

Community News

FREE!
PLEASE TAKE ONE!

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



Democracy in Action

by Carol Spurling, outreach and ownership coordinator, outreach@moscowfood.coop, and member of Nominations and Elections Committee, elections@moscowfood.coop

The Co-op election season has arrived, and with it, your chance to exercise your rights as a Co-op owner.

Our Co-op is overseen by a volunteer board of directors who are directly elected by all of us owners. Who serves on the board is up to us... and it has a huge impact on our daily Co-op experience, because the board sets the "tone." Broad-minded, skilled, cooperative, and visionary board members equal a diverse, profitable, cheerful, and inspiring Co-op. Voting is always important, but it might be more important than ever this year, because this board will be selecting our new general manager.

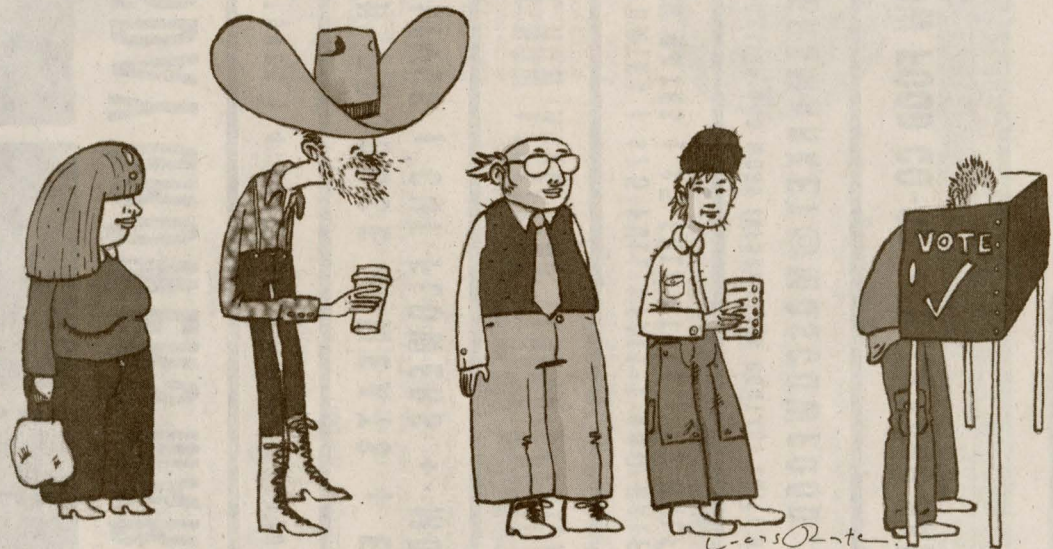
This year there are four open seats on the

Board. The top two vote-getters will win three-year terms, and the third and fourth vote-getters will win one-year terms.

Six candidates for the 2011 election filed their applications by the December 31 deadline. Voting will be available on-line, and in the store from Saturday, March 5 through

Friday, March 11. Mail-in ballots are also available in the special election insert in this newsletter.

Please see the election insert for information about this year's candidates, opportunities to meet them, and how and when to. Extra copies will also be available at the store.



www.moscowfood.coop

Community News



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

Community Food Works Arrives

by Carol Spurling, Co-op outreach and ownership coordinator, outreach@moscowfood.coop, and Amy Grey, executive director, Backyard Harvest, Inc.

It didn't take quite nine months to gestate our brand new bouncing baby, Community Food Works, but we couldn't be prouder or happier!

An inspired collaboration between the Co-op and the non-profit Backyard Harvest, Community Food Works is an effort to provide outreach and educational opportunities to local residents so they are better able to grow, prepare, and preserve local foods. While open to all residents, emphasis is placed on serving the needs of children, low-income families, and seniors within the Palouse.

Other organizations with similar purposes will be invited to participate in Community Food Works in the future.

There are clear benefits to communities that have strong, vibrant local food economies, including job creation, less adverse impacts on the environment, and closer ties between residents. Unfortunately, skill sets that were familiar two generations ago have been essentially lost. Educational/outreach opportunities are needed so that individuals can better access and preserve the bounty that surrounds them.

While this is true for all members of the community, such skills are particularly vital to low-income members of our community. Knowing how to garden, glean, and preserve for these families can mean the difference between eating a "food bank" diet of highly processed foods versus relying on a fresh, healthy, local harvest they can help grow.

Both Backyard Harvest and the Co-op have a mission to provide these opportunities, so it makes sense for us to pool our educational and outreach efforts,

making more efficient use of our resources and individual strengths.

Some Community Food Works programs will be brand new. Others will look very familiar, as some of the Co-op's established outreach/educational programs become part of the Community Food Works project. So far these include the Good Food Film Series, the Good Food Book Club, and the Tuesday Growers Market. A portion of our cooking classes—such as in food preservation—will also become part of Community Food Works, and we look forward to expanding them and offering even more!

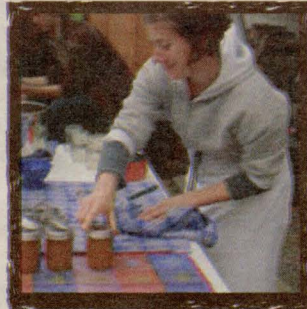
If you're interested in helping Community Food Works, there are several ways to do so: 1)

Check out the list of instructors and leaders we're in need of and let us know if you're interested and available; 2) Donate excess garden produce and fresh eggs to Backyard Harvest; 3) Shop at the Tuesday Growers Market this summer; 4) Give a tax-deductible cash donation to Community Food Works; 5) Stay tuned for our "Equipment wanted list" that we'll post regularly in the Co-op newsletter and on the web-site.

Leading Community Food Works

right now are Carol Spurling and Amy Grey, along with Backyard Harvest board members Kenzie Femreite and Jessica Bearman, and Co-op board member Jamie Bentley. The Co-op is grateful to Kenna Eaton, our departing general manager, for helping bring Community Food Works into existence. And thanks to all of you for your continued support of the Co-op and of Backyard Harvest as we begin our new venture together.

To contact Community Food Works, email Carol at outreach@moscowfood.coop. Donations can be sent to Community Food Works, PO Box 9783, Moscow, ID 83843.



**COMMUNITY
FOOD WORKS**
LEARN | EAT | SHARE

MOSCOW FOOD CO-OP + BACKYARD HARVEST

Published by
Moscow Food Co-op
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

Printed on Recycled Paper

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

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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.

Co-op E-mail Addresses

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Dime In Time Committee: dimeintime@moscowfood.coop
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, 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; 208-669-0068
15% off one month of service

Moscow Parent Toddler Cooperative

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

Palouse Discovery Science Center

950 Nelson Ct., Pullman, WA
www.palousescience.org; 509-332-6869
10% off membership to the Palouse Discovery Science Center.

Dance and Theatre

Spectrum II Art and Dance Studio

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

Farms

RavenCroft Farm

4689 Hwy 95 N; www.ravencroftfarm.com
208-882-3616
10% on mini CSA for Summer 2010, 10% off any craft item (jewelry, bags, quilts, sachets, etc.)

SkyLines Farm Sheep & Wool

4551 Hwy 6, Harvard, ID, 83834
www.skylinesfarm.com; 208-875-8747
10% off organically-raised lamb, fleeces, & roving

Food and Beverage

Camas Prairie Winery

110 S. Main Street; www.camaspriariewinery.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; 208-883-3537
<http://www.owc-moscow.com>/50% off One World Café
100% cotton totebags

Retro Espresso

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

House and Garden Services

CLEAN GREEN Organic Cleaning Services

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; 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@cpconnect.com; 208-882-4733
Free 30-minute project consultation

Spurling House & Garden

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

Professional Services

Allegra Print and Imagine

507 S. Main; allegra@moscow.com
208-882-5449
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; 208-596-8101
10% off all photo shoots

LET's Coach

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

LDP Academy LLC

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

Motherwise Midwifery

Nancy Draznin, CPM; 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; 208-882-0193
10% discount on all compatible laser printer supplies

Recreation and Lodging

Adventure Learning Camps

PO Box 8245; www.adventurelearningcamps.org
208-310-3010
10% off on trips

Andriette's Bed, Book & Bicycle

115 N. Palk Street; 208-596-9701
andriettes.blogspot.com
10% off for co-op members—2 night minimum.

Appaloosa Museum and Heritage Center

2720 W. Pullman Rd; www.appaloosamuseum.org;
208-882-5578
The museum offers a 10% discount on the purchase of our gift shop merchandise. We operate a "no-admission cost" museum but do suggest a donation amount.

Little Green Guesthouse

www.littlegreenguesthouse.com; 208-669-1654
15% off a week stay, valid for Co-op members and their relatives. Not valid on special event nights

Peterson Barn Guesthouse

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

Shady Grove Farm

ashley.fiedler@gmail.com; 208-596-1031
\$10 off initial English riding lesson or training session

Sixth Street Retreat

www.SixthStreetRetreat.com; 208-669-0763
\$20 off advertised rate for one week's stay

Retail

Bebe Bella

www.bebbella.etsy.com; 208-882-1353

10% off any baby sling

Hodgins Drug & Hobby

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

Inland Cellular

672 W. Pullman Rd; 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; joannemilot@hotmail.com 208-882-7541
10% off all gift items

Safari Pearl

221 E. 3rd; 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
208-883-1040
10% off natural fertilizers

The Yarn Underground, LLC

114 1/2 East 3rd Street
<http://www.yarnunderground.com>
208-882-7700

Tye Dye Everything

527 S. Main St.; www.tyedye-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
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
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; 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; www.healingpt.com; 208-669-2287
\$10 off initial and 2nd treatments

Moscow Yoga Center

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

Dr. Linda Kingsbury

627 N. Hayes; 208-596-4353; www.spiritherbs.com
\$10 off first session: holistic healing for body-mind-spirit; herbal medicine; chakra balancing; sound healing; classes.

Moscow Feldenkrais

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

Life Compass Institute, LLC

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

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.

Balance...a wellness spa

112 E. 4th Street
Heather Alexander, LMP
alexanderlmp@yahoo.com; 208-596-8248
10% off all massage and spa services

Laura Gessner, LMP

lgessner@gmail.com; 509-595-4225
10% discount for co-op members

Creighton on the Palouse

www.foryourfertility.com; 208-310-1805
kgotshall@foryourfertility.com
\$10 discount on first and second appointments on natural approaches to family planning and gynecological conditions.

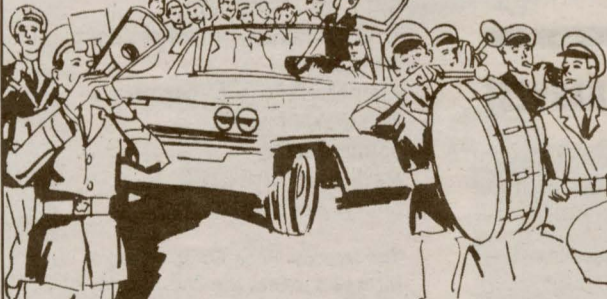
Sprout Wellbeing, LLC - Holistic Health Coaching & Wellness Support

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

A Choir of Angels Massage Center

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

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:

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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

We have a treat in store during the month of February. Morgan Gardner will be showing her wonderful photography from Friday, February

11 through Wednesday, March 9, with an opening from 5:30 -7 p.m. on Friday, February 11.

As I write this article Morgan is out of the country and I can-

not get any updated information, but I remember well the last show she had here: beautiful images executed professionally. You will love this show.

Meet the artist 5:30 -7 p.m. on Friday, February 11.

Tuesday Night Music at the Co-op for February

by Dave Billin, volunteer music coordinator

On Tuesday nights from 5 - 6:30 p.m., the Co-op deli transforms into a delightful musical venue featuring the talents of some of the best and brightest musicians on the Palouse. These all-ages shows are free to the public, and coincide with weekly specials made fresh in the Co-op's deli. Featured performers during the month of February are:

February 1: The Saunders Sisters (a.k.a. Saticoy)

Three sisters from the Moscow area assemble to play

a delightful mix of original folk tunes and covers in their debut Co-op performance.

February 8: Gypsy Dawg
A Moscow trio with a repertoire of jazz standards styled after Django Reinhardt and David Grisman's "Dawg Music."

February 15: The Mark Maland Acoustic Band
Julietta musicians Mark Maland and Cris Peterson weave together country, rock, and blues styles to craft a powerful set of original acoustic

Tuesday Night Music in February:

February 1: The Saunders Sisters/Saticoy (Moscow) - folk originals and covers.

February 8: The Ron Seiler Gypsy Jazz Trio (Moscow) - Django Reinhardt style jazz favorites.

February 15: The Mark Maland Acoustic Band (Julietta) - Original country/rock/blues songs

February 21: Tara Howe (Moscow) - Pantheistic folk rock

songs.

February 22: Tara Howe
Moscow's premier pantheistic acoustic folk-rock musician draws from a variety of classic

and contemporary influences to deliver a set of inspiring original acoustic tunes.

