pullman, WA 99163; www.build-mindgardens.com
509-595-4444

10% off hourly service rate and free estimates for Moscow Food Co-op members

Spurling House & Garden

512 N. Lincoln; walteroy@yahoo.com; 208-669-0764
10% discount on all compost bins

Moondance Construction and Eco-Design

Alan Brown, Owner; moondance@cpconnect.com; 208-882-4733
Free 30 minute project consultation

Wellness Services

Drs. Bailey and Kevin Smith, D.C.

Moscow Health and Wellness Center; 317 W. 6th St. Ste 206, University Pointe Bldg., Moscow; 208-596-2063
Free initial consultation and exam to include thermographic imaging and a functional neurological evaluation

Susan Simonds, Ph.D., Licensed Psychologist

619 S. Washington Street, Moscow; www.counselingmoscow.com

[cow.com](http://www.cow.com)
208-892-0452

20% discount for initial evaluation for couples or marital counseling when no insurance coverage is available

Integrative Mindworks with April Rubino

3400 Robinson Park Rd, Moscow; www.integrativemindworks.com
208-882-8159

Complementary 30 minute consultation for new private clients who are Co-op members

Andrea Masom, Licensed Clinical Counselor

106 E. Third St, 2B, Moscow; 208-882-1289
Free wellness evaluation

Elements of Wellness Aquatic & Manual Therapy Inc.

Dayna K. Willbanks, OTR/L; 827 Troy Highway Suite 170; <http://web.mac.com/elementsofwellness>; 208-892-8888

10 % off the first session which includes a new patient evaluation and initial treatment

Natural Health Techniques

1069 Elk Meadow Ln, Deary, ID; www.NaturalHealthTechniques.com
208-877-1222

\$10 off initial telephone consult with mention of the Co-op Business Partner Program

Healing Point LLC Chinese Medicine Clinic

Meggan Baumgartner, LAC; Lauri McKean, LAC
info@healingpt.com; www.healingpt.com; 208-669-2287
\$10 off initial and 2nd treatments

Moscow Yoga Center

525 S. Main St.; www.moscowyogacenter.com
10% discount for new students

Dr. Linda Kingsbury

627 N. Hayes, Moscow; 208-596-4353
www.spiritherbs.com

\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Moscow Feldenkrais

112 W. 4th St., Moscow; 208-883-4395; 208-892-3400
www.moveimprove.net
\$10 off first individual lesson for new clients

Life Compass Institute, LLC

Scott S. Campbell, MS, CPC, CHT; 167 NE Kamiaken street, Pullman, WA
LifeCompass@gmail.com; 509-338-3694
Free 20 minute consultation on hypnosis and life empowerment coaching services. 10% discount on hypnosis and life empowerment coaching services.

Live by Design

1422 Pine Cone Rd; <http://home.rr.com/vickibydesign>; 208-883-8195

Free ½ hour initial assessment plus 10% discount on all sessions: Life Coaching Services to help you define, accomplish & live your most fulfilling dreams and Home Harmony Consultations to create intentional spaces for intentional living.

Balance...a wellness spa

112 E. 4th Street
Heather Alexander, LMP; alexanderlmp@yahoo.com; 208-596-8248

10% off all massage and spa services
Laura Gessner, LMP; lgessner@gmail.com; 509-595-4225

10% discount for co-op members

Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support

sproutwellbeing.org; 510-501-2618
Free health consultation, free first Pilates class, and 10% off any Health Coaching Program or cooking class.

A Choir of Angels Massage Center

106 E. Third, 1C; choiram@clearwire.net; 208-413-4773

Farms

RavenCroft Farm

4689 Hwy 95 N, Moscow; www.ravencroftfarm.com; 208-882-3616

10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834; www.skylinesfarm.com; 208-875-8747

10% off organically-raised lamb, fleeces, & roving

Recreation and Lodging

Appaloosa Museum and Heritage Center

2720 W. Pullman Rd, Moscow; www.appaloosamuseum.org; 208-882-5578

The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

Little Green Guesthouse

www.littlegreenguesthouse.com; 208-669-1654

15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

Peterson Barn Guesthouse

kkramer@moscow.com; 208-882-4620
10% off first time stay

Adventure Learning Camps

PO Box 8245, Moscow; www.adventurelearningcamps.org; 208-310-3010

10% off on trips

Shady Grove Farm

ashley.fiedler@gmail.com; 208-596-1031

\$10 off initial English riding lesson or training session

Sixth Street Retreat

www.SixthStreetRetreat.com; 208-669-0763

\$20 off advertised rate for one week's stay

Andriette's Bed, Book & Bicycle

115 N. Polk Street; 208-596-9701

andriettes.blogspot.com

10% off for co-op members—2 night minimum.



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



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.



Living Wage at the Co-op

By Theresa Nuhn, Co-op HR Manager

At a recent Moscow Food Co-op Board of Directors meeting, I made a presentation on living wage. According to the Northwest Job Gap Study, a living wage allows someone to pay their bills, with something left over. It is not minimum wage or a poverty wage. The formula for a living wage is base wage + benefits = living wage. To calculate the living wage, we used a model designed by CDS Consulting Group. This model helps us calculate living expenses for Latah County, and then compare our wages and benefits against those expenses. The model is calculated for a single person working 40 hours a week.

The expenses we used are housing, utilities, food, healthcare, transportation, telephone, savings and personal expenses.

Using local and government sources to complete the living wage model, we arrived at \$10.74 per hour, or \$22,340 per year, as the amount necessary to provide a living wage in Latah County. We then added the value of all the benefits we receive at the Co-op, including health insurance, employee discount, paid time off, retirement, and the lunch ticket. The total value of all our benefits currently equals \$3.35 per hour. In order to meet our standard for a living wage, the Co-op would have to pro-

vide $\$10.47 - \$3.35 = \$7.39$ per hour as an entry wage. Currently the minimum wage in Idaho is \$7.25 per hour. Entry-level Co-op employees initially receive \$8.25 per hour. They are raised to \$8.50 per hour and are eligible for benefits after completing a three-month training period. Applying the living wage calculation, a Co-op employee receives $\$8.50 + \3.50 , or \$12.00 living wage per hour. That is an annual living wage of \$24, 440. This is the lowest living wage a 40-hour per week employee at the Co-op receives once they have completed their training.

We realize that wages alone do not make for a best workplace,

but it's a good start. Along with our living wage, we continually strive to listen to and answer employee concerns, model and expect respect among co-workers, and incorporate ideas and suggestions that make the Co-op a unique and desirable place to work. Applicants often tell me they want to work here because the Co-op shares many of their values. We are very pleased and happy that so many people want to work here. Thank you, Co-op employees! You have made the Moscow Food Co-op a true gem in the middle of North Idaho.



Outreach and Membership Thanksgiving Report

By Carol Spurling, outreach and membership coordinator, outreach@moscowfood.coop

This outreach report will look a little different from the others, because instead of giving you a rundown of all the stuff we've been doing I just want to take a moment to thank the volunteers and other staff people at the Co-op who make our outreach efforts possible.

When I gave a presentation earlier this year at a national conference about our outreach and membership programs many managers at other co-ops were amazed at the amount of things we offer here. The most amazing thing that I didn't even mention is that I only work part-time. I did give credit to our volunteers; the only reason we can get so much done is because of them and the incredible teamwork that happens every day.

Take Mamas and Papas, for example. It requires work from our volunteer graphic designer Melissa Rockwood, ongoing consultation with the wellness department, cooperation with the front end and the finance office to handle all the coupons we give away to group members, and most importantly, the dependable organizational skills of our devoted and talented coordinator, Stacy Pettitt, who schedules the speakers and special guests.

Co-op Kids! was created by the amazing volunteer Rebekka Boysen-Taylor and rolls along under her direction, week after wonderful week.

All the various wellness and green fairs that we attend wouldn't be possible without the help of uber-volunteers Blair Van Pelt and Donna Mills who are quick to make their outgoing, intelligent, and charming selves available for all sorts of special events.

The Good Food Book Club is growing under the direction of Colette DePhelps, whose experience in sustainable and local food systems brings a welcome depth to those discussions.

The cookbook project is getting underway thanks to Laurene Sorensen. The low-income member discount will soon become a reality thanks to the work of the Engagement and Outreach committee: Jamie Bentley, Tom and Aly Lamar, Mary Ellen Brewick, Donna Mills, Karen Jennings, Jolie Kaytes, Paul Charpentier, and Britt Heisel. Britt has also coordinated our Tuesday Growers Market this year.

Behind the scenes, but no less important, are our newsletter and website volunteers, mostly too numerous to mention here. But a special thanks to newslet-

“I did give credit to our volunteers; the only reason we can get so much done is because of them and the incredible teamwork that happens every day.”

ter editor Bill London, p.r. expert Marcia Gossard, ad manager Jyotsna Sreenivasan, web editor George Bedirian, web master Lida Saskova, calendar guy Matt Kitterman, and web assistant Vika Prokhorova, without whom we would have no media presence whatsoever!

On the membership benefits front, we're lucky to have Sara Cucksey watching over our Business Partner program.

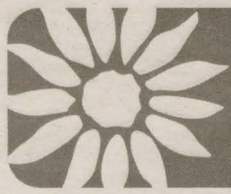
Field trips wouldn't be nearly so much fun without all of the various department managers taking a moment out of their busy days to say Hello to the children, offer them samples, and show them how the cardboard bailer works.

Thank heavens for the passionate and talented Sequoia Ladd, who coordinates our volunteers, and our new product demo and education coordinator Jesica DeHart, who is equally passionate and talented. Joseph Erhard-Hudson in the IT department is as necessary to us as oxygen, and our leader Kenna guides us

all with grace and good cheer. The front end staff does their utmost to handle every curve ball we throw their way. With these staff members, and our volunteers, together we are accomplishing so many wonderful things around the Co-op and in this community. And we even have more to come!

What I am most thankful for, when I think of these people, is the positive energy they bring. Always ready, always cheerful, always sharing their ideas and their skills. They are truly being the change they want to see in the world.

Of course I can't mention all our outreach volunteers and Co-op staff in this itty bitty article. Please forgive me. But in the spirit of Thanksgiving, please know that I appreciate you all.



Board Report: The Cost of Living

By Mark Mumford, Co-op Board Member

The cost of living. We moved to Pullman. My wife and I both work in Pullman and our son goes to pre-school in Pullman and because of our crazy schedules, and because we each have to have access to a car, we were both commuting. And so we moved. Although I loved our Moscow home, I became convinced that we should move when I considered the cost of commuting: 2 cars x 20 miles (round trip) x 5 days per week x 52 weeks per year = 10,400 miles. Each of our cars gets approximately 25 miles per gallon. If gas costs approximately \$3 per gallon, the cost of the commute was \$1,248 per year or about \$100 per month - that's only in gasoline (to say nothing of the time, energy and aggrava-

tion costs). When we bought our house, we carefully calculated fixed housing costs: the cost of our loan, taxes, utilities, etc. We also added the cost of the commute into our housing budget calculation. Surprisingly, the cost of commuting is not considered a fixed housing cost. We tend to think about gasoline as a discretionary cost, similar to the cost of food, clothing, etc. But what if we all calculated expenditures related to commuting into the cost of housing? How would all of our housing purchase decisions change? Would suburban development become prohibitively expensive?

Our communities are fortunate that our two universities are clean industries. I was on my way to Spokane on a football

Saturday when WSU was playing Oregon. At 11 a.m., the line of traffic into Pullman was nearly continuous all the way north on Route 195. The WSU stadium holds 37,600 people. Assuming a sell-out crowd and assuming that 10,000 of that total are local, that means that 27,600 people came to Pullman to watch the game. I noted that most of the cars contained two people. An occasional car had three, a very few had four occupants, and many had only the driver. Assuming an average of two persons per car and assuming 100 miles traveled by each of these cars one way, WSU football-going fans traveled 2,760,000 miles to see the game. The average MPG for cars is 22.4 (the average for SUVs is 18 MPG). Assuming 22.4 MPG,

football fans consumed 123,214 gallons of gasoline. Based on \$3 per gallon, these football fans spent \$369,642 on gasoline. Each gallon of gas produces 20 pounds of carbon dioxide when burned by a car. That means that the WSU game generated 2,464,280 pounds of carbon dioxide polluting the atmosphere that weekend. WSU plays six home games: 2,464,280 times 6 equals 14,785,680 pounds (7,393 tons) of carbon dioxide emitted into the atmosphere. Maybe our universities are not clean industries as we assume.

What does any of this have to do with the Co-op? Nothing, actually; and everything, really.



Turkeys and More

By Brennus Moody, Co-op Meat Manager

It's autumn, the leaves are falling, and tryptophan is in the air. Yes, it is that time of year again. Your meat department is gearing up for Thanksgiving Day. The turkeys are in-route and will be here on Nov 16. As in the previous years, we will have Diestel Turkeys, both organic and natural. They are both free-range birds; the only difference is the organic are fed

organic feed. Since I was asked the other day by a customer what breed the turkeys were, I thought there might be more people who would like to know. So the organic and natural birds are Nicholas. They are big and white, and if you go to the website www.diestelturkey.com, you can see pictures of their birds running across the fields. The black ones are heritage or heir-

loom birds and are a different breed more akin to the wild turkeys we see in the fields up here.

We will have them in our service case in front of the meat department, or in the little display around the corner from the meat department. The birds are fresh not frozen, but they will be firm to the touch, because they are cooled to a lower temperature, however they are not frozen, because turkeys freeze below 32 degrees F. This will be self serve, because I cannot take special orders for birds since in the past few years, my supplier has shorted me at least one weight class each year.

Well, now that I have all the informational stuff out there, it is time for something fun. A few of our customers know we are making burger for Fuzzy's out in Deary, Idaho. Fuzzy's used to be called the Deary Tavern; however, since the owner was nicknamed Fuzzy, it has long been referred to as Fuzzy's. Delray and her husband reopened it this summer, and we have been grinding burger for them. They use the same 80 percent lean burger we sell in the family packs. So if you are out that way, fishing or hiking, stop off and give them a try. Delray makes a mean burger.

Music...
Live &
Intimate

Auditorium
Chamber Music
Series
UNIVERSITY OF IDAHO
2010-2011

Boston Camerata

Tuesday November 30, 2010

The Boston Camerata and Sharq Arabic Ensemble present

The Sacred Bridge:

Medieval music from
the three faiths of
Mediterranean Europe

All concerts in the University of Idaho
Auditorium at 7:30 PM

Concert tickets are sold at BookPeople in
Moscow, at the door, or on our website:
www.auditoriumchambermusic.org

Ticket Prices: \$10 student, \$17 senior,
\$20 general

INTEGRATIVE MINDWORKS

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

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
- Services covered by many insurance companies



A Few Words from the Kitchen

By Annie Pollard, Co-op kitchen manager

Keep your eye out for the specials that we offer every day in the kitchen. Signs are posted around the department to alert you to what deal we are offering each day. We will continue the ever-popular Double Punch Mondays and \$3.99 Smoothies on Wednesdays. Keep a look out for the other daily surprises.

The holiday season is right around the corner and you will find all of your favorite foods in our deli. To satisfy those crav-

ings for familiar comfort foods, we'll be offering traditional holiday staples like maple glazed yams, mashed local potatoes, local pumpkin pie and hot spiced cider. And for those of you looking for something a little different, you'll find Mushroom Walnut Loaf, Feta and Roasted Red Pepper Torta, and Spiced Cranberry Relish.

If you'd like some help with your holiday meal, give us a call. Whether it's a few wild rice-

stuffed acorn squash or a dozen herbed rolls, we can meet your holiday meal needs.

As we all know, government laws and regulations are constantly adapting with the aim of improving health and safety. To be in compliance with health department codes, our kitchen staff will begin using beard nets. Since our deli servers also prepare foods, they are also required by law to cover up facial hair.

To stay informed with what's going on in the ever developing kitchen, check out the Co-op blog on our website (<http://moscowfoodcoop.blogspot.com>). Matthew Dugger is branching out from his position behind the deli counter to help with buying and stocking, random IT projects, and now as the official kitchen blogger. You'll undoubtedly find his posts to not only be highly informative, but a true reading delight.

Cookbook Project: May You Live In Eventful Times

By Laurene Sorensen

Appetizer: Thanks to those of you who have contributed recipes or offered your talents to this project!

The Chrisoween season has arrived, complete with tangles of fairy lights and stashes of leftover candy. We will all be hosting or attending events that involve food. (How's that for a categorical statement?) So this month let's focus on recipes and menus for entertaining. If you look at an older cookbook, you're likely to find "Menu Planning," "Entertaining," or even "For the Bride" sections full of wisdom, anthropology, and hooley. We're planning to include something similar in the *Community Cookbook*, minus the hooley. So please contribute your suggestions as well as your questions. (Embarrassing questions

can be anonymous.)

"What can I bring?" Since this is Moscow, the land of a thousand potlucks, a dinner guest often must decide (1) what to wear; (2) what to cook; and (3) how to keep (1) and (2) separate en route. As we pull together our recipes, we'll try to identify dishes that are especially roadworthy and list them in an appendix. If you have a trick for carrying things, please share that, too. Here's one: Transport your contribution in a slop-proof vessel that is separate from the elegant serving bowl or platter you're also bringing. If you're leaving leftovers for the host, put them in the yogurt container (or shoebox or Mason jar), and bring your own platter home.

"What do I serve?" When you're planning the entire menu

for a dinner party, you have to start somewhere — with a theme, a budget, a *pièce de résistance*, or a tradition (like turkey or Tofurkey). We'll provide some menu suggestions based on the recipes in the book, but we hope most of these ideas will come from you. We're especially interested in holiday menu ideas.

"How do I do it?" Once you've identified what to serve, make a timeline to see if you can serve everything at the desired time and temperature. If you cook something in advance, will there be a way to reheat it? Tell us your workflow suggestions. (Remember that in case of emergency, you can prepare the main course at home and get sides, salads, or desserts at the Co-op Deli.)

"What fork do I use?" The cats

are eating off the Wedgwood and the only matching glasses you own are from the Magic Hat Brewery. How do you set an elegant table when you only have three chairs? This is where the stagecraft comes in — and the fun. What are your creative shortcuts to gracious entertaining? Tell us and we'll send you a monogrammed spoon. Send your suggestions and party invitations to cookbook@moscowfoodcoop. (Let us know what we can bring.)

Laurene Sorensen thinks everyone should have a box of votive candles, two dozen plain wineglasses, and a bathtub with a good stopper (to hold the ice).

Great Pumpkin Pie Bake Sale

By Carol Spurling, Outreach and Ownership Coordinator, and Annie Pollard, Kitchen Manager

It's the return of the Great Pumpkin Pie Bake Sale! All throughout the holiday season, you can get made-from-scratch, organic pumpkin pies from the Co-op bakery in the grab n' go case for only \$9.99 each. All proceeds from the pie sale go straight to Backyard Harvest, our local non-profit that is "outgrowing hunger on the Palouse."

All of the ingredients for the pies are being donated by our generous vendors, and an anonymous local donor covers the

cost of our labor and the cost of the humongous pumpkin that we use to make these pies. Thanks so much to Wholesome Sweeteners for the brown sugar, Wilcox Family Farms for the eggs, Frontier for the spices, Wholly Wholesome for the crusts (in spelt, traditional, and whole wheat), and Santini for the evaporated milk.

A great pumpkin-sized "thank you" to all the people in the grocery department — Peg, Julie, Joan, and Seth — who secured

these donations for us. We really appreciate it!

The pumpkin was a big one, so we'll have lots of pies. Get 'em for yourself, for gifts, for potlucks and parties, for breakfast and dessert, and help out Backyard Harvest.



Produce manager Scott Metzger cutting open the great pumpkin with an axe in 2009.



Dime in Time Funds Help Paint the Palouse

By Maureen Walsh, UI Assistant Director of Student Engagement

Paint the Palouse, the August recipient of the Dime in Time program, was a great success this year

Paint the Palouse is an annual event where college students and community members go out into the community and paint the houses of those who are not financially or physically able to do it themselves. University Housing at the University of Idaho helps to co-sponsor this

event every fall, in conjunction with the Residence Hall Association of University of Idaho, Columbia Paint, Hahn Rental, and Pizza Perfection.

This year, with the help of the Dime in Time grant, we were able to paint four houses for families in the area. The entire project was completed on September 11, 2010, and had over 230 volunteers. Thank you for all of your support.

Right: Paint the Palouse volunteers have a little fun while painting.



Dime in Time Thank You

By Donal Wilkinson, Executive Director, Adventure Learning Camps

Adventure Learning Camps (ALC) is a local non-profit that has offered nature-based, active learning experiences to youth in the community. We believe that the foundation of a sustainable society requires children to learn resilience, cooperation, and self-confidence through making connections between our everyday lives and the natural world. We would like to thank the Moscow Food Co-op A Dime in Time committee for the nomination to participate in this program for the Month of November! These funds will help us offer our programs to youth at no cost.

As of this season, we are working with the non-profit: Synergy Works!(SW!) in developing a model way of working with young people. Adventure Learning brings to the program consistent physical activity, connection with nature, and exploring the unknown; all integral



components of healthy youth development. Synergy Works! offers an intentional synergetic structure of learning based on relationship, and strengthening perceived self-efficacy. Youth learn through skill building and fun-action experiences, which allay stress and build confidence in their capability of "making a

difference." This combination provides a way to expand an already supported community program by enhancing what we've offered over the past 5 years.

Participants experience the value of setting and accomplishing useful skill-building goals for themselves as a metaphor for the way they can make a difference in their own experiences. A simple holistic process (think, feel, and behavior) of transformative learning (change) based on awareness, attention, attitude, action and adaptation is taught in a kind, caring, reinforcing relationship with inter-generational mentors. Mentors create conditions of safety, comfort and security within each activity/program through one-on-one recognition, acceptance, and communion-in-interactions of shared experience.

This New Synergistic way of working with young people

allows for an ambiance of caring, feeling smart and an opportunity for young people to see their own importance. A Dime in Time funds will pay for young people in Latah County to participate in ALC trips at no cost this season with countless others benefiting from the long-term sustainability of these programs. Look for our upcoming programs! Thank you, and if you have any questions or are interested in volunteering, please contact us!

Donal Wilkinson, Executive Director

Heather O'Rourke, AmeriCorps Program Coordinator

Adventure Learning Camps
P.O. Box 8245
Moscow, ID 83843
208-310-3010
adventurelearningcamps@
yahoo.com

Adventurelearningcamps.com

Writing the Co-op's History

By Adam M. Sowards, Co-op Volunteer Writer

Did you know the Moscow Food Co-op has a historian? It does now.

My service as a Participating Member is to research the history of our beloved Co-op. Through its 37 years, the Co-op has grown into a mainstay of the Moscow community and economy. Such success was by no means assured when it opened.

Learning about how the Co-op has grown and evolved, the challenges it has faced and overcome will be a primary task. To do this, I have begun locating as many sources as I can and reading old issues of the *Community*

News. Once I'm oriented to the basic history, I look forward to interviewing long-time members to learn their first-hand perspectives.

I am also open to what ideas the larger membership would find useful and interesting. Better yet, I would be thrilled to find out if anyone has a treasure trove of sources (e.g., meeting minutes, photographs, etc.) hiding away in their attics. Please contact me via e-mail: adam.m.sowards@gmail.com.

As I make progress through this project, I will submit stories to the *Community News* in the

hopes of deepening our appreciation of Moscow Food Co-op's position in our region

Let me help you preserve & share your family photos.



Photo Restoration
Digital Duplication
Photos to CD or DVD
Life story interviews
Video memorials
www.marshaquesera.com

Free project consultation Reasonable rates



Good Food Film Series Sneak Preview: Mid-August Lunch

Please join us at the Kenworthy Theatre at 7 p.m. on Thursday, November 18, for *Mid-August Lunch*, an Italian film starring a quartet of older women and the somewhat younger man who tries to take care of them all for a few interesting days in August. Tickets are \$4 for Co-op members and \$6 for the general public.

Our film series so often provides us with food for thought and even food for anger and activism. Sometimes we like to be reminded of the joys of simply living, cooking, and eating together, and *Mid-August Lunch* does just that.

Stephen Holden of the New York Times writes about *Mid-August Lunch*: "One of the film's deepest satisfactions is its characters' complete lack of ruminative psychologizing. When the women look back, it is with a sense of having lived full lives. Had *Mid-August Lunch* wavered from its matter-of-fact realism, it might have toppled into sentimentality or morbidity. Instead, it is a group portrait of people who are comfortable with who they are, savoring the pleasures of food and companionship and living in the moment. The movie glows."



Divine Chocolate from the Kuapa Kokoo Co-operative

By Joan McDougall, Grocery Manager, grocerymgr@moscowfood.coop

Divine Chocolate is very well-named: it is absolutely divine ~

The Moscow Food Co-op carries eight delicious varieties of Divine chocolate bars ranging from white to 70% dark chocolate. We always sell out of their lovely advent calendars, and this year they are creating two special holiday bars, Spiced Cookies and Ginger /Orange Chocolate. Divine Chocolate is crafted by a co-op in Ghana, Africa, that began in 1993 when a group of cocoa growers came together in response to a decision by Ghana's government to partially liberalize the cocoa trade. Supported by Twin Trading, a UK Fair Trade organization, the farmers set up a licensed company to buy and sell their cocoa to the Ghanaian Government Cocoa Buying Board. The organization was named "Kuapa Kokoo" which in the local language, Twi, means "Good Cocoa Farmers Company". Their motto is "Pa Pa Paa" meaning "the best of the best". The elegant packaging is designed from traditional West African *andinka* symbols that are ubiquitous on Ghanaian crafts from textiles to pottery and walls.

The Kuapa Co-op was established with the mission of increasing power and representation for cocoa farmers within

the market; empowering farmers economically, socially and politically; enhancing women's participation in all affairs; and ensuring environmentally sustainable production and processes. To maximize profits from their raw cocoa, Kuapa Kokoo decided to produce their own branded chocolate bar for sale in western markets. In October 1998, aided by Twin Trading and other British firms, they founded The Day Chocolate Company, which launched its first product, the Divine Fair Trade Milk Chocolate Bar, in the UK. The company was officially renamed Divine Chocolate, Ltd. in 2007 and the Kuapa Co-op now owns nearly half of this company. Two elected farmer representatives sit on the board of Divine Chocolate and a board meeting is held in Ghana every year.

As owners, the 45,000 farmers of Kuapa share in Divine Chocolate profits, engage in decision-making, and increase their knowledge of the fiercely competitive chocolate market. Their ownership status has transformed Kuapa farmers into international business people with this brand of their own. This is in addition to the Fair Trade benefits of a guaranteed price floor and fair trade premium for the sale of their cocoa into Fair Trade channels.

Recognizing that empowering women is critical to improving any community, Kuapa requires that women must hold at least 3 of the 7 positions in councils operating at the village level.

Each year, every Kuapa village must send two representatives to Kumasi for the Annual Delegates' Conference where members vote on how to spend Kuapa's dividends from Divine Chocolate. Kuapa mandates that all villages must select one man and one woman to represent them at the conference - no exceptions. In 2008 more women than men were voted onto the Kuapa National Executive and in 2010 Kuapa Kokoo elected its first woman president to the National Executive, an event that members only dreamed of a little over a decade ago.

Kuapa Kokoo's accomplishments include hundreds of social projects already completed, but hundreds more are needed still. Farmers are securing a better living yet they remain extremely

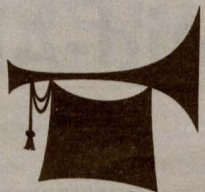


Cecilia Appainim and Comfort Kumeah of Kuapa Kokoo

poor by western standards. The way forward for Kuapa farmers is through increased sale of their cocoa on Fair Trade terms, and more importantly, through the success of the brand they own, Divine Chocolate. The best way to support the work of Kuapa Co-op is to eat more Divine Chocolate! Moscow Food Co-op makes it easy for you with eight varieties from white to 70% dark chocolate. Divine is aptly labeled "Heavenly Chocolate with a heart". Watch for the popular advent calendars and special holiday chocolate bars later this month.



CO-OPERATIONS



Co-op Shoppers Speak Out:

Asked October 9, 2010, by Ashley Fiedler

Some communities and some stores have started charging their customers money for plastic or paper grocery bags to encourage use of reusable cloth bags. Do you think the Co-op should charge for single-use bags?



"It would encourage not wasting. 5 or 10 cents would be cheap and it would remind you to bring your bags."

—Kelly Trovato, Moscow, Liberal Arts Student at New St. Andrews College



"I don't think so. I like the idea of a discount. There should be a reward for remembering instead of a punishment for forgetting."

—Tonie Bodley, Pullman, PhD Student



"Great idea. How much time does it take to grab a bag?"

—Kristen Trovato, Moscow, Liberal Arts Student at New St. Andrews College



"I like the idea of a re-usable bag. Getting charged for a bag each time would be hard."

—Alexia Scheetz, Moscow, UI Philosophy Student



"The Co-op seems to get the clientele that would go for it. I would bring one."

— Kirk Houston, Moscow, UI Law School Student



"If you buy a re-usable bag, it would be cheaper in the long run."

—Jacquie Peres, Moscow, UI Theatrical Arts and History Student

Tasteful Thursdays returns in November and December

By Jesica DeHart, Co-op Product Promotions and Education Coordinator, demo@moscowfood.coop

Who says the holiday months have to be stressful? Step into the relaxing, rejuvenating and tempting ambiance of Tasteful Thursdays every Thursday in November and December at the Co-op. Soothing live acoustic music, tantalizing aromas, sizzling samples to nibble, complimentary chair massages, and an abundance of gift ideas. There will be inspiring demos throughout the store to invigorate you with an abundance of ideas for holiday dinners, appetizer plates, scrumptious desserts, and zesty drinks.

We will be expanding our hands-on gift-making ideas with recipes and in store "how-to" demos. With some basic ingredients around your kitchen and a touch of added body care oils and essential oils, you can make sugar scrubs, bath bombs,

lotions and more. We will have plenty of recipes on hand to make planning your meals both a pleasure and a calm relief. Come to shop, meet friends, relax and be pampered.

Don't just stop by once, put Thursdays from 5-7 p.m. on your calendar and make it a night to look forward to, a respite from the whirling winds, the chaos beyond and endless lists. We think you will find everything you need all in one place with the feel of a decadent retreat, a holiday in fact. Hammocks, warm sand, turquoise waters, and summer weather not included!



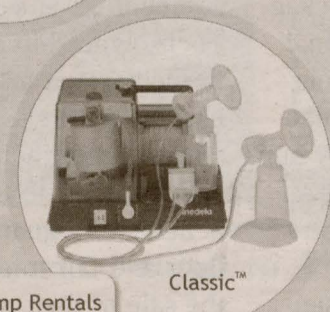
Helping mothers provide the best for their babies



Breastpump Purchases



Breastpump Rentals



Classic™

Your source on the Palouse:

Sid's Professional Pharmacy

825 SE Bishop Blvd., 301 Pullman, WA 99163
509-334-6501

Open: 9:00 am - 6:30 pm
Monday - Friday

We are proud to be a Medela authorized retailer. 10% discount for Co-op Members.



Le Creuset, Tres Jolie

By Kenna S. Eaton, General Manager

Several years ago, my fancy, electric rice cooker lost a critical part and no longer worked. Needless to say, I was sad. Even sadder when I discovered that the part was basically irreplaceable. Being the smart woman I am, I asked for a rice cooker for my birthday. My husband, who is equally, but differently, smart, did his homework and bought me the “best rice cooker” he could find, according to cooks and the Internet. It was a Le Creuset cast iron, lime green (aka kiwi), enameled, round, French oven and it is brilliant at cooking rice!

Since the day in 1930 when the first artisans in Fresnoy-Le-Grand, France, began casting their signature enameled cookware, Le Creuset has been a favorite in serious cooks’ kitchens. Prized for its performance as well as its personality, Le Creuset’s colorful cookware is a symbol of style and quality — and now it is available at the Co-op. Our amazing mercantile buyer, Kelly Uusitalo, was able to secure a great deal for the Co-op and for you — we are the only outlet for Le Creuset between here and Boise. And our prices are fabulous! Just as good as the aforementioned Internet, but without the wait, or the shipping — ah, magnifique! Instant gratification and fun too — the colors are amazing, from Flame to Caribbean, Cherry and Kiwi. Yummy. Each piece is versatile enough for both the stovetop and oven use. Its non-reactive surface does not require



breaking in, and these handcrafted pieces feature tight-fitting lids that create a blanket of heat to seal in moisture that yields my perfect rice — oh la la — and lots of other foods as well.

Le Creuset also makes amazing stoneware — it’s even resistant to chipping, cracking and staining. Designed for use in temperatures from below freezing to as high as 500 degrees F, these pieces can go straight from the oven to the serving table. Dang, that’s sweet. Plus we’ve got these groovy utensils that are just as brightly colored as their friends. Not just for the holiday season — we plan on carrying these items for a good long while. So if you don’t see the pieces you’ve been dreaming



about, don’t hesitate to ask and we’ll try to bring it in for you. In the meantime, bon appétit!

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

Healthy Connections

November

Education + Specialty Clinics + Support Groups + Special Events

Programs take place at Gritman Medical Center unless otherwise noted. For a complete list of all our services and programs, visit us at www.gritman.org

Safe Sitter Babysitting Class

November 13, 9 a.m. 4 p.m. \$40

Designed for 11-to-13-year-old students. Limited scholarship assistance available. Students learn babysitting as a business, job success, child care essentials and more. Register online or call 208-883-2232 or e-mail: education@gritman.org

AARP Driving Program \$12, AARP Members; \$14 for non-members

November 15 & 16, 8:30 a.m. to 12:30 p.m.

A refresher course for the experienced motorist age 50 and above, exploring normal, age-related changes that influence driving ability and more. Pre-registration required. Register online or call 208-883-2232 or email education@gritman.org.

Diabetes Wellness Class

FIRST TUESDAY of each month, 4 p.m. to 5 p.m. FREE

Call 208-883-6341 for more information. Gritman Conference Center

Osteoporosis Exercise Group

Tuesdays and Thursdays, 9:30 a.m. to 11 a.m. \$6/person

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Join our ongoing exercise group and improve your bone strength. Call 208-883-6088 to learn more.

Support Group - for New Moms

Ongoing & Weekly FREE

For new moms and their babies – newborn to 6 months. Call 208-883-6399 or email childbirth.education@gritman.org for more information.

Tobacco Cessation

Ongoing FREE

If you’ve been thinking of quitting tobacco, now is the time. Learn the skills needed to stop using tobacco for good. Free individual sessions. To learn more or schedule a consultation, call the Gritman Medical Center Sleep Center at 208-883-6236.

SAVE THE DATE
Holiday Delights
December 3
208-883-6174
for info

Leading the Way to Wellness.



700 S. Main Street,
Moscow, ID (208) 882-4511

Follow us on [Twitter](#)

www.gritman.org



Comments, Complaints and Compliments

By Kenna S. Eaton, General Manager

I just returned from Boise and had to find a few items in their Co-op - they have a customer service desk with a person to help. It was amazing!!! Please consider placing one in our store. And they have a gelato bar. —Kate

Kate—excellent suggestion! You'll be glad to hear we are adding a similar desk in our Wellness department soon—look for it shortly. And we'll check into the gelato. Thanks for the idea.

The fan in the women's bathroom (and probably the men's too) is low powered and should be replaced with one that sucks off the stench better—thanks! —Anonymous

We did make some upgrades to our women's room late this summer including turning the fan around. Apparently it was blowing in rather than sucking out. Hopefully that and a few other changes have improved

the smell in there. Please let us know if it's still stinky.

I'm a fan of the cell phone 'rules'. We shouldn't need reminding to treat each other humanely. But thanks for the gentle nudge. —Joanna

Thanks Joanna—we agree!

Suggestion: clean/wash the outside of the trash cans. The one inside has been dirty for weeks!!! —Anonymous

Thanks for the reminder - during a staffing transition, that one fell off the list, but it's back on now and looks much better. Let me know what you think.

We need 5 or 6 more of the smaller, grey shopping carts. I often want one and they're all in use and 8 or 9 green ones are sitting there. Thanks!

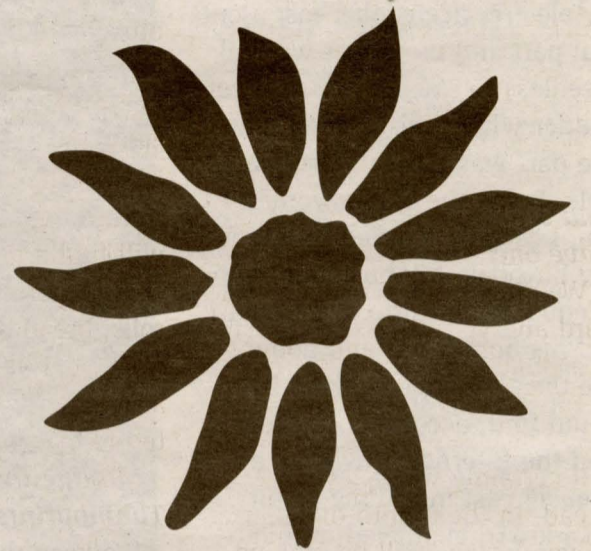
We agree—so we ordered 5 more. They should be here by the time you read this.

Can you extend the Wi-Fi hours, please? Maybe Sunday morning wouldn't interfere with the customer flow. —anonymous

Thanks for asking so nicely and for coming up with a suggestion; however, we will keep the hours as they are for a while.

As much as I like the boy scouts I did not like the feeling of being @ Wal-Mart. When I got out of the car and was approached about all the types of popcorn, it felt very invasive for the Co-op. —Liz

Liz, thanks for your comment. Actually we do ask of our groups that use the space that they do not use aggressive selling or campaigning tactics. I was working that day and



didn't realize what was going on. Please let us know right away if it happens again. I will be sure to remind groups of the importance of being discreet.

PALOUSE REPORT: Turkey Days



CHECK OUT WWW.FARM.ZAKARISONPARTNERSHIP.COM FOR A LOCAL TURKEY WAITING LIST OR THE CO-OP MEAT DEPT. FOR OTHER LOCAL ALTERNATIVES

WWW.ANNABREWER.COM

NOVEMBER 2011 © ANNA BREWER



Comment Card Responses

By Annie Pollard, Kitchen Manager

I'd like to see coffee cards work for hot tea also. Same idea but for those days you choose no caffeine. Thanks.

What about a punch card for tea drinkers at the deli? Coffee and cookies and bread all have one.

We are working on a hot tea card and you can expect to see it available by early November.

You should start making the berry swirl bread again.

It certainly was a sweet bread. In the month of November we will be making some Berry Swirl loaves each day that we make Cinnamon Swirl.

Great salad bar. Could use a container of sprouts.

Thanks for the compliment! Alfalfa, clover, and mung bean sprouts can be very high maintenance, especially in a commercial setting. We are going to begin sprouting local lentils for the salad bar and hopefully those will work out well.

Please bring back the Gluten Free Farmhouse bread and rolls. They're way better than the chick pea! Thanks

Each of our GF breads definitely has a devoted following, so we have begun keeping both varieties stocked at all times and are selling more than ever.

More of your gluten free baked goods. Love your muffins and brownies. 3rd trip in 3 days, none available. Thanks

I love that you are making GF scones now but it would be REALLY fabulous if you could make more because it is not fun to come in looking for a scone only to find out that they are continually sold out.

To keep up with the ever-growing gluten free crowd out there, we are now making twice the amount of gluten free scones and muffins each day.

To make it easier for you to find our other GF baked goods, we have moved all of our house-made GF baked goods to the far side (west side) of the bakery island (the one located across from the grab & go). Here you will find a large assortment of cookies, brownies, bars, breads, rolls, bread crumbs, and other fun treats like popcorn balls—all made from scratch and gluten free!

Missing the Apricot Almond Thumbprints!

We keep the small, bagged Apricot Almond and Raspberry Thumbprints on the bakery island at all times (or if they run out, they're restocked later that day). Since we don't have enough bins in our cookie display at the front of the store for all the varieties that we make, we rotate the Apricot Almond and Raspberry Thumbprint cookies.

I love your new salad bar, but please consider keeping it open till 8 p.m. for those of us who eat a little later! I visit the Co-op and salad bar at least once a week and appreciate all you offer!

We sincerely appreciate your support of the Co-op kitchen! We would love to expand the salad bar hours, but do not foresee that as a possibility at this time. However, we will be making pre-packed salads for the grab & go that you could purchase when the bar is not open.

Could you please stock Brown Cow Blueberry in non-fat or low-fat large containers? ZI am gaining too much weight with the cream top.

I'm sorry but the Brown Cow blueberry yogurt is only available made with whole milk in the quart size. —Peg, Chill/Frozen Buyer

Don't know if it is possible, but stock white coffee beans in bulk. "Sisters" is the only place that has white coffee but they only sell what they brew: can't take home the grind.

—Thanks, Brad

Knowing that Cravens doesn't sell white coffee, I asked Doma about white beans. Here is their informative reply:

"The quick answer is—No, we don't sell or roast White Coffee. Even though it is called white it is a bit darker but not much. The primary reason is because White Coffee does not celebrate the flavor of roasted coffee. There are more subtleties of flavor and nuance, heightened flavor and smell profiles. White Coffee has been described as having a "nutty" flavor, something like a hazelnut. I have had White Coffee only twice, and it smelled a lot like a petting zoo.

The "White Coffee" trend is an under roasted green bean typically using the Robusta Species, compared to the highest quality coffee bean from the Arabica Species, which is all DOMA roasts-Arabica.

The Robusta bean is cheap and has double the caffeine that the Arabica does. Sometimes the Robusta can be roasted to a decent flavor, but rarely. The Arabica is much more delicate and bug prone because it has less caffeine, a natural bug repellent, it is cultivated at higher elevations to prevent bugs from eating the plant and it thrives at those higher elevations, there is much more attention to detail when you work with the Arabica Species.

Throughout the world, the Arabica is the best coffee for nuance and flavor when it is roasted properly, meaning not over roasted. White Coffee is very harsh on home grinders

and they can break fairly easy trying to grind what are essentially pebbles. The longer you roast a green bean the more brittle and delicate it becomes and the more caffeine is roasted out. A lot of purveyors are pre-grinding white coffee to circumnavigate grinder issues. It can really mess with an espresso machine as well, and in my opinion it is best to avoid using it.

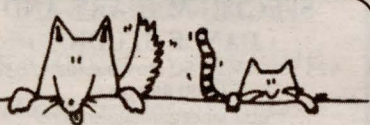
There is a greater potential for exploitation of workers with poor working conditions since a good portion of the coffee is going to go through the typical coffee buying chain, where everyone is taking a piece of the pie making it smaller and smaller, so when the farmer gets paid it is miniscule, and non reflective of the work they have put in.

Please get Drew's Rosemary & Balsamic vinaigrette dressing. Best ever. —Deena

We will make a space for it on the shelf and then bring that variety in as soon as possible. Julie, Grocery/Wine/Beer Buyer

You sell a product called STROOPWAFELS, which comes out of Canada and is reasonably OK. However, the original stroopwafels come out of Holland, where they are a traditional treat. These Dutch stroopwafels are infinitely better than the Canadian imitations, and it would be great if you could carry them as well.

—Ray
We agree that the original version would be best, but we have no source for those. If we find one we will certainly check into them and see if they are compatible with Co-op standards. —Julie, Grocery/Wine/Beer Buyer



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.

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.

QUALITY AFFORDABLE HOUSING ON THE PALOUSE

SPACIOUS 2 BEDROOM APARTMENTS AVAILABLE
OCT - NOV 2010 AT HAWTHORNE DR. & HENLEY AVE
• RENT STARTS AT \$512.00/MONTH • WATER, SEWER, GARBAGE AND INTERNET PAID • ON-SITE LAUNDRY FACILITIES

NO PETS
HILL RENTAL PROPERTIES
1218 S MAIN STREET • MOSCOW
• (208) 882-3224 •
WWW.HILLAPARTMENTS.COM

MOSCOW YOGA CENTER

525 S. Main. 208.883.8315

Current session ends Oct. 16,
New Session begins Oct. 18-Dec. 17.

Offering Beginning, Level 1, Level 2,
Level 3&4, Pre-natal & Gentle
yoga classes.

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





Co-op Volunteer Interview: Stacy Pettitt

By Terri Schmidt, Co-op Volunteer Writer

Hello readers. This is my debut writing for the volunteer page. Todd Broadman has written many wonderful profiles for years, but he has moved on to new things and I will be taking his place. Previously I have written for the Tofu page and the Allergy and Gluten Free page. I am excited for the opportunity to try something new and was lucky to have Stacy Pettitt, who is bright and cheerful, as my first volunteer interview.

Stacy's volunteer job includes organizing and running the Mamas and Papas group, which meets on Wednesday mornings at 9:30 a.m. in the Co-op Deli, and writing about the activities of the group for this newsletter. Mamas and Papas is mostly for new parents and parents to be. The focus of the group is lifestyle and wellness. Stacy brings in speakers

to educate parents on a variety of issues. Recent topics included healthy cleaning and cosmetic products, homeopathy and your family, acupuncture for children, and the dangers of plastics.

Running a group for new parents is a natural choice for Stacy. She loves working with children and babies and has been a doula to local women for the last four and a half years. She had been

home raising her children, but one day discovered, "My help-meter was going off - I needed to do something more." So she began training as a doula. I wasn't sure just what a doula does, so Stacy explained it to me. She provides labor support for expectant mothers, helping them get through the challenges of labor. She also meets with the mothers ahead of time at 34 and

37 weeks of pregnancy to talk with them about how they want their birth experience to go, the options available, how they want their partners involved, etc. Stacy has a calm manner and would be a great person to have around to help alleviate the stress of childbirth.

Stacy grew up in Spokane, and received her undergrad degree from Gonzaga. She went on to

earn her masters in Social Work at Eastern in 2002. It was a busy time for her - she received her graduate degree, got married, and bought a house all in the same year. She and husband Steve, who has a contracting business in Pullman, bought a farm just outside of Albion, where they have lived for the last eight years. They have just enrolled their wheat acreage in the SAFE program, which involves a three-year certification process and working the land with more earth-friendly practices. Horses and chickens also reside on the property, and they would eventually like to get into raising bees.

Stacy and Steve have two sons, Riley, 7, and Reece, 4 1/2. The farm is a great place to raise their children. Stacy loves living where the boys can play in the dirt and rocks,

collect chicken eggs, and learn firsthand where food comes from.

Stacy loves to work out, exercise, and be outdoors, and she has a thirst for learning about everything. She has a philosophy that life is all about perspective, how you see it. Everything can be perceived differently, as being good or bad. Stacy says, "I try to find my truth in that. Everything that happens brings new lessons to learn. You have to trust the universe to bring the lessons you are meant to learn."

Terri is, in this month of Thanksgiving, thankful for living in small college town filled with so many interesting people.



"Mamas and Papas is mostly for new parents and parents to be. The focus of the group is lifestyle and wellness. Stacy brings in speakers to educate parents on a variety of issues."

moondance
CONSTRUCTION & ECO-DESIGN

CERTIFIED GREEN PROFESSIONAL
LICENCED AND INSURED

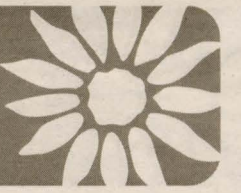
COMPLETE ENERGY RETROFITS
ANY SIZE REMODEL
NEW CONSTRUCTION

(208) 882-GREEN(4733)
moondance@cpcinternet.com

SPECTRUM II ART AND DANCE STUDIO
525 South Main St., Moscow, Idaho 83843
(208) 882-1445
ubudanceguru@msn.com
www.spectrum2studio.com

Offering art and dance classes for child through adult

SPECTRUM II EMBRACES THE JOY OF DANCE FOR ALL, FOR LIFE. JOIN US AND SMILE!



Staff Profile: Scott Shaffer

By Amy Newsome, Co-op Volunteer Writer

I ventured to the back of the Co-op in search of a more elusive staff member and I found one coming out of a walk-in refrigerator with an armful of cheese. Scott Shaffer spends most of his time behind the scenes, either cutting and stocking cheese or washing dishes. He started working at the Co-op this past June.

Scott was born in Alta Loma, California, but moved to Boise at age 3. After graduating high school, he attended Boise State University for a year and a half. He spent one year on exchange in China at Southwest University for Nationalities in Chengdu City in the Sichuan Province. He loved the relaxed atmosphere of the language school, which afforded ample time outside of the classroom to travel and practice the language. He accomplished conversational Mandarin, but would like to become fluent.

“My year in China was the best year of my life so far. I loved the friendly people, the culture and the food.”

He started studying at the University of Idaho a couple years ago, majoring in Secondary Education with an emphasis on History. He is set to graduate December of 2011. However, he doesn't intend to immediately teach in the states, he will be heading back to China to teach English. He liked China so much in fact; when he goes it will be for an undetermined period of time. Scott's parents still live in Boise and have been in their fields for 20 or so years. His dad, Paul, is a salesman for vehicle warning lights and alarms; and his mom, Patty, is a cook at a



“Scott Shaffer spends most of his time behind the scenes, either cutting and stocking cheese or washing dishes.”

junior high school. Scott is the youngest of four children. The eldest, his sister Katie, lives in Meridian and is married with a child. The second in line is Bob, who is a University of Idaho graduate working at Micron in Boise; and his other brother, Matt, is studying graphic design at Boise State University. Still a close family, Scott drives down to see them every couple of months. Scott was raised in the Christian faith and has kept his belief a prominent influence in his life. He is currently a member of the Real Life Christian Church in Pullman. As a teen he was committed to the Straight

Edge lifestyle which espouses abstinence from alcohol, tobacco, drugs and promiscuous sex all wrapped up in a subculture of hardcore punk music. Scott

started playing both electric and acoustic guitar in high school. He's been in a few bands in the past but now primarily plays his acoustic guitar solo in finger-style.

Also while in high school Scott began biking, a sport he still enjoys. While in China, he bought an inexpensive road bike and used it for travel, sometimes taking up to 40 mile rides with a fellow student from the U.S. Scott frequently attends group rides up on Moscow Mountain sponsored by the University of Idaho Recreation Center or Paradise Creek Bicycles. He also plays bike polo in Pullman once a week. This sport is a version of polo played on a basketball court while on bicycle.

Scott shares a two bedroom apartment with a roommate, Robert. Since becoming roommates they've become good friends. Robert loves to cook so they frequently have friends over for dinner.

If you ever catch a glimpse of Scott be sure to say hello, you don't want to miss his great smile!

Amy Newsome thinks trying to bicycle while simultaneously hitting a ball with a mallet along with five other cyclists on a basketball court sounds hazardous, but would still like to see it done some day.



Karen Young
L.Ac.
Acupuncture & Chinese Medicine
Practicing in Moscow since 1979

520 1/2 S. Main, #2
Moscow, Idaho 83843
By appointment
208-883-8894

More information on Acupuncture at
www.idahoacupuncture.org

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



Local Producer: Wilson Banner Ranch

By Johna Boulafentis, Co-op Volunteer Writer

Cold, warm, or mulled. By the glass or right out of the jug. These are the ways I delight in the flavor of Wilson Banner Ranch's Apple Cider. For the nearly six years that I've lived on the Palouse, I've celebrated fall with their tasty beverage. It's now a Johna tradition. On a cool, crisp afternoon I interviewed Keri Wilson, who oversees sales, marketing, and educational events for the farm and is also the daughter of the farm's owners, Joe and Annetta Wilson, at their farm west of Clarkston.

Since the 1970s, Wilson Banner Ranch has provided the Co-op with variety of produce: apples, peaches, nectarines, corn, cherries, melons, and of course, their apple cider. Although the Co-op has transformed in numerous ways over the years, their presence remains a constant. Keri shared a few of her childhood memories accompanying her father during deliveries to the store, "I remember wandering through barrels of food and being given a spoonful of peanut butter."



“Since the 1970s, Wilson Banner Ranch has provided the Co-op with variety of produce: apples, peaches, nectarines, corn, cherries, melons, and of course, their apple cider.”

The Wilson Family has a long history of distributing produce in the area. It's hard for me to imagine almost 100 years before the Moscow Food Co-op's inception! In 1888, Joe's grandfather homesteaded the family's land and later built a greenhouse. Keri explained that in the early 1900s he walked to Lewiston with packs full of produce and made deliveries to the Palouse by riding a ferry across the Snake River and then boarding a train to Pullman. In the 1970s they delivered to fraternities and sororities, and participated in Moscow's budding Farmers Market. Today the farm's operations continue to be a family affair with Joe, Annetta, and

their children and their spouses taking on various roles.

October is a festive, busy month for the farm. Keri discussed their goals to be open and welcoming to the public and the importance for people to be able to "meet farmers and see where their food comes from." During the week, senior citizens and youth tour the orchards and pumpkin patch, and get a peek at the cider room. On Mondays and Tuesdays, senior facilities bring their clients to enjoy the serenity and fresh air at the farm. Many of the seniors are old customers or were raised on farms, so the Wilson's appreciate the opportunity to visit with them. Thursdays and Fridays are referred to as "kid days" with young energy buzzing throughout the farm. Classrooms learn about a particular fruit or vegetable's country of origin and uses of it in different countries. Keri said tour guides share facts in ways that appeal to children like "if you cook with pumpkins you can make orange soup!" Each student gets a cup of cider, a pumpkin, a piece of fruit, and an educational bag with recipes and activity books such as "Power

Up with Pears."

In addition to their weekly schedule with the public, the first and last weekends of October are the farm's Harvest Fairs. Live music, events for kids, and local food all contribute to the celebration of fall. Specifically for the fairs are scrumptious, blackberry shortcakes crafted by Panhandle Artisan Bread Company using Shepherd's Grain flour, homemade ice cream from Mary Lou's Milk Bottle in Spokane, and the farm's blackberries.

As the Wilson Family has lived and worked on the property for 122 years, they are mindful of their land and crop management practices, and follow an integrated pest management program. While talking to Keri, Joe joined in on the interview and discussed the

importance of using sprays that are safe for the user and insects; they must be "soft on honey bees and also our wild pollinators like the bumble, leafcutter and mason bees." Joe said that Alpowa "Creek is the lifeblood of the farm." Therefore, they work with their local conservation district on annual water testing and water conservation. Grass is grown throughout the orchard to prohibit runoff, and cottonwood trees and plants line the banks of the Creek to provide a perfect habitat for fish and pollinators. This year the Creek has a new visitor, a resident beaver!

If you are seeking a sip of their cider, why not head down to their farm? If you want to stay in Moscow and want it hot, you can find it at Bucer's Coffeehouse Pub and Retro Espresso.

Johna loves rolling around in leaf piles; particularly relishing the earthy smells and crunchy sounds.

Vermihut Worm Composting Bin



517 S. Main St Moscow
208-883-1040

www.TheNaturalAbode.com

**UNITARIAN
UNIVERSALIST**
CHURCH OF THE PALOUSE
A welcoming congregation

Sunday Service 10:00 to 11:15 am
Coffee & Fellowship after service
Nursery & Religious Education

Rev. Marlene Walker

420 E. SECOND ST., MOSCOW ID 83843
208-882-4328
UUCHURCH@MOSCOW.COM
WWW.PALOUSEUU.ORG



Into the Cupboard: A Story of Wild Romance

By Ivy Dickinson, Co-op Volunteer Writer

When I first met my husband, he was newly transplanted to Idaho from a small town in northern Minnesota located right on the edge of the Boundary Waters canoe area. The few possessions he had come to Idaho with included an old cat with more personality than any cat should have, an awesome yellow canoe (that is still a prized possession), a beat up Ford Bronco, and enough wild rice to feed a small army. At the time, the wild rice seemed a little puzzling, but I later learned that when he lived in Minnesota he would often take his canoe out into the Boundary Waters and would harvest wild rice himself. He would probably argue that wild rice really isn't worth eating unless it is served as a side dish to Walleye, but I think I've turned out some pretty tasty wild rice dishes that always seemed to vanish pretty rapidly.

What I didn't realize back in those early college days when I mostly ate horrible amounts of mac 'n cheese or egg sandwiches, was that truly "wild" rice is actually considered to be a delicacy that takes on distinctive flavors that are unique to the region where it has been grown. Wild rice is actually not a species of the tropical rice genus that most people are familiar with, but rather a cool-climate water grass that is a distant relative. It is a native to the upper

Midwestern Great Lakes region and was first used as a food source when the Ojibway people learned to harvest it using their canoes.

Wild rice has such a unique texture and earthy flavor that are a result of the intact bran layer (the dark outer coating), which contains most of the chlorophyll for the plant along with cutins and waxes that will allow the grain to remain dormant for months before germinating. Most wild rice that is available for purchase now is actually a domesticated variety that is grown in artificially flooded rice paddies and harvested mechanically after the fields are drained. This is done so that suppliers can have consistent production and grain size, but it eliminates the regional variation that the wild varieties are known for. Wild varieties are available for purchase; just check the label of the product before you buy it.



My first recipe is an autumn wild rice salad that I made as a side dish to walnut encrusted pork loin. It is a flavorful dish that highlights many of the ingredients that are in season right now, and would be a wonderful side dish to have appear on any Thanksgiving table.

For my second recipe, I chose a creamy wild rice mushroom soup that is rich and delicious, but hardly low fat (eat a heaping dish before a cross country ski trip, and those extra calories will be gone in mere minutes). Several years ago, before the Co-op moved to their current location, the deli used to make a cream of wild rice soup that was an absolute favorite of mine.

This effort is not exactly the same, but it still hits the spot.

All this cool weather is getting Ivy excited for the hearty flavors and textures of fall followed by the exhilaration of working off those extra calories in the crisp and cold outdoors. If you have a favorite fall recipe or any questions or comments about this article, please email Ivy at ivyrose7@hotmail.com.

Creamy Mushroom Wild Rice Soup

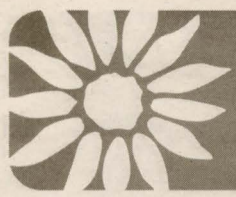
- 3 Tablespoons butter
- 1 small onion, peeled and chopped
- 2 carrots, peeled and chopped
- 4 ribs celery, chopped
- 3 cups sliced cremini mushrooms
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme
- Pinch of freshly grated nutmeg
- 1/2 cup dry white wine
- 4 cups chicken stock
- 1 cup cooked wild rice
- 1/2 to 2/3 cup heavy whipping cream
- fresh chopped parsley and crispy pancetta for garnish

In a large pot over medium heat, melt butter. Add onion, carrots, celery and mushrooms. Sauté until onions are translucent and mushrooms have browned, 3 to 5 minutes. Add garlic, salt, pepper, thyme and nutmeg. Stir in until garlic releases its fragrance, about 30 seconds. Add wine if using and deglaze pan for 2 to 3 minutes. Add stock and cook on medium low heat until celery and carrots are tender, 5 to 10 minutes. Add rice and cream. Continue to cook until soup thickens slightly. Garnish with parsley and pancetta.

Autumn Vegetable Wild Rice

- extra virgin olive oil
- 1 cup finely chopped onion
- 1/2 cup diced carrot
- 2 teaspoons diced and seeded jalapeno peppers
- 1 garlic clove, minced
- 1 1/2 cups coarsely chopped and trimmed Swiss chard
- 1 cup sliced cremini mushrooms
- 1 cup chopped and peeled tart apple
- 2 cups cooked wild rice
- 1/2 cup low sodium chicken broth
- 2 Tablespoons chopped flat leaf parsley
- 1 piece cooked bacon, crumbled
- 1/2 teaspoon Worcestershire sauce
- salt and pepper to taste

Heat enough olive oil to coat a large saucepan over medium heat. Add the first four ingredients to the pan, cover and cook for five minutes or until onion is tender. Stir in swiss chard, mushrooms, and apple. Cover and cook for five minutes or until carrot is tender. Stir in the rice and chicken broth. Bring to a simmer; cook uncovered for five minutes or until liquid is absorbed. Stir in bacon, Worcestershire, and salt and pepper to taste. Garnish with parsley.



Food Politics: How Industry Influences What and How Much We Eat

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

Perhaps appropriate the month of November, when the American tradition is to feast (and often overeat!) on (and in?) Thanksgiving, the Good Food Book Club will be reading *Food Politics: How the Food Industry Influences Nutrition and Health* by Marion Nestle. Discussion of the book will take place Monday, November 29, from 7-8:30 p.m. at a Book Club member's private residence in Moscow. Email bookclub@moscowfood.coop for address and directions.

Nestle begins *Food Politics* by explaining why dietary advice for preventing chronic disease is so confusing, even though it really hasn't changed for the past 50 years — because no government agency has the resources to compete with the food industry's advertising campaigns. Instead of dietary advice coming from nutritionists, most people get their advice from the media

and from the public relations campaigns of the food industry itself. And the goal of the food industry is to make money, which means their goal is for consumers to buy more and eat more, even if doing so has negative impacts on people's overall health and well-being.

Following a well-explained history of dietary guidance in the U.S., Nestle reveals how the food industry influences government, co-opts "experts," exploits our kids and infiltrates schools. While this may sound a bit depressing (okay, more than a bit!), understanding how the food industry influences our food choices is key to creating systemic change — change that benefits our own health, that of our children, our community, and ultimately, the food of the future.

Here's what a few of the other Good Food Book Club authors

are saying about *Food Politics*:

"In this fascinating book we learn how powerful, intrusive, influential, and invasive big industry is and how alert we must constantly be to prevent it from influencing not only our own personal nutritional choices, but those of our government agencies. Marion Nestle has presented us with a courageous and masterful exposé." — Julia Child

"This remarkable book is essential reading for anyone who wishes to understand how it has come to be that the richest nation in the world is eating itself to death. . . . Straight reporting about the shaping of food policy, as this volume makes clear, is certain to offend some very powerful players." — Joan Dye Gussow, author of *This Organic Life*

Join us as we delve into understanding the politics of food and how big business influences not

only what we eat, but how much we eat, at the November Good Food Book Club meeting on November 29.

Food Politics and other Good Food Book Club titles are available through your local library, at used bookstores and at BookPeople of Moscow, where Book Club members receive a 20% discount.

What's coming up ... in December we will be reading *Walden* by Henry David Thoreau and *A Sand County Almanac* by Aldo Leopold in January. Check out the full Book Club Calendar on the Moscow Food Co-op's website for other upcoming book club titles.

At the time of writing this article, Colette is appreciating the beauty of autumn on the Palouse.

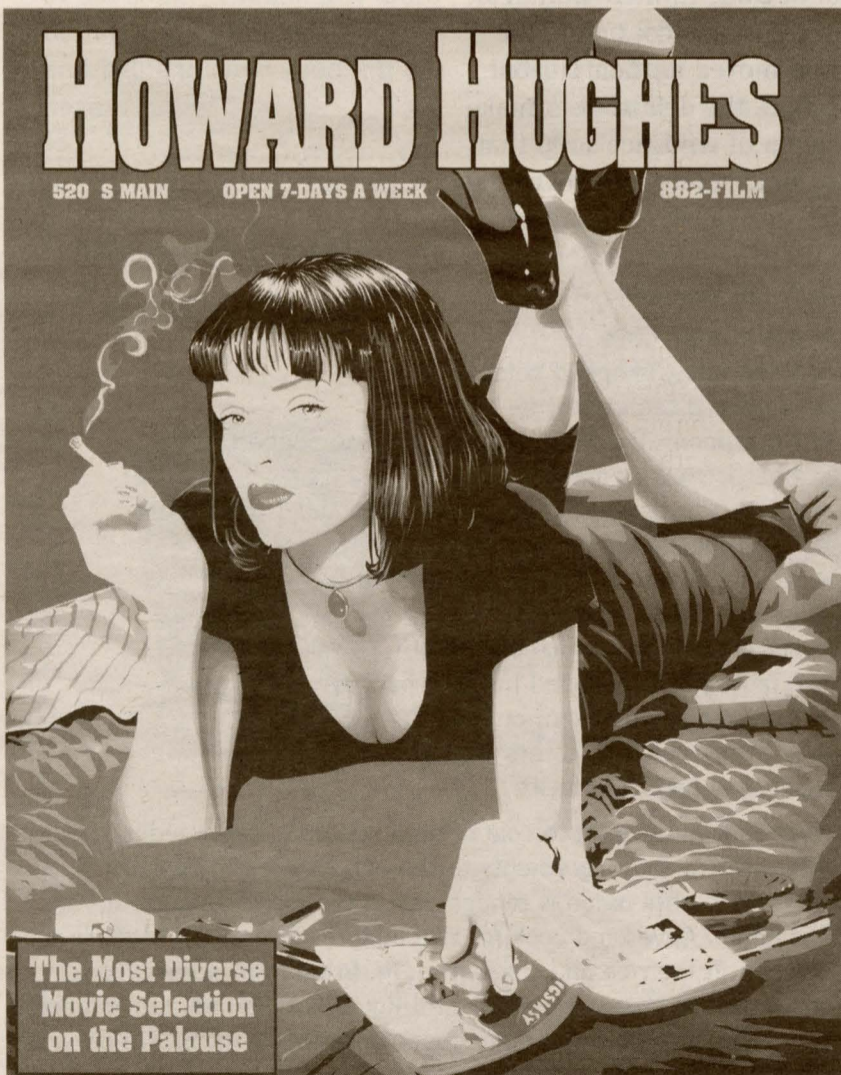
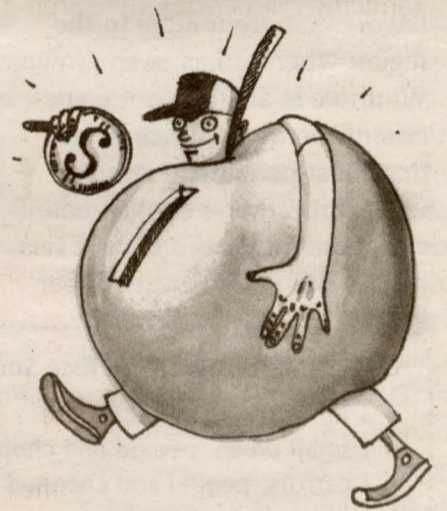
Price Shopper: Breakfast time!

By Joe Pallen and Amy Richard, Co-op Volunteer Writers

We saved \$2.06 this month on one of our shopping trips for breakfast supplies. November brings cool mornings,

which make us want to fill up with our favorite morning foods. A hot waffle or oatmeal hits the spot. On weekends we like to

make eggs, so hash browns and vegetarian sausage or bacon add to a good warm meal. We put cold cereal on the list too for those mornings when we are running late. Some of us eat our cereal with milk, some with yogurt. We put our list together and split up between the Co-op and Rosauers. With our savings we could add some fresh fruit to the mix as well! Add this savings with the other shopping trips this month and our savings add up!



The Most Diverse Movie Selection on the Palouse

ITEM	Co-op	Rosauers
Brown Cow nonfat vanilla yogurt 32oz	\$3.78	\$4.29
Silk Creamer plain pint	\$1.75	\$1.99
Organic Valley half and half pint	\$1.99	\$1.99
Organic Valley nonfat milk gallon	\$6.79	\$6.99
CHOBANI greek yogurt 6 oz.	\$1.55	\$1.79
Gimmie Lean veggie sausage 14oz	\$4.15	\$3.99
Light Life Smart Bacon 5oz	\$3.89	\$3.79
Tofurky breakfast fast links 7.5oz	\$2.89	\$2.99
Cascade Farms frozen hash browns 16oz	\$3.25	\$3.39
Rudi's Frozen bagels multigrain 12oz	\$3.99	\$4.94
Rudi's spelt english muffins 12oz	\$3.69	\$4.79
Natures Path buckwheat gluten free wildberry frozen waffles 7.5oz	\$2.99	\$2.99
Coomb Family Farms maple syrup 120z	\$12.25	\$13.99
Natures Path apple cinnamon instant hot oatmeal 16oz	\$3.45	\$4.19
Leapin Lemurs dry PB & Choc. dry cereal 10oz	\$3.99	\$3.99
Kashi go lean crunch dry cereal 15oz	\$5.15	\$4.79
Total	\$37.28	\$39.34
Amount saved on this trip by shopping at the Co-op \$2.06		



Native Plants: Fall Colors

By: Emily Poor, Co-op Volunteer Writer

The colors of the Palouse in November are not unlike those of the Eastern states, only not as loud or abundant. Fall colors from shrubs and trees that lose their leaves (called deciduous) speckle the hills in a subtler, more star-like way against a forest green or tawny wheat backdrop. From a plant anatomy perspective, I was interested in exactly what makes the broad-leaved natives change colors in the first place.

Fall colors do not develop simply because deciduous leaves die in the cold. It has mainly to do with seasonal changes to plant nutrient storage. To understand the changes that occur during the autumn, it is first necessary to understand the growth cycle of deciduous plants and shrubs. When the weather bears enough daylight for plants to support growth, leaves or flowers emerge from over-wintering buds. Usually this growth is completed over the summer when the leaves are fully expanded; by then the plants produce a new set of buds, which will not open until the next spring. The plant can then go full speed ahead producing and storing the carbohydrates that will support next year's growth.

Once the days become shorter, the plant changes operations from carbohydrate manufacture to a process that will begin what we think of as fall colors. Once the nights reach a long enough period, the cells near the juncture of stem and leaf rapidly divide, but do not expand as they would in spring to form leaves. Instead, the cells become an abscission layer, or corky expansion of cells that block carbohydrate and mineral transport from the roots to the leaves. It is thought this happens so the plant can save nutrients, prevent water loss, and also to expend less energy while defending itself against insect predation.

Over the spring and summer, the plant goes through photosynthesis to constantly replace chlorophyll in its leaves. This process slows as the abscission layer forms in the fall, progressively transporting less and less chlorophyll to the leaves. With the chlorophyll receding, we are left with a new pallet of colors.

Chlorophyll normally masks the yellow pigments known as xanthophylls and the orange pigments called carotenoids — both then become visible when the green chlorophyll is gone. Red and purple pigments come

from anthocyanins. Rather than becoming unmasked like the other pigments, anthocyanins are manufactured from the sugars that are trapped in the leaf. As the autumn progresses, the abscission layer that blocked nutrient transport to the leaves becomes corky and hard, eventually excising the leaves entirely from their branches.

November is the last hurrah for the autumn leaves on Palouse deciduous plants. Some plants have especially distinctive fall colors, such as quaking aspen (*Populus tremuloides*) whose leaves become soft yellow; ocean spray (*Holodiscus discolor*) leaves, which become a gorgeous orange-yellow blend; and black hawthorn (*Crataegus douglasii*) leaves, which become deep crimson. Regardless of the scientific reasons for why the fall colors happen, pure human aesthetics—even to a small degree



Classic yellow leaves of quaking aspen. Note the unmasked xanthophylls! (Doug Douuld 2009)



Nine-bark leaves began to turn red in August this year. (E. Poor 2010)

in the Palouse—leave me in awe every autumn.

Emily Poor got her Bachelors degree in Conservation Biology with an emphasis in botany from the University of Idaho. She currently works for the Stillinger Herbarium on the UI campus, teaches Systematic Botany lab in the spring, and is a member of the Idaho Native Plant Society. She really digs plants, both figuratively and literally.

Letter from the Land: Hummingbirds on the Mountain

By Suvia Judd, Co-op Volunteer Writer

Where I grew up in Vermont, our hummingbird was the rubythroat. When I lay in my bed, I could hear the zipping buzzes of a hummingbird outside my window and the pauses when it stopped to feed on the red beebalm which was the main attraction in my mother's garden. (Hummingbirds are attracted to red because many nectar-rich flowers identify themselves by being red, perhaps because red shows up well against green.)

When I moved to Idaho, I met the rufous hummingbird in our yard in town, and saw the calliope passing through in the spring. We first become aware of the hummingbirds each spring when the self-seeding forest of cherry trees around the house comes into bloom; the blossoms are white but the hummers find them with no trouble. The treetops are filled with the hum-

ming of their wings, and if you stand patiently, one of the darting shapes may come down and hover where you can watch it going from blossom to blossom. The wings blur when the birds hover at a flower; each species has a different wingbeat hover speed — the smaller the bird, the faster the wings move.

The hummingbirds are the second largest family of birds, with 328 species, all of them in the New World: North America, South America, Central America and the Caribbean. All the ones we see here migrate south to the tropics for the winter. The male birds arrive first in the spring and leave first in the fall. Six species have been seen in Idaho, and at least five of them summer here. My friend on Moscow Mountain had four of them around her cabin this summer, the blackchinned, the rufous, the calliope and the broadtailed.

She planted scarlet runner beans in a pot on her porch, and hung growbags full of red and purple annual sage flowers, and backed those up with a glass hummingbird feeder, so she had a good view of her visitors.

One of the things she noticed was that each species of hummer has a different bill shape, varying in length and amount of curve. Since they are all avid nectar feeders, we wonder if the different species have adapted to feed at specific flowers with different shapes and lengths of throat. It would be interesting not only to track the native Palouse flowers they feed at, but to track them back to their wintering grounds and see what they feed on there. (Many plants benefit from pollination by hummingbirds.)

Hummingbirds also eat insects, so many that some authorities consider them insectivorous

birds that also eat nectar. We are used to seeing them hover at flowers, but they also perch and dart out to catch prey.

Male hummingbirds, besides having decorative colors, engage in acrobatic courtship flights. The first time I recall seeing hummingbirds on Moscow Mountain, I saw several competing males flying way up in the sky and plummeting downward to my eye level, catching themselves in abrupt swoops, and zipping straight upwards again. I have watched this spectacle since from a porch above a steep slope. It is amazing and fascinating to see.

Plant some red flowers or hang out a feeder next season and get to know our summer hummers.

Suvia Judd farms and writes in Moscow



Co-op Mamas and Papas

By Stacy Pettitt, Co-op Volunteer

What fun we have had with the Mamas and Papas group here at the Co-op. This group continues to bring new people, new babies and new bellies. It has been so fun watching the babies grow up and become more and more aware of their surroundings. Likewise, our parents, with every week, become more and more comfortable being a parent. I personally love the transformation that takes place when someone gives birth. No longer are they new to the mysteries of infants; they settle

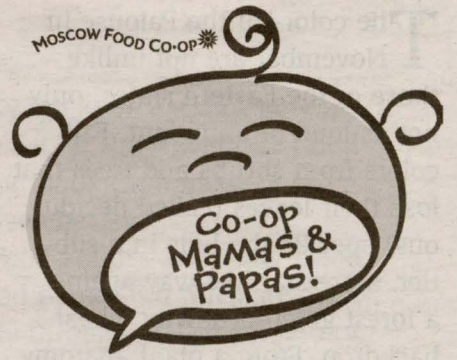
in their lives with a new person.

We have had some great members of our community come and visit the Mamas and Papas group. We continue to have interesting in people wanting to come and share as well. We have learned about the powers of placental encapsulation from local doula/nutritionist Davina Pastrama, as well as the healing nature of homeopathy from Kelly Uusitalo. We have also learned from a local wellness coach about ways to be more mindful in our lives, thus becoming more

healthy.

In the next few months, we hope to get some new and exciting speakers to come and visit our group. We are hoping to learn about the importance of music and our babies as well as information about raising a "green family."

If you are interested in learning more about the Mamas and Papas group, please email babies@moscowfood.coop or you could try us out on Wednesday mornings at 9:30 a.m. in the Co-op Deli. The com-



pany is amazing and the drinks aren't too shabby either.

Stacy Pettitt thinks fall is the best time of the year.

November Co-op Kids

By Rebekka Boysen Taylor, Co-op Kids Coordinator

This fall there is much to be thankful for at Co-op Kids.

Happy, healthy kids and a great community top the list. We also have a new volunteer, Caitlyn MacGlaflin, and her sweet-as-can-be daughter, Isabelle. I so enjoy the ideas and energy they bring along each week along with the extra set of hands!

Co-op Kids offers simple, earth friendly activities for young children and their families. Depending on the week, the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit (with a free drink courtesy of the Co-op). All of our activities are

free, so drop by!

- Nov 2: Nature Paper Collage
- Nov 9: Recycled Music
- Nov 16: Leaf Mobiles
- Nov 23: Nature Paper Collage
- Nov 30: Walnut Shell Creations

Co-op Kids meets *weekly* on Tuesday mornings from 9 until 10 a.m. in the Co-op Cafe.

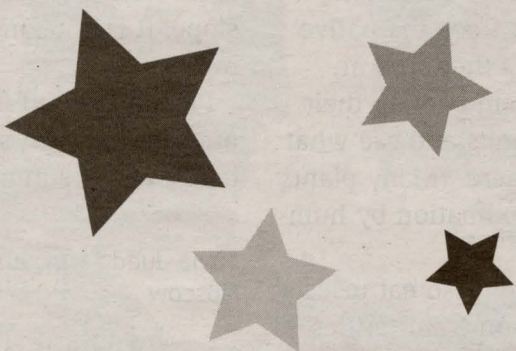
Rebekka Boysen-Taylor is a teacher, writer and mama to two organically growing little ones in Moscow.



Stop by the Co-op Cafe on November 2nd or 23rd to make a Nature Paper collage

Time to get healthy—5% off all supplements all month long.

Discounts can be stacked, excluding items already on sale and special orders.



Kenworthy Performing Arts Centre

Your Downtown, Community Theater

Tournees Film Festival Presents: Summer Hours	November 3
YAL Presents: V for Vendetta	November 4
Sirius Entertainment Theatre Presents:	
The Rocky Horror Picture Show	November 5-6
Victor/Victoria	November 7
Tournees Film Festival Presents: Welcome	November 10
PCEI Presents:	
One Peace at a Time with Sing-a-long	November 11
Freakonomics	November 12-14
The Co-op Good Food Film Series Presents:	
Mid-August Lunch	November 18
Heartbreaker	November 19-21
The Social Network	November 26-28

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



Alternative Giving Market of the Palouse - Shop Local. Buy Local. Give Local.

By Dianne Daley Laursen and Renee Hill

The second annual 2010 Alternative Giving Market of the Palouse will be held on Wednesday, December 1, from 4-8 p.m. at Pritchard Art Gallery, 414 S Main, before and after the Light Up the Night Holiday Parade. The Market is sponsored by the City of Moscow Parks and Recreation and in partnership with the Latah County Community Foundation, the Moscow Chamber of Commerce, and Moscow Buy Local, with support from the Potlatch No. 1 Credit Union.

The mission of the Alternative Giving Market is to provide our community with a meaningful alternative to holiday gift giving and an opportunity to support local non-profits. We strive to enhance community well-being and sustainability through celebrating personal charity and community partnerships.

The Alternative Market offers holiday shoppers a choice of holiday gifts to honor family and friends while supporting local charities and non-profit organizations in a festive atmosphere.

The Market strives to make fundraising as easy and fun as possible for local organizations and potential donors. Each non-profit will design a shopping list of cash designations, ranging in value from \$5 - \$100, reflecting the needs of their organization. For each donation the giver/shopper will receive a holiday card provided by the market and an insert with a description of the organization and gift, which can be sent as a gift to family and friends. The thought is what matters not the amount.

"Refreshments and holiday entertainment will be provided to enhance your shopping experience"

Many downtown businesses will be open late and offer specials to kick off the holiday season. Support a sustainable Moscow by keeping your dollars here.

Shop Local. Buy Local. Give Local.

See you at the Market!

For more information please contact agmpalouse@gmail.com or Dianne Daley Laursen at 208-



310-1231. www.agmpalouse.org

Dianne Daley Laursen, a Co-op member, has lived in Moscow with her husband and two children for eight years and is active in the community and local non-profits.

Renee Hill, a Co-op member, UI instructor and researcher, yoga and meditation instructor, and active community volunteer, is pursuing a Ph.D. at University of Idaho and has been living in the Palouse for three years.

HOPE Center Update

By Nancy Payne, Hope Center Volunteer

The Moscow Food Co-op gave the HOPE Center a Dime in Time grant this summer. The HOPE Center is most grateful for the contribution that you made. Shortly after we received the money, which was designated for the purchase of a freezer or refrigerator for our food bank, the decision was made to close our food bank as we transition into a service exchange program. The intent behind this program is to encourage the recipients of our services to gain the dignity of providing a service in exchange for any goods or financial resources they receive.

Although the details of this program are still being worked out, our intent is to use the funds you provided in one of two ways: to purchase a refrigerator/freezer for our workroom that could store lunches for those participating in our food assistance program, or to provide funds for vouchers that would be used by those participating in

our program to purchase food. We recognize that this is very different from our original request, but hope that you see the value in what we are trying

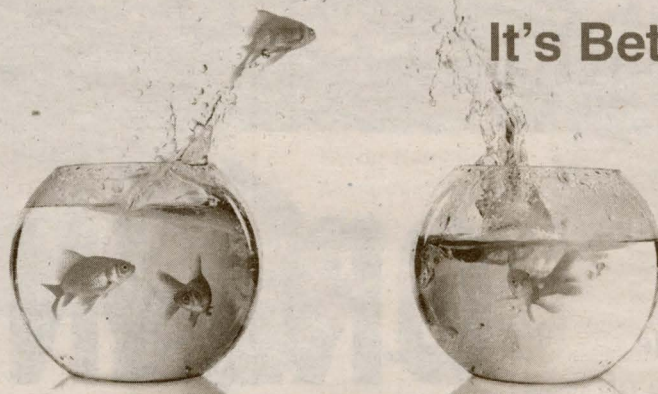
to do, and would be supportive of the decision we have made. We look forward to working together with you and other groups in the community whose

goal is to provide a healthy, productive lifestyle for everyone in Moscow.

Positive Peer Pressure

It's Better Here...

Make the Move!



Two Moscow Locations:

Main Office
912 South Washington
Phone: (208) 882-0232

U of I Commons Branch
Phone: (208) 885-2786

Latah
Federal Credit Union

Savings insured to at least \$250,000 by NCUA an agency of the Federal Government.

www.latahfcu.org



Winter Market for Winter Fun

By Mary Jo Hamilton, Winter Market Coordinator

What do you do in the cold of winter when you are suffering from Farmers' Market withdrawal? Come to the Winter Market! The Winter Market will open its seventh annual series of arts, crafts and food markets on Saturday, November 13, at the 1912 Center, 412 East Third Street, in Moscow. These popular markets continue Moscow's Farmers' Market tradition in a cozy indoor venue. You will find many of your favorite vendors from the Farmers' Market here as

well as interesting artists new to you.

The Winter Market is a favorite of vendors, too. Nels Peterson, owner of Panhandle Artisan Breads, is in his fourth year at the Market. "It's the first place in Moscow that I sold my bread. The Winter Market was the springboard for my business. The 1912 Center is beautiful, and just the right size for the Market. It is warm and friendly. I really enjoy the interaction with the other vendors, and have made a

lot of friends there."

Kathleen Tetzlaff, owner of Sumptuous Soaps, agrees. "The atmosphere of the Market is nice, and the setup is beautiful. It's a good chance to reconnect with customers from the Farmers' Market, and an opportunity to get to know some of the other vendors. I've been a vendor since the Winter Market began, and it just gets better every year. The variety of merchandise available is awesome."

The market is open 10 a.m.-2 p.m. and offers free children's activities. The November market will feature a baked potato

bar with all the trimmings for your lunch needs, offered by Moscow's Rotary Club. They will also have locally grown, organic potatoes for sale.

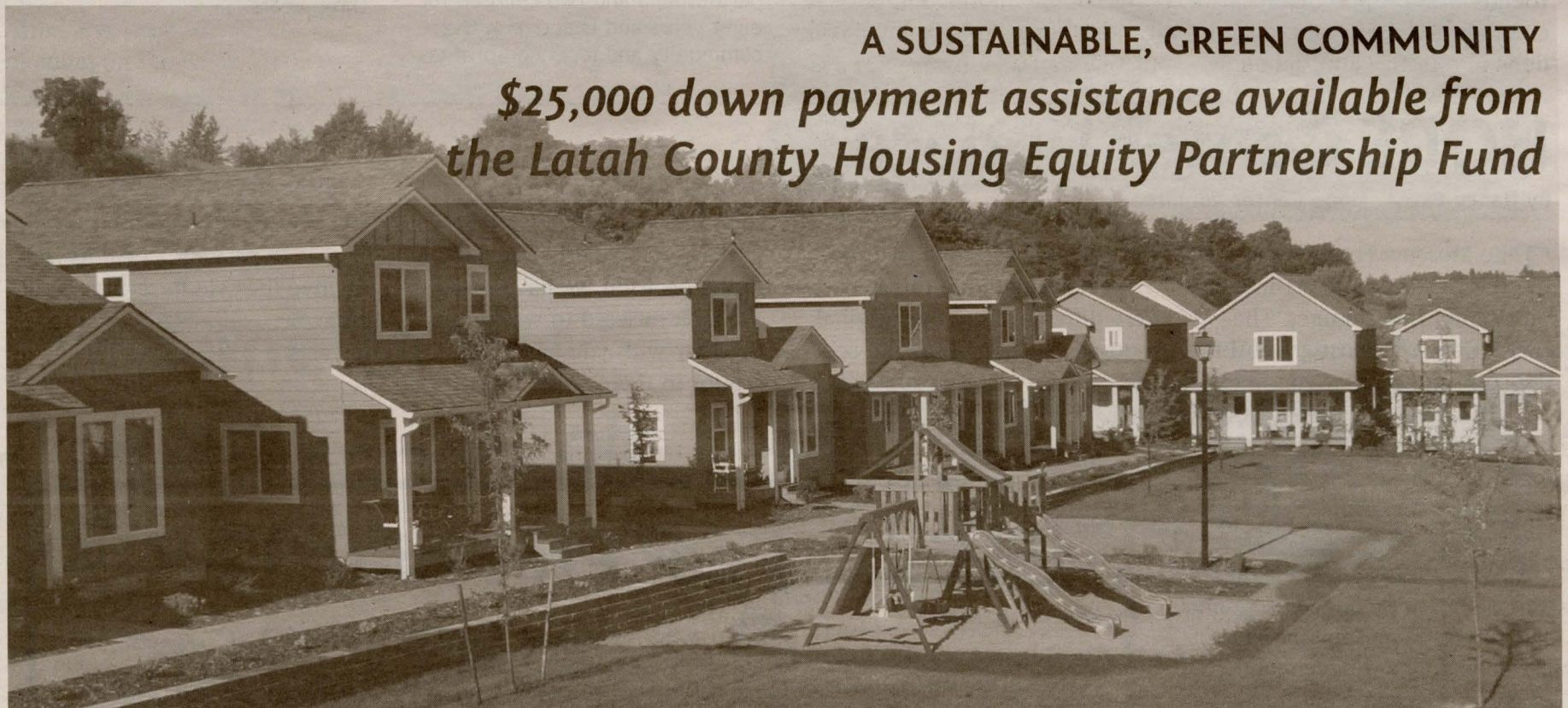
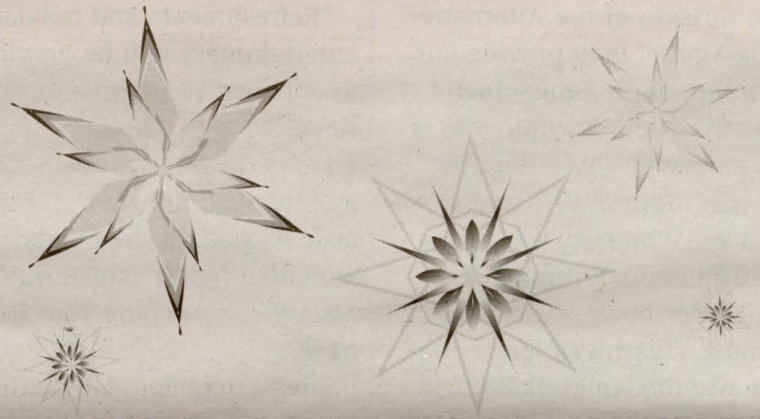
Future Winter Market dates are December 4, January 22 and February 12. The Markets are sponsored by Heart of the Arts, Inc., www.1912center.org. For more information, call Mary Jo Hamilton (882-0443) or e mail her at maryjofs@moscow.com.



Buying locally supports the independent businesses that make Moscow a unique and vibrant community.

Look for the window decal on Buy Local member businesses or the web site for a complete list.

Celebrate Moscow!
www.buylocalmoscow.com



A SUSTAINABLE, GREEN COMMUNITY

\$25,000 down payment assistance available from the Latah County Housing Equity Partnership Fund

Green Acres Community Home Development was designed with two fundamental principals in mind:

- ◆ Concentrating on an affordable neighborhood for the workforce of the City of Moscow and Latah County.
- ◆ Building a neighborhood that is both sustainable and community driven.



COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

- ◆ Certified by the city of Moscow to the Gold level of the NAHB
- ◆ Nominated by Mayor Nancy Chaney for the 2008 Idaho Smart Growth Award

Contact Christin N. Beebe
509-330-0635



Jennifer Bobier – Thinking Out Loud

By John Dunn, Co-op Volunteer Writer

Jennifer Bobier is a San Francisco native who grew up relying upon public transportation and upon walking in order to get around the city. As a teenager, all of her friends had cars and she was about to follow suit and learn how to drive when a simple bureaucratic snag initially kept her from enrolling in a drivers' education class. After thinking the situation through, she decided that she really didn't feel any desire to learn to drive. She has remained true to her feelings ever since.

Jennifer moved to Moscow with her family (husband Rob and sons Raymond and Marcus) about 10 years ago and still exercises her life long habits of getting around on foot or by bus. She carools with Rob to work each morning and walks home by way of 5 year-old Marcus's school. Together, they meander home through town. Marcus is a happy, high-energy kid who, as Jennifer says with a laugh, likes to use the walks as a game and often sets the pace. Jennifer and her family also make use of Valley Transit when they choose. She also stresses that they make a conscious decision with regards to every errand they run in order that they utilize the best transportation option for the situation at hand.

Jennifer states, "Walking is my thinking time and really makes up the majority of my private time." She also asks the ques-



tion, "If you are going somewhere that is less than a mile or so away, how important is it that you get there in less than five minutes?" Jennifer also points out that not driving for her is really a personal choice and that by walking, she can make the world feel like it is going by more slowly. She thinks the city could encourage more people to walk by building wider sidewalks where feasible.

There is also an element of safety present when discussing transportation choices with Jennifer. She freely states that she is often inside of her head

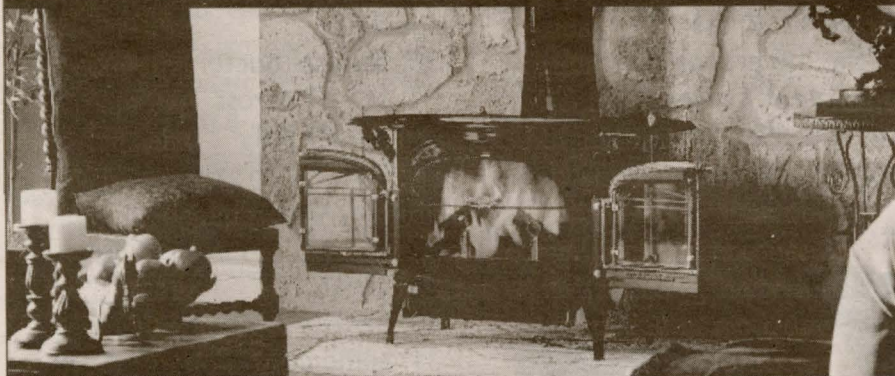
and thinking of all sorts of things going on in her life and in her family's lives. She jokingly laughs when she says that the world is a safer place with her not driving. She says we have all encountered drivers who are not

paying attention; and, those are the same people who could be making a conscious decision to walk rather than just hopping in the car and taking off out of habit.

You have likely noticed by now that there is a new section of paved bicycle path completed in Moscow. The long-awaited section through "Heron's Hideout" is open for traffic – muscle powered traffic, that is. A ribbon cutting ceremony was held on September 25th to celebrate this latest addition to our local network of cycling routes. This section connects Mountain View Road to Meadow Street with a softly undulating path along a restored section of Paradise Creek. The connection was made possible in part by the acquisition by the City of Moscow of two small parcels of private ground located near the creek between Heron's Hideout and the Meadow Street cul-de-sac. This is a significant step in creating a safe, contiguous recreation and alternative transportation system in our community.

John lives outside of Moscow and says, "Winter is coming, get out and ride while you can!"

Vermont Castings Wood Stoves



Extremely Low Emissions!
(As low as 0.7grams/hour)

Save 30%
Federal Tax Credit

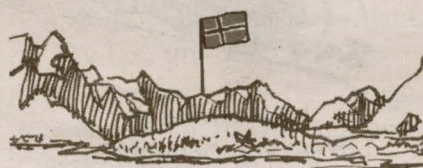


517 S. Main St Moscow 208-883-1040 www.TheNaturalAbode.com

LOVE YOUR CELLS.

Take your fish oil!

Purified fish oil is the best source of omega-3 essential fatty acids (EPA+DHA). Omega-3s reside in the cell membrane and promote the body's natural anti-inflammatory response, which is crucial to the health of the heart, brain, metabolism, tissues, and joints.*



Nordic Naturals—
Always innovating. Always pure.

25% OFF

all Nordic Naturals products during NOVEMBER 2010 at:



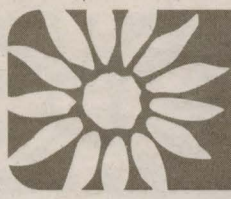
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MOSCOW FOOD CO-OP

121 East 5th Street
Moscow, ID 83843
208.882.8537

NORDIC NATURALS

Pure and Great Tasting Omega Oils



Fun Flix

By Bill London, Co-op Volunteer Writer

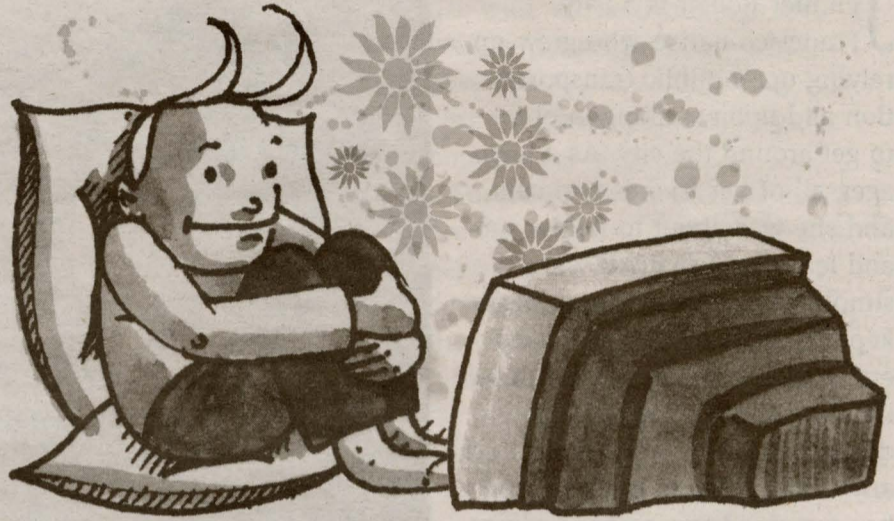
Here are the best videos we've watched lately. What are your favorites?

Monster... This 2003 film is a powerful journey into madness and despair, as viewers follow the obvious spiral of a street whore who first strikes back when one of her customers turns into a violent rapist. In a hopeless search for love and redemption, she becomes a serial killer. This movie is not easy to watch, but is excellently portrayed and fascinating. The film is rated R for very good reasons: sex, drugs, and plenty of violence.

Temple Grandin ... This 2010 "made for TV" HBO movie will keep you glued to your seat,

with your mouth hanging open and your eyeballs unable to stray from the screen. Yup, it is that good. The topic is an autistic woman, Temple Grandin, who became a pioneering door-opener for people with functional disabilities as well as women in a man's work world. Well-acted and well-written, this is an excellent movie for the family, from pre-teens to parents. The film is not rated.

Short Circuit ... This 1986 film is a great family film about a robot (Number 5) that comes alive. The baddies want to blast Number 5, but his friends want to help him survive and escape. After the required chase scenes



and general craziness, all is well. The film is rated PG.

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

Bill London edits this newsletter and has so much to be thankful for, this holiday and everyday.

Co-op Crossword Puzzle

by Craig Joyner

ACROSS

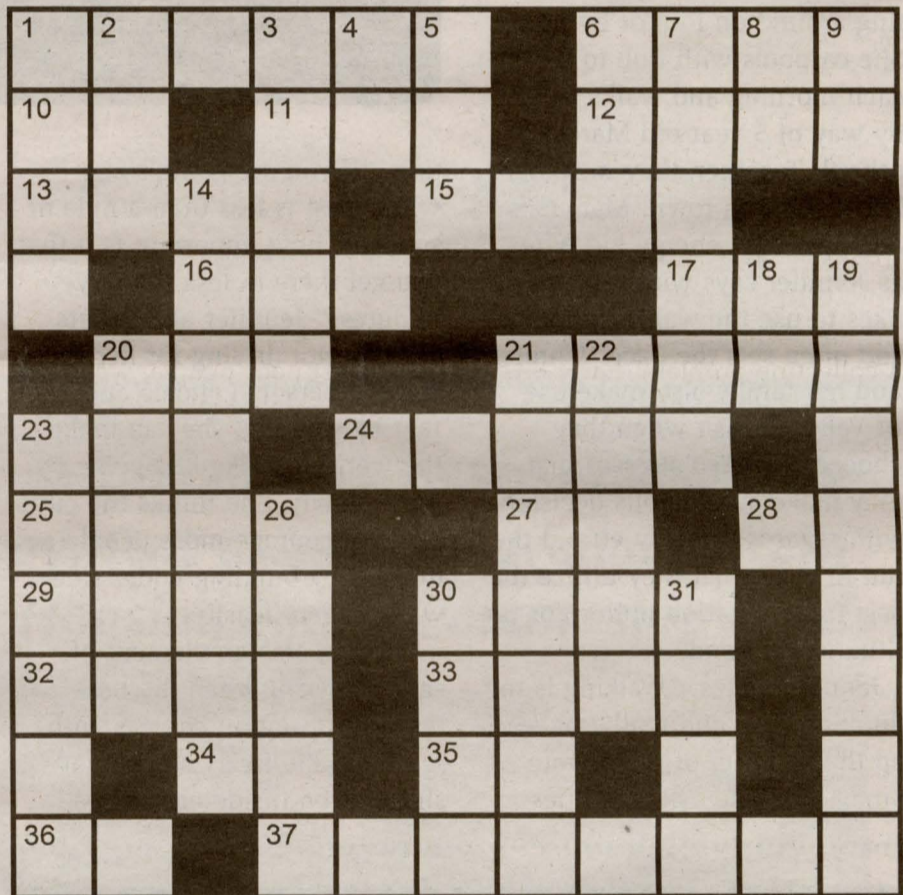
- 1. bacon chocolate bar
- 6. Bizet's The Toreador Song
- 10. medical drip
- 11. regretful herb
- 12. his photographs will grace the Co-op until November 10th, last name, 1st is 7 down
- 13. One World ____
- 15. Egyptian, Lebanese, or Palestinian
- 16. electric or spiny
- 17. female sheep
- 20. Inland Folk host ____ Maher
- 21. creator of Star Power Essences ____ Maggi
- 23. formal title
- 24. chestnuts, squash, or beef

DOWN

- 25. tariff
- 27. buoyant Disney movie
- 28. Spanish the
- 29. notion
- 30. they performed at MFC on October 26th Tom Drake ____
- 32. pool or pit
- 33. cattle or horse
- 34. nautical vessel, abbreviation
- 35. poet cummings
- 36. olde
- 37. last month's profiled employee, last name, 1st is 21 down

DOWN

- 1. immoral habit
- 2. egg
- 3. Co-op advertiser ____ Babies Diaper Service
- 4. Germany, France, Spain,



- Holland, etc., abbreviated
- 5. Béquet Celtic ____ Salt Caramels
- 6. goes well with carte
- 7. see 12 across
- 8. the hip preposition
- 9. militant lawyer
- 14. chocolate brand that is organic and gluten, dairy, and

- soy free
- 18. Madison's home state, abbreviated
- 19. a challenge everybody should try
- 20. semiconductor
- 21. see 37 across
- 22. meaty jelly
- 23. last month's profiled Tuesday Growers Market producer, ____ Fingers Farm
- 26. lariat
- 30. Seattle chocolate company
- 31. some characters from The Grapes of Wrath

...a wellness spa

...finding your balance

Heather Alexander, LMP
alexanderlmp@yahoo.com
208-596-8248

Laura Gessner, LMP
lgessner@gmail.com
509-595-4225

By Appointment Only
112 E. 4th Street, Moscow ID 83843

therapeutic & relaxation massage
spa treatments
aromatherapy • couples massage
hot stone massage

Most Colorful Little Shop Downtown!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

*Don't forget - co-op members get 10% off!

208-883-4779

Visit our newly updated website with over 150 different tie-dyed items:
www.tyedye-everything.com

JUST LISTED

1020 Eikum Rd, Genesse \$199,000
Here's your cozy cottage in the country! 2.25 +/- acres with lots of southern exposure perfect for gardens of any variety or small horse property. Call for your private tour today. 2 bd, 1 ba, single level.

Deann Billing
c. 208.596.8311 w. 208.882.9500
www.teamidahorealstate.com

TEAM Idaho real estate

The past, present, and future all happen simultaneously. Ride the holographic whirlwind!



Lightening Up: Posthumously... or Otherwise

By Jeanne Leffingwell, Co-op Volunteer Writer

“The first step some people take is to order a dumpster and start throwing things away. That’s a big mistake.”

How would you like to walk into a nice home totally filled with pristine clothes? Sweaters, blouses, boots, shoes, coats... the majority never worn, price tags still on... filling closets, heaped on beds, jamming clotheslines stretched across the basement... piled in great mounds everywhere... and overflowing from stuffed garbage bags, floor to ceiling in the 2-car garage... An exhilarating find?

Actually a pretty sad story, which I learned more about as I walked through the house recently with Richard Old, owner of Estate Services.

Tall and lanky, Richard grew up in the area. He has the strong, wiry look of the health-conscious Co-op member that he is. His mother established the Leila Old costume collection at UI. He tells a story about his dad, who developed quite a collecting problem. Early on, Richard showed him one of his first ‘hoarding’ cases, hoping it would be a cautionary peek. His dad exclaimed, “All this stuff going to waste? Let’s go get my truck!”

Beware if you go to his website, www.webuyandsellstuff.com. You may spend an extra hour reading accounts of challenges and blunders he’s encountered in the 25 years he has been helping people deal with what gets left behind after loved ones move or die. Don’t miss the enlightening testimonials.

The business’s motto is: “Keep everything you want. We’ll deal with everything else.”

But Richard also has a secondary goal. “...Estate Services tries to make sure that any items that can be sold, recycled, reused, or donated do not enter the waste stream.” Therein lies the reason that, if you visit with him for awhile, you might catch a whiff of weariness or a hint of frustration... at other people’s waste... at dealing with folks who assume he’s out to take advantage of them... at consignment shops that take only certain sizes, or particular styles of “hip”... at the fact that often, though he’s tried numerous forms of advertizing, his sales



Above, left: A bedroom BEFORE Richard Old sets to work. Above, right: House of Clothes, a basement room, the author’s special viewing. At right: Richard Old in a clients’ garage.



“don’t get poor people; we get affluent people looking for something they don’t need”...

Or simply that many folks call him as a last resort. “These same people will hire a realtor to sell the house and an attorney to handle the will, but lose significant time and money by not hiring a professional to assist with the liquidation of personal property.” Not only do they waste their own resources, “but often many items of monetary and historical value are destroyed.”

Fortunately, many do call him. Richard usually buys the contents of a home outright, after clarifying whatever the owner wishes to keep. Then, “I walk in, I sort.” Basic categories and subgroups include: SALEABLE (sold on site, at auction, to another dealer...) USABLE (building materials, charity...) and REFUSE (recycle, landfill...) Many dealers like handling the first category, but few will bother with the other two. So much time; so little return.

After sorting, Richard will have a sale, on site if the location is a good one, online, by sealed bid, or both. He says it’s amazing how often perfectly usable lots of tools, furniture, whatever, go begging for lack of a single bid.

But the ‘House of Clothes’

“Tall and lanky, Richard grew up in the area. He has the strong, wiry look of the health-conscious Co-op member that he is.”

from the beginning of this article was different. Clearly a hoarding situation, it was made worse by the fact that Richard was contacted only after two daughters had spent all last summer ransacking their mother’s home searching for cash they were sure was hidden there. While the contract with each client is different, it always stipulates items they wish to keep. Certain things (photos, archives, cash) he always sets aside for them unless directed otherwise. He has many interesting anecdotes about people who simply cannot believe he wouldn’t cheat them. But he’s learned this says more about them than him.

In this particular case, the daughters have given Richard until December to sell what he can. After that, they plan to have someone else come and haul everything to the dump.

I can see how it might be a little frustrating.

Jeanne Leffingwell, local artist, teacher, and religious recycler, concludes with this notice: Private sale, Moscow, thousands of items of high quality women’s clothing (sizes S/M) and footwear (sizes 6, 7). To be notified where and when contact: info@webuyandsellstuff.com



The Sustainability Review – Attic Insulation

By Mike Forbes, Co-op Volunteer Writer

Winter is coming, my parent's house sits there waiting for a coat, that is to say that it might as well be naked since there is virtually no insulation in the walls and attic. We are going to continue this month with improvement discussions to my folks' old bungalow home in Moscow. Most of the improvements will be made once the winter is over however there is much work to do in terms of planning.

The audit showed us that the ceiling has a total of 3" of rock-wool insulation and the walls have nothing. Weighing cost and ease of installation we are going to approach insulating the small attic first.

What insulation to use?

The common choices are batts, spray-on, and blown-in. Batts are readily available in a variety of materials (fiberglass, rock-wool, and denim fiber). There are others (cotton and wool) but they are much more expensive and hard to find. The drawback to batts is that you need easy access to the area you are insu-

lating. Spray-on insulation refers to the expanding foams and the wet spray cellulose. This can be used in a retrofit but is more common in new construction and complete remodels since you have access to the wall cavities. Cost is also on the high side and you can't do it yourself. Blown-in insulation is our best bet for this house. It is readily available, inexpensive, and you can install it in tight places easily. We'll be able to pump the product in through a large hose and fill the small voids up easily.

Our blown-in choices are fiberglass, rock-wool, and cellulose. Let's look at each one of them. Fiberglass is very common but is typically installed by professionals. There are also health concerns associated with it as an airborne contaminant. Many companies have addressed the issue of formaldehyde in their product but the inherent presence of small glass fibers that easily become airborne is an issue, especially when being used in attics open to air movement (most are) or located

around and in heating ducts. The recycled content of fiberglass is low as well and takes considerable energy to produce.

Rock-wool is a by-product of metal smelting. It is the slag left over from smelting that is spun into a fiber that insulates well and has a high recycled content. It recently became available as a blown product but not in our area. As with any blown product there are air quality issues but generally only when installing this product and not during normal use.

Cellulose, aka recycled newspaper. This is the option we are going to go with. Cellulose is inexpensive, available and environmentally responsible product. The cellulose is treated with a couple chemicals to deter insects and act as a fire retardant. There are no outstanding concerns with the chemicals I know of. The installation is dusty but as with rock-wool once the blowing is done and the dust settles, the hazard is removed.

Many home improvement stores will loan or rent the machine to blow the insulation if you purchase a certain quantity of their product. The machine consists of a large hopper, a big fan, and a long hose. It's a two-person job, 1 to feed the hopper and the other to spray the insulation around the space.

Our attic is going to be easy to insulate since there are no vents under the eave (soffit

'Cellulose, aka recycled newspaper, is the option we are going to go with. Cellulose is inexpensive, available and environmentally responsible product.'

vents). Many houses have these combined with ridge vents. You cannot plug these vents as they remove unwanted moisture from the attic space. Gable vents are very common on older houses and make insulating very easy. You can fill the voids full of insulation and not worry about the air flow issue. It is important to understand this and review the literature out there on how to install insulation properly. You can create an unhealthy house if you insulate and trap moisture in different spaces.

There are various incentives that apply to adding insulation to your home. Unfortunately, many don't apply to homes that aren't primary residences as with my parent's. For information on all incentives, private and government visit www.dsireusa.org. I'll talk more about incentives in upcoming articles.

Mike is busy performing his annual fix the car lot of vehicles before winter hits. He can be reached at biodieselmike@gmail.com.

Care when you need it

Quick!



More doctors. Extended hours. Less waiting.

Our experienced, caring medical staff is here to treat minor illnesses and injuries when you need quick, convenient care that's less costly. And, we can provide continuity with follow-up care at one of our nearby clinics.

New Sunday Hours!

Mon - Fri 8 am - 7:30 pm
Sat 8 am - 4:30 pm
Sun 11 am - 4:30 pm



QuickCARE Clinic
2500 W. A Street • Moscow

See us online!
www.MoscowFamilyMedicine.com

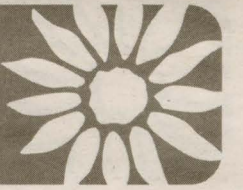
Or call:
208.882.0540

AFM Naturals Paint

Safecoat Naturals products are organic, plant-based finishes that protect and beautify your environment safely, naturally and sustainably. Entirely sourced from natural earth based plant and mineral components, Safecoat Naturals products are the first truly practical architectural coatings incorporating plant-based chemistry.

517 S Main St. - Moscow, ID
208-883-1040
www.TheNaturalAbode.com





New at the Library

By Chris Sokol, Co-op Volunteer Writer

Why do writers write? Because it isn't there.

—Thomas Berger

FICTION

Bruno, Chief of Police by Martin Walker. Benoît (Bruno) Courrèges, the sole policeman in a small French village, finds his relaxed daily routine upended when an elderly North African man is murdered.

The Gendarme by Mark T. Mustian. A World War I veteran, plagued by dreams of having escorted Armenians from Turkey, sets out on a journey to ask forgiveness of a young Armenian woman who had been part of the group.

The Messenger of Athens by Anne Zouroudi. A murder investigation on a remote, idyllic Greek island.

Percival's Planet by Michael Byers. Inspired by the true story of the discovery of Pluto in 1930, when the race to find "Planet X" pitted a Kansas farmboy against Harvard scientists.

Skippy Dies by Paul Murray. A portrait of the pain, joy and beauty of adolescence depicted by the colorful characters at Dublin's Seabrook College for Boys.

The Sonderberg Case by Elie Wiesel. A psychological mystery from the Nobel laureate and author of the Night trilogy.

NONFICTION

Awakening the Quieter Virtues by Gregory Spencer. Sometimes the less flashy virtues—discernment, innocence, authenticity, modesty, reverence, contentment, and generosity—shape us the most profoundly.

Beautiful Country by Robert Wrigley. The ninth book of poetry from this University of Idaho English professor, a collection that portrays a nation.

Charlie Chan: the Untold Story of the Honorable Detective and His Rendezvous with American History by Yunte Huang. The story of the real-life Cantonese detective born in Hawaii in 1871, who inspired fiction and movie series.

The Facebook Effect: the Inside Story of the Company That Is Connecting the World by David Kirkpatrick.

Background reading to the film *Social Network*.

Falcon Fever: a Falconer in the Twenty-first Century by Tim Gallagher. The author turned to falconry at age twelve to escape a turbulent childhood, and describes the fascinating contemporary subculture based on this ancient sport.

The Grand Design by Stephen Hawking and Leonard Mlodinow. A concise book with new answers to the ultimate questions of life.

Iyengar Yoga for Motherhood: Safe Practice for Expectant & New Mothers by Geeta S. Iyengar. Guidance, reassurance, and easy-to-follow instructions to guide readers through every asana.

Packing for Mars: the Curious Science of Life in the Void by Mary Roach. The weird world of space travel and life without gravity.

Running Dry: a Journey from Source to Sea Down the Colorado River by Jonathan Waterman. High white-water adventure joined with a call for environmental action.

Small is Possible: Life in a Local Economy by Lyle Estill. Stories of people who have achieved "Hometown Security" at the local level, without involving government or big business.

The Sound of a Wild Snail Eating by Elisabeth Tova Bailey. During an illness that kept her bedridden, the author observed a wild snail that had decided to live on her nightstand and discovered the solace such a mysterious creature can bring.

Spiders: Learning to Love Them by Lynne Kelly. Former arachnophobe Kelly transformed irrational fear into fascination through careful study and observation of these valuable creatures.

The Spirit Level: Why Greater Equality Makes Societies Stronger by Rickard Wilkinson and Kate Pickett. A new political outlook, shifting from "self-interested consumerism" to a friendlier, more sustainable society.

The Typewriter is Holy: the Complete, Uncensored History of the Beat Generation by Bill Morgan. A chronicle of this iconic literary movement.

The World That Never Was: a True Story of Dreamers, Schemers, Anarchists & Secret

Agents by Alex Butterworth. A history of anarchism that spans five continents, told through the stories of prominent revolutionaries and the secret police agents who pursued them.

CD AUDIOBOOKS

Fur, Fortune, and Empire: the Epic History of the Fur Trade in America by Eric Jay Dolin. How the fur trade fueled controversy, economic competition, and wars from the 1600s on.

Genghis Khan and the Making of the Modern World by Jack Weatherford. How one man created an empire that led the world into the modern age.

Hitler's Holy Relics by Sidney D. Kirkpatrick. A true story of how an American college professor recovered the crown jewels of the Holy Roman Empire that had been plundered by the Nazis.

A Nation Rising: Untold Tales of Flawed Founders, Fallen Heroes, and Forgotten Fighters from America's Hidden History by Kenneth C. Davis. The significance of neglected historical characters.

DVD

Burma VJ: Reporting From a

Closed Country (Denmark, 2008) The story of the failed 2007 Buddhist monk-led revolt told through smuggled footage taken by average citizens (VJs).

City Island (U.S., 2009) Vince, a corrections officer living in the Bronx longing to be an actor, lets his wife believe his weekly "poker games" are a cover for an affair rather than reveal to her he is taking acting classes.

The City of Your Final Destination (U.S., 2009) This Merchant-Ivory production follows a doctoral student who travels to the estate of a deceased Uruguayan author to convince the executors to let him write a biography.

The Good, the Bad, the Weird (South Korea, 2008) In 1930s Manchuria a manic outlaw, a nasty holy man and a determined bounty hunter find themselves in a showdown with Chinese gangsters and the Japanese army over the search for a valuable treasure map.

medical care

...with a personal touch



Family Medicine
Pediatric & Newborn Care
Wellness Counseling
Sleep Medicine
FAA & DOT Physicals

WALK-INS WELCOME!



213 N. MAIN ST.
1 BLOCK SOUTH OF ROSAURES
208.882.7565

WWW.MOSCOWMEDICAL.COM



America Recycles Day

By Andy Boyd, Co-op Volunteer Writer

Imagine if you will, a day that raises awareness about the benefits of recycling and how buying products made with recycled materials closes the recycling loop. Well don't fret, for there is such a day! America Recycles Day (ARD), which has taken place during November for the last 13 years, asks Americans attending registered events to pledge to increase their recycling habits at home and at work. Started by the National Recycling Coalition in 1997, America Recycles Day has been a program of Keep America Beautiful since 2009. It is sponsored by private and public entities, including Earth911.com, PEPSICO, Waste Management, the American Chemistry Council and others.

There are many ways to make a new commitment to recycling and closing the loop:

Commit to recycle and buy recycled products both at home and at work or school.

Learn what materials you can recycle in your community and do your best to recycle all you can.

When shopping, purchase products that are packaged in materials you can recycle locally or buy in bulk using your own reusable containers.

Visit a recycling center in your area and see how your recycled materials are sorted and prepared for remanufacture.

Read product labels at your local grocery store, department

store or home improvement center looking for products with recycled content. Look for "safe bets" that always have recycled content: steel, aluminum, glass or molded paper pulp containers (like egg cartons).

Ask your local retailer to stock more products with recycled content, or write the manufacturer of your favorite products asking them to use recycled materials.

Don't forget waste reduction is important too. Look for ways to avoid making garbage, such as composting.

I would like to stress how important it is to buy products made from recycled materials. The first motto you should adopt is: *'You're not really recycling unless you're buying recycled.'*

In order for recycling systems to really work, we have to go beyond just purchasing recycled products by chance and look specifically for recycled content products. Look for the following terms when making your purchases:

Post-Consumer Recycled Content are products containing materials recovered from consumers, for example, those materials that we consumers bring to a recycling center or materials that are collected at the curb. It is important to buy products with a high post-consumer recycled content in order to stimulate demand for recyclable materials. Remember, if there isn't a demand for the materi-

als your local recycling center accepts, the center may not be able to continue accepting those materials.

Pre-Consumer Recycled Content is the reintroduction of manufacturing scrap (such as trimmings from paper production, defective aluminum cans, etc.) back into the manufacturing process.

Some products will only say Recycled Content meaning it may contain some pre-consumer content, some post-consumer content or both. A product does not have to contain 100 percent recovered materials to be considered "recycled," but the higher the percentage of recycled content, the greater benefit to the environment.

Further, post-consumer waste is considered preferable because it's more likely to end up in a landfill than pre-consumer waste given that manufacturers have been reusing scrap materials for years. The environmental stakes are higher with post-consumer waste because if not recycled, it is highly likely to end up in a landfill. Of course some recycled content is better than none.

So how is North America doing after more than 30 years of recycled-paper market development? Unfortunately, "...recycled content has reached the dizzying height of six percent of the overall fiber that goes into printing and writing paper with only half of that being post-consumer.



Put another way, more than 90 percent of the printing and office paper available in North America still has no recycled content at all" (Resource Recycling; June 2009). There's a clear message here, Americans need to be more cognizant of their purchasing decisions regarding a products recycled content.

To help spread this message, Moscow Recycling will be celebrating ARD with a registered event on Saturday, November 13 with an Aluminum Can Buy-Back Special. At this event you can get an increased pay out for your aluminum cans, pledge to recycle and buy recycled, win eco-friendly prizes, learn about waste reduction in our region and enjoy delicious treats. At our last event, over 24,000 pounds of aluminum cans were purchased. Come by between 9:30 am. and 5:30 p.m. and recommit yourself to a more sustainable lifestyle through recycling.

Sources:

www.americarecyclesday.org
www.metro-region.org/index.cfm/go/by.web/id=3369
http://articles.cnn.com/2010-05-05/living/pre.post.consumer.recycling_1_post-consumer-recycled-aluminum-cans-and-newspapers?_s=PM:LIVING

Andy Boyd is the manager at Moscow Recycling. He has a Master's in Wilderness Management from the University of Idaho and a Bachelor's in Communications from Ohio University.

Announcing Open Auditions!

For the University of Idaho Women's Center's V-Day benefit production of Eve Ensler's

The Vagina Monologues

AUDITION ON:

Friday, Nov. 5, 6-8 pm

Saturday, Nov. 6, 1-3 pm

Arena Theater, Shoup Hall

on 6th Street, University of Idaho campus

Change the story of women!

Join us as we raise funds and awareness to help end violence against women and girls.

Sides or monologues accepted, but not required. Scripts will be provided. Just come prepared to tell us why you want to be involved in V-Day 2011. Professional theater experience is NOT required! Campus and community members warmly welcome to audition.

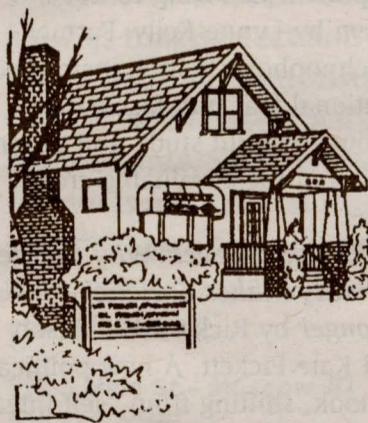
Production dates are set for February 4, 5, & 6, 2011 at the Kenworthy Performing Arts Centre. As per TVM rules, only women may be cast in speaking roles. Transgender women are welcome and encouraged to audition. Men are encouraged to participate in V-Day 2011 in support roles.

WOMEN'S CENTER
WORKING FOR GENDER EQUITY SINCE 1977

{V DAY} 2011

wcenter@uidaho.edu ~ 208-885-6616 ~ www.uidaho.edu/womenscenter

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

SPURLING HOUSE & GARDEN

Landscaping
Pruning ~ Gardening
Handyman Services

Walter Spurling
(208) 669-0764



Co-op Coop Cruise

By Carol Price Spurling, Co-op Outreach and Ownership Coordinator

On Sunday, October 3rd, three dozen chicken fans visited the 6 backyard coops on the route of the Co-op's 2nd annual Chicken Coop Cruise. The weather cooperated, sort of, with only a few scattered showers and temps above 40 degrees, unlike last year, when we were all caught by surprise by a very hard freeze the day of our coop tour.

Every stop on the tour provided delicious drinks from the Co-op, and the food provided by the Co-op deli at each coop stop was fabulous too. The chickens were non-plussed by all the attention, and went about their business as usual.

Coop owners were inundated with questions from cruise-goers who were very serious about the

possibility of keeping poultry in their backyards and wanted to know -- which breeds? What kind of coop? What kind of feed?

Children and chickens plus enthusiasm, mixed with curiosity, and a dollop of education and hands-on experience, resulted in a great coop cruise. We look forward to doing it again next year.



Photos by David Hall

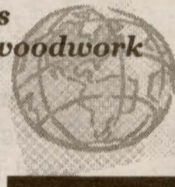


Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



Short-Term Rentals

One & two bdrm apts. available
Near downtown Moscow
Fully furnished & equipped
High-speed wireless internet
Cable television
Weekend, weekly, monthly rates

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

Monday-Friday 9-6
Saturday 9-4
Sunday 12-4 (Pharmacy open)



- Hobbies • Gifts • Hearing Aids (30 day free trial)
- Free Local RX Delivery • Drive in Window
- 24 Hour Emergency Prescription Service
- Most Insurance & Medicare Plans Honored

Architectural Model Building Supplies
Top Quality Model Railroad Kits • RPG
Playmobil • Brio • Klutz • Lego
Model Rocketry • Thomas
Miniatures • Military Simulations
...and much more!

Something for everyone...

Hodgins Drug & Hobby

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

307 South Main, Downtown Moscow • 882-5536

V	O	S	G	E	S		A	R	I	A
I	V		R	U	E		L	O	N	G
C	A	F	E		A	R	A	B		
E		E	E	L			E	W	E	
	D	A	N			M	A	R	I	A
S	I	R		R	O	A	S	T		T
T	O	L	L			U	P		E	L
I	D	E	A		T	R	I	O		O
C	E	S	S		H	E	C	K		C
K		S	S		E	E		I		A
Y	E		O	C	O	N	N	E	L	L



Bulletin



MOSCOW FOOD CO-OP

Co-op Events

Board of Directors meeting

Tuesday Nov 9, 6pm

Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05pm and will end at exactly 6:15pm.

Co-op Kids – Meet Tuesdays at 9am

Now we meet in the Coop Café.

- Nov 9: Recycled Music
- Nov 16: Leaf Mobiles
- Nov 23: Nature Paper Collage
- Nov 30: Walnut Shell Creations

Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com.

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli.

The Co-op Mamas and Papas group for expecting parents and parents of newborns. Info at: babies@moscowfood.coop.

Co-op's Good Film Series

Thursday Nov 18, 7pm

Mid-August Lunch, an Italian film starring a quartet of older women and the somewhat younger man who tries to take care of them all for a few interesting days in August. At the Kenworthy Theatre. Tickets are \$4 for Co-op members and \$6 for the general public.

Good Food Book Club

Monday Nov 29, 7—8:30pm

Food Politics: How the Food Industry Influences Nutrition and Health, by Marion Nestle. Come join us for dessert and a great book discussion. Location: Private residence. Email bookclub@moscowfood.coop for directions.

Music at the Coop

Tuesdays 5-6:30pm

- Nov 9: TBA
- Nov 16: Trillium and Dogwood, old-time music sung a capella
- Nov 23: No music (Thanksgiving week)
- Nov 30: Jeremiah Akin, acoustic indie folk rock



RICHARD WRIGHT

Thu Nov 25—Tasteful Thursday in the Co-op
Mon Nov 29—Good Food Book Club
Tue Nov 30—Co-op Kids—meet in the Co-op
Tue Nov 30—Music—Jeremiah Akin

Tasteful Thursdays in Nov & Dec

Who says the holiday months have to be stressful? Step into the relaxing, rejuvenating and tempting ambiance of Tasteful Thursdays every Thursday in November and December at the Co-op.

Community Events

The Science of Healthy

Thursday Nov 7

At the 1912 Center, Alternatives to Violence Project, with education students from WSU presents free, fun and healthy science activities for children K-8. Includes information about violence prevention as well as a silent auction, free dessert bar and kid friendly entertainment.

- 2:00 – 3:30 Science Fair Session 1
- 3:30 - 5:00 Silent Auction/ Free Dessert Bar/ Kid Friendly band

Science Fair Session 2

For more information: www.atvp.org or email atvp@atvp.org

Winterfest

8pm

Local Winterfest at the 1912 Center. Join us for the party, samples from local restaurants, other product samples. All ages provided free.

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

The Winter Market

Saturday Nov 13, 10am—2pm

Opening of seventh annual series of arts, crafts and food markets on at the 1912 Center. With free children's activities.

More information: Mary Jo Hamilton ☎ 882-0443 or

maryjofs@moscow.com.

Family Science Day—Birds of Prey

November 13, 11am—3pm

Palouse Discovery Science Center
950 NE Nelson Ct Pullman, WA 99163
☎ 509-222-6869 www.palousescience.org
Members / \$ 4-6 for nonmembers

Alternative Giving Market Fair

Dec 1, 4—8pm

Alternative Giving Market of the Palouse local, Buy local, Give local - and Art Gallery, 414 S. Main Street, Pullman, WA, before and after the Light-Holiday Parade. Enjoy holiday shopping with your family and friends while supporting 20 different local non-profit organizations.

☎ 208-310-1231.

www.agmpalouse.org

Men Barn Events

Saturday Nov 6, 7:30pm: An evening with multi-instrumentalist Brad Keeler playing vintage blues, folk, jazz and originals. The cost is \$10 at the door.

Saturday Nov 13, 12:30—3:30pm: Children aged 8 and above and young-at-heart adults are invited to attend an ornament-making workshop.

Saturday Nov 13, 7:30pm: Smokin Mojo will play blues tunes. The cost is \$7 at the door.

Saturday Nov 20, 7:30pm: Mystic Rhythms, an American Tribal Style belly dance troupe, will be performing. The cost is \$7 at the door.

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

Ongoing since November 2001. Meet in Friendship Square. Resources, encouragement, and opportunities for action.

Dean or Gretchen Stewart

☎ 882-7067, sperrine@potlatch.com

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

We want to hear from you! Send announcements by email to events@moscowfood.coop the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's bulletin!