

# Community News

**FREE!**  
PLEASE TAKE ONE!

The monthly newsletter of the Moscow Food Co-op • August 2011



## New General Manager: We're Getting Close!

by Andrika Kuhle, chair of GM search committee

How will the Moscow Food Co-op choose a new General Manager? Our store hasn't been faced with this task for 27 years! Our bylaws state that the board of directors is responsible for "engaging" a manager, but do not stipulate the process. Our board voted at the July meeting to make the decision by a consensus vote.

Our two finalists are Seth Marcantonio, who interviewed in late July, and Nils Peterson, who will interview in early August. Board members and Co-op managers met with Seth and will meet with Nils. Additionally, the Co-op hosted for Seth and will host for Nils a public forum for staff and members to meet each candidate, listen to his perspective on managing our store, and ask questions. We invite members and staff to provide written feedback for the board's consideration. Look for input forms at the next forum, or on the store website. You can also email your thoughts to [search@moscow-](mailto:search@moscow-)

[food.coop](http://www.moscowfood.coop).

The board is committed to making a decision based on finding the best fit for our store. The board will need to reach a consensus for a binding decision. They will consider both candidates, in addition to the option of a failed search. We don't anticipate a failed search, but want to stress that our goal is to make the best decision for the Moscow Food Co-op, not simply to fill the position.

We hope that you will take the time to meet these candidates and provide written feedback. Seth Marcantonio was at the Co-op Deli at 7 p.m. on July 28 (before publication of this newsletter). Nils Peterson will be at the Co-op Deli at 7 p.m. on August 3. If you would like to provide written feedback, please do so by August 9. Stay involved and stay tuned!

Who Replaces Kenna?

[www.moscowfood.coop](http://www.moscowfood.coop)



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# Community News



The monthly newsletter of the Moscow Food Co-op • August 2011



## Beer, Cheese, and Wine: Small Vineyards

by Joseph Melior, Co-op Beer, Cheese and Wine Buyer, wine@moscowfood.coop

**“T**he best way to learn about wine is to uncork a few bottles and start sampling.” —Harvey Steiman, *Wine Spectator*

This month I had the distinct pleasure of following Steiman’s advice. A representative from Small Vineyards arrived with several wines to sample. Small Vineyards is an American-based Italian wine importer. The people at Small Vineyards “typically taste 200-300 wines each month, but only fall in love with one or two.” The importer specializes in finding smaller-scale operations. Most of the vineyards practice sustainable and organic agriculture for their grapes.

After sampling a few of the wines, I knew I couldn’t keep the pleasure to myself, so I am pleased to be able to offer some of these small vineyard special-

ties to the Co-op customers. We carry a phenomenal Prosecco made by Paolo Trevisiol. This Brut is made from the prosecco grapes indigenous to the Veneto region in the province of Treviso. The palate is deliciously light and playful, flecked with subtle flower and fruit aromas. It is available chilled in our wine cooler.

Another wine that lingers in my mind is the Verdicchio dei Castelli di Jesi. The wine bottle itself is beautifully shaped and sure to help set the mood for a nice summer evening. This varietal has a palate of refreshing citrus fruits, playful acidity, and complex minerality. Maurizio Marchetti’s family has been making Verdicchios for generations and it shows. At only \$12.99 this is a must-try summer wine.

Each Small Vineyard wine arrives with a Small Vineyards sticker on the bottle. We carry an arrangement of reds and whites to please any wine drinker’s palate. For the red drinkers, I

would recommend the Arcangelo Primitivo. This wine is full-bodied and lush, with aromas of spiced plum, vanilla, and leather notes. We have many other wines to help with these hot summer evenings and if you have any questions don’t hesitate to ask. I’m available in the store Tuesday through Saturdays, or you can email wine@moscowfood.coop with any questions or requests regarding beer, cheese, or wine.



**Looking for local in all the wrong places?**

**Find it here at the Moscow Food Co-op!**

**The next Board of Directors' meeting will be held Tuesday, August 9th, 2011 at 6:00 pm in the Fiske Room of the 1912 Center. The public comment period will begin at 6:05 and end promptly at 6:15.**

**The next Breakfast with the Board will be held Saturday, August 20th at 11:00 AM in the Co-op deli. Come join us for a complimentary pastry or cup of coffee and good conversation!**

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

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

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

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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.

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Engagement & Outreach Committee: engage@moscowfood.coop  
Green Commerce Committee: greencommerce@moscowfood.coop  
Sustainability Committee: sustainability@moscowfood.coop





# CO-OPERATIONS

## Moscow Food Co-op Business Partners

Welcome to the new Moscow Food Co-op business partner listings. We've organized them by alphabetically (by and within) 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](http://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.

### Childcare and Family Services

**Green Babies Diaper Service**  
[gogreendiapers.net](http://gogreendiapers.net); 208-669-0068  
15% off one month of service

**Moscow Parent Toddler Cooperative**  
208-310-9344; [mptcoop@gmail.com](mailto:mptcoop@gmail.com)  
35% off one semester's tuition

**Palouse Discovery Science Center**  
950 Nelson Ct., Pullman, WA  
[www.palousescience.org](http://www.palousescience.org); 509-332-6869  
10% off membership to the Palouse Discovery Science Center.

**Costumes by June**  
Merry "June" Falk; [merryjulfalk@gmail.com](mailto:merryjulfalk@gmail.com)  
208-835-5595; Co-op members choose 10% off sewing services or free trip charge or free delivery of alterations, repairs or custom sewing.

**Dance and Theatre**

**Spectrum II Art and Dance Studio**  
525 S. Main Street; [www.spectrum2studio.com](http://www.spectrum2studio.com)  
208-882-1445; 10% discount to new students

**Farms**

**Maple K Farms LLC**  
Tom and Cheryl Kammerzell  
[www.maplehighlands.com](http://www.maplehighlands.com); 509-397-4589

**RavenCrest Farm**  
4689 Hwy 95 N; [www.ravencroftfarm.com](http://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](http://www.skylinesfarm.com); 208-875-8747  
10% off organically-raised lamb, fleeces, & roving

**Food and Beverage**

**Camas Prairie Winery**  
110 S. Main Street; [www.camasprairiewinery.com](http://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.

**One World Café**  
533 S. Main; [www.owc-moscow.com](http://www.owc-moscow.com); 208-883-3537  
<http://www.owc-moscow.com/50%offOneWorldCafe>  
100% cotton totebags

**Retro Espresso**  
1102 South Main; [info.retroespresso@gmail.com](mailto:info.retroespresso@gmail.com)  
Free extra single shot in any espresso drink with presentation of Moscow Food Coop Membership Card.

**House and Garden Services**

**CLEAN GREEN Organic Cleaning Services**  
[www.CleanGreenOCS.com](http://www.CleanGreenOCS.com); 208-835-3535 15% off any service

**Dr. Arbor Tree Care LLC**  
208-883-3559; 10% discount on tree work (not yard work); trees, shrubs, and fruit tree pruning for health and beauty of trees

**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.buildmindgardens.com](http://www.buildmindgardens.com); 509-595-4444  
10% off hourly service rate and free estimates for Moscow

Food Co-op members

**Moondance Construction and Eco-Design**  
Alan Brown, Owner  
[moondance@cpainter.net](mailto:moondance@cpainter.net); 208-882-4733  
Free 30-minute project consultation

**Mosaic Land Design, LLC Landscape Architecture**  
405 S. Washington Ave; [www.mosaiclanddesign.com](http://www.mosaiclanddesign.com)  
208-562-7324; 10% off all design services

**Spurling House & Garden**  
512 N. Lincoln; [walteroy@yahoo.com](mailto:walteroy@yahoo.com)  
208-669-0764  
10% discount on all compost bins

**Professional Services**

**Allegra Print and Imagine**  
507 S. Main; [allegra@moscow.com](mailto:allegra@moscow.com)  
208-882-5449; [mailto:allegra@moscow.com](mailto:mailto:allegra@moscow.com)  
10% to Co-op members

**Copy Court**  
428 W. 3rd St.; 10% off to Co-op members

**Krysta Ficca Photography**  
[kficca@hotmail.com](mailto:kficca@hotmail.com); 208-596-8101  
10% off all photo shoots

**LET's Coach**  
Eric Torok; [www.letscoach.net](http://www.letscoach.net); 208-301-8047  
20% off the first month of individual coaching

**LDP Academy LLC**  
[www.lpdacademy.com](http://www.lpdacademy.com); 208-835-3737  
\$10 off any firearm safety or basic firearm training class

**Motherwise Midwifery**  
Nancy Draznin, CPM; [www.motherwisemidwifery.com](http://www.motherwisemidwifery.com)  
208-310-3252  
Free pregnancy tea for Co-op members under our care

**Printer Pro Inc.**  
208 S. Main Street; [www.printer-pro.com](http://www.printer-pro.com); 208-882-0193  
10% discount on all compatible laser printer supplies

**Recreation and Lodging**

**Adventure Learning Camps**  
PO Box 8245; [www.adventurelearningcamps.org](http://www.adventurelearningcamps.org)  
208-310-3010  
10% off on trips

**Andriette's Bed, Book & Bicycle**  
115 N. Polk Street; 208-596-9701  
[andriettes.blogspot.com](http://andriettes.blogspot.com)  
10% off for co-op members—2 night minimum.

**Appaloosa Museum and Heritage Center**  
2720 W. Pullman Rd; [www.appaloosamuseum.org](http://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](http://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](mailto:kkramer@moscow.com); 208-882-4620  
10% off first time stay

**Shady Grove Farm**  
[ashley.fiedler@gmail.com](mailto:ashley.fiedler@gmail.com); 208-596-1031  
\$10 off initial English riding lesson or training session

**Sixth Street Retreat**  
[www.SixthStreetRetreat.com](http://www.SixthStreetRetreat.com); 208-669-0763  
\$20 off advertised rate for one week's stay

**Retail**

**Bebe Bella**  
[www.bebebella.etsy.com](http://www.bebebella.etsy.com); 208-882-1353  
10% off any baby sling

**Hodgins Drug & Hobby**  
307 S. Main St; [hodgins@turbonet.com](mailto:hodgins@turbonet.com); 208-882-5536  
10% off all purchases, excluding prescriptions

**Inland Cellular**  
672 W. Pullman Rd; [www.inlandcellular.com](http://www.inlandcellular.com)  
208-882-4994; 10% off monthly calling plans

**Lilliput Maternity and Children's Boutique**  
312 S. Main; 208-882-6262  
10% off purchase of \$50 or more

**Marketime Drug Inc.**  
209 E Third St; [joannemilol@hotmail.com](mailto:joannemilol@hotmail.com) 208-882-7541  
10% off all gift items

**Safari Pearl**  
221 E. 3rd; [www.safaripearl.com](http://www.safaripearl.com); 208-882-9499  
10% off any board game or non-collectible card game

**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

**The Natural Abode**  
517 S. Main St.; [www.thenaturalabode.com](http://www.thenaturalabode.com)  
208-883-1040  
10% off natural fertilizers

**The Yarn Underground, LLC**  
114 1/2 East 3rd Street; <http://www.yarnunderground.com>;  
208-882-7700; Coop members receive 10% off purchase of \$50 or more.

**Tye Dye Everything**  
527 S. Main St.; [www.tyedy-everything.com](http://www.tyedy-everything.com)  
208-883-4779; 10% discount on your purchase

**Wellness Services**

**Drs. Bailey and Kevin Smith, D.C. Moscow Health and Wellness Center**  
317 W. 6th St. Ste 206, University Pointe Bldg.  
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; [www.counselingmoscow.com](http://www.counselingmoscow.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; [www.integrativemindworks.com](http://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; 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](http://www.NaturalHealthTechniques.com); 208-877-1222  
\$10 off initial telephone consultation with mention of the Co-op Business Partner Program

**Healing Point LLC Chinese Medicine Clinic**  
Meggan Baumgartner, LAC  
Lauri McKean, LAC; [info@healingpt.com](mailto:info@healingpt.com); [www.healingpt.com](http://www.healingpt.com); 208-669-2287; \$10 off initial and 2nd treatments

**Moscow Yoga Center**  
525 S. Main St.; [www.moscowyogacenter.com](http://www.moscowyogacenter.com)  
10% discount for new students

**Dr. Linda Kingsbury**  
627 N. Hayes; 208-596-4353; [www.spiritherbs.com](http://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.; 208-883-4395; 208-892-3400  
[www.moveimprove.net](http://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](mailto: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.

**BY DESIGN — Live by Design**  
1422 Pine Cone Rd  
<http://home.rr.com/vickibydesign>; (208)883-8195  
Free 1/2 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.

**Laura Gessner, LMP**  
Balance...a wellness spa  
112 E. 4th Street; [lgessner@gmail.com](mailto:lgessner@gmail.com); 509-595-4225  
10% off all massage and spa services

**Heather Alexander, LMP**  
Balance...a wellness spa  
112 E. 4th Street; [alexanderlmp@yahoo.com](mailto:alexanderlmp@yahoo.com)  
208-596-8248; 10% off all massage and spa services

**Creighton on the Palouse**  
[www.foryourfertility.com](http://www.foryourfertility.com); 208-310-1805  
[kgotshall@foryourfertility.com](mailto:kgotshall@foryourfertility.com); \$10 discount on first and second appointments on natural approaches to family planning and gynecological conditions.

**Anytime Fitness of Moscow & Pullman**  
212 E Rodeo Drive, Moscow; 690 SE Bishop Blvd, Pullman;  
[www.anytimefitness.com](http://www.anytimefitness.com); 208-882-3100  
1/2 off enrollment and 10% off monthly dues.

**Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support**  
[sproutwellbeing.org](http://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; [choiramc639@gmail.com](mailto:choiramc639@gmail.com)  
208-413-4773

**Via Family Chiropractic**  
755 S. Grand Ave #3; Pullman, WA 99163  
[viafamilychiropractic.com](http://viafamilychiropractic.com); 509-432-4263  
\$15 initial exam and consultation including complementary discovery massage.

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

Member-Owners save every day:

- Discounts on special orders
- Member-only sales
- Discounts on cases
- Patronage refunds
- Discounts on special events and classes

Any cashier can help you join; it just takes a couple of minutes.

The total lifetime membership investment at the Moscow Food Co-op is \$150. If you like, this can be invested in installments of \$10 per year.

**Shop. Join. Save.**

**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:

newsletter subscriptions  
Moscow Food Co-op  
PO Box 9485  
Moscow ID 83843

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





## Art at the Co-op

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

The Co-op's participation in the City of Moscow's Art Walk continues with a second opening on Friday August 5, featuring work of the Palouse Prairie School Kindergarten class. You will be able to meet many of the young artists from 5.30-7 p.m. that day, and the show will continue through Wednesday, September 7.

These young artists have combined science and art to produce a fabulous book that is on sale locally. The kindergarten teach-

er, Jeneille Branen, describes the work in these words:

"The Palouse Prairie Kindergarteners created the art that will be featured at The Moscow Food Co-op in August as a part of Art Walk. This kindergarten class embarked on a three-month learning expedition based on earthworms. The students learned about the habitat of earthworms. They built habitats in the class, made scientific observations and conducted experiments. They also visited

an expert at the University of Idaho, Dr. Jodi Johnson-Maynard, to learn more about worms. Following an in-depth study of these amazing creatures, the students set out to write and illustrate a book that would detail all the things they had learned. The book uses collage as a medium. The students were inspired by studying the work of Eric Carle, Lois Ehlert and Ashley Wolff. Each student created a page of the ABC book. Each page was created using materials such as paper, yarn, tissue paper, paper flowers, fabric, beads, dirt, pens and leaves. They also worked hard on their handwriting skills in order to produce the individual letters

of the alphabet. The words for each page were transcribed from the student to the teacher. Local graphic designer Julene Ewert helped to integrate the work into digital format. Individual pages will be on sale during Art Walk for \$15 each. The published book is available at the Co-op for \$16. The funds will support future learning adventures at Palouse Prairie School of Expeditionary Learning."

Do come and support this amazing endeavor by our local young citizens, and share with them the joy of learning and creating. The opening is from 5.30 - 7 p.m. on Friday, August 5.



## Lazy Days at Co-op Kids

by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

Come and join us in August. This month we are offering a nice mix of work and play, perfect for the last days of summer.

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

- August 2: Clothespin Birds
- August 9: Coloring
- August 16: Lunch Packing for Kids
- August 23: Play at Friendship Square
- August 30: Musikgarten with Ms. Gillian

and caregivers kick back and visit. Co-op Kids meets weekly on Tuesday mornings from 9 - 10 a.m. in the Co-op Café

unless otherwise noted.



Making Snack Kabobs

## Tuesday Night Music at the Co-op: August

by Annie Hubble, temporary Music at the Co-op coordinator, frontend@moscowfood.coop

This is my last month filling in as Music at the Co-op coordinator. I have very much enjoyed setting up the music evenings, and have appreciated David Christian's dedication and talent in providing sound for the musicians.

Here is the line up for August. There are some fun Tuesday evenings coming up! All shows run from 5 - 6:30 p.m. and will be outside, weather permitting.

**Tuesday, August 2: Gefilte Trout.** A wonderful evening of hits from the old world, featuring traditional klezmer music and Russian/Gypsy folk songs.

**Tuesday, August 9: Grateful Live.** A fun local group giving us their authentic versions of old Grateful Dead favorites.

**Tuesday, August 16: Thorn Creek Express:** A talented group of young brothers from the Genesee area, who perform

traditional bluegrass, gospel, and old-timey music on fiddle, guitar, banjo, and bass.

**Tuesday August 23: Timewarp:** Timewarp plays music that spans four decades of great covers, from classics like Creedence Clearwater Revival, Eddie Money and James Taylor to Huey Lewis and the News, Bryan Adams, and more. Skilled and seasoned musicians—lead guitarist Brian

Heflin, bassist Mark Ackerman, drummer Pete Hanson, and vocalist Don Charles—provide a driving sound that will delight.

**Tuesday, August 30: Holy Genes.** A powerhouse of heartfelt contemporary country music with blues and rock tendencies, featuring the talents of Juley Berglund on vocals and guitar, Kane Berglund on percussion, and Tim Springer on bass and mandolin.



## August Co-op Mamas and Papas

by Stacy Pettitt, volunteer Co op Mamas and Papas coordinator

Wow, I can't believe I am already writing for the August newsletter. Seems like yesterday, it was raining, windy, etc. The Mamas and Papas are having fun growing and learning together. Here is what we have planned for the month of August:

**August 3:** Babysitting 101, what to look for in a good sitter

**August 10:** Options for day care on the Palouse

**August 17:** Preschool or no preschool?

**August 24:** Meet at East City Park for fun

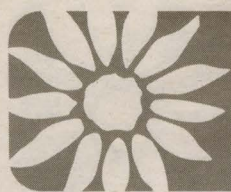
**August 31:** Free time

The Mamas and Papas is a wonderful group of parents who meet Wednesday mornings from 9:30 - 11 a.m. in the Co op

Annex, directly across the street from the Co op. We always welcome new faces. If you are interested in being on our email list, please email babies@moscowfood.coop. You can now find us on Facebook as well. Look for "Mamas and Papas of the Co op." Stay tuned for more fun news from the Mamas and Papas.

Stacy Pettitt is amazed at the opportunities for fun here on the Palouse.





# CO-OPERATIONS

## General Manager Candidates

### GM Finalist - Seth Marcantonio

*Member Presentation July 28th, 7pm @ the Co-op Deli*

**1. Why do you want this job?**

The position of General Manager of the Moscow Food Co-op appealed to me for two reasons: The location and the Co-op itself. Moving out west after having grown up in the New York suburbs was a real cultural as well as geographical shock to me. It took me a couple of years to understand and begin to truly appreciate a more relaxed, optimistic mentality (I fell in love with the Mountains, prairies, and deserts from day one). Returning to the east coast, I quickly realized that I much preferred the lifestyle out west and wanted to return. Missing close family members in Washington and Utah, I became even more determined.

At the same time, I believe it is important to do what you love and love what you do. I

absolutely love working in the natural/organic foods industry as well as within the cooperative movement. After hearing about the opening, learning a little more about the area and the Co-op, and speaking with other General Managers and fellow cooperators who were familiar with your Co-op, I realized that this was the perfect place for me.

**2. Give us a brief history of your experiences to help us understand what you bring to the position.**

Most of my professional experience has been in the natural foods industry where I have served many roles including Dairy Manager, Grocery Manger, Training Manager, Assistant Store Director (for several Wild Oats Markets) and Store Manager. In addition to my work in stores, I



also worked for a natural foods broker representing over thirty grocery and wellness companies to stores throughout Western New England including a dozen cooperatives. Experiences working as manager for Discovery Channel Stores, as a full-time substitute teacher, and as an overnight radio news anchor have each added to my professional development in their own unique ways as well.

Whether through a formal institution, community sponsored education or an individually crafted program, the value of a good education cannot be under-estimated. I credit much of my success to those teachers, professors and community leaders with whom I have been fortunate enough to study. Many of the skills necessary to manage effectively cannot be taught in a classroom. The most valuable lessons I have learned and skills I have acquired have come from all of the people I have worked with over the years, both knowledgeable leaders as well as countless co-workers.

**3. What is your vision of our Co-op's future?**

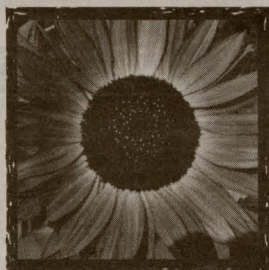
My vision and strategic planning always centers around the most basic goal of the Co-op and most basic responsibility of the General Manager to "Maintain an economically sustainable consumer food co-op" and, with that as a given, to "Support the local, organic, and sustainable food and goods economy." There is increasing uncertainty regarding the safety, integrity, and sustainability of our global and local food systems. The Co-op

can be a powerful force for creating the awareness and fostering the changes necessary to ensure that everyone has access to pure, nutritious food and water while at the same time sustaining the ecological and economic systems that produce those goods.

As the Co-op is situated in an area that provides access to a variety of grains, fruits, vegetables, and animal products which are produced locally and regionally, it needs to continue to support the local food economy. Increased engagement with local farmers and producers will allow us to better communicate our needs to them and to better understand how we can assist them in increasing both the availability and variety of locally produced goods.

In looking over the Co-op's published documents, Strategic Plan and Goals, and content on the web site, it looks like the organization is indeed "on the right path and facing the right direction." In addition to continuing the progress that has already been made and ensuring that we remain on track toward completion of the stated goals, the continual monitoring and assessment of environmental, economic, and agricultural issues that affect the Co-op and its members will be an integral part of my stewardship.

### COMMUNITY FOOD WORKS



# TUESDAY GROWERS MARKET

MAY - OCTOBER | 4:30 - 6:30

CO-OP PARKING LOT | 121 E. 5TH | MOSCOW

FRESH PRODUCE | MEATS | EGGS | HERBS  
SEEDLINGS | CUT FLOWERS + MORE!

VISIT [WWW.COMMUNITYFOODWORKS.ORG](http://WWW.COMMUNITYFOODWORKS.ORG) FOR MORE INFO





## General Manager Candidates

### GM Finalist - Nils Peterson

*Member Presentation August 3rd, 7pm at the Co-op Deli*

**1. Why do you want this job?**

I'm excited to be considered for the position as GM because I believe the mission and strategic directions of the Co-op are urgently important for Moscow's long term sustainability. I want to help the Co-op contribute to our community's successful transition through these changing economic/energy/climate times.

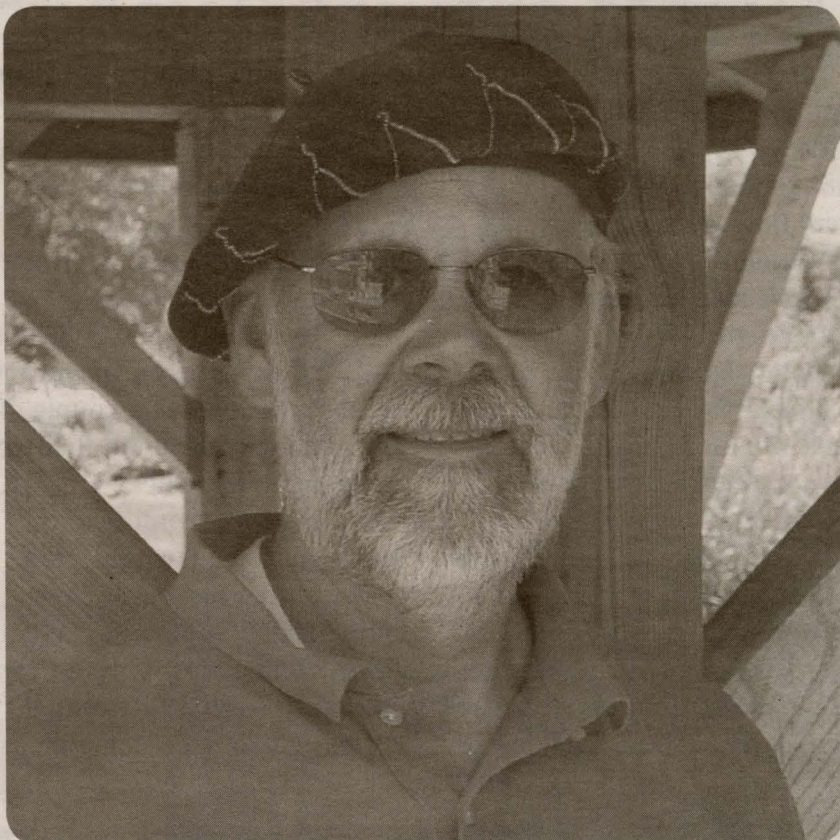
Specifically I want to help the Co-op to facilitate the food-awareness of members/shoppers and the success of local growers and producers. This addresses two aspects of food security that concern me: 1. As fuel prices rise, people in our community may be forced to choose between food and other necessities. Knowing how to use bulk and local fresh foods will be important to achieving good nutrition. 2. A local food economy could buffer our community from shocks from global food markets and our long supply lines.

I also value the ways the Co-op leverages its resources to help the community in other ways. Examples include Dime in Time, a micro fund raising mechanism and co-marketing with Fish People and local growers. I will encourage activities that support the Co-op community without detracting from the mission as a natural food cooperative.

...serving as the Co-op's representative to multiple stakeholders, including member-owners and other shoppers, suppliers, and the wider Moscow community.

I have many years of experience that prepare me for the complex role of GM, including:

- As Palouse Prairie School's Board Chair, I learned to implement the Co-op's "policy governance" model.
- For the last 10 years at WSU I have supported the success of professional managers via peer-coaching and serving as a sounding board and strategist.
- My last years at WSU focused on a variety of assessment strategies and I will use assessment data to aid decision-making by the Co-op team.
- I learn quickly, can persuade diverse audiences and get the job done, as I demonstrated founding Palouse Prairie School.
- As a member of Moscow's Planning and Zoning Commission I bring experiences with the City and see the Co-op as a key anchor store downtown.
- Palouse Prairie School's consultants taught me to facilitate collaborative work and problem-solving, which I will use to further the goal of making the Co-op Moscow's best workplace.
- I have led seven barn raisings and am able to help a diverse group learn, work and have fun together.



**2. Give us a brief history of your experiences to help us understand what you bring to the position.**

The GM is much more than chief retailer. To implement the Co-op's Strategic Plan, the GM must work within a complex ecology, responding to the Board, helping managers, and

**3. What is your vision of our Co-op's future?**

The Co-op is progressing toward its Sustainability strategic goal. The store could produce hot water and electricity with roof-mounted collectors, but the payback periods will be long. I will help the Co-op own its building so it can explore these long-term investments.

I envision a financially healthy Co-op that chooses to how to focus its resources to advance its member-owner's goals.

I will help the Community Food Works partnership increase engagement and education about food systems and local food options.

Initiatives to encourage non-motorized shopping trips are

laudable, but the Co-op serves a wider region than Moscow. As GM I will explore if satellite ventures in other towns can strengthen the Co-op community, reduce shopper travel, and compliment existing local merchants.

Sodexo is struggling to meet its contract to serve 15% local foods at UI. This may be because local growers operate on a different scale than Sodexo. In keeping with the Co-op's goal to develop and support the local sustainable food economy, I will partner in exploring ways to create local markets at larger scales to meet institutional needs.

Recently the size of the Newsletter was reduced. I will develop New Media methods to preserve the editorial richness at lower production costs.

**MOSCOW  
YOGA CENTER**  
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Fall Session begins Aug. 22nd.  
Offering beginning, gentle, Levels 1, 2, 3 and 4, yoga for guys, and restorative yoga classes.

View our schedule on line at:  
[www.moscowyogacenter.com](http://www.moscowyogacenter.com)

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Federal Credit Union

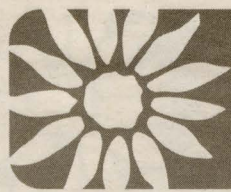
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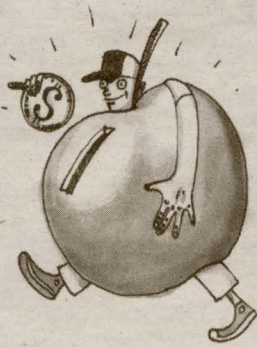




## Price Shopper: We Saved \$3.70

by Joe Pallen and Amy Richard, Co-op volunteer writers

August is a great time of year for fresh vegetables. Our garden is overflowing with goodness! And every time we go to the Farmers Market we can't help but buy more veggies. We've got some delicious meals planned for the upcoming week. On those nights when it's too hot to cook or we're short of time after work we'll whip up a fresh salad. When we have a little more time we'll make a delicious stir-fry with either our own homemade sauce or maybe we'll try a curry or one of those new simmer sauces. They make



it really easy to whip up a tasty meal by just chopping up veggies and throwing them in. Sometimes we'll add meat or tofu but this month is all about the vegetables!

Pasta salad is the last thing on our menu for the week. There are a couple of new products we found that we are going to try. One is Einkorn pasta, which, according to the Jovial Web site, is a relic crop of wheat that has never been hybridized. The other is a pomegranate white wine vinegar from Spectrum. Sounds interesting!

After making our shopping list

ITEM	Co-op	Rosauers
Lundberg white jasmine rice 32oz	\$5.89	\$4.59
Lundberg short grain brown rice 32oz	\$3.99	\$3.39
San-J reduced sodium organic tamari 10oz	\$4.49	\$4.79
Thai Kitchen premium fish sauce 7oz	\$3.15	\$3.29
Thai Kitchen coconut milk 13.66oz	\$2.15	\$2.19
Seeds of Change korma simmer sauce 12oz	\$4.15	\$4.79
Thai Kitchen red curry paste 4oz	\$3.15	\$3.19
Grind your own peanut butter per lb (organic)	\$2.99	\$3.19
Spectrum pomegranate white wine vinegar 8.4oz	\$4.79	\$5.59
Spectrum peanut oil 16oz	\$7.19	\$8.39
Spectrum toasted sesame oil 8oz	\$6.29	\$6.19
Annie's shitake organic sesame 8oz	\$3.89	\$4.39
Drews romano ceasar 12oz	\$3.09	\$3.69
	\$64.24	\$67.94
<b>Total savings</b>		<b>\$3.70</b>

we split up and went shopping at Rosauers and the Co-op. We ended up saving \$3.70 by shopping at the Co-op, enough to buy a cool sorbet for dessert.

Joe and Amy can't really see a downside to having summer all year long.



## Pack, Wrap, and Roll: Lunch Packing Made Healthy, Easy, and Green

by Jessica DeHart, Co-op Product Promotions and Education Coordinator, [demo@moscowfood.coop](mailto:demo@moscowfood.coop)

Beginning this month, the Co-op will host a series of demonstrations and samplings focusing on packing appealing, creative, and time-saving lunches. We will repeat January's sushi and spring roll demos, along with lots of other fun bent-to-style dishes, wraps, and edible decor.

My own kids love wraps and so we have developed a lot of variety in what we can roll into a tortilla—along with lunch smoothies, dips, make your own "Lunchables," and more. If you don't already have a great lunch container system then our mercantile department will be well-stocked with some recognizable favorites along with some brand-new products.

Packing your own lunch is a way to save money and eat healthily, but it can also lead to unnecessary waste. Here are some great ideas on how to pack a Waste-Free Lunch that I found

at [www.reusit.com](http://www.reusit.com). The Internet is an amazing resource when it comes to packing lunches. Just try Google-searching images for healthy lunch packing ideas. Here are five green lunch suggestions:

1. Reusable lunch bag. Rather than a brown bag that is single-use, find a reusable bag, lunch box, or small backpack that can hold your lunch. Our mercantile department has some great options, or you can add new life by decorating something you already have.
2. Reusable food container One website, [www.wastefreelunches.org](http://www.wastefreelunches.org), estimates that a family can save \$250 a year by eliminating single-serve containers. Invest in some safe non-leaching containers and buy in bulk to save money and reduce waste.
3. Reusable snack and sandwich bag. An average family spends \$85 a year on disposable plastic baggies. That does

not include the health concerns about the plastic leaching into the food. The Co-op sells some very affordable reusable snack bags and wraps. Or get creative and make your own! We are even getting some in that keep food cold!

4. Reusable utensils and more. Instead of paper napkins, use cloth napkins. They are easy to make and you can skip hemming if you cut the edges with pinking scissors. You can easily make four napkins this way from one of those fat quarters they sell at fabric stores. I love using my Bambu spork for lunches, or you could pick up a handful of assorted silverware at a thrift store to be designated lunch-packing utensils.

5. Reusable Bottles. Approximately 38 billion plastic water bottles head into our landfills each year. There are also serious health concerns from the leaching that occurs when they

are reused. Make sure everyone has their own reusable water bottle. Very few people, especially kids, drink enough water every day, so skip the sweet drinks and pack water instead.

Remember that we'll be demonstrating and sampling green lunches and lunch packing this month. I enjoy giving tours of the Co-op and two of the tours I offer are, first, lunch packing, and second, shopping on a budget. Feel free to email me at [demo@moscowfood.coop](mailto:demo@moscowfood.coop) to set up a tour or to ask for some one-on-one lunch packing suggestions. Make sure to "like" us on Facebook and check it daily to see what the demos will be for the week. I will also have a calendar posted with upcoming demos on the demo counter beginning this month.

### Auditorium Chamber Music

## 25<sup>th</sup> ANNIVERSARY

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2011-2012 Season

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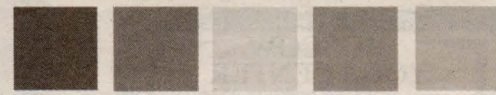
**The Callithumpian Consort**  
Tuesday 9. 20. 2011

**Stephen Drury solo recital\***  
Thursday 9. 22. 2011

**The Gryphon Trio**  
Tuesday 11. 8. 2011

**Ying String Quartet**  
Thursday 1. 26. 2012

**Wind Soloists of New York with pianist Pedja Muzijevic**  
Tuesday 3. 20. 2012



Concerts are in the University of Idaho Auditorium at 7:30pm

Individual ticket prices:  
\$10 Student, \$17 Senior, \$20 General

\*Drury recital in Hampton School of Music Haddock Performance Hall, \$10/\$5 student

Concert tickets available at the Prichard Art Gallery in downtown Moscow, the door, or on our website: [auditoriumchambermusic.org](http://auditoriumchambermusic.org)





## August at the Tuesday Growers Market

by Britt Heisel, volunteer Growers Market coordinator

### Market Notes...

My family just returned from 17 days of goofing off – camping, visiting family and friends, playing on the lake.... But as wonderful as all that was, it was so nice to be back at the market this afternoon. What a great community event. Every time I turned around there was a friend to catch up with. And after so many days away I finally got to snatch up the delicious goods sold by the growers. The access we have on the Palouse to farm-fresh sustainably-grown food is amazing. We are so lucky here! See you next week!

### What our Growers will have during the Month of August.

**Backyard Harvest** – Providing \$5 Community Farm Shares to SNAP recipients.

**Becky and Jack's Fresh Produce and Plant Starts** – Fresh and dried herbs, raspberry

plants, veggies, flowers, raspberries

**Deep Roots Farm** – Tomatoes, peppers, eggplant, summer squash, fennel, basil, carrots, beets, kale, chard, Romaine lettuce, salad mix, and Asian greens, herbs

**Ravencroft Farm** - Salad mix, arugula, spinach, mache, tomatoes, cucumbers, summer squash, peppers, carrots, dried herbs, and gluten-free puff pastries

**Sexton Farm** – Duck and chicken eggs

**Stacey and Friends Produce** - Cabbage, walnuts, candied walnuts, freshly made prepared horseradish, strawberries, basil, tarragon, parsley, chives and thyme

**Sticky Fingers Farm** – Homemade ice creams (including dairy free/vegan flavors) and waffle cones

**Wilson-Banner Ranch** – Sweet

corn, peaches, onions, raw honey, apples, prunes, free range eggs, summer squash, tomatoes, peppers, nectarines, pears, blackberries, huckleberries, grass sod, potatoes, melons, and cucumbers

### Nutrition in a Snap at the Market!

Nutritional Education and Children's Activities facilitated by Mackenzie Femreite, Nutrition Advisor for the University of Idaho Extension Nutrition Program, and Co-op participating member Jessie Hunter

All month of August come try various smoothies!

**August 2 and August 9** Nutrition in a Snap: Calcium

**August 23 and August 30** Nutrition in a Snap: Physical Activity



## New Look for the Wellness Department

by Kelly Uusitalo, Co-op mercantile buyer

Over the past two months we in the Wellness Department have been working simultaneously on several projects. We believe that effort has resulted in a well-organized department that offers new and exciting benefits for Co-op shoppers.

First, we took down the center-shelving unit that split the department. This opened up the department, making it both easier to shop and visually more appealing. Many customers have commented on how light and open the department feels and find shopping in the Wellness Department more enjoyable now.

Next, we decided to create an easier shopping experience for our customers by creating better organization within our shelving locations. For example, we moved all the baby products from Non-Foods, Mercantile, and Supplements and grouped them together in one location. No longer do customers need to shop in four separate departments to find the baby product they are looking for. We also expanded shelving units in the Supplement Department, creating better organization for several body

systems. An example of this is the placement of all the cough drops and Emergency packets on an end cap, making them more accessible. We also included the First Aid section in the Supplement Department, creating a better flow between medical aids and medicinal products.

Another part of our project was to reset the entire Health and Beauty Aids (HABA) Department. We needed to clean and organize the shelves, as well as to make room for both new products and products being relocated from the removal of the central shelf. We spent weeks looking at sales for all the products in the HABA Department, and finally decided that products with very slow movement over several months were to be discontinued and put on sale.

I know some of you have been concerned about losing your favorite products, and we understand your concerns. Many of the products we discontinued can still be special ordered through UNFI, which means we can usually get the product for you the same week you request

it. We know it's hard to have your favorite product disappear, but we will always do our best to find a way to get that product for you!

The final change we've made in our department is the reduction of bulk body care. This change has not been an easy one and a great deal of thought and reflection went into this process. A concern was brought to our attention that bacteria and other microbial contaminants could potentially be introduced into the bulk containers during both stocking and extracting. This became a larger concern for us when we realized that many of the bulk products we stock moved quite slowly and the potential for contamination in these products was much greater than we originally thought. With this in mind we ran the sales figures on all our bulk products, and found that only a small handful of products were purchased on a regular basis.

To reduce potential hazards we discontinued all bulk lotions and conditioners, since they are more likely to have bacterial issues, and limited the bulk soaps and

households cleaners to our top sellers. To help with this change we now stock selected bulk products in gallon sizes, and offer a 10 percent discount to all Co-op members at the time of purchase.

If you find that we no longer stock your favorite bulk product, let us know and we would be more than happy to special-order that item for you. In order to help you with all of your customer service needs we will soon be staffing the small desk in the Wellness Department throughout the day. It is our hope that this will make it easier to find a staff member to answer your questions, as well as assist you with all your special-order needs.

All of us in the Wellness Department are very excited about the alterations we've made, and feel that these changes will allow us to serve you better.





## Preserve the Harvest Workshops

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

**E**at local because you can. Our Preserve the Harvest workshops will have you canning, dehydrating, pickling, freezing, and jamming with confidence.

This summer and fall, please join us every Saturday at noon, at the Backyard Harvest shed, 933 E. 7th (corner of 7th and Blaine). Please note: A ticket is absolutely required and must be purchased in advance! They will not be available at the workshops. Each workshop is limited to 12 participants.

Participants must go to the

Moscow Food Co-op to purchase a ticket. Tickets are \$15 for each person, or free for SNAP or WIC recipients. SNAP/WIC recipients simply need to show the cashier their current card or other proof of status in order to receive a ticket.

Please do not bring children to the workshops unless they are old enough to participate safely in the presence of open flame, kettles of boiling water, grinders, and sharp knives—in which case they will need a ticket as well.

Workshops started July 16 and will run through mid-

October. There is no workshop on September 3. Tickets for all workshops are on sale now but are limited in supply; they are available first-come first-served and can't be reserved over the phone or via email. If you purchase and are unable to use a ticket please bring it back to the Co-op before the workshop for a refund. No refunds will be provided after 10 a.m. on the morning of the workshop.

The produce to be processed each week will depend upon what is fresh, abundant, and good for preserving. Techniques

that may be used include canning, freezing, drying, and pickling. Workshops will stress food preservation safety principles and best practices rather than processing huge amounts of food. Containers and equipment will be provided; everyone will help with the hands-on work and divide up the food evenly for taking home at the end.

Questions? Want to get on the mailing list? Contact Carol at outreach@moscowfood.coop or (208) 669 0763. Thank you!

## Your Board of Directors

by Sheryl Hagen-Zakarison, Co-op board member

**A**s it is my turn to write the board article this month, I want to give you my perspective on your board of directors. First, let me thank you for electing me to the board. This is one of the best groups of people that I have had the privilege to work with and I am honored and grateful to be a part of the board. The board, while diverse, works

together with an abiding respect and civility that is refreshing.

The board members you elected bring to the group diverse perspectives, skill sets, and life experiences. They are educators, professionals, and farmers. We have board members who are business owners, university professors or administrators, or teachers for the school district.

They are omnivores and vegetarians. Some of the board members have known each other for years while others have been acquainted for a relatively short time.

In spite of these differences, there are core values that the board shares. We all care deeply about the wellbeing of the Co-op and what it represents as stated in its mission and strategic plan. We have dedicated ourselves, as your representatives, to ensuring that the Co-op continues to be a healthy, vibrant part of the community. In order to be an effective board we have intentionally committed ourselves to building relationships based on trust and respect: for each individual on the board, with the Co-op staff and members and the community.

Our commitment to these core values means that we work hard to understand each other, and the staff and members of our Co-op, in order to come to the best decisions we can as your representatives. Because

we bring a diversity of perspectives and values, we often find ourselves involved in very lively discussions at our meetings and especially when decisions must be made. While we do have intense discussions and are very passionate advocates for what we, as individuals, think are the best decisions for the Co-op, we do so without rancor. The board works diligently to create a space of trust and acceptance where different perspectives and ideas can flourish and create the path to good and healthy decisions.

If you are curious, please come to one of the board meetings. They are the second Tuesday of each month. There is even a member forum at the beginning of each board meeting.

Sheryl is still farming after all these years...

**Dinner on the Farm**

HOSTED BY THE ANDERSON FAMILY

SEPTEMBER  
10th & 17th

The "Dinner on the Farm" series will be in small group settings over dinner with actual farmers. Come enjoy a hearty meal and learn about our farming practices and the ag industry, as well as take the opportunity to ask questions.

E-mail your application to: [dinneronthefarm09@gmail.com](mailto:dinneronthefarm09@gmail.com)

Seating is limited to eight people per dinner, so apply now for your chance to participate. Please tell us a little about yourself, your questions and contact information. Include your choice of date and whether anyone will be joining you.

Let me help you preserve & share your family photos.

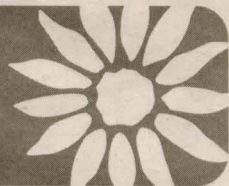
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## Outreach and Membership Update

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

Members! Mark the next MADday sale, Sunday, August 21, on your calendars. For Member Appreciation Day (MAD), Co-op members get special discounts: Five percent off purchases to \$25. Seven percent off purchases between \$25 and \$75. Ten percent off purchases above \$75.

Another MAD special for university students: Students, have your parents buy you a \$55 co-op gift card, and they pay only \$50. Take advantage of this super savings on August 21.

\*\*\*\*\*

Our membership numbers continue to climb every day and currently we have 6,704 active members. Yay! At the end of 2010, the Co-op had 6,564 members. For all of 2010 we had about 23 percent growth and I don't expect to top that record again, but that's okay. Slow and steady is what we're after. Watch for a membership promotion in September as we reach out to the university communities and welcome folks to town during our annual influx of newcomers.

\*\*\*\*\*

We'll be offering Essential Cooking classes this fall, and are looking to round out our schedule of Essential Wellness and Essential Living classes too. I hope to offer something every week. If you would like to teach a class through the Co-op on a subject in which you have some expertise, please get in touch with me at outreach@moscowfood.coop.

Financial advice, legal advice, elder care, decluttering, how to knit, how to paint, how to garden, how to plan your family, how to feed your family, how to make your own gifts for giving, how to build a straw hot box... These are just a few ideas of the types of classes we'd like to schedule for September, October, November, and December. Classes will be free or by donation for Co-op members, and teachers will be rewarded with a small Co-op gift card.

\*\*\*\*\*

Watch for the Co-op—and buy a great Co-op meal!—at the Lentil Festival during the evening festivities in Pullman on Friday, August 19. We'll be at Palousafest the next afternoon, Saturday, August 20, on the University of Idaho campus,

starting at 5 p.m. See you there!

\*\*\*\*\*

Our *A Dime in Time* recipient for the month of August is Friends of the Clearwater. Our July recipient was READ for Life; the June recipient was the Spay and Neuter Clinic who received a check for \$585; and the May recipient was the Moscow Community Garden, who received a check for \$596.70. Thanks to all for remembering to bring your reusable bags and cups!

The *A Dime in Time* committee will meet in September to award the DIT grants for November, December, and January. Please submit DIT grant applications by August 31 in order to be considered at the September evaluation meeting.

\*\*\*\*\*

Our calendar for the fall is filling up with events both in and out of the store such as wellness fairs, Palousafest, the Good Food Film Festival, all kinds of classes, and field trips. It helps us a lot with our scheduling if you give us plenty of notice when asking to schedule field trips or any other activities—so even if you don't have an exact date in mind but are thinking of including the Co-op in an activity, please get in touch with me as soon as possible—thanks!

\*\*\*\*\*

Figuratively speaking, summertime is always a time for recharging our batteries and this

summer has been no different, despite its late start. Thanks to all who patiently awaited my response to an email or a phone call until I returned from my travels. A lot has been happening even while the outreach and membership "department" (we're not officially a department—yet—but we think of ourselves that way!) staff have been on the road, farming, planning for the fall, and doing some big picture thinking. You'll get lots more updates from Jesica DeHart (product education and promotions coordinator), Sequoia Ladd (participating member coordinator), and myself soon!

\*\*\*\*\*

Speaking of getting in touch: plenty of advance notice really helps with Community Contribution requests too. Our Community Contributions request form, available online and at the front bulletin board, has now been in use for well over a year, and most organizations who request funds from the Co-op are getting familiar with it and the requirement to submit the form at least a month in advance of when the funds will be needed.

Those who received support from the Co-op know that I haven't enforced this deadline very strictly so far, because everyone was just getting used to it. But the time has come to get tough – no more exceptions.

We receive more requests than we can accommodate, and it takes some time and planning to prepare donations and keep careful watch on the limited community contributions budget. Even if the Co-op has supported your organization for a very long time, or even if you are a personal friend of mine (or our general manager), be fair. Please use the form, and submit it on time. The more detail you provide on your application, the better. We really want to do a great job supporting our community and all the important work other organizations do, and you can help us do that even better. Thank you.

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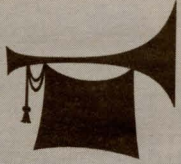
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# CO-OPERATIONS



## Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on July 12

**Q** What was your mode of transportation to the Coop today?



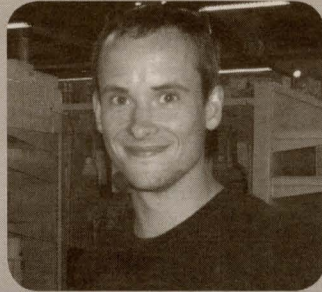
"We rode our bikes."  
—Akyla Probert, Moscow, interior designer



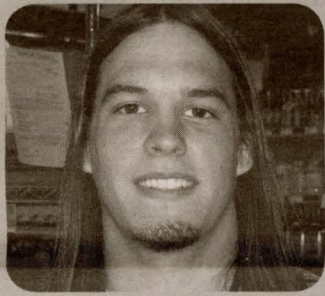
"Bicycle. I ride every day."  
—Bailey McCully, Pullman, Idaho Repertory Theater student



"Bicycle. I always ride my bike."  
—Sue Chen, Moscow, director of Trademark and Licensing at University of Idaho



"Car. I usually drive because I live out of town."  
—Nicholas Stansbury, Pullman, Washington State University soil science graduate student



"I rode my bike. I used to walk but I just fixed my bike."  
—Sam Stapleton, Moscow, UI anthropology student



"Minivan with all the kids. Most of the time we ride bikes."  
—Stacy Boe Miller, Moscow, Mountain Blue Eye jewelry artist

## A Dime in Time for August: Friends of the Clearwater

by Brett Haverstick FOC Outreach and Education Director

Friends of the Clearwater would like to thank the Moscow Food Co-op for nominating us as an A Dime in Time recipient! All proceeds from this program will go toward upgrading our Web site so that it can become a more dynamic and interactive resource for the public to use and enjoy.

Friends of the Clearwater, a recognized non-profit organization since 1987, defends the Idaho Clearwater Bioregion's wildlands and biodiversity through a Forest Watch program, litigation, grassroots public involvement, outreach, and education.

The Wild Clearwater Country, the northern half of central Idaho's Big Wild, contains many unprotected roadless areas and wild rivers and provides crucial habitat for countless rare,



plant and animal species. Friends of the Clearwater strives to protect these areas, restore degraded habitats, preserve viable populations of native species, recognize national and international wildlife corridors, and bring an end to commodity

extraction and industrialization on our public lands.

The new web site will bring greater visibility to our organization's programs and provide information about the native flora and fauna of Wild Clearwater Country, including innovative GIS mapping, photographs, and descriptions of all unprotected roadless areas on the Clearwater and Nez Perce National Forest. The enhanced Web site will also supply you with timely wildland action alerts, feature a wildland blog, and allow you to download the

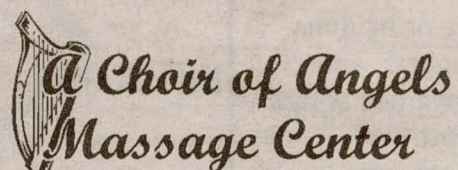
weekly Wild Clearwater Country radio show on KRFP.

Some of the issues we are currently working on include: preventing the Wild & Scenic Lochsa River from becoming a mega-load corridor, allowing wolves to fulfill their ecological role across the Northern Rockies, advocating for an outright purchase of the Upper Lochsa, keeping motors out of irreplaceable roadless areas like Weitas

Creek, and getting the Northern Rockies Ecosystem Protection Act (NREPA) passed by Congress.

If you would like to become an intern or volunteer with our organization please call (208) 882-9755 or email us at [foc@friendsoftheclearwater.org](mailto:foc@friendsoftheclearwater.org). You can follow us on Facebook too.

Let's work together to keep Clearwater Country big and wild!



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## My Choice

Autumn Ulschmid has a favorite salad from the Co-op Salad Bar

Her choice:  
 mixed greens (organic)  
 spinach (organic)  
 carrots (organic)  
 mushrooms  
 cucumbers (organic)  
 red onions (organic)  
 sunflower seeds (organic)  
 candied pecans (organic)

olive oil and balsamic vinaigrette dressing (organic)

tuna salad (made by the Co-op Deli from primarily organic ingredients)

roll (made by the Co-op from primarily organic ingredients)

## WHAT IS YOUR CHOICE?

# Good Food Film Series: Queen of the Sun

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

Please join us as we launch our third year of the Good Food Film Series this month with the gorgeous Queen of the Sun, 7 p.m., Wednesday, August 24, at the Kenworthy Theatre at 508

S. Main in downtown Moscow. Admission will be \$4 for Co-op members and \$6 for the general public.

Movie-goers will be treated before the film begins to a sam-

pling of foods featuring honey, or produce pollinated by honeybees.

Queen of the Sun: What Are the Bees Telling Us? is a profound, alternative look at the global bee crisis from Taggart Siegel, director of The Real Dirt on Farmer John, one of our favorite GFFS movies so far!

Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic

story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world, including Michael Pollan, Gunther Hauk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature.

You can watch the official trailer at [www.queenofthesun.com](http://www.queenofthesun.com).

From the director of The Real Dirt on Farmer John

"Entertaining, gorgeous and relevant."  
 -Shawn Levy, The Oregonian

## Queen of the Sun

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 WINNER AUDIENCE AWARD MAUI  
 WINNER NASHVILLE  
 WINNER RHODE ISLAND  
 WINNER AUDIENCE AWARD INDEMNEMPHIS

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 DIRECTOR OF PHOTOGRAPHY TAGGART SIEGEL SOUND DESIGN BY RYAN MAJUK ORIGINAL SCORE BY JANN SIEBERT

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## Staff Profile: Sean Foster

by Amy Newsome, Co-op volunteer writer

I've always relied on the Co-op to find fresh food, but sometimes I find fresh faces too, as is the case with Sean Foster. Sean began working at the Co-op as a cashier just two weeks prior to our interview. He heard about the job through a couple of his fraternity brothers who also work at the Co-op. Sean is a senior member and resident of Delta Sigma Phi on the University of Idaho campus. Sean hadn't planned on joining a fraternity when he first started at the university four years ago, but attending Vandal Friday made him consider giving one a try. One of the big draws to his fraternity was their annual tandem bike ride to Boise, which is a fundraising event for charitable organizations. He has completed the ride each of the last four years.

With a father in the military, Sean lived in many places growing up. First his father was stationed at Nellis Air Force Base in Las Vegas, Nevada. Then when Sean was about five, his father was transferred to Camp Darby in Pisa, Italy. When Sean was about eight his dad gave him the choice of where to live next. The options were North Dakota, California,

Florida, or Idaho. Having just watched the movie Twister, Sean wanted to steer clear of any region prone to natural disasters, and that is why Mountain Home, Idaho was his pick. His dad had him write a persuasive essay to support his preference. He must have been convincing enough because their final destination was indeed Mountain Home,

where his family still lives.

Retired from the military, his dad is now working as a contractor for the Royal Singapore Air Force. Over the years, his mother worked various civilian jobs for the military and is now head of customer service at the Mountain Home Commissary. Sean also has a brother, Jacob, who works for the commissary as well. And true to her promise, Sean's grandmother started living with them as soon as they were to be stationed in Italy. Sean attributes his love of reading and his questioning nature

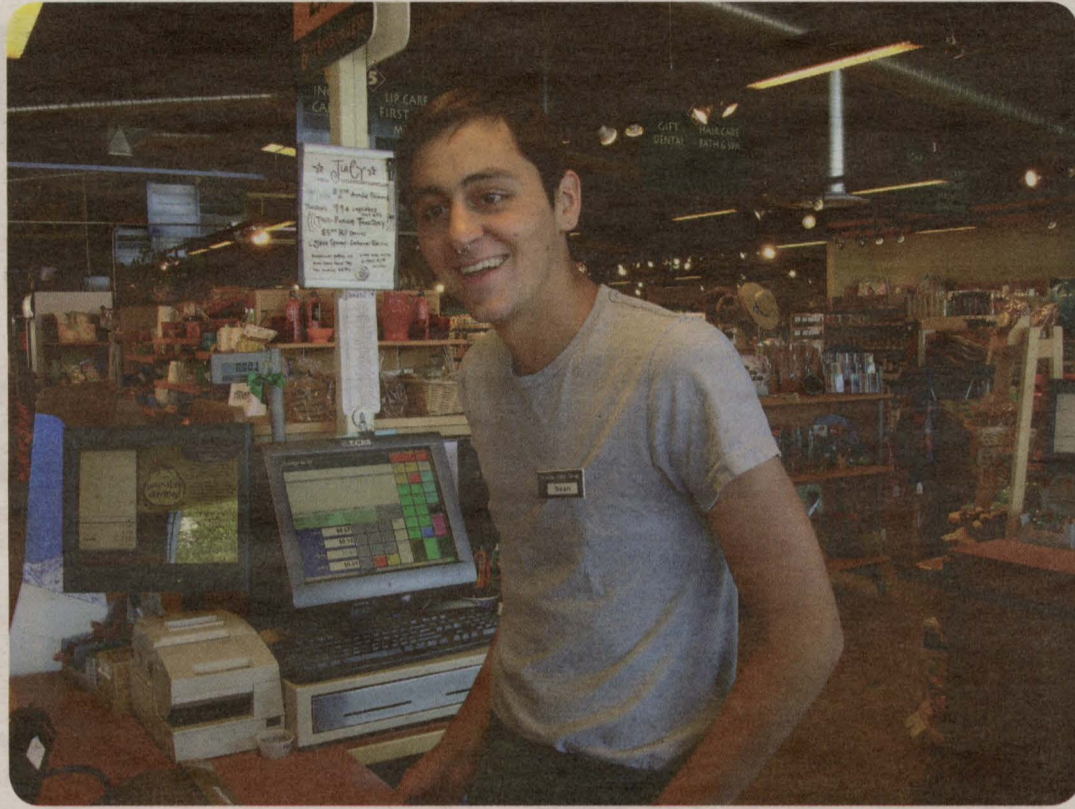
to her, who he calls "an inquisitive Catholic."

Sean's first taste of speaking a foreign language was in Italy. Then in school in Idaho he studied Latin and French. He really loved French and decided to major in it. He fulfilled a dream to go to Paris with a semester exchange his junior year. He has another semester or two to complete his French and International Studies degree. After he graduates he'll join the Air Force Reserves. He plans to attend the Defense Language Institute.

Three years ago, Sean reconnected with Tara Kuper, whom he had first met as an opponent in high school debate. They are now dating and share a love of news and politics. He says they end arguments with a rational debate style "conclusion." Sean also keeps company with his miniature dachshund, Gatsby. When not

at work, with Tara or Gatsby, Sean can likely be found playing pool at CJ's.

Amy Newsome is actually grateful for the rainy day, as it is nearly impossible for her to stay inside to write when the weather is sunny and warm.



***Sean began working at the Co-op as a cashier just two weeks prior to our interview. He heard about the job through a couple of his fraternity brothers who also work at the Co-op.***



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# Local Producer: Harvard Yale Honey Company

by Johna Boulafentis, Co-op volunteer writer

“Everything about bees is sticky,” says Jason Escapule, owner of Harvard Yale Honey Company, while discussing his life as a commercial bee keeper. For the last seven years, the Co-op has carried the company’s “sticky” products. In Grocery, you can find jars of local honey, orange blossom honey, buckwheat honey and comb honey. For larger quantities and refills, head over to the Bulk section.

When starting the business nine years ago near Princeton, Idaho, Jason says, “I didn’t even know how to spell ‘bee.’” Before making the switch to beekeeping, he worked in construction for 12 years. A coworker, who was a third-generation beekeeper, initially presented him with the idea. Starting with 200 colonies, he learned his trade through trial and error and has expanded the business to 2,500 hives.

In describing the needs of bees and a beekeeper’s role “runnin’ bees,” Jason shared, “I go where the bees go. Chasin’ the bloom.” Depending on the month, his bees work in Idaho, Washington, and California. From Mid-May to September, they pollinate areas of the Clearwater Valley and the Palouse. Starting in low country and moving their way up into higher country, they traverse canyons, creek bottoms and rolling hills. Come early October, Jason takes the strongest hives to Central Washington to pollinate buckwheat. After pulling or harvesting their honey, he brings them back to the Palouse for about a month. Next stop is California from November through January to pollinate almond blooms. Then from early spring to May, they are found buzzing through the various fruit orchards around Wenatchee, Washington.

Beekeeping has its fair share of challenges and risks. Jason estimates that he has lost up to 50 percent of his bees since the business started, noting an increase in loss during the last five years. He mentioned the worldwide loss of honey bees, or colony collapse disorder. In



**“A coworker, who was a third-generation beekeeper, initially presented him with the idea. Starting with 200 colonies, he learned his trade through trial and error and has expanded the business to 2,500 hives.”**

speaking about weather and seasons, he explained that snow pack and surface moisture are critical to the life of a bee; years of drought, high temperatures, and high winds take a toll. Moving his bees to pollinate apple trees in Washington also poses a risk. Farmers seeking bigger, elongated apples apply pesticides to thin out apple blooms and leave the “king bloom.” Even if sprayed at night, there’s a harsh residue that remains. Jason shared that as bees bounce flower to flower they gather pollen and then return to “contaminate and decimate their hives” with pesticides. This last year, Jason faced a new challenge on the Palouse. Big beekeepers from Oregon, with an estimated 15,000 hives, are overrunning the area. Bees need about a mile of forage range. If there’s a surplus of bees and not enough flowers, bees will starve. Since in Idaho beekeepers follow a “gentleman’s agreement” on bee territory, Jason has no say in other companies’ actions. His bees and our local honey are at jeopardy.

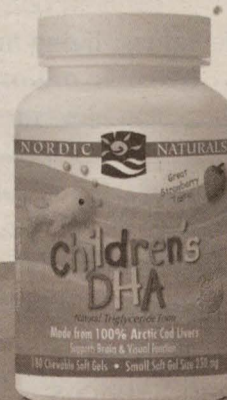
A Moscow native, Jason finds bees fascinating and intriguing,

exclaiming, “They pack around pollen balls the size of dimes! With their wing and body size they’re not supposed to be able to fly.” This intrigue helps explain his dedication to a sticky, migratory livelihood. Why else in the middle of summer would he don a bee suit with an inside temperature of 140 degrees to pull honey? Or drive a semi-truck long distances during the night to move hives to their next location? As bees dictate every third thing we eat, his work is much appreciated.

Understanding the enormous effort of bees and their keepers makes the honey taste much sweeter to Johna.

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## Co-op Volunteer Interview: Erika Szymanski

by Terri Schmidt, Co-op volunteer writer

Erika moved to Pullman last May and joined the Co-op the next day. She is “one of those people who refuses to be bored and lonely when moving somewhere new.” She began volunteering at the Co-op within a month or two, first helping a little at the Growers Market, then peeling garlic while having splendid conversations with Sam last fall. She is now working with the FACT team, and will be the main volunteer giving tours to students this fall.

Erika was my first telephone interview. She is spending the summer at the Monastery of St. Gertrude in Cottonwood, Idaho. She has “always had a fascination with Benedictine spirituality” and decided to take advantage of St. Gertrude’s monastic immersion program, which combines an internship and volunteering with experiencing monastic life. Her internship is with the development office, where she is helping with the annual Raspberry Festival as well as writing Sisters’ vocation stories for the Monastery’s Web site.

Erika had a free summer because her life is taking a new direction. She was born in Portland, lived in Los Angeles for two years, then moved with her family to Rochester, New York. She attended Grove City College in Pennsylvania, where she majored in molecular biology and was pre-med. After graduation, she began an M.D./Ph.D. program at the University of Rochester, consisting of a Ph.D. sandwiched between the second and third years of medical school.

Erika completed the first two years of medical school and the first two years of her Ph.D. research, earning a Masters degree in microbiology. Then, though she loved medicine, she came to realize that the career of an M.D./Ph.D. didn’t



*“She began volunteering at the Co-op within a month or two, first helping a little at the Growers Market, then peeling garlic while having splendid conversations with Sam last fall. She is now working with the FACT team, and will be the main volunteer giving tours to students this fall.”*

fit with her life values: living outside of big cities, having time

for family, and being more in touch with the earth. She was dying to get back west so she moved to Seattle and worked at Seattle Children’s Hospital Research Center for a year to get residency. Her good friends in Seattle laughed when they heard she was planning to move to Pullman to attend Washington State University. They might be surprised Erika is learning muzzle loading from a forestry professor she’s dating, with hopes of getting her first deer this fall. She enjoys the small town quiet, walking instead of spending hours on a bus, and having time to read and write.

Writing is where the change comes in. Erika explained, “As much as I love science and have an aptitude for it, what I really enjoy is translating science gobblety-gook into language that people outside the science arena can understand.” So she is earning a second Master’s degree in rhetoric and composition, hoping to focus on science and wine writing in the future.

When Erika was young she said, “I want to move west, study wine, and raise goats.” She has moved west. She is writing for an online wine magazine Palate Press and is beginning to do more writing for the wine industry. Can the goats be far behind?

Terri is enjoying the slower pace of summer on the Palouse.

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## Green Transportation: Jim LaFortune and the MAMBA Challenge

by Jeanne McHale, Co-op volunteer writer

This column is written with a divided heart. It features a man who left a wonderful legacy of trails enjoyed by hikers, bikers and skiers on Moscow Mountain. In his 51 years, Jim LaFortune had more fun outdoors than three normal people. I am obliged to tell you about his generosity and the continuation of his trail-building work, and yet I want you to keep it secret. A web of well-maintained trails laces Moscow Mountain, accessible from Foothill or Moscow Mountain Road and roughly centered at Four Corners.

The trails are the work of Moscow Area Mountain Bike Association, with co-operation from Bennett Lumber and private landowners. Moscow cyclists love these trails and drive their cars to use them. How do I work that into a column about Green Transportation?

In the early 90's Jim and Kathie LaFortune were new to the area. Jim and his dog Bones began to explore Moscow Mountain looking for trails. In



Jim LaFortune hauling a chainsaw while working on Over Easy Trail in 2006. Photo by Kari Dickinson.

those days, the land was littered with shotgun shells and beer cans. The first trail Jim and friends cleared was North Contour in 1991, now a one-mile "beginner" run. Soon he was collecting money for trail-building tools and developing a partnership with Bennett. Thanks to this groundwork, cyclists are now seen as good stewards of the mountain, and so is Bennett Lumber. But Kathie says Jim's

devotion to carving these trails was really a selfish act. "He realized that Moscow was going to be his home for quite a while and needed a place to ride."

The popular Headwaters Trail makes a roly-poly loop above Pond 9 on the west side. Its meandering switchbacks suggest a trail built for entertainment rather than transportation. Some of the trails are obscenely difficult to bike. The ridge road,

which I used to climb on my road bike, is tame compared to Deep Vee. I wonder if I could ever be as good a biker as Jim was, even in the last few months of his too-short life. I can't handle the black diamonds on MAMBA trails, but I'm not scared of a little gravel and regularly cycle-commute from our home near the west parking area to town.

I would like to thank the 500 or so MAMBA members who maintain the trails for all to enjoy. If you'd like to help, meet at Rosauers at 8:45 a.m. on Aug. 6 or 27, bringing water, snacks, and gloves. I would also like to

issue this Green Transportation challenge: Consider designating Foothill Road one of the official trails, call it "Washboard," and letting your Moscow Mountain adventure begin right in your driveway.

Jeanne McHale looks forward to circumnavigating the wild Weitas Roadless area by bicycle on her upcoming vacation.

## Buy Local Moscow Annual Meeting and Party

by Vicki Cockrell, Buy Local Moscow coordinator

Members and Friends of Buy Local Moscow, along with their spouses or guests, are invited to attend the Annual Meeting to be held at the 1912 Center, 412 East Third in Moscow, on Thursday, September 8. Hors d'oeuvres and a no-host bar will be available before and during the meeting portion which will run from 6 - 7:30 p.m.

A raffle will also be held for attendees to win door prizes provided by some of the more than 100 locally-owned Moscow businesses (including the Moscow Food Co-op) that have joined Buy Local Moscow since the organization was formed. The businesses are profiled on the website, [www.buylocalmoscow.com](http://www.buylocalmoscow.com).

In addition to elections for



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appointments to the Steering Committee, the meeting agenda will include a recap of Buy Local's accomplishments in the past year, a review of existing and newly expanded member benefits, and a presentation of

upcoming free informational and educational offerings.

Following the meeting portion, there will be a Social Hour from 7:30 - 8:30 p.m. A light meal will be provided by members of the current Steering Committee and other local food establishments, and the no-host bar will remain available. Entertainment will be offered as well.

There will also be a display area to showcase and to support the locally-owned independent businesses of the community, and an opportunity to visit with

the owners of local businesses and discover ways to help each other grow and prosper. Moscow continues to be a vibrant community because these businesses maintain diverse product choices and strengthen Moscow's unique character.

Recent research shows that locally-owned independent businesses form the core of a sustainable community. Increasing sales at local businesses keeps more money circulating within the community, boosts donations to local charities, and increases the number of jobs available to local residents. If you know a busi-

ness that is headquartered and located in Moscow, please invite them to join you for this event, and encourage them to join Buy Local Moscow.

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## Dump Your Drugs Responsibly

by Scott Fedale and Gail Silkwood, program volunteers

The Moscow Police Department (MPD) and several area organizations have launched a campaign to improve the disposal of outdated or unused medications.

With assistance from the Idaho Department of Health and Welfare, Latah County Youth Advocacy Council (LCYAC), Moscow City Sustainable Environment Commission (SEC), and the Latah County Sheriff's Office, the MPD will spend the next 12 months educating community members about how to

dispose of unwanted medications while providing locations where community members can dispose of drugs safely and anonymously.

This program will feature a Saturday Farmers Market drop box, two promoted National Take Back Day events in September and April and a permanent drop box location at the MPD during regular business hours.

"It has always been a common misconception [that one should] flush unwanted or expired medications," said Darrell Keim, of

the Idaho Department of Health & Welfare. Keim is the director of the pharmaceutical disposal program. Washington State University research of treated wastewater samples has shown concentrations of more than 100 compounds found in common medications that can drastically affect wildlife and surrounding areas.

Gail Silkwood, LCYAC Director, shares her hope that this program will help reduce teen access to prescription drugs that can be used for illicit use. "In

the last three years we have seen a substantial increase in teen's illegal use of legal prescriptions. Hopefully this program will help our community reduce the access by teens to these drugs."

Moscow SEC chairman Scott Fedale feels this campaign can reduce the incidence of flushing old medications, resulting in an improvement in the quality of area waterways.

For more information about the program, call the Moscow Police Department (208) 882-COPS (2677).

## Moscow Community Theatre Auditions

by Roger Wallins, Community Theatre volunteer

The Moscow Community Theatre announces auditions for *Bye Bye Birdie*, in the Moscow High School Auditorium from 7 - 9:30 p.m. on Tuesday, September 6 and Wednesday, September 7; with callbacks (if needed) and assistant technical director interviews on Thursday, September 8.

All actors must be 13 years old and older. Half the cast will play teenagers, and half the cast will play characters who look to be in their 20s to 60s.

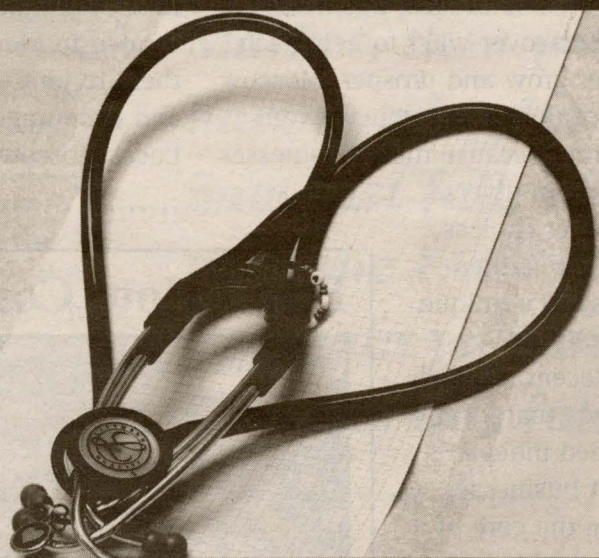
Performances will be in the Moscow High School Auditorium on November 4, 5, 6 (matinee), and 11, 12, 13 (matinee). Roger Wallins is directing *Birdie*.

For September 6, please bring a pen and your schedule for September 12 through November 13, and be prepared to sing "The Star-Spangled Banner" and "America the Beautiful"; come prepared as well to learn some basic choreography. For September 7, please bring a short monologue to read, and be

prepared to sing and dance some more. If you have questions, please check MCT's Web site, [www.moscowcommunitytheatre.com](http://www.moscowcommunitytheatre.com), or email [rwallins@moscow.com](mailto:rwallins@moscow.com).

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## Omnivoria

by Ivy Dickinson, Co-op volunteer writer

Many of you may have noticed that in the last month or so some things have been happening in the south-eastern corner of the co-op. The cut and wrap cheese has been moved to a new location by the salad bar, and the meat department has expanded into the cooler where the cut and wrap cheese used to be. As a result of this expansion, the meat department has added quite a few new products, which of course made it very difficult for me to decide which one I should sample.

After much deliberation I settled on the Smart Chicken country breakfast uncured chicken sausage (whew, what a mouthful). It has been a while since I included a breakfast recipe, which is a shame because weekend breakfasts when I actually have the time to pull out all the stops are some of my favorite meals. Don't get me wrong, I love my weekday oatmeal, but there is just something about cooking a leisurely breakfast on the weekend while still wearing pajamas and slowly imbibing a gallon or so of coffee that just can't be beat.

Before you get concerned that it seems silly for me to provide a recipe for how to cook a package of precooked sausage, I should

let you know that my recipe incorporates it into a breakfast braid recipe that also includes, onions, peppers, cheese, and eggs. This recipe isn't exactly quick, but you could speed it up by using pre-made pizza dough or you could make pizza for dinner the night before, and reserve some of the dough for breakfast. My whole wheat dough recipe will make enough for a breakfast braid and a pizza.

This recipe is both tasty and visually attractive. It would be great to serve to guests or to bring to a breakfast/brunch potluck if you get a chance. You could probably also experiment and use pastry dough instead of pizza dough if you were craving a flaky buttery pastry crust. As is, although it tastes decadent, this recipe is actually relatively healthy. For a sweet and savory combination, pair a slice of breakfast braid with a bunch of grapes.

For those of you who prefer your breakfast sausage plain and unadulterated, Ivy can report that by itself the Smart Chicken sausage has great flavor and is even a little spicy. If you have any questions or comments about weekend breakfasts please send them to [ivyrose7@hotmail.com](mailto:ivyrose7@hotmail.com).

### Chicken sausage, pepper, and egg breakfast braid

#### Ingredients

- ✓ 2 teaspoons active dry yeast
- ✓ 1 cup warm water
- ✓ 1/2 teaspoon sugar
- ✓ 1 tablespoon extra virgin olive oil, plus additional for brushing the crusts
- ✓ 1-1/4 cups stone ground whole wheat flour
- ✓ 1-1/2 cups unbleached all purpose flour, plus additional for kneading
- ✓ 1-1/4 teaspoons salt
- ✓ 1 tablespoon olive oil
- ✓ 1/4 cup chopped onion
- ✓ 1/4 cup chopped red or jalapeno pepper
- ✓ 2 large eggs, lightly beaten
- ✓ 6 oz chicken sausage, sliced (half package)
- ✓ 3/4 - 1 cup sharp cheddar

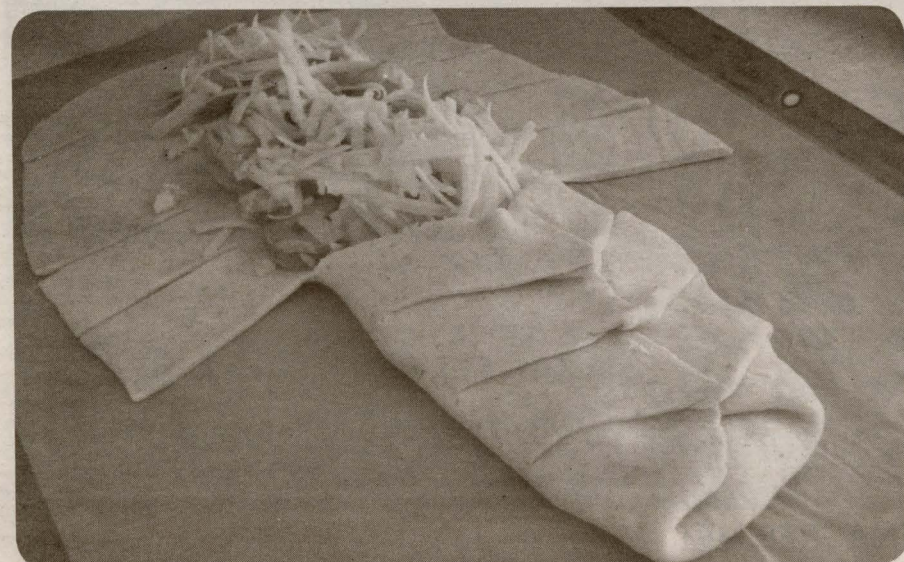
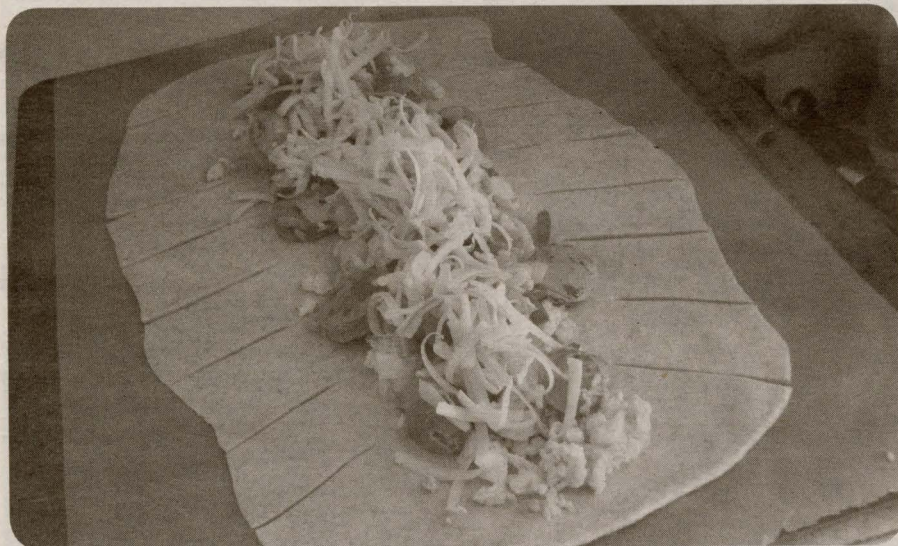
#### Preparation

Combine the yeast, water, and sugar in a small bowl and stir together. Let stand five minutes and stir in the olive oil. Combine flours and salt in a food processor, pulse once or twice, then pour in the yeast mixture with the machine running. Process until the dough forms a ball; if dough seems a little dry, add more water one teaspoon at a time until dough is slightly tacky.

Remove the dough from the processor and knead on a lightly floured surface for a couple of minutes until a smooth dough is formed. Shape the dough into a ball and transfer to a clean, lightly oiled bowl. Cover tightly with plastic wrap and let rise in a warm spot for 1-1 1/2 hours.

Preheat oven to 425. Meanwhile, add 1 tablespoon olive oil to a skillet and cook onions, peppers, and sausage over medium heat until lightly browned (5-10 minutes). Remove mixture from heat and scramble eggs until set.

Place dough on a parchment paper lined baking sheet and roll into a 15-by-10 inch rectangle. Spoon eggs and sausage mixture down the center of the rectangle, leaving about 2-1/2 inches on either side. Top the mixture with the cheese. Using a sharp knife make diagonal cuts about 1 inch apart to within 1/2 inch of the filling. Arrange strips over filling, alternating sides. Press ends under to seal and brush top lightly with olive oil. Bake for 15 minutes or until golden brown, let stand five minutes, slice into wedges and serve.







# COMMUNITY

## PALOUSE REPORT: Goodbye Wheatfields

DEAR MOSCOW FOOD CO-OP READERS,

I KEEP COMING OUT TO THE FIELDS TO DRAW,

BUT RETURN HOME EMPTY HANDED AND HEARTBROKEN.

MY SWEETIE AND I ARE MOVING.

THE POSSIBILITY HAS BEEN HANGING OVER US FOR A YEAR.

I COULDN'T STAND TO BELIEVE IT BUT NOW IT'S HAPPENING.

I CAN'T IMAGINE LEAVING MY BELOVED WHEATFIELDS

THEIR SOOTHING FORMS AND COMBED PATTERNS

ARE MY NOURISHMENT AND COMFORT.

AND I'VE MET SO MANY WONDERFUL FOLKS HERE.

I'VE NEVER LOVED A PLACE SO DEEPLY BEFORE

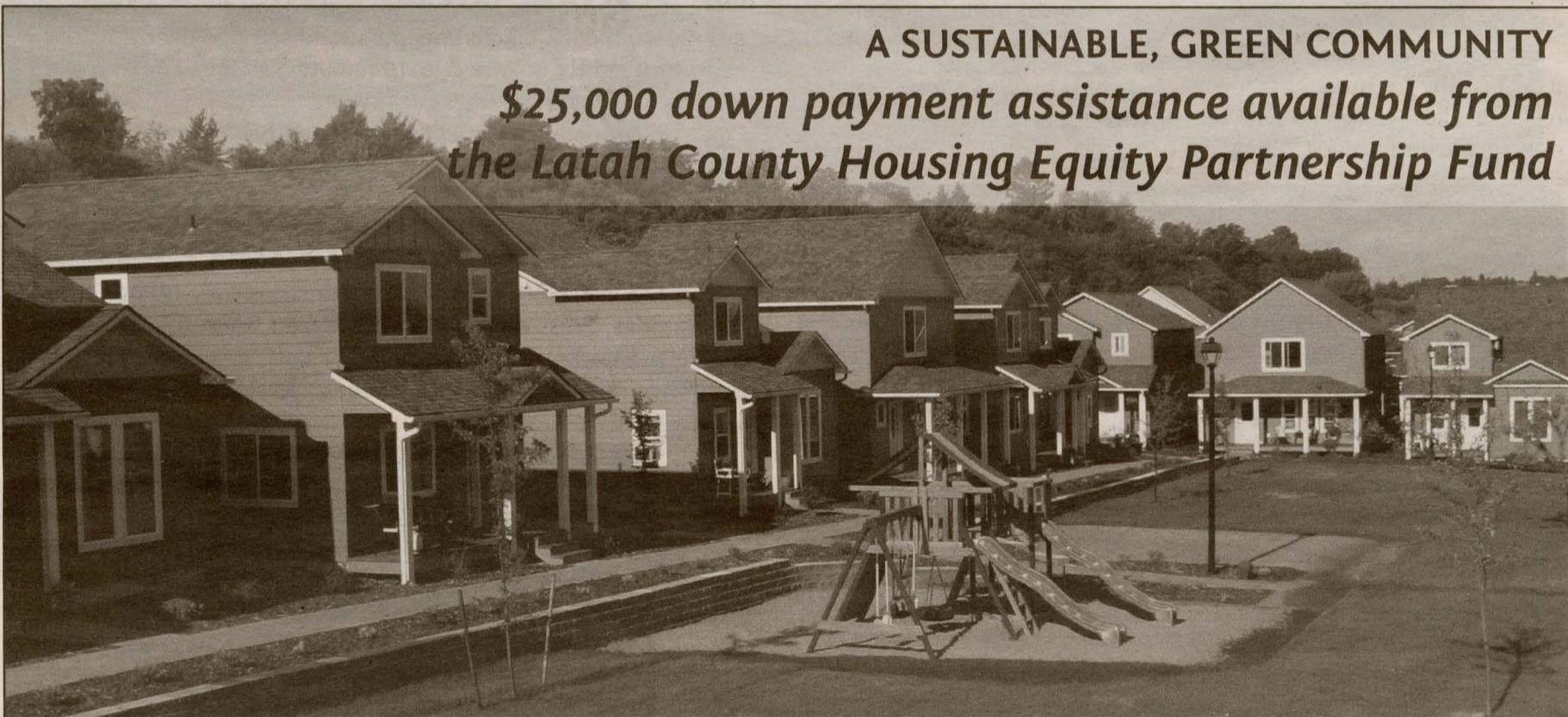
AND THERE'S TONS STILL TO LEARN.

I'M SURE I'LL COME TO LOVE MY NEW HOME IN PITTSBURGH JUST AS MUCH, BUT WILL I EVER FIND SUCH A GREAT AUDIENCE?

THANKS FOR READING!

TO FOLLOW MY ARTWORK PLEASE EMAIL ANNA @ ANNA.BREWER.COM FOR OCCASIONAL UPDATES WWW.ANNABREWER.COM. AUGUST 2011

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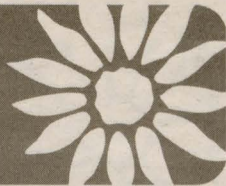
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Contact Christin N. Beebe  
 509-330-0635

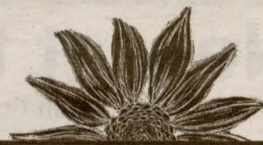




## Letter to the Editor

We visited the Co-op yesterday, purchased some of our favorite items and picked up a copy of the *Community News*. I enjoy reading the letters, feature stories, and articles in the newsletter; but I am always surprised and offended by the Howard Hughes ad featuring the attractive young woman smoking a cigarette while lying in bed. In the July issue, the HH ad is placed next to an advertisement featuring a child with a stethoscope (hopefully a child without breathing problems or other smoking-related health issues). The Moscow Medical ad speaks of pediatric and newborn care, wellness counseling, family medicine... What an irony! Surely the Moscow Food Co-op could encourage the people at Howard Hughes to select a more appropriate illustration for their advertisement. I am aware that the picture of the smoker is only an ad, but placement in the *Community News* month after month suggests tacit approval to one of the deadliest known carcinogens on the market today. Surely we do not have to promote smoking to pay the cost of publishing the newsletter. We can do better.

—Marilyn Irvine  
Moscow Food Co-op member, Lewiston



Responding as a co-owner of Howard Hughes Video, I thank Marilyn Irvine for her interest and her suggestion. We had already decided to change our advertisement, and will do so in future issues of the newsletter. Thank you.

—Deb Reynolds, Moscow



Thank you, Marilyn Irvine, for your comment on the Howard Hughes ad. Your clear and cogent complaint was both effective and welcome. Howard Hughes Video will change their ad. Good job.

—Bill London, Co-op newsletter editor



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## New at the Library

by Chris Sokol, Latah County Library District adult services librarian

**"It is all very well to be able to write books, but can you waggle your ears?"**

**—J.M. Barrie (1860-1937), British novelist, dramatist, and author of Peter Pan**

### FICTION

**Bright's Passage** by Josh Ritter. Moscow's illustrious songwriter debuts his fiction-writing skills in this story of Henry Bright, returned to West Virginia from the battlefields of WWI in the wake of his wife's death during childbirth.

**The Oregon Experiment** by Keith Scribner. Naomi and Scanlon are East Coast transplants to a small university town in Oregon who become entangled in the lives of radical activists.

**The Meowmorphosis** by Franz Kafka and Coleridge Cook. Will a classic mash-up that begins "One morning, as Gregor Samsa was waking up from anxious dreams, he discovered that he had been changed into an adorable kitten" delight—or bug—readers?

**Orientation and Other Stories** by Daniel Orozco. A new collection of wide-ranging, critically acclaimed short stories by a faculty member in the University of Idaho English department.

### NONFICTION

**Atchafalaya Houseboat: My Years in the Louisiana Swamp** by Gwen Roland; with photographs by C.C. Lockwood. The tale of two young people in the 1970s who decided to re-create the vanished simple life of their ancestors in the million-acre Atchafalaya River Basin Swamp.

**Cooking Under Pressure** by Lorna Sass. Speed-cooking soups, stews, risottos, roasts and more using a stove-top pressure cooker.

**Does the Noise in My Head Bother You? A Rock 'n' Roll Memoir** by Steven Tyler. The front man of the classic band Aerosmith tells his story of debauchery, money, notoriety, and more.

**Evel: the High-Flying Life of Evel Knieval, American**

**Showman, Daredevil, and Legend** by Leigh Montville. The triumphs, catastrophes, charisma, and hidden dark side of the flamboyant man from Butte who attempted such daring feats as trying to ride a motorcycle across the Snake River Canyon at Twin Falls.

**The Heart and the Fist: the Education of a Humanitarian, the Making of a Navy SEAL** by Eric Greitens. A memoir by one of the world's elite warriors, who, as a Rhodes scholar, studied the history of humanitarianism.

**House of Wisdom: How Arabic Science Saved Ancient Knowledge and Gave Us the Renaissance** by Jimal-Khalili. Scholars of the Islamic empire from the ninth through the fourteenth centuries were inspired by the Koran's injunction to closely study all of God's works, and created the evidence-based approach known today as the scientific method.

**The Man in the Rockefeller Suit: the Astonishing Rise and Spectacular Fall of a Serial Impostor** by Mark Seal. How a German native made a thirty-year-long career of astounding deceptions in the U.S. from 1978 to 2008.

**Money and Power: How Goldman Sachs Came to Rule the World** by William D. Cohan. The history and influence of the most dominant, controversial investment bank on the planet, which had its beginnings in 1869.

**Morning Song: Poems for New Parents** edited by Susan Todd and Carol Purington. A collection celebrating the joy a new child brings to a family.

**A Moveable Feast: Life-Changing Food Adventures Around the World** edited by Don George. A Lonely Planet collection of true tales ranging from roast bat in Micronesia to mutton in Mongolia.

**A Queer History of the United States** by Michael Bronski. The LGBT experience in the U.S., dating back to 1492.

**The Rainbow Beneath My Feet: a Mushroom Dyer's Field Guide** by Arleen Rainis Bessette and Alan E. Bessette. The unique art of dyeing fabric using mushrooms.

**Recovering a Lost River: Removing Dams, Rewilding**

**Salmon, Revitalizing Communities** by Steven Hawley. An argument that the best hope for the vitality of the Snake River and salmon runs lies in dam removal.

**The Tractor in the Haystack: Great Stories of Tractor Archaeology** by Scott Garvey. Stories of a tractor buff's dream come true: finding forgotten tractors and restoring them to their former glory.

**Wheels of Change: How Women Rode the Bicycle to Freedom** (With a Few Flat Tires Along the Way) by Sue Macy. The advent of this amazing invention in the 1880s and 1890s opened the door to new freedoms for women.

**Winning the West for Women: the Life of Suffragist Emma Smith Devoe** by Jennifer M. Ross-Nazzal. The Moscow League of Women Voters funded purchase of this biography of the woman behind the achievement of votes for women in Washington State in 1910, and the importance of the West to passage of the nineteenth amendment.

### SUMMER INTEREST

**Attracting Native Pollinators: Protecting North America's Bees and Butterflies** by Eric Mader et al. The Xerces Society offers a colorful guide for protecting the bees, wasps, butterflies, moths, flies, and beetles that pollinate more than 70 percent of our continent's flowering plants.

**Holy Shit: Managing Manure to Save Mankind** by Gene Logsdon. How and why we should exploit this terrific natural resource.

**Homemade Soda** by Andrews Schloss. Two-hundred recipes for making refreshing soft drinks such as fruit sodas, fizzy juices, herbal water and healing waters, sparkling teas and coffees, creams sodas, floats, and more.

**Paletas: Authentic Recipes**



**for Mexican Ice Pops, Shaved Ice and Aguas Frescas** by Fany Gerson. From Blackberry Spicy Pineapple to Sour Cream, Cherry, and Tequila: a palette of flavorful recipes for making traditional Mexican frozen treats.

**Things to Do Outside on the Palouse** by Mathew Hall. A guide to selected outdoor opportunities within a few hours of the Moscow-Pullman area.

Chris Sokol works for the seven public libraries in the Latah County Library District, [latahlibrary.org](http://latahlibrary.org).



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## Palouse Prairie School Board Opening

by Nils Peterson, Palouse Prairie School board chair

Palouse Prairie School seeks a community member to serve on its governing board. The Board feels that diversifying its membership will help

the school to achieve its mission "to engage the children and the community of the Palouse in a rigorous and collaborative education." More info at [http://](http://tinyurl.com/4p4ebga)

[tinyurl.com/4p4ebga](http://tinyurl.com/4p4ebga) or contact Nils Peterson [nilspete@gmail.com](mailto:nilspete@gmail.com), 882-4620



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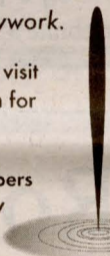
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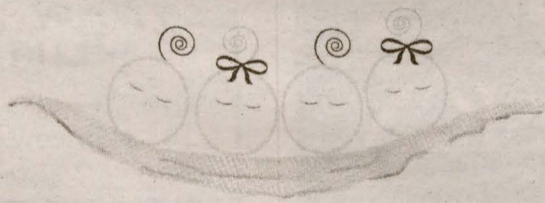
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# COMMUNITY

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-Shawn Levy, *The Oregonian*



## Queen of the Sun

What Are the Bees Telling Us?



COLLECTIVE EYE PRESENTS "QUEEN OF THE SUN" DIRECTED AND PRODUCED BY TAGGART SIEGEL PRODUCED BY JON BETZ  
DIRECTOR OF PHOTOGRAPHY TAGGART SIEGEL SOUND DESIGN BY RYAN MAJIK ORIGINAL SCORE BY JAMI SIEBER

WWW.QUEENOFTHESUN.COM *Collective Eye Films*

Please join us as we launch our third year of the Good Food Film Series this month with the gorgeous *Queen of the Sun*  
7:00 pm

Wednesday August 24, 2011

Kenworthy Performing Arts Centre, 508 S. Main in downtown Moscow

Admission: \$4 for Co-op members and \$6 for the general public

Plus, enjoy samples of food featuring honey before the show!

### Good Food FILM SERIES



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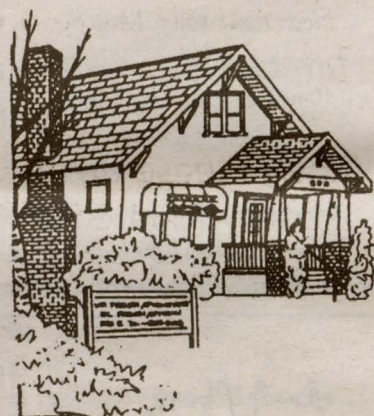
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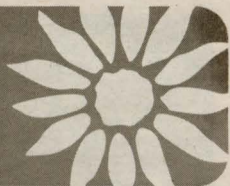
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## Welcome Back Students!

Show your university or college ID and get a \$55 Moscow Food Co-op gift card for \$50, ONLY on Sunday, August 21.

Offer applies to students and parents of students at UI, WSU, Lewis-Clark, Walla Walla Community College, etc.

Do you participate in SNAP or WIC or other similar program? Are you a Co-op member? Are you interested in helping educate others about how you eat healthy on a very limited budget, or in sharing your food experiences with others (anonymously or not?) Please email Carol, at outreach@moscowfood.coop. Thanks!

## Members - Mark Your Calendars

### Member Appreciation MAD Day Sale

All day, Sunday, August 21

The more you shop, the more you save. Don't miss this great chance to stock up for the fall! (Don't forget your bulk food containers, your shopping list, a Sharpie, and your reusable bags!)



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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](http://www.gritman.org)

AUGUST

### Breast Cancer Support Group

August 8, 7 p.m.

**FREE**

Open to all breast cancer patients and survivors. Meets in the third floor boardroom. For more information call 208-883-4968 or 208-883-1422.

### Gritman Cancer Resource Center

Open Monday to Friday, 10 a.m. to 4 p.m.

**FREE**

Our supportive and knowledgeable volunteers can help you find resources and guide you through the often scary and overwhelming cancer journey. We also provide prosthesis, wigs, hats, lap quilts and other items to help you. Call 208-883-6030 to learn more and to find out about our next Look Good...Feel Better and Reach to Recovery classes.

### Diabetes Wellness Class

First Tuesday of each month, 4 to 5 p.m., Gritman Conference Center

**FREE**

Local experts will help you learn how to live with diabetes. Call 208-883-6341 for more information.

### Osteoporosis Exercise Group

Tuesdays and Thursdays, 9:30 to 11 a.m.

One of the best ways to strengthen your bones and prevent osteoporosis is to exercise regularly. Even if you already have osteoporosis, exercise can help you maintain bone mass. Join our ongoing group and improve bone strength. A physician referral is required. Call 208-883-6088.

### Caregivers Support Group

Two meetings each month! Meet others and share info and resources Call 208-883-6483 to learn more.

### Motherhood Connections - New Mom's Group

Every Wednesday 1:30 p.m. to 2:30 p.m.

**Free**

An ongoing weekly group designed to provide new moms with the support, tools, and resources they need as they start this new chapter in life. At the Jeff & Becky Martin Community Wellness Center, 510 West Palouse River Drive, Moscow. For more information call (208) 883-6399 or email [childbirth.education@gritman.org](mailto:childbirth.education@gritman.org)

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# Bulletin Board

MOSCOW FOOD CO-OP

## Co-op Events

### Board of Directors Meeting

**Tuesday Aug 9, 6pm**

In the 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.

### Breakfast with the Board

**Saturday Aug 20, 11am**

In the Co-op deli. Come join us for a complimentary pastry or cup of coffee and some good conversation!

### MADday sale

**Sunday, Aug 21, all day**

For Member Appreciation Day (MAD), Co-op members get special discounts. 5% off purchases to \$25. 7% off purchases between \$25 and \$75. 10% off purchases above \$75.

### Art at the Co-op

**Friday August 5, 5:30—7pm**

Second opening reception for the Co-op's participation in the City of Moscow's Art Walk, featuring work of the Palouse Prairie School Kindergarden class. You will be able to meet many of the young artists that day, and the show will continue through Wednesday September 7.

### Good Film Club

**Wednesday, Aug 24, 7pm**

Queen of the Sun: What are the bees telling us? At the Kenworthy Theatre at 508 S. Main in downtown Moscow. Admission is \$4 for Co-op members and \$6 for the general public.

### Co-op Kids! Meet Tuesdays at 9am

Meet in the Co-op Deli unless otherwise stated

**Aug 2:** Clothespin Birds

**Aug 9:** Coloring

**Aug 16:** Lunch Packing for Kids

**Aug 23:** Play at Friendship Square

**Aug 30:** Musikgarten with Ms. Gillian

Contact Rebekka Boysen-Taylor:

[amamaswork@yahoo.com](mailto:amamaswork@yahoo.com).

### Co-op Events at a Glance

**Tue Aug 2—Co-op Kids—meet in the Co-op**

**Tue Aug 2—Music—Gefilte Trout**

**Wed Aug 3—Co-op Mamas and Papas Group**

**Fri Aug 5—Art at the Co-op—opening reception**

**Tue Aug 9—Co-op Kids—meet in the Co-op**

**Tue Aug 9—Board of Directors' Meeting**

**Tue Aug 9—Music—Grateful Live**

**Wed Aug 10—Co-op Mamas and Papas Group**

**Sat Aug 20—Breakfast with the Board**

**Tue Aug 16—Co-op Kids—meet in the Co-op**

**Tue Aug 16—Music—Thorn Creek Express**

**Wed Aug 17—Co-op Mamas and Papas Group**

**Sun Aug 21—Member Appreciation Day**

**Tue Aug 23—Co-op Kids—Friendship Square**

**Tue Aug 23—Music—Timewarp**

**Wed Aug 24—Co-op Mamas and Papas Group**

**We Aug 24—Good Film Club—Queen of the Sun**

**Tue Aug 30—Co-op Kids—meet at the Co-op**

**Tue Aug 30—Music—Holy Jeans**

**Wed Aug 31—Co-op Mamas and Papas Group**

### Music at the Co-op

**Tuesdays 5-6:30pm**

**Aug 2:** Gefilte Trout of Moscow, Idaho. Klezmer music and Russian/Gypsy folk songs.

**Aug 9:** Grateful Live of Moscow, Idaho. Grateful Dead favorites.

**Aug 16:** Thorn Creek Express of Genesee, Idaho. Traditional bluegrass, gospel, old-timey music.

**Aug 23:** Timewarp of Moscow, Idaho. Great covers.

**Aug 30:** Holy Jeans of Lewiston, Julietta and Kendrick, Idaho. Contemporary country music.

### Co-op Mamas and Papas Group

**Wednesdays 9:30—11am**

Meet in the Co-op Deli

**Aug 3:** Babysitting 101, what to look for in a good sitter

**Aug 10:** Options for day care on the Palouse

**Aug 17:** Preschool or no preschool?

**Aug 24:** Meet at East City Park for fun

**Aug 31:** Free time

[babies@moscowfood.coop](mailto:babies@moscowfood.coop).

## Community Events

### Red Barn Farms Summer Concerts

BBQ & Beer Garden Open at 5pm. Music starts at 6. Tickets \$5. Children 10 and under are free.

**Aug 4—** The Senders (Rock 'n' Roll from the 50's & 60's)

**Aug 18—** Coltraine (Country Hits from today)

1 Mile North of Colton, WA off 195. Info at:

[redbarnfarms.com](http://redbarnfarms.com) ☎ 509-995-6335

### Palouse Folklore Society events

**Sunday Aug 9, 7:30pm**

House Concert featuring Jaese Brown in the Attic, Moscow

**Friday Sept 16, 8pm**

House Concert featuring Maggie Herron in the Attic

Admission to both events by free-will donation.

<http://www.palousefolk.org/>

### Dahmen Barn events

**Thursday Aug 4, 1—3:15pm:** Kids' tie dyeing a T-shirt and making a bound book for sketching or journaling.

**Thursday Aug 11, 1—3:15pm:** Kids creating with frosting on cupcakes and working together to build a large scale sculpture. Three two sessions are for kids aged 7—14.

**Saturday Aug 13, 10—11am:** Quilling workshop for kids. Artist Deena Scoles will instruct young people aged 7 and older in making simple flowers using the quilling technique

[www.artisanbarn.org](http://www.artisanbarn.org) ☎ 509-229-3414

### Buy Local Moscow Annual Meeting and Party

**Thursday, Sept 8, 6—7:30pm**

Members and Friends of Buy Local Moscow, along with their spouses or guests are invited to attend the Annual Meeting to be held at the 1912 Center in Moscow. Hors d'oeuvres and a no-host bar will be available before and during the meeting portion.

### Moscow Community Theatre Auditions for Bye Bye Birdie

**Sept 6 and 7, Callbacks Sept 8, all at 7 pm** Auditions, ages 13 and older, are in the Moscow High School Auditorium.

**Sept 6:** singing and dancing auditions, and please bring a pen and your September-November schedule.

**Sept 7:** bring a prepared short monolog. Performances Nov 4, 5, 6, 11, 12, 13. More information:

[www.moscowcommunitytheatre.com](http://www.moscowcommunitytheatre.com)

### Vigil for Peace

**Moscow: Fridays 5.30—6.30pm**

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

[fnfrod@msn.com](mailto:fnfrod@msn.com) or ☎ 208 596-4291

We want to hear from you! Send us your community announcements by email to [events@moscowfood.coop](mailto:events@moscowfood.coop) by 24th of the month. If your event is at the beginning of the month, please send it for inclusion in the previous month's newsletter!