Co-op Kids and Community

by Rebekka Boysen Taylor, volunteer Co-op Kids coordinator

Every Tuesday morning without fail I witness the simple, awe-inspiring milestones of childhood. A little boy proudly drawing his first stick figure. A dad patiently helping his little girls to make felt jewelry. Caregivers bundle little ones up in the coldest of weather so that they can learn to make natural finger paints or bubble bath together.

Co-op Kids is a special place where kids and adults alike enjoy the very best perk our Co-op offers, community. Come join us in February if you haven't before—you do not need to be a member of the Co-op to attend.

February 1—Create a Bookmark

February 8—Make a Valentine

February 15—Tea Sandwiches

February 22—Thumbprint Animals

March 1—Essential Oil Air Fresheners

Co-op Kids offers simple, earth-friendly activities for young

children and their families. Depending on the week the kids might paint, cook, plant seeds, or play while parents and caregivers kick back and visit (with a free drink courtesy of the Co-op).

All of our activities are free so drop by! Co-op Kids meets weekly on Tuesday mornings from 9 - 10 a.m. in the Co-op Cafe.

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



A lovely felt ring made during Felt Crafting on January 4th

Co-op Mamas and Papas

by Stacy Pettit, volunteer Mama and Papas coordinator

The Co-op Mamas and Papas have been busy. We continue to have a great turnout and attract some new faces. We had Vicki Cockrell from By Design come in December and talk about home organization and home harmony. In January we had Via Family Chiropractic come and talk about the importance and benefits of chiropractic care for the family. We have had wonderful conversations about the daily happenings of new babies and new parents.

The Mamas and Papas group is very welcoming to new parents and new babies (including the ones still inside!). We meet Wednesday mornings from 9:30 - 11 a.m. We are interested in your ideas on speakers/topics

as well.

If you are interested in presenting information to this great group or interested in joining the email list, please email babies@moscowfood.coop. Come and try us out—enjoy the company and of course a free drink made with love from the great folks in the Deli.

Stacy Pettitt at this very moment wishes for piles of snow to play in.





General Manager Search Committee Update

by Andrika Kuhle, board member and search committee chair

The news of Kenna's departure has settled in, and although I am sad to see such a competent and warm-hearted general manager leave our midst, I am grateful to Kenna for helping our co-op become the vibrant community cornerstone that it is. The Co-op's success is a reflection of her commitment and great leadership over the years. I know many people are wondering now—what's next?

The board of directors has established a search committee that consists of four board members and a staff person. Although we will never be able to replace Kenna, the committee is optimistic that we can find a new GM who brings the right heart, philosophy, and skills to the position.

Kenna is leaving behind a very large pair of shoes to fill,

and we hope to cast a wide net that allows us to consider candidates from near and far, and with varying skill sets. We hope to conduct a search in a timely fashion, but there will be an interim period without a GM, and we are confident that our interim GM Team, Theresa Nuhn, Joan McDougall and Deb Reynolds, will carry us through the transition smoothly.

The search committee is comprised of board members Andrika Kuhle, Kimberly Vincent, Donal Wilkinson, and Sheryl Hagen-Zakarison, and staff member Theresa Nuhn. This group has varying degrees of experience with search committees and will provide stability through the next board election. We'll also draw on some expertise provided by the National Cooperative Grocers Association.

The committee began meeting weekly on January 10. Our first order of business has been to develop a timeline for the search, and a General Manager Job Summary. We are in the process of soliciting feedback from staff members to help us determine what qualities people value most in our GM. We'll also host a Breakfast with the Board to get member feedback, and you can email comments or leave them in the Suggestion Box. We will use the input we get to create a job summary, which we hope to have ready for board approval in February.

We think the hiring process might be completed within four to six months; however, it could take longer. We know the store is in good hands with our interim management team, and we won't rush the process. The

search committee intends to make the hiring process as transparent as possible.

You can stay informed of our efforts by looking for posts on the Co-op website (click on the "Search for new GM" tag on the far left side of the homepage), the Board bulletin board in the store, and monthly updates in this newsletter. If you have questions or want to provide input, please do not hesitate to get in touch with the committee at search@moscowfood.coop.

Andrika Kuhle is serving as chair for the GM Search Committee, and sometimes daunted by the task ahead, has found solace in a quote by Henri Frederic Amiel: "Uncertainty is the refuge of hope."



My Choice

Lois Blackburn has a favorite salad from the Co-op Salad Bar.

Her choice:

- lettuce greens (organic)
- spinach greens (organic)
- edamame (organic)
- sunflower seeds (organic)
- artichoke hearts

- blue cheese dressing (made by the Co-op Deli from primarily organic ingredients)
- Tuscan white bean soup (made by the Co-op Deli from primarily organic ingredients)

- and chocolate pudding (made by the Co-op Deli from primarily organic ingredients)

WHAT IS YOUR CHOICE?

The Front End News

by Annie Hubble, front end manager, frontend@moscowfood.coop

On the evening of Tuesday, January 11, in the midst of ice and snow and cold temperatures, we were treated to the wonderful music of Musaiique. It was lively, it was fun, it was joy-enhancing—and as I walked out of my office I came across two cashiers swing-dancing at their station, another cashier dancing in the aisles, the demo volunteers jumping in rhythm, and customers seated in the Deli area swaying in their chairs.

I watched customers come in the door of the Co-op, grim and bundled up against the cold,

start smiling at the sights and sounds. The joy was infectious, and I wondered where else in a commercial business would you find staff dancing, grins emerging, joy spreading in this way.

The Co-op is in itself a building and a business. It is the people that make it the warm welcoming place that it is. This includes the customers, volunteers, and staff, and I am so grateful that we have such a center in this community and so proud to be part of it. Thank you everyone—and thank you, Musaiique!

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What's on Your Menu for the Future?

by Colette DePhelps, volunteer Good Food Book Club coordinator

In February, the Good Food Book Club will facilitate the Northwest Earth Institute's "Menu for the Future" discussion course. This course is designed to promote dialogue, not consensus, about our current food system and the role we each play as eaters in the global food marketplace. Meetings will be Sunday evenings, February 6, February 20 and March 6, from 5 - 7:30.

The "Menu for the Future" curriculum is comprised of six sessions. Each session includes readings by prominent authors in the sustainable food and agriculture movement, accompanying questions, a list of suggested actions, and further readings and resources. The Good Food Book Club will meet every other week, covering two sessions of the material at each meeting (this is about 30 pages of reading per meeting.) Each meeting will be at a Book Club member's private residence and will include excellent discussions and a potluck dinner.

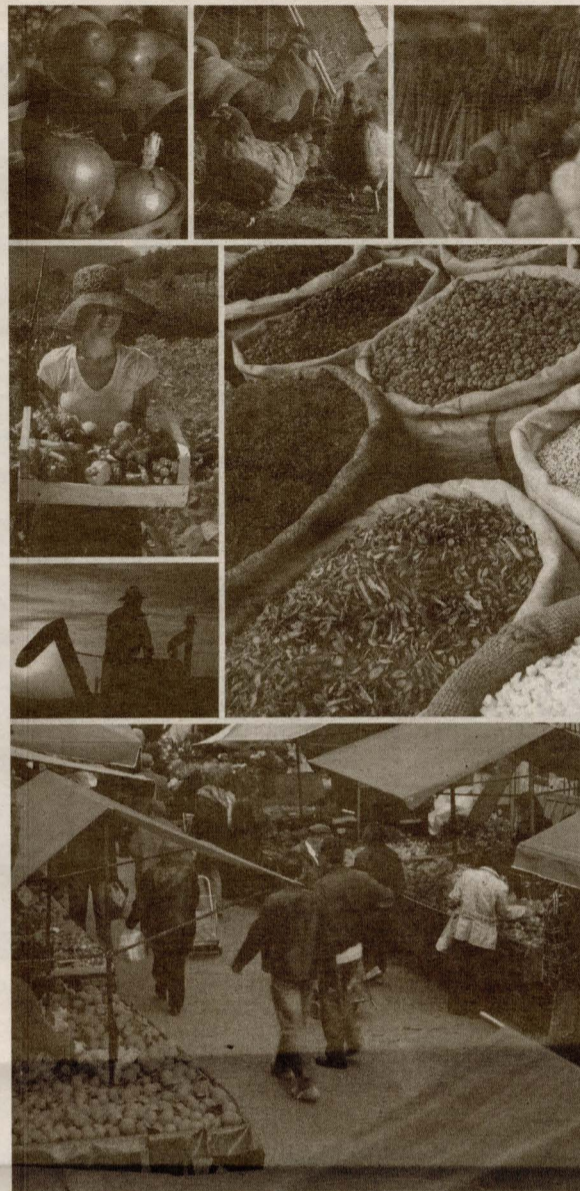
Space is limited to 12, so if you would like to participate in

this course, email bookclub@moscowfood.coop as soon as possible. You can also email requesting to be put on a waiting list for a later offering of "Menu for the Future." The University of Idaho Sustainability Center and the Co-op will provide the course books on loan and free of charge.

If you are interested in buying a copy of Menu for the Future it is available at Book People of Moscow where Book Club members receive a 20 percent discount. You can also read about Menu for the Future and order the discussion course book direct from the Northwest Earth Institute at www.nwei.org.

Remember to email bookclub@moscowfood.coop for the meeting locations and directions and/or to receive email reminders about the Good Food Book Club.

At the time of writing this article, Colette is enjoying the sound of kittens playing (new additions to her family - yea Humane Society of the Palouse!).



DISCUSSION COURSE ON

MENU FOR THE FUTURE

The act of putting into your mouth what the Earth has grown is perhaps your most direct interaction with the Earth.

—FRANCES MOORE LAPPE



Board Report: Building Financial Strength and Patronage Refunds

by Bill Beck, president, board of directors

Our Co-op is based on an alternative business ownership model. The foundation of this model is equality and democratic control. Unlike the more common business models of private or corporate ownership, our business is cooperatively owned for the mutual economic benefit of our individual owners. Anyone can become an owner with a minimal investment. No single owner can own more of our business than another owner. Everyone is welcome to shop and participate in the governance and ownership of our business.

One of the most important duties of our board of directors (BOD) is the financial oversight of our Co-op. Last year our BOD took the important step of recommending an amendment to our Articles of Incorporation to issue patronage refunds to our owners. Our owners approved these amended Articles of Incorporation in September,

2010. Patronage refunds are unique to our cooperative business model. They will help us financially strengthen our Co-op and help us continue to create a cooperative ownership culture.

Sound financial oversight and management of our Co-op requires that we make a profit. Profit is good when used for the mutual benefit of everyone. On behalf of our owners, our BOD is responsible for seeing that we make a profit, protecting our cooperatively-owned assets and building equity for our mutual benefit. Equity is one indicator of the cumulative total financial strength of our Co-op.

Patronage refunds can help us manage our Co-op finances in a unique and powerful way. They allow us to make a profit and not be taxed on the portion of the profit allocated to purchases made by our owners. This allows us to have the flexibility of returning some or all of our profit back to owners or to keep it to

help us meet the future needs of our Co-op. Tax savings realized through instituting patronage refunds will help us build equity in our Co-op.

Our board of directors will make a formal decision soon about issuing patronage refunds for 2010. The financial decisions made by our BOD are complex with many factors to take into account. Our final 2010 financial statements are not completed yet. We did not get our amended Articles of Incorporation approved by our owners until the last quarter of our fiscal year. We may not be able to issue patronage refunds for 2010 purchases. Watch for more information about this in the coming months.

We hope to have another profitable year in 2011. We are now prepared to be able to issue patronage refunds in early 2012. In the meantime, our cash flow is better; we are decreasing our debt; increasing our savings;

supporting local businesses; increasing our charitable, education, and outreach programs; and building equity to financially strengthen our Co-op. With your continued support we have a bright financial future.

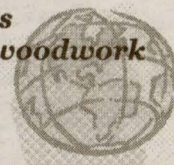
The cooperative business model continues to serve our community, sustain our mission and help us create a sound financial future for our Co-op.

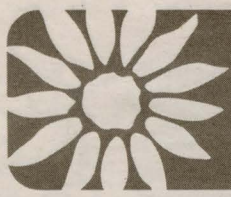
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2010 Best Ownership Year Ever!

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

We knew mid-way through 2010 that community members were joining and renewing their memberships at the Co-op at a more rapid rate than we had seen before. We are thrilled to share the news that in 2010 membership investments increased 22.9 percent from 2009.

This doesn't exactly mean we have 22.9 percent more members than last year because this figure measures dollars, not people. One member might have paid off a \$150 lifetime membership all at once, while another member is a senior citizen and paid \$5 for this year's installment.

Next month I'll report on actual member numbers in 2010 and share some interesting facts and figures. In the meantime, we are very pleased that so many people made the commitment to our Co-op, our mission, and the cooperative way of doing business. Thank you!

I taught an Essential Cookery "Dinner with Class" cooking class in January on omelettes and frittatas and had such a wonderful time sharing a relaxed, delicious, and healthy meal with a really "sympa"

(that's French for super nice) group of people.

Our menu featured sparkling beverages, tomato bisque soup, green salad, bread, omelettes and frittatas, fruit and cheese, chocolate truffles and lemon wafers, and hot tea or Inka with dessert. We ate, we learned, we tried Julia Child's omelette technique with varying degrees of success, we talked, and ate some more.

I'm very much looking forward to the rest of our series in February and March featuring crepes, French onion soup, and raclette. If you're interested in signing up please see the City of Moscow Parks and Rec winter brochure, or call them at 883-7085.

During January we welcomed groups of students of very different ages: some little ones from the Moscow Parent-Toddler Co-op, and some high school students from Central America. We love giving field trips and sharing good food with our visitors. If you would like to arrange a Co-op field trip for a group of any age, please contact me and we'll arrange a suitable time.

The Good Food Film Series and Book Club have become part of Community Food Works, and both are more fun than ever. Please watch for the ads, posters, bookmarks, Facebook posts, and other info about ways you can ingest some "Food for Thought." In January the Good Food Film was the "Real Dirt on Farmer John." It's hard to imagine a more interesting or touching film about the life of one particular farmer and farm. If you missed it, don't despair, the public library has it available on DVD! In February, the film is a brand new documentary, "The Vanishing of the Bees." Mark your calendars for February 16 at the Kenworthy!

The blood drive on January 19 was great, with 31 donors! In 2010 we doubled our blood drive participation and we'd like to do the same in 2011. Our next blood drive is in March, during spring break. Please come if you can—thank you!

We hope our members enjoyed the Member Appreciation Day sale in January. Look for another one later in 2011! And, we hope you found us at the Washington

State University Wellbeing Fair on February 1. We love going to these and giving away information and samples of some of our products. Look for us next at the Schweitzer Engineering Laboratories Green Fair later in March.

We have results back from the Customer Survey that we asked as many people as possible to take last fall. It is SO interesting and helpful to all of us who work for you here at the Co-op to have the information from the survey, so thank you very much. I hope to share some info from the survey each month with you, so watch for that starting next month.

The Co-op's online presence has increased dramatically in the last few months. Be sure to check out our Facebook pages, and our blog, and "like" us so you'll stay tuned in to all the latest news!

<http://moscowfoodcoop.blogspot.com/>

<http://www.facebook.com/home.php#!/pages/Moscow-Food-Co-op/141945362484150>

Price Shopper: Our Gluten-Free Friends

by Joe Pallen and Amy Richard, volunteer newsletter writers

We have many friends with different dietary restrictions, but the most common is the gluten-free diet. So, when we had some friends from out of town stay over that are on a gluten-free diet we were not only happy to find foods they can eat, but also about the \$13.34 we saved at the Co-op.

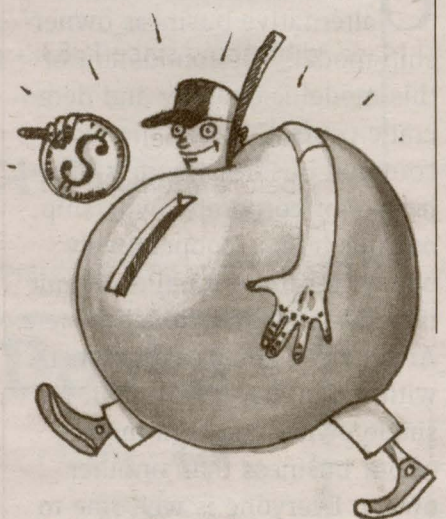
It is always a challenge trying to come up with gluten-free

meals and deserts since we seem eat plenty of wheat in our foods. We looked for a variety of items to supplement with fruits and vegetables. We looked for and found gluten-free flours and cornbread for baking. We found a pancake mix, hot cereal, and oats for breakfast. We even found gluten-free Annie's macaroni and cheese.

The best part of any meal is

dessert, so we were glad to find Pamela's brownie and cookie mixes. Joe went to the Co-op and Amy to Safeway and we found most items at both stores. It was at the Co-op we found a significant savings, spending the \$13.34 we saved and a nice gluten-free bottle of wine to share with our friends!

Joe and Amy love to bake and cross-country ski in the winter, but not at the same time.



ITEM	Co-op	Safeway
Bob's Redmill - Gluten Free All purpose baking flour 27 oz.	\$3.65	\$3.99
Bob's Redmill - Gluten Free Pancake mix 24 oz.	\$3.99	\$4.49
Bob's Redmill - Gluten Free Cornbread Mix 20 oz.	\$2.79	\$4.39
Bob's Redmill - Gluten Free Mighty Tasty Hot Cereal 24 oz	\$3.15	\$3.99
Bob's Redmill - Gluten Free Old Fashioned Rolled Oats 32 oz.	\$5.99	\$7.75
Pamelas Gluten Free Brownie Mix 16 oz.	\$5.69	\$7.35
Pamelas Gluten Free Chocolate Chunk Cookie Mix 13.6 oz	\$5.39	\$6.55
Mary's Gone Wheat Free Gluten Free Crackers 6.5 oz.	\$4.15	\$5.49
Gluten Freeda Instant Oatmeal Mapel rasian w/Flax 10.5 oz.	\$4.39	\$5.79
Anne's Gluten Free Macaroni and Cheese	\$2.85	\$3.39
Bakery on Main Granola 12 oz	\$6.95	\$6.99
Glutino Gluten Free Crackers 4.4 oz.	\$4.59	\$5.49
Glutino Gluten Free Pretzels 14.1 oz.	\$5.59	\$6.85
Total	\$59.17	\$72.51

Amount saved on this trip by shopping at the Co-op \$13.34

Note: All are regular prices, no sales or discounts applied

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Eat Fresh in February: Salad Bar

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

At the time of this writing, the salad bar has been with us for seven months and I'd like to take this opportunity to share some fun facts about the salad bar with you.

As you probably have seen, the salad bar has a huge selection of ingredients with which to create your own unique salad. What you may not know is that nearly all of the fruits and vegetables are 100 percent certified organic and that many of the ingredients during our growing season come from local farmers.

All of the salad dressings are freshly made from scratch in our kitchen. The soups are also found at the salad bar now, and there are always at least two dessert options to fulfill your sweet tooth. The black licorice pudding is undoubtedly my favorite. Since we opened the salad bar, we have sold 8,678 pounds of salad! This works out to about 12,000 servings!

In support of all of you who have resolved to eat healthier in the New Year, the salad bar will be \$1.00 less per pound through the end of February.



Co-op shoppers enjoying the salad bar. Photo by David Hall.

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> Check out the selection! organic mixed greens organic baby spinach organic celery organic sliced mushrooms organic grated carrots organic thinly sliced red onions organic radishes organic corn organic peas organic root (jicama, raw beets, or kohlrabi) organic sliced cucumbers organic tomato wedges organic bell peppers organic broccoli florets garbanzo beans organic edamame dried cranberries organic raisins | <ul style="list-style-type: none"> cage-free hard-boiled eggs walnuts organic flax seeds organic almonds organic sunflower seeds candied pecans house-made herbed croutons shredded cheddar cheese shredded Monterey jack cheese crumbled gorgonzola cheese crumbled feta cheese diced smoked mozzarella cheese apple ginger tuna salad diced roasted turkey bacon bits organic tamari garlic baked tofu organic barbecued tofu organic marinated mushrooms organic grilled onions organic grilled bell peppers | <ul style="list-style-type: none"> organic broccoli and cauliflower medley organic roasted roots Kalamata olives Greek mix olives Sicilian olives organic soy yogurt organic dairy yogurt Co-op granola organic low-fat cottage cheese organic fruit—multiple varieties Co-op-made desserts! olive oil balsamic vinegar poppyseed dressing bleu cheese dressing ranch dressing tarragon white pepper dressing raspberry vinaigrette goddess dressing |
|---|---|---|

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Taste of the Palouse

by Joan McDougall, Co-op grocery manager, grocerymgr@moscowfood.coop

We are busily engaging our local vendors for our annual Taste of the Palouse to be held this year on two consecutive Saturdays, February 26 and March 5, from 11 a.m. - 3 p.m. We hope you will plan time to come down and meet the folks who bring us those wonderful

foods that help make the Co-op such a unique place. The local vendors are excited to meet you and hear your feedback and ideas about their products. I'm certain you'll want to meet them to learn more about what they produce and how they got started with it. They are a diverse

and interesting group!

You will be able to sample locally-roasted coffee and a variety of artisan breads. We will also have some local wine vendors sampling their vintages. The raw milk dairy folks in Troy will be here and a local producer will be cooking up duck eggs

for you to try. Virginia is bringing her sister Susan to help offer samples of her amazing salsa. The list doesn't stop there by any means. Come to the Co-op February 26 or March 5 to meet the local vendors and try their products. We look forward to seeing you!

Co-op Blood Donors are the Best

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

The Inland Northwest Blood Center recently congratulated the Moscow Food Co-op for having the largest blood drives in 2010. Plus, we had an increase of almost 48 percent in blood collected compared to the year before. Congratulations and a

huge thank you to everyone who donates blood at the Co-op.

Altogether we had five blood drives, and collected 121 units of blood. Let's keep up the good work, and double our collected units in 2011!

February Meetings with the Board

by Christine locker, Co-op administrative assistant, boardadmin@moscowfood.coop

The next board of directors meeting is Tuesday, February 8 at 6 p.m. in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 and will end at exactly 6:15.

The next Breakfast with the Board is Saturday, February 19 from 11 a.m. - noon in the Co-op deli.

Community Cookbook: Refined Recipes

by Laurene Sorensen, volunteer cookbook coordinator

Several months ago, when it was still warm enough to sit on the back porch and write, I published a set of guidelines for cookbook recipe submissions. Since then my role has expanded—I'm now helping with the Week of Menus feature (which is going to be a freestanding brochure) and will be assisting the team who's putting the Co-op's recipe archives online. It was time for me to look at the bigger picture. (Or the whole enchilada.)

So, on a cold January day, I sat at the kitchen table (the indoor one) and refined the recipe guidelines into a publishing tool called a "style sheet." I'll be using it to organize existing recipes and structure new content. So, if you're writing some of your recipes up for submission,

please try these guidelines on for size. Here are the highlights. Let me know if you'd like a copy of the entire document. I'm hopeful that soon we can put it on the Co-op Web site as a reference.

Shopping lists

✓ Put items into five categories: Produce, Meat and Alternatives, Dairy, Staples, Miscellaneous.

✓ Structure each entry like this: Number/Unit of measure/Noun.

✓ Use alphabetical order within each category.

- 4 large cucumbers
- 1 bunch kale
- 1 medium onion

Recipes

➔ If appropriate, begin with a very brief highlight such as

"This reheats wonderfully," or "Perfect for potlucks."

➔ Follow with ingredient list. State ingredients in order of use. ➔ List each ingredient this way: Number/Unit of measure/Noun/Prep.

➔ Use one sentence for each logical step of the recipe.

➔ Typical order: Preheating/Final prep/Cooking/Serving.

Units of measure

Meat, cheese, produce, packaged and canned goods:

➔ Use pounds or fractions of pounds whenever possible.

➔ Use ounces for "odd lots" such as 5 ounces of arugula, 15-1/2-ounce can of beans.

➔ Always describe size of can or package by quantity (15-1/2-ounce can of beans) rather than with adjectives

Liquids, powders, fats

➔ Use cups or fractions of cups.

➔ For amounts smaller than 1/4 cup, use tablespoons (no fractions of tablespoons)

➔ For amounts smaller than 1 tablespoon, use teaspoons or fractions of teaspoons.

On a related topic: Have you been enjoying the F.A.C.T. recipe demonstrations? Have you tried making them at home? They are models of simplicity and economy. Please tell me which are your favorites so I can feature them in the cookbook.

Laurene Sorensen was tickled to find radishes, parsley, and turnips growing in her garden after the January thaw.

Use Your Re-usable Bags

by Miriam Kent, pre-cycling czaress

In my first article about pre-cycling I wrote about bringing re-usable cloth bags in to the Co-op to put your groceries in. More folks are bringing in their re-usable bags than before, even to other stores like Tri-State!

However, our Co-op is still purchasing a lot of new plastic and

paper sacks. In late 2009 over a period three months, customers used 313 large paper bags per day and 98 plastic bags per day.

What will help us remember to grab our re-usable bags from the coat hook or the car trunk? Would charging customers for using new bags lead to the

Co-op having to purchase fewer of them? I think it would. Please remember to bring your re-usable bags in to the Co-op—it's another small step to help Planet Earth.





Omnivoria

by Ivy Dickinson, Co-op volunteer writer

February marks the first month of my transition from writing "Into the Cupboard" to writing "Omnivoria." As mentioned in the January newsletter letter from the editor, "Omnivoria" will be printed on an every other monthly basis, alternating with "Vegan-esque," and will contain a recipe featuring an item from the Co-op meat department (along with other ingredients, of course).

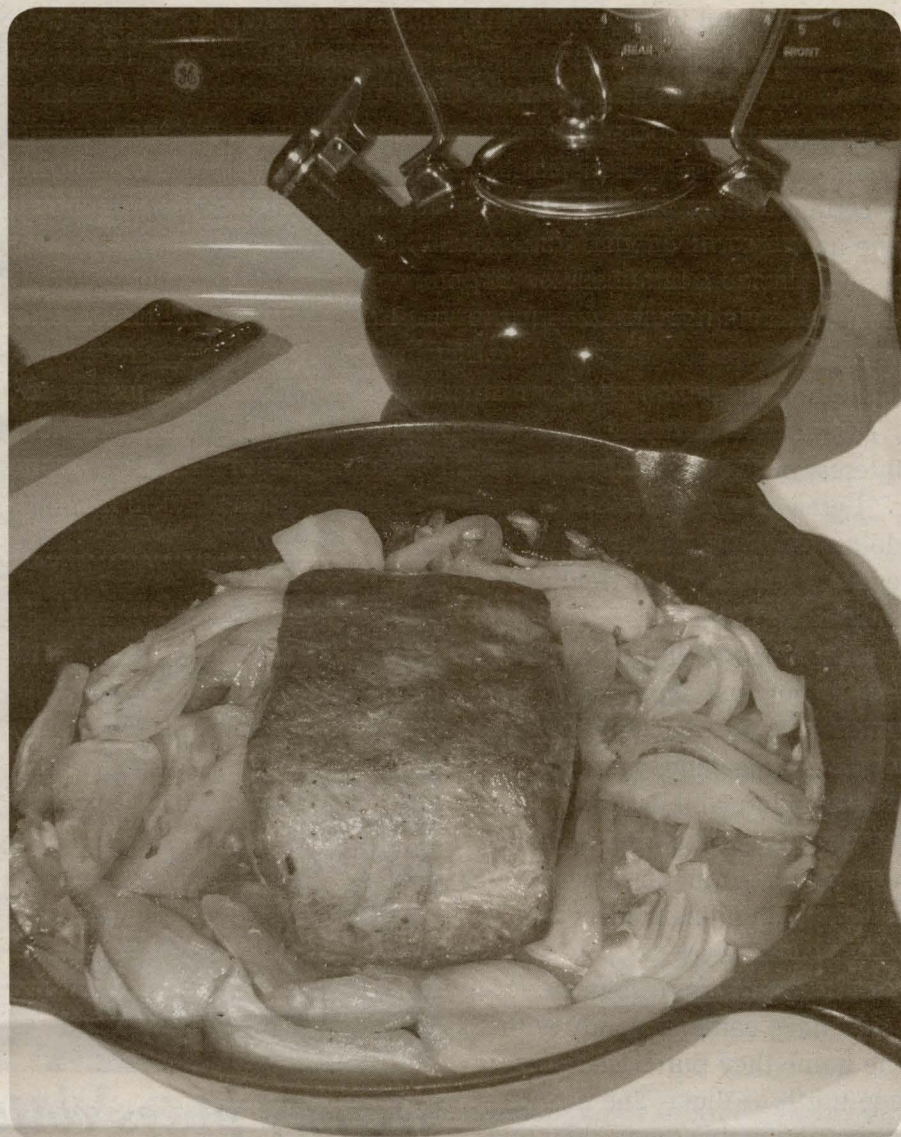
This month the meat department is introducing a whole new line of products from the Pure Country Pork farm in Ephrata, Washington. The meat department manager, Brennus Moody, will be providing all of you lovely readers with details about the farm and their pork raising practices in his article. I was able to sample one of their products in order to provide you with a recipe and a review.

At the time that I was preparing to sample this product the full line of products had not arrived, but I was still able to choose a pork loin roast. For the preparation of this roast, I thought I would use a rub that

included fennel seed, which seems to pair particularly well with pork and beef. My plan was to then serve it with fennel bulb, which develops a very mild (almost sweet) flavor when roasted. For those of you who think the fennel flavor can be overwhelming, I can assure you that any licorice flavor generally subsides when cooked; you won't regret giving it a try.

We ate our pork loin roast served over the roasted fennel with a side of peaches we canned last summer. The combination turned out to be a hit with the whole family (my three-year-old had three servings). We found the pork to be very flavorful and tender, and are definitely planning to make this recipe again in the future. I think that this recipe is simple and quick enough to prepare on a weeknight after work, plus I ate leftover pork over a green salad for lunch the next day.

Ivy would love to hear any feedback from readers about the transition from "Into the Cupboard" to "Omnivoria." Whether you have



been a long time reader of her column or not, please send comments and suggestions to ivyrose7@hotmail.com.

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Fennel-Rubbed Pork Tenderloin with Roasted Fennel Wedges

- 1 teaspoon fennel seeds
- 1-1/2 pound pork loin roast
- 2 medium fennel bulbs, trimmed, reserving fronds
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, smashed
- 1/4 cup dry white wine
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons unsalted butter, cut into pieces
- Juice from 1/2 fresh lemon, or to taste
- 2 tablespoons pine nuts

Preheat oven to 375°F with rack in middle. Crush fennel seeds with a mortar and pestle and combine with salt and pepper. Pat pork dry, and then sprinkle with the spice mixture.

Cut fennel bulbs lengthwise into 1/2-inch wedges. Heat oil in a large cast iron skillet over medium-high heat until it shimmers. Brown pork on all sides, about 6 minutes total, then transfer to a plate. Reduce heat, and sauté garlic and fennel wedges in skillet until fennel is golden brown, about 6 minutes. Add wine, stirring and scraping up brown bits, then stir in broth and butter. Put pork on top of fennel and transfer skillet to oven. Roast approximately 15 minutes, turn the pork and roast another 15 minutes until an instant-read thermometer inserted into center of pork registers 160°F. If you like a bit of a crust on the outside of your pork, go ahead and turn the broiler on for the last minute or two of cooking. Transfer pork to a cutting board and let rest 10 minutes.

Meanwhile, transfer skillet to stovetop (handle will be hot) and boil, stirring occasionally, until most of liquid has evaporated. Stir in lemon juice, chopped fennel fronds, and pine nuts. Thinly slice pork and serve over fennel with sauce.



Staff Profile: Kristy Bonner

by Amy Newsome, co-op volunteer writer

Kristy and her husband, Bill, were both recently hired by the Co-op. Kristy is a Wellness Assistant and Bill maintains the facilities. But Bill is certainly not the only handy one in the family. Kristy has an Associate in Applied Science degree in automated manufacturing from Lewis Clark State College.

I wondered how she got an interest in that field.

"I grew up watching my dad doing everything from working with sheet metal and welding to working on cars."

In high school in Colorado, Kristy took just about every kind of "shop" that was offered, including machine, welding, small engine, and drafting. Welding is her favorite, and she worked for a time in Lewiston at a shop building trailers and doing repair work.

Kristy and her husband's skills have come in handy with the home they purchased a year ago north of Viola. The house wasn't habitable when they first purchased it, so they got busy adding a wood stove and insulation, replumbing it, and building a driving bridge over the creek that passes through their two-acre property.

"It was the wild mint and strawberries that sold me on the place," Kristy admits.

Even with all the maintenance they had to do in the first year of owning their home, they still



"Kristy plays roller derby. Her derby name is appropriately "Welderbeast," a name her dad came up with. Bill is completely supportive of his wife's sport and provided the team, Palouse Derby Girls, player cards and bout photographs."

who was herself homeschooled, plans on homeschooling their daughters initially. "When Ava is also school-age we may consider regular schooling but living in the country makes homeschooling more convenient."

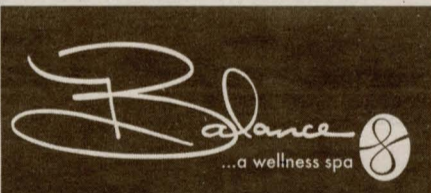
Future plans for their property include building a shop for her metal work and Bill's woodworking. Kristy likes to make things that are functional first and foremost but also have artistic flare. They also plan to build hiking and bike trails on their property's hillside.

You'd think that this young couple is busy enough, but they somehow manage a couple of more activities. Bill is a photographer and Kristy plays roller derby. Her derby name is appropriately "Welderbeast," a name her dad came up with. Bill is completely supportive of his wife's sport and provided the team, Palouse Derby Girls, player cards and bout photographs.

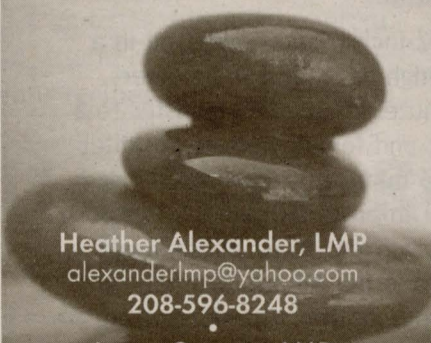
Amy Newsome was also raised by a dad who works with metal and remembers how dragging a magnet through the dirt near the shop would make the magnet wonderfully fuzzy with iron. She also remembers being told to get out of the shop with her bare feet!

managed to plant a vegetable garden. Kristy was especially able to enjoy the garden with

their five-year-old daughter, Grace. They also have a two-year-old daughter, Ava. Kristy,



...finding your balance



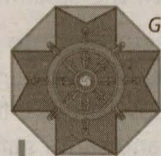
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Local Producer: Little Bear Dairy, LLC

by Johna Boulafentis, Co-op volunteer writer

It's not every day you meet a cow. Let alone a cow with a personality. I had the chance to do just that when interviewing Amy Wincentsen, who operates Little Bear Dairy in Troy with her husband Tim. The Wincentsens began providing Raw Jersey Cow Milk to the Co-op in mid-December. You can find their quarts of milk in the dairy coolers.

Although Little Bear Dairy's raw milk is new to the Co-op, Amy and Tim are not farm or dairy "newbies." Amy grew up just a quarter mile from her current home in a family with generations of experience raising livestock. Amy's grandparents even ran a dairy twice in Troy. During World War Two, her grandfather was prohibited from serving in the military because the community needed his dairy's milk.

Amy has wanted a milking cow since childhood, and her dream came true four years ago when she and Tim started a herd share. Participating in a herd share means consumers buy a share in a cow based on the amount of milk they will consume along with paying other monthly expenses like feed. Through operating the herd share, the Wincentsens' knowledge of animal health and the joys and challenges of having dairy cows grew.

Over the last year through the help of volunteers, the Wincentsens explored the possibility of retail sales of milk. Amy expressed gratitude for two University of Idaho students who developed a business plan for the farm. In November, the Wincentsens received a permit from the Idaho Department of Agriculture that allows them to sell milk at the Co-op. Through the "small herd exemption" in Idaho, farms with three cows or fewer (and seven goats or fewer that pass a monthly milk test are



“Participating in a herd share means consumers buy a share in a cow based on the amount of milk they will consume... Through operating the herd share, the Wincentsens’ knowledge of animal health and the joys and challenges of having dairy cows grew.”

permitted to sell their product. Thankfully, this delicious and nutritious raw milk is now available to you!

Amy loves their resident Jersey cows: Barley, “the Co-op Cow,” and Butterscotch, the herd share cow, for many reasons. As a mother of five children, Amy cares about the quality of milk they drink. She explains that Jersey cows are better built for grass feeding and their milk contains extra vitamins like beta carotene. Quantity also counts—Jersey cow milk with its high butter fat content makes twice as much cheese as Holstein milk!

Amy also appreciates the “giving and receiving” aspect of having Barley and Butterscotch: “We understand so many other people couldn’t have a cow, so we do this for others, too. In return, we’ve been

helped so many, many times.”


The Wincentsens have experienced the challenges of “finding good animals” for the farm. At one time, they had a cow that couldn’t breed. They waited nine months but still no baby. And another cow that wouldn’t share its milk. Amy said they felt relieved when they found a farm in southern Idaho that raises calves on milk for four months and keeps cows on pasture. Amy explained that maintaining dairy cow

health is a must and “it starts with raising an animal correctly so they won’t be chronically sick.”

In the future, Amy said they hope to make their milk available to folks with milk allergies by using A2A2 semen (related to a particular protein in milk) to breed cows. For you goat lovers out there, in the next few months, they also plan to supply goat milk to the Co-op. As supporters of grass-fed dairy animals, they plan to continue taking care of and improving the land through rotational grazing. Amy also hopes to expand the dairy to include another Jersey cow for milk and possibly even raising a small herd of dairy heifers which could be sold for family milk cows.

Johna is rarely speechless—meeting Butterscotch was one of those uncommon moments. When the cow excitedly jumped over a hay pile and then chased after Amy’s son’s hat in the wind, Johna was stunned. Cows can have personalities.

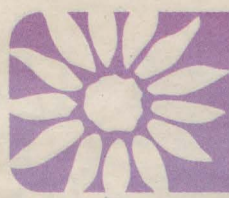

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Pure Country Pork

by Brennus Moody, Co-op meat department manager, meats@moscowfood.coop

In the waning days of December, I took a trip to Ephrata, Washington, home of Pure Country Pork. I have been looking for a nearby farm to supply us with naturally raised pork. After my visit to that farm, I am pleased to report that I was very impressed and that we will be able to offer a wide variety of the highest quality pork products supplied by this exceptional farm family.

To visit Pure Country Pork, I called Paul and Karrie and planned a trip for the 27th of December.

Karrie explained that they are Food Alliance certified. This is the same third party which inspects the Co-op's supplier, Country Natural Beef, and others for the sustainable ranching practices and humane care for the animals, land, and people.

I was impressed that this farm does not use genetically modified feeds, and is non-GMO Project Verified.

Pure Country Pork is also Pork Quality Assurance Plus certified, and United States Department of Agriculture Organic certified (of which they only raise a few for customers who order in advance).

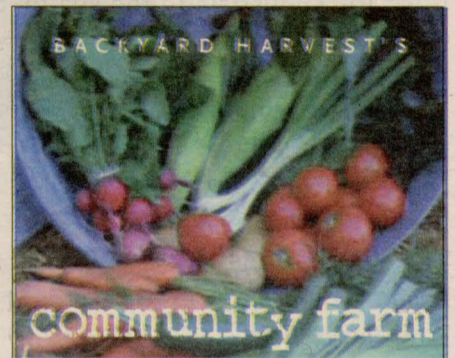
On the tour, I saw the farrowing (birthing) huts. Unlike the standard industry hog farm, these sows are free to roam, and choose their own farrowing A-frame. The pigs have toys, bowling balls and huge rubber balls they play with, plus chains on the fence which they love to tug on.

I also learned one thing I never expected. Paul explained to me why pigs eat coal. I have always made the joke that our pigs at my uncle's farm were steam powered. However, there is a real reason. Pigs use coal and charcoal as an aid for their digestive system.

My favorite memory of Pure Country Pork I call the submersible pigs. They have a deep

bedding of straw, which comes off the fields where their grain is grown. When temperatures drop, they burrow down into the straw, only showing their ears and snouts above the straw. It really is cute, but there is a practical side to this (besides keeping the hogs warm): the straw ends up with manure in it, which is then put in compost piles. This method means that, unlike the standard pig farm which uses water to flush the pens and then gathers the manure in a sewage pond, there is reduced smell and water usage.

We will be carrying Pure Country Pork bacon, hams, some sausages, plus the boneless pork chops, and some of their bone-in products. This is an excellent line; I am happy to be able to offer it to you.

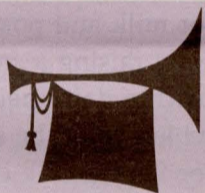


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pictured - september, 2010 share



Co-op Shoppers Speak Out:

Asked by Ashley Fiedler on January 18, 2011

The Wellness Department is planning on putting in a help desk on the floor, giving shoppers greater access to the staff. What do you think?



"It will be helpful for people to have a central location to ask questions."

—Heather Smith, Moscow, co-owner of Mosaic Land Design



"That would be really helpful."

—Zoe Fuller, Moscow, nanny



"I'm excited to check it out."

—Sarah Deming, Moscow, bookkeeper



"I like someone being there to talk to about wellness."

—Caitlyn MacGlafin, Moscow, a busy mom



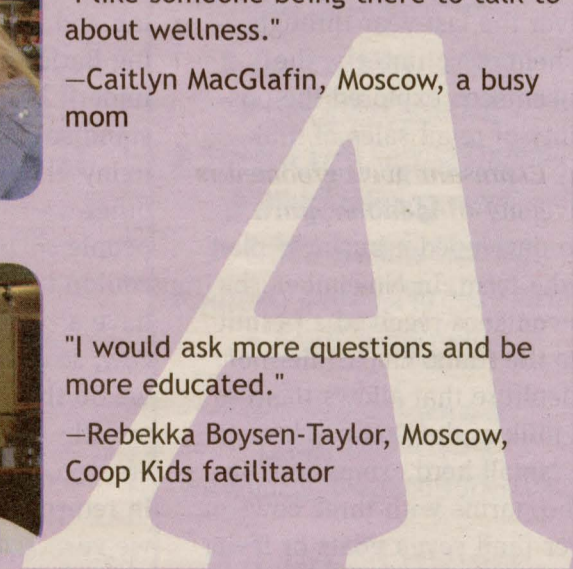
"I always have questions about the cosmetics and now I'll have a place to ask."

—Alexis Stevenson, Moscow, homemaker



"I would ask more questions and be more educated."

—Rebekka Boysen-Taylor, Moscow, Coop Kids facilitator





Get Your Glow On

by Jessica DeHart, Co-op product promotions and education coordinator, demo@moscowfood.coop

I believe in celebrating birthdays for as long as possible. In fact this last one I stretched out for well beyond a month that culminated in a trip to the spa in Seattle with amazing girlfriends. Now while February may only have 28 days, it is always the month that leaves me longing for a bit of decadence and not just the chocolate variety. I am talking about massages, tropical beaches, glowing skin, local strawberries, and all those New Year's resolutions to start making a difference in how I feel. So let's make it happen right here in Moscow.

I declare February to be a month of being pampered, indulging our health, and getting our glow on! All month long we have invited some amazing local health and wellness practitioners to set up demos and informational tables in the Co-op to help us learn about resources for wellness right here in our com-

munity -- whether it is through organizing our clutter, massage, talk therapy, house cleaning services, alternative health care or natural child birthing.

There will be demos from some of our local herbal and skin care lines along with lots and lots of products to sample that will promote health and wellness both internally, externally, and in our homes.

Weleda, Alaffia, Nordic Naturals, Burts Bees, Ballard Organics, Spry, Auromere, EO, Peelu, Boiron, Peter Gillham and Mychell are just the tip of the iceberg in terms of new things we will have samples of for you to try.

We will have a calendar of demos and visiting practitioners up at the new wellness department desk. I hope that by bringing so many people and products that inspire and pamper into one place that we will all indulge a little. Let's have a month of



"enamor" for not only others but yourself, you cannot love others. For as someone wise once said, "If you don't love

February Suggestion Box

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

The beard guards are ridiculous, humiliating, and obviously discriminating and one more sign that our Co-op has adopted a full on corporate philosophy. At least make all men in every department wear them- and to be extra safe everyone's hair ought to be in hair nets too. Extremely disappointing to see the Co-op adopt this policy.

Requiring kitchen staff to wear beard covers seems an inappropriately strong action. It is extremely off-putting, a waste of resources and must be physically and emotionally uncomfortable for staff. Clean and well groomed is good- this is too much.

We do appreciate you letting us know how you feel, but... the beard net requirement is mandated by the Idaho Department of Health and Welfare for all staff who prepare or work with food.

Hi, just wondering if the deli could make more pizza rolls. My son loves them in his lunch, but they are usually not available during the times of day I am at the Co-op. We would even buy day old pizza rolls if they were available because they keep well. Thanks for considering.

Thanks so much for letting us know how much your son loves our pizza rolls—we are so glad to hear it. The pizza rolls are freshly made each morning and are generally regarded as a lunch item, so we make just enough to last through the lunch hours. We've rec

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Co-op Volunteer Interview: Becky Millstein

by Terri Schmidt, Co-op volunteer writer

Becky Millstein; her husband, Jack; and son, Leo, worked for years as Co-op volunteers. Leo (in the photo with Becky) started working at the Co-op in sixth grade and continued working until he was a senior in high school. That was back when children were still allowed to volunteer. Leo is now living in a lovely farmhouse on a farm outside of Genesee. Becky's daughter, Flower, lives in Idaho Falls.



“Becky's words of wisdom are, “Be here now; enjoy every minute.” She has obviously learned the art of doing that herself.”

Becky and Leo began volunteering in the produce department, and then they bagged chips. When Leo graduated from high school, Jack jumped in and worked with Becky. Over the years, they also put dried fruit in containers, stocked health and beauty department items, and peeled bulk garlic. Currently Becky is doing samples for the Co-op.

After growing up in Rochester, New York, Becky had many adventures. She spent a few years in California in the 60's. (Jack also lived in California and befriended a familiar Co-op

member, Bill London, there.) Becky lived on a commune in British Columbia for two years and helped milk goats. Then she lived off the grid in the Ozarks in a one-room cabin. She marched for peace, women's rights, and gay rights in New York and lived on a free beach on Vancouver Island for two years where she built a house out of driftwood.

Becky and Jack believe in

“leaving the planet a cleaner place for future generations.” For 15 years they lived off the grid in Santa, Idaho, with no running water, no electricity, and an outhouse. I was amazed at their resilience as I talked with Becky. She cooked on a wood cook stove and homeschooled her children. To get water she would haul both kids down to Pokey Creek and carry the water back up the hill with a child on her

hip. When they got snowed in for long periods, Jack would walk three miles down the mountain to get needed supplies such as propane.

When Jack developed knee problems from banging his knees on trees in the woods for years, Becky took on his jobs, including chopping and stacking wood. After a year of this, they considered other life options and Jack decided to attend the University of Idaho. Two years later, in 1995, Becky attended the UI and earned a degree in elementary education. In 2006 she received her Masters in education and special education. She loves kids

and is a substitute teacher for all ages, preschool through high school, in both Moscow and Pullman.

Becky and Jack moved to Santa in 1979, to Moscow in 1995, and to Deary in 2004. Their house in Deary is on half an acre of land. The property has orchards with apple, pear, plum, and cherry trees, a raspberry patch, and a garden. Becky cans, dries, and freezes food from her garden and sells extra produce at the Tuesday Growers Market.

Becky's words of wisdom are, “Be here now; enjoy every minute.” She has obviously learned the art of doing that herself.

Terri plans to add milking a goat to her bucket list.



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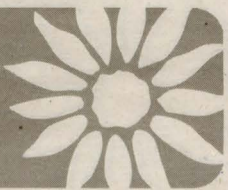
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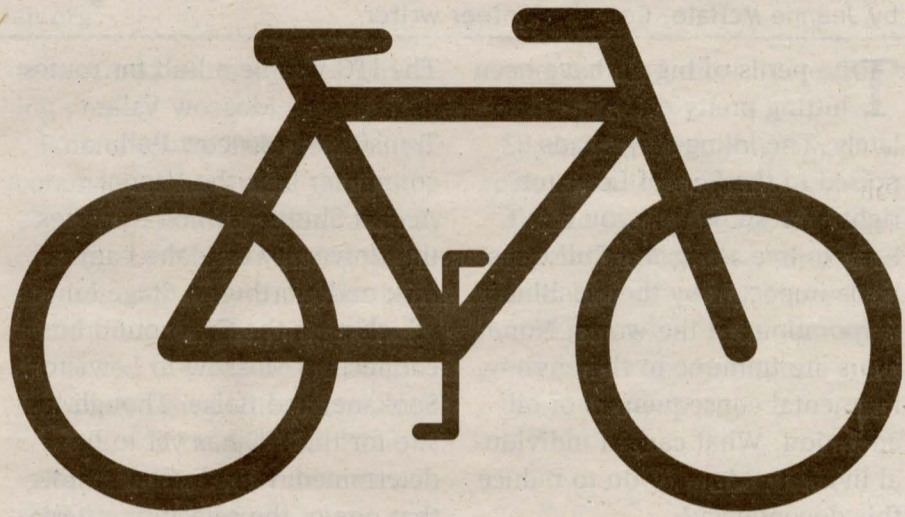
Support Bicycles In Moscow

by Nils Peterson, community volunteer

Moscow bicyclists and supporters, your help is needed. Moscow has no standards for bicycle parking. The City Council was on the verge of amending the parking regulations to include bicycle parking for new, changing, or expanding businesses and other developments. At the Council meeting on January 18, residents came out in overwhelming support of the amendment, but the Council postponed a decision in order that the Moscow Chamber of Commerce could consult with developers on ways to "improve" the ordinance. After the Council hearing, the Chamber's general board voted 12-2 to "request council to either vote down or table the amendments."

The Chamber claimed that the community's bike needs would be better served through "free enterprise and the market system." Look around you to see if the "market" is providing bike parking to meet Moscow's needs. If you agree with me that lack of bike racks discourages riding, which contributes to unsustainable use of the automobile or causes riders to leave their bikes locked in undesirable locations (trees, fences, etc) then please take action in support of the proposed amendments.

What you can do: The next hearing is scheduled for 7 p.m. on February 7, back to back with Jesse Jackson's visit to Moscow. If you can't attend the Council hearing to speak in



favor of amending the parking ordinance to include bicycles, please send an email to the City Council expressing your views about the importance of providing bike parking. Send that email to City Clerk Stephanie Kalasz at skalasz@ci.moscow.id.us. Especially if your business is a member of the Moscow Chamber of Commerce, please "cc" your

email to Steven Hacker, executive director, at stevenhacker@moscowchamber.com.

What you can do: The next hearing is scheduled for 7 p.m. on February 7, back to back with Jesse Jackson's visit to Moscow. If you can't attend the Council hearing to speak in favor of amending the parking ordinance to include bicycles, please send an email to the City Council expressing your views about the importance of providing bike parking.



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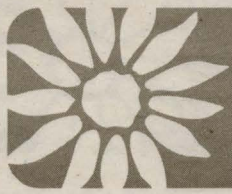
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Green Transportation: City of Moscow to Have an Intermodal Transportation Center

by Jeanne McHale, Co-op volunteer writer

The perils of big oil have been hitting pretty close to home lately. The idling megaloads poised in the Port of Lewiston right now show that you don't have to live along the Gulf Coast to be impacted by the wealthiest corporations in the world. None of us are immune to the environmental consequences of oil addiction. What can an individual living in Moscow do to reduce this dependency?

You can ride the bus instead of driving. Yes, Moscow has buses that can take you where you need to go locally and regionally, and you may be surprised at the low-cost and no-cost transportation options we have in our community. In a move that should enable travelers to take better advantage of these options, the City of Moscow is making plans to build an Intermodal Transportation Center (ITC). This facility will serve as a base of operations for local and regional transit providers and providing a link for pedestrians and cyclists.

The ITC will be a hub for routes provided by Moscow Valley Transit; the Moscow-Pullman commuter bus; the Vandal Access Shuttle, which traverses the University of Idaho campus; and Northwest Stage Lines, which runs the Greyhound bus connecting Moscow to Lewiston, Spokane, and Boise. Though the site for the ITC has yet to be determined, I'm pleased to note that one of the selection criteria is "ease and safety of site access by pedestrian and bike transit users." Covered bike parking is planned, and many of the transit providers that will use the ITC offer bike racks for riders.

The Moscow Valley Transit buses are an example. You can ride the MVT bus for free, thanks to federal funding. There are two fixed routes both of which originate at the Student Union Building on the UI campus. The west route gets you to the Palouse Mall, Gritman Hospital, and downtown Moscow. The east route includes

stops at City Hall, the 1912 Center, Latah Fairgrounds, and Eastside Marketplace.

The free Vandal Access Shuttle is a dedicated disability shuttle, though anyone can ride. It operates weekdays from 7:30 a.m. - 5:30 p.m. and is five percent biodiesel-powered. It has room for 10-12 passengers and two wheelchairs. The shuttles lack bike racks.

The Moscow-Pullman commuter bus connects the UI and Washington State University campuses, except on weekends, during the summer, and evenings. If you (and your bike) want to take the bus between Moscow and Pullman, you will need a mere \$2 each way unless you're a UI or WSU student, in which case it's free. But you'd better hurry. Hatchet-wielding administrators at both universities are constantly threatening to discontinue funding for the commuter bus.

The ITC will also be used by the City of Moscow Van Pool

and the MVT bus that connects Moscow to Elk River one day a week. What is missing in all of this? Obviously, service on nights and weekends would greatly enhance intermodal transportation options. Maybe if more of us would take advantage of these transit options, the hours of service would be extended. Let's make that a goal.

Jeanne McHale is excited about her new newsletter assignment. Stay tuned for more tips on Green Transportation.

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PALOUSE REPORT: Garden Fantasies





2011 Moscow Renaissance Fair Booth Applications Available

by Marc Fleisher, Renaissance Fair volunteer, mrf_publicity@moscowrenfair.org

2011 has arrived and with it the 38th annual Moscow Renaissance Fair. The Fair is now accepting applications for artisan and food vendor booths for this year's celebration of spring. The Fair organizers are busy at work on another year of outstanding music and entertainment, wonderful food, and unique hand-crafted works of art. This year's fair will be held Saturday, April 30 and Sunday, May 1 at East

City Park.

The participation of artisans with unique, high-quality, hand-made wares is a vital part of the festival. Only original work designed and crafted by the artist may be sold. The Moscow Renaissance Fair offers special categories for wandering vendors, craft demonstrators, and service providers (massage, fortune tellers, body art, etc.) A high standard of excellence is

maintained using a juried screening process.

Food vendors must be non-commercial, non-profit groups providing food service as a fundraising activity. In keeping with the uniqueness of this valuable community event, only those foods and beverages that are considered distinctive, tasty, and creative will be allowed. Food vendors' offerings will be sampled to choose the best-prepared,

yummiest, and most interesting of the bunch.

Space is limited, so get your application in early!

Artisan and Food Booth guidelines and applications are available online at www.moscowrenfair.org, where you may also contact us with questions.

Veiling Symposium at University of Idaho

by Sue Hinz, lecturer, University of Idaho School of Journalism and Mass Media

Veiling: Is it a fashion statement? A cultural or political declaration? A health or safety issue? For women and men? Or all of the above? In a series of public events Feb. 7-8 at the University of Idaho, area women will discuss the practice, history and future of veiling.

"Veils may be a means of concealment, but they are inherently visual as well," according to author and cultural journalist Jennifer Heath, the primary speaker at the symposium, "Seen and Unseen: (Dis) Covering the Meaning of the Veil."

Heath's lecture, "The Veil:

Visible & Invisible Spaces," is scheduled for 4 p.m. Feb. 7 in the Idaho Commons Whitewater Room, 875 S. Line St. in Moscow.

Heath is curator of the exhibition of several short films and interactive new media, "Ways of Seeing: Veils from Inside Out to Outside In," which will be on display at the University of Idaho's Prichard Art Gallery, 414 S. Main St. in Moscow, from Feb. 8-13.

The exhibition also includes selected items from Idaho's Leila Old Historic Costume Collection, curated by collection director

Susan Torntore. Items include 19th and 20th century bridal veils, cocktail hats and a "motor-ing veil."

On Tuesday, Feb. 8, Heath and Torntore will lead a gallery talk at 10 a.m. in the Prichard Art Gallery.

A panel featuring area women discussing "The Complexity of Invisibility" is scheduled from 3 - 5 p.m. Feb. 8, in the Idaho Commons Whitewater Room. The panel, moderated by Heath, will consider the veil and veiling practices to reveal its complex

contemporary cultural meanings, according to Dinah Zeiger, the symposium organizer and faculty member in the School of Journalism and Mass Media.

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Letter to the Editor

Thank you, Moscow Food Co-op, with all my heart for being there, for being who you are and what you are.

You are my principal source of provisions, my second home, my main social center of interaction. I love the food and other goods, the colorful and sweet-smelling environment, and the staff. It lifts my spirits to encounter Kenna, Annie, Aaron, Melinda, Christie, Charlie, William, Sequoia, Caroline, and all the other helpful, polite, and warmly friendly members of the Co-op staff.

It is a delight to visit with all of my friends who also frequent the Co-op; I happily never get out the door in less than an hour.

Occasionally I read in the Co-op newsletter customer comments that seem trivial and picky. I wish that whenever one of these appears, you would reprint this letter.

—Lois Blackburn, Moscow



Letter to the Editor

I am interested in gathering a group of people to design and found an ecovillage in Moscow, Idaho.

"Ecovillages are urban or rural communities of people, who strive to integrate a supportive social environment with a low-impact way of life. To achieve this, they integrate various aspects of ecological design, permaculture, ecological building, green production, alternative energy, community building practices, and much more." —Global Ecovillage Network, What is an Ecovillage?

The basic idea is that a group of individuals or families live within, and work to maintain, a neighborhood that is crafted in all aspects to be low-impact and community driven. I envision a cluster of small, earth-bermed houses that are easy to keep heated and cooled, built out of local materials. They would be surrounded by vegetable gardens, wind or water turbines, carefully managed compost bins and natural habitat.

I'm sure you're aware of the damage that humanity is causing to the environment, but being aware of environmental concerns is only the first step in addressing them; once we're aware of the environmental problems we are causing, we need to change the way we live to reduce that damage and set an example for the rest of the world. Living in an ecovillage is an excellent way to do this, because it allows you to control your ecological footprint to a far greater extent than living in more traditional housing.

Moscow has a large group of people committed to sustainability and I'm sure I'm not the only one who feels this would be a great addition to our town. If you are interested in helping me form an ecovillage, or are just curious, please contact me, Christen Beery, at (208)699-6927 or csimpson@vandals.uidaho.edu.

—Christen Beery, Moscow

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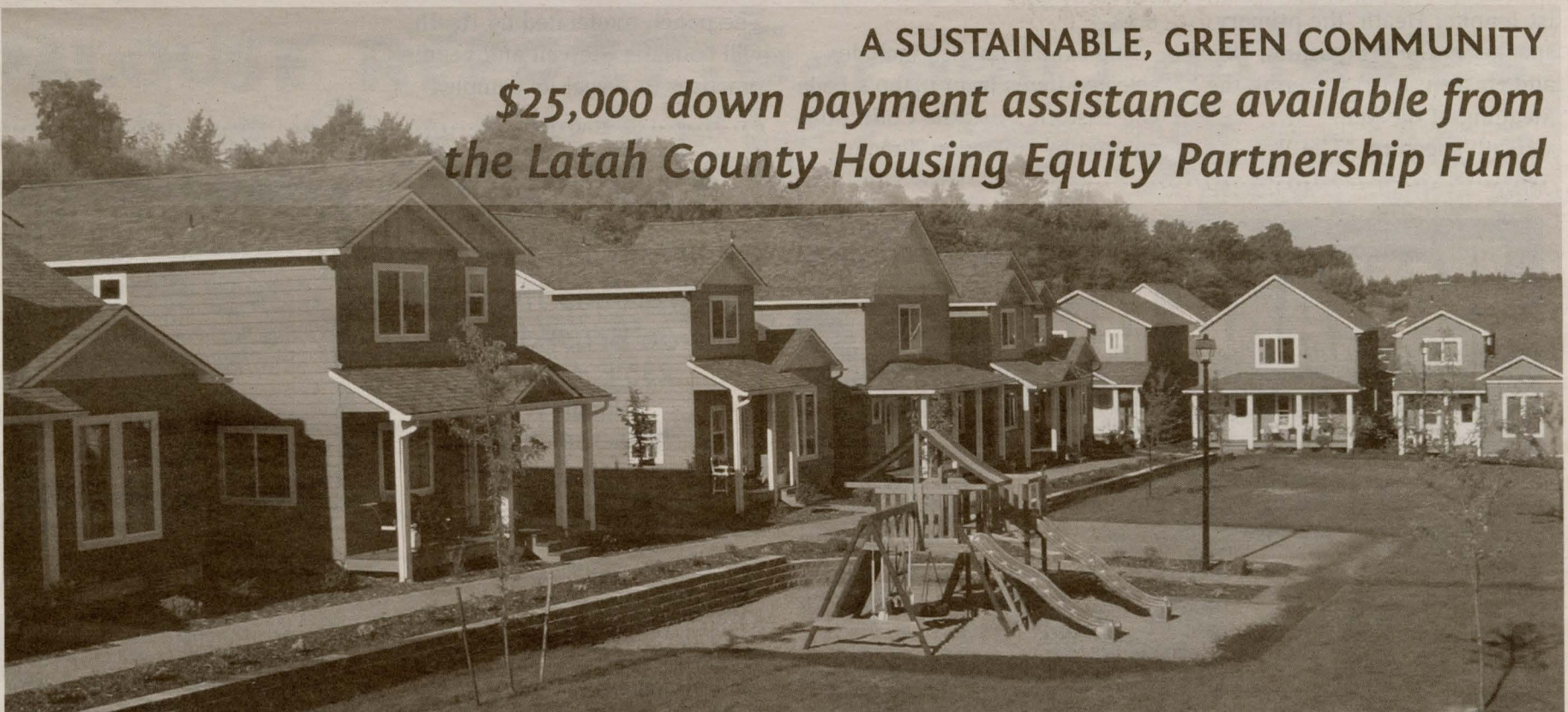


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by Chris Sokol, Adult Services Librarian, Latah County Library District

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—Abraham Lincoln (born Feb. 12, 1809)

FICTION

The Life and Opinions of Maf the Dog, and of His Friend Marilyn Monroe by Andrew O'Hagan. A novel of the iconic figure's life, told by Mafia Honey, the dog given to her by Frank Sinatra in 1960.

Under Fishbone Clouds by Sam Meekings. A love story, family saga, and journey through Chinese history, myth, and culture.

The Year of the Hare by Arto Paasilinna. An international best-seller, in which a journalist who is so affected when he accidentally hits a hare with his car that he decides to wander the wilds of Finland for a year-- meeting up with a series of comic misadventures.

NONFICTION

American Wasteland: How America Throws Away Nearly Half of Its Food (and What We Can Do About It) by Jonathan Bloom. An exposé of food waste from farm to table to garbage bin.

And the Pursuit of Happiness by Maira Kalman. In graphic novel format, the author presents her art and photographs to document the months of her year-long journey across the U.S., and her reflections on democracy.

The Artist's Guide to Grant Writing: How to Find Funds and Write Foolproof Proposals for the Visual, Literary, and Performing Artist by Gigi Rosenberg. Finding resources to support your career.

Body Type 2: More Typographical Tattoos by Ina Saltz. Textual (typographic) tattoos that run the gamut from Rimbaud to the Rolling Stones.

The Heavens Are Empty: Discovering the Lost Town of Trochenbrod by Avrom Bendavid-Val. A rediscovery of the actual setting in Ukraine for the book and movie Everything

Is Illuminated.

Hero: the Life and Legend of Lawrence of Arabia by Michael Korda. A revealing biography of the mysterious, dynamic Englishman T.E. Lawrence.

One Big Table: a Portrait of American Cooking by Molly O'Neill. Six hundred recipes and evocative photos from good cooks, farmers, fishermen, and chefs from all corners of the nation.

Pavement Chalk Artist: the Three-Dimensional Drawings of Julian Beever by Julian Beever. A global collection of flat sidewalk chalk art drawn in a distortion that, when viewed from specific angles, appear amazingly three-dimensional.

Primitive Technology: a Book of Earth Skills from The Society of Primitive Technology; edited by David Wescott. Producing objects from natural materials using methods similar to those used by prehistoric cultures.

Pullman by Robert Luedeking and the Whitman County Historical Society. The history and heritage of Pullman, Washington, depicted in an extensive collection of photographs captioned by the late Luedeking.

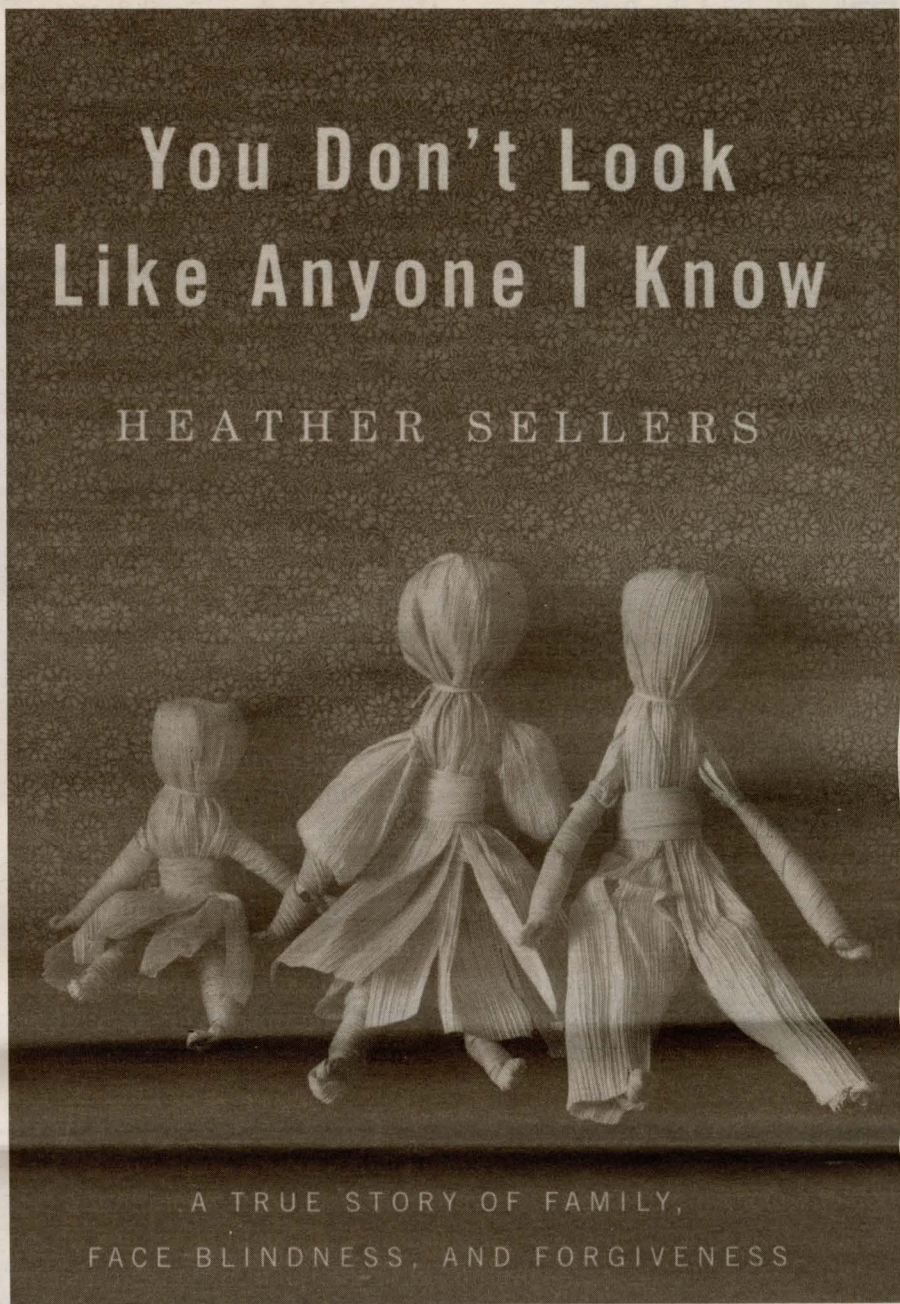
The Word Exchange: Anglo-Saxon Poems in Translation edited by Greg Delanty and Michael Matto. One-hundred twenty-three of the best-known Old English poems, with the original and its modern translation side-by-side.

You Don't Look Like Anyone I Know: a True Story of Family, Face Blindness, and Forgiveness by Heather Sellers. Growing up with prosopagnosia, a rare neurological disorder that prevents people from reliably recognizing people's faces—even those close to them.

DVD

GasLand (U.S., 2010) When he learned his home in the Delaware River Basin was on top of a rock formation containing natural gas, Josh Fox set out to investigate the controversial process known as hydraulic fracturing.

Micmacs (France, 2009) Homeless after being injured first by a landmine in Morocco, then years later by a stray bullet, Bazil sets out with his wacky friends to take revenge on the



weapons manufacturers responsible for his misfortunes.

A Mother's Courage: Talking Back to Autism (Iceland, 2009) Follow one woman's quest to unlock her autistic son's mind. (Also known as The Sunshine Boy.)

Mugabe and the White African (U.K., 2009) Mike Campbell, one of the few white farmers left in Zimbabwe after the implementation of Robert Mugabe's disastrous land redistribution program, challenged the government in international court to protect his family's livelihood.

The Sicilian Girl (Italy, 2009) Inspired by the true crime story of mafia daughter Rita Atria, who risked her life to break the code of silence and testify against "the family."

South of the Border (U.S., 2009) Oliver Stone's documentary celebrates the rise of a new generation of political leaders in South America.

Chris Sokol invites everyone to visit the Moscow Library and check

out a book they haven't yet read. (latahlibrary.org).



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February Events at the Dahmen Barn

by Julie Hartwig, exhibit curator and Leslee Miller, manager

The "Beyond the Pattern" Quilt Exhibit will be held at the Dahmen Barn in Uniontown through February 27. The exhibit will feature a collection of mostly full size bed Quilts by Uniontown Quilter Sharon Dixon. Kathleen Butts of Pullman will have a traditional Flower Basket quilt on display also.

Palouse Country Cowboy Poetry Association will present a performance of cowboy poetry and western music on Valentine and Lincoln's birthday themes on Saturday, February 12. The cost is \$7 at the door with admission for children under 12 free.

The PCCPA was formed in 1995 by seven cowboy poetry enthusiasts and has grown to 35 or so members over the years, including some nationally and internationally recognized poets and musicians. Palouse Country poets and musicians performing on February 12 include:

Howard Norskog, Orvil Sears, J.B. Barber, Lee Hadwiger, Dave Nordquist, Maxine Larson, Bodie Dominguez, Dick Warwick, Darleane Norskog, "Farmer" Dave Fulfs and John Stelzer.

On Saturday, February 19, at 7:30 p.m., Musaiique will perform a mosaic of music inspired by the early jazz era. Groove to the varied textures of jazz, including bossa nova, swing, blues, calypso, while savoring the delicious romantic melodies of the great songwriters (e.g., Irving Berlin, Cole Porter, Gershwin) plus some modern gems. This performance is a concert, with an opportunity for some dancing. The cost is \$10 for a couple, and \$7 for a single.

Artisans at the Dahmen Barn is located in Uniontown, Washington on highway 195 in the big white barn behind the famous iron wheel fence. It is 16 miles from Pullman, from Moscow and from Lewiston. Winter hours are Thursday

through Sunday from 10 a.m. - 4 p.m. The facility is handicapped accessible and has no daily admission fee. For more informa-

tion, see www.artisanbarn.org or call 509-229-3414.

medela

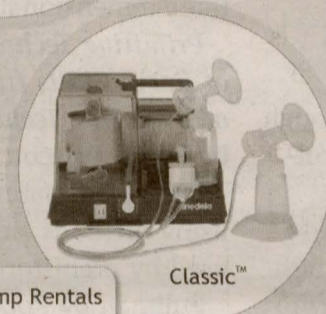
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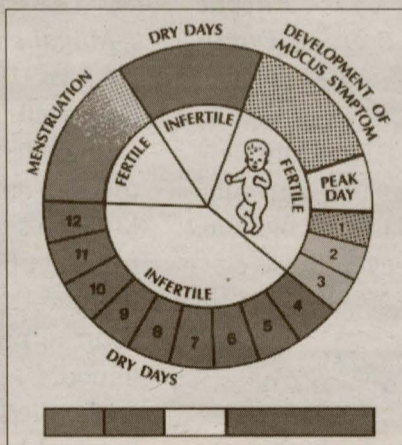
We are proud to be a Medela authorized retailer. 10% discount for Co-op Members.



Essential Wellness Classes

A Natural Approach to Family Planning and Gynecological Health Maintenance: the Creighton Model!

Have you been looking for a natural option as you plan your family, one that fully cooperates with your body? Have you been struggling with a gynecological health condition, such as PCOD, PMS, or even infertility, and wanted to hear about the latest options for treatment available to you? Do you have questions about how exactly the woman's cycle works? Men, women, married, or single ... all are welcome to come to a free presentation where they can learn more about charting the woman's cycle with the Creighton Model Fertility System!



Kara Gotshall is an RN in Idaho. She is currently completing an internship to be certified as a FertilityCare Practitioner, training women in using the Creighton Model Fertility System to chart their cycles for family planning purposes or gynecological health management. She will be assisted at the presentation by her husband, Stan Gotshall.

4 Presentation Dates:

- Tuesday, February 15 • Thursday, February 17
- Wednesday, February 23 • Friday, February 25, 2011

All presentations are at 7:00 pm in the Co-op Annex (Kimberling Farmers Insurance building across 5th Street from the Co-op, 114 E 5th St.)

Free for Co-op members, please email outreach@moscowfood.coop at least the day before to reserve your space at one of the presentations.

MOSCOW FOOD CO-OP

121 E 5th Street in downtown Moscow
882-8537 • www.moscowfood.coop



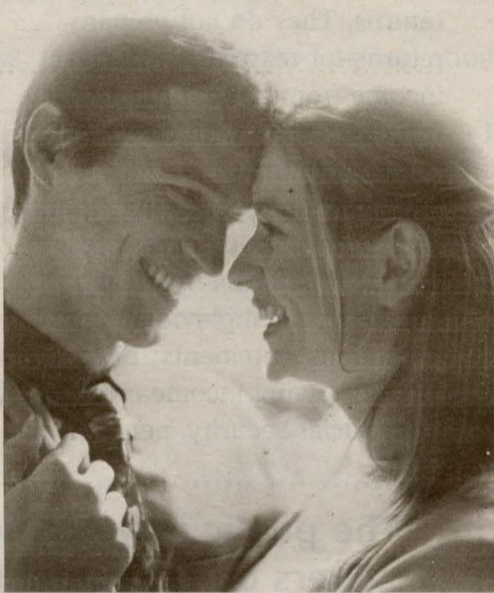
Natural Family Planning—An Option For Today's Families.

by Kara Gotshall, RN, FCPI

“Natural Family Planning,” or NFP, hasn’t often made the top of most couples’ list of birth control methods. Why is that? It is highly effective, with some systems boasting up to 99.6 percent effectiveness at avoiding pregnancy and 98 effectiveness at achieving pregnancy. There are no shots, implants, prescriptions, or health risks involved. NFP is a shared system that cooperates with the natural fertility of the couple.

Why don’t more people know about it? Perhaps for two reasons: people rarely hear about it, and what little they do hear is based on the outdated “rhythm method.”

Modern approaches to NFP are based in science and research. During her cycle, the woman’s body goes through extensive preparation before ovulation. With proper training, a couple can learn to recognize these signs, enabling them to achieve



or avoid pregnancy at that time with great accuracy.

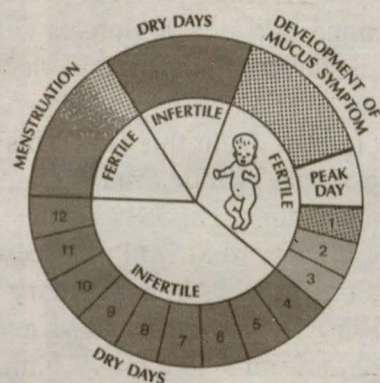
The most common signs that women are trained to recognize with NFP include characteristic discharges, precise temperature changes, and physical changes in the woman’s cervix. This system is based on being in tune with the woman’s body, and so it is still highly effective during breastfeeding, postpartum, and

the pre-menopause phases of a woman’s life.

When a couple is charting accurately, NFP can even have medical applications. The information obtained through charting with the Creighton Model System can help women and their doctors recognize and treat various gynecological conditions quickly and effectively, such as PMS, infertility, polycystic ovarian syndrome, hormone imbalances, miscarriages, predicting a baby’s due date, and much more. Health

care professionals trained in this new health science, called NaProTechnology, are located throughout the country.

NFP is a very real option for today’s couples, based on knowledge, responsibility, and cooperation. Come learn more about it at February’s Essential Wellness classes. The classes will be held February 15, 17, 23, and 25 at 7 p.m. in the Co-op Annex,



the Co-op’s brand new meeting space directly across 5th Street from the Co-op parking lot.

Kara Gotshall is an RN and FertilityCare Practitioner Intern of the Creighton Model. She can be contacted at (208) 310-1805 or online at www.foryourfertility.com.

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Free Tax Preparation

by Randy Baukol, AARP local coordinator

The American Association of Retired Persons (AARP) Internal Revenue Service-certified Tax-Aide volunteers will be available to prepare and electronically file federal and state tax returns again this year. This free service will be available at two locations. The 1912 Center at 412 East 3rd Street in Moscow will be available from February 9 thru April 13, Wednesdays and Fridays, from 9:30 a.m. - 2 p.m. No appointments are necessary

here: first come, first served.

We will also be available by appointment at the Troy City Hall conference room, 517 South Main Street in Troy, from February 10 - 24 from 10 a.m. - 1 p.m.

The AARP Tax-Aide volunteers prepare returns for low to middle-income taxpayers of all ages, with emphasis on those age 60 and over. Membership in AARP is not required. The program is sponsored by the IRS and the

AARP Foundation. Volunteers are authorized to prepare most basic returns. They do not prepare returns for taxpayers that have income from rental property or from taxpayers with complicated business returns.

What should you bring when you come? A copy of last year's return; W-2 forms from each employer; unemployment compensations statements; 1099 forms showing income received from Social Security, pension,

interest, dividends, capital gains, scholarships and broker transactions; documents showing date of purchase and purchase price for assets sold in 2010; dependent care provider information if you paid for dependent care while you worked; and a Social Security card for yourself and all dependents.

For further information, call (208) 882-5406.

Co-op owners: Do you want to receive news about upcoming Essential Cookery, Wellness, and Living classes offered by the Co-op? Sign up for our Essential mailing list by emailing outreach@moscowfood.coop!

Did you know? The Moscow Food Co-op is a great place to eat with the whole family. Lots of healthy and tasty choices to please even your pickiest eater...plus child seats, and friendly, helpful staff.

The public is welcome to post notices and flyers on the bulletin board outside the Co-op. This board is cleared on the 1st and the 15th of the month. Please do not use staples or tape. Bulletin boards, windows, walls, and shelves inside the Co-op are for Co-op generated or approved materials only. Thank you!

Healthy Connections

Education + Specialty Clinics + Support Groups + Special Events

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

Safe Sitter Babysitting Class

March 12, \$40

Designed to give preteens and teens the skills needed to be successful babysitters—including safety, organizational, discipline and business skills required for them to think and act professionally during babysitting jobs, as well as child care essentials. Pre-registration and pre-payment required online at www.gritman.org. Click on the events tab.

AARP Driving Program

March 15-16, \$12 AARP Members; \$14 for Non (pay at door)

A refresher course for the experienced motorist age 50 and above, exploring normal, age-related changes that influence driving ability and more. Pre-registration required online at www.gritman.org. Click on the events tab.

Heartsaver First Aid with CPR

March 26, 9 a.m. to 4 p.m. \$60

The Heartsaver First Aid Course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Pre-registration required online at www.gritman.org. Click on the events tab.

Motherhood Connections

Wednesdays, ongoing, 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. For more information call (208) 883-6399 or email childbirth.education@gritman.org

Did You Know?

Gritman Medical Center uses a team approach to your knee, hip and shoulder replacement surgery. With our Total Joint Replacement Team you'll receive comprehensive and personal care throughout your entire surgical process, from pre-operation preparations to post-operative recovery and as you continue your rehabilitation at home. Call 208-883-2234 today to learn more.

Teddy Bear Clinic April 9

A chance for little ones to see healthcare in a friendly, teddy bear environment.

Leading the Way to Wellness.

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

Follow us on [facebook](#) and [twitter](#) www.gritman.org

palouse prairie school

OF EXPEDITIONARY LEARNING

NEW! 7 & 8 Grade Now Available for 2011-12*

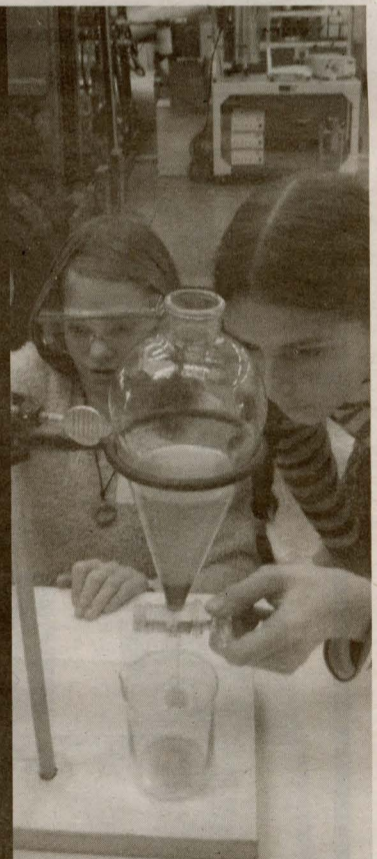
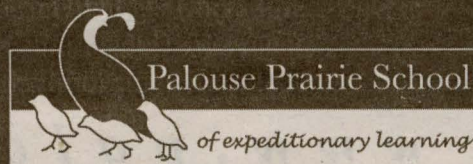
Join us for a school tour! February 18 or March 4

11:00 am
Community Circle School-wide Celebration

11:20 am
Expeditionary Learning Basics

11:30 am
School Tour and Q & A

* Enrollment for grades 7 and 8 is contingent upon the approval of the Charter Commission, the granting of a Conditional Use Permit from the city of Moscow, and adequate enrollment numbers.



EXPEDITIONARY LEARNING is a hands-on, rigorous education model that fosters positive school culture and a collaborative learning environment.

PALOUSE PRAIRIE SCHOOL is a K-8* tuition-free, public charter school.

APPLICATIONS AVAILABLE AT www.PalousePrairieSchool.org



Instructors Wanted

Community Food Works, a new collaboration of the Moscow Food Co-op and Backyard Harvest, is looking for instructors, volunteers, and workshop leaders who have expertise in the following areas:

Canning, dehydration, freezing, and other home food preservation methods

Jam, preserves, and jelly making

Home smoking and curing of sausage and jerky

Hunting for beginners

Making brined pickles, sauerkraut, and kim chi

Home cheese making

Backyard poultry for eggs and meat

Building a coop for backyard poultry

Building a simple backyard greenhouse

Raising backyard rabbits for meat

Home brewing beer, cider, and wine

Building and using solar ovens and insulated hot boxes

Backyard beekeeping

Wildcrafted mushrooms and other edibles

Cooking with whole grains

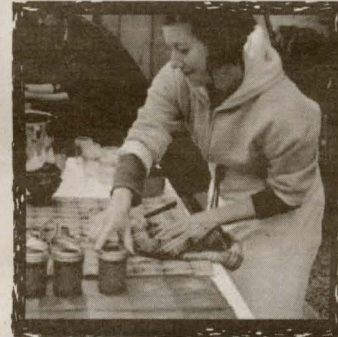
Sourdough baking

Gardening and simple cooking with elementary-age children

Container and windowsill gardening

Edible landscaping

The pay or stipend offered will be dependant on the complexity, length, and structure of the workshop or class offered, and instructor experience. To indicate your interest, please send a short cover letter and a summary of your relevant experience to Carol Spurling, Community Food Works, PO Box 9783, Moscow, Idaho, 83843, or email it tooutreach@moscowfood.coop.



COMMUNITY FOOD WORKS

LEARN | EAT | SHARE

MOSCOW FOOD CO-OP + BACKYARD HARVEST

THE GOOD FOOD FILM SERIES

VANISHING OF THE BEES

takes a piercing investigative look at the implications of the worldwide disappearance of the honeybee

7pm | wednesday | february 16, 2011

kenworthy theatre | 508 s. main, moscow

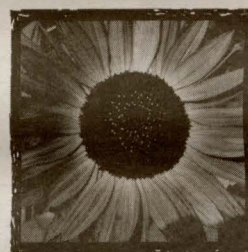
\$4 co-op members | SNAP recipients

\$6 general public

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**COMMUNITY
FOOD WORKS**
LEARN | EAT | SHARE

A NEW PROJECT OF THE
MOSCOW FOOD CO-OP
+ BACKYARD HARVEST

COMMUNITY FOOD WORKS



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WE ARE NOW ACCEPTING VENDOR APPLICATIONS

SEASON RATES | \$75 FULL STALL | \$40 HALF STALL
WALK-ON RATES | \$5 FULL STALL | \$3 HALF STALL

FOR APPLICATION AND MORE INFORMATION CONTACT BRITT HEISEL AT
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MOSCOW FOOD CO-OP + BACKYARD HARVEST



Bulletin Board



MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Feb 8, 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 Feb 19, 11am—12pm

See you in the Co-op Deli.

Kenna's Going Away Bash

Friday Feb 4, 4—8pm

The Co-op is hosting an open house to say goodbye to Kenna Eaton, and to celebrate her 30 years of service. Refreshments provided—special presentation at 7pm. Please join us.

Art at the Co-op

Friday Feb 11, 5:30—7pm

Opening reception for Morgan Gardner, who will be showing her wonderful photography through Wednesday March 9th.

Co-op Kids – Meet Tuesdays at 9am

- February 1 Create a Bookmark
 - February 8 Make a Valentine
 - February 15 Tea Sandwiches
 - February 22 Thumbprint Animals
 - March 1 Essential Oil Air Fresheners
- Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com

Good Food Book Club

Feb 6, Feb 20, Mar 6

Menu for the Future, by NW Earth Institute
Come join us for a series of great discussions.
Location: Private residence. Email bookclub@moscowfood.coop for directions.
Time: 5—7:30 pm. Free.

Essential Wellness Class

Feb 15, 17, 23, or 25, 7pm

Creighton Model Fertility System
Choose one of these presentations, which are in the Co-op Annex (Kimberling Farmers Insurance building across 5th Street from the Co-op, 114 E 5th St.)
Free for Co-op members, please email outreach@moscowfood.coop at least the day before to reserve your space.

Co-op Events at a Glance

Fri Feb 4—Kenna's Going Away Open House
 Mon Feb 6—Good Food Book Club
 Tue Feb 8—Co-op Kids—meet in the Co-op
 Tue Feb 8—Board of Directors' Meeting
 Tue Feb 8—Music—Ron Seiler Gypsy Jazz Trio
 Wed Feb 9—Co-op Mamas and Papas Group
 Fri Feb 11—Art at the Co-op opening reception
 Tue Feb 15—Co-op Kids—meet in the Co-op
 Tue Feb 15—Music—Mark Maland Acoustic Band
 Tue Feb 15—Essential Wellness Class—Creighton
 Wed Feb 16—Co-op Mamas and Papas Group
 Thu Feb 17—Essential Wellness Class—Creighton
 Sat Feb 19—Breakfast with the Board
 Mon Feb 20—Good Food Book Club
 Tue Feb 22—Co-op Kids—meet in the Co-op
 Tue Feb 22—Music—Tara Howe
 Wed Feb 23—Co-op Mamas and Papas Group
 Wed Feb 23—Essential Wellness Class—Creighton
 Tue Feb 25—Essential Wellness Class—Creighton
 Sat Feb 26—Taste of the Palouse

Taste of the Palouse

Saturdays, Feb 26 & Mar 5, 11am—3pm

Meet the folks who bring us those wonderful foods that help to make the Co-op such a unique place. The local vendors are excited to meet you and hear your feedback and ideas about their products.

Music at the Coop

Tuesdays 5-6:30pm

- February 1: The Saunders Sisters/Saticoy (Moscow) - folk originals and covers.
- February 8: The Ron Seiler Gypsy Jazz Trio (Moscow) - Django Reinhardt style jazz favorites.
- February 15: The Mark Maland Acoustic Band (Julietta) - Original country/rock/blues songs
- February 22: Tara Howe (Moscow) - Pantheistic folk rock

Co-op Mamas and Papas Group

Wednesdays 9:30—11am

Meet in the Co-op Deli. The Co-op Mamas and Papas group for expecting parents and parents of newborns. More info by contacting: babies@moscowfood.coop.

Community Events

Sweet on Spring

Saturday, Mar 5, 9:30am-4:30pm

Flowers, Art and Friends. An colorful event in the conservatory celebrating the beginning of the gardening season.

www.livinginthegarden.com ☎ 332-0647

Events about Veiling and the Veil

Monday, Feb 7, 4pm: Lecture: "The Veil: Visible & Invisible Spaces" by Jennifer Heath, U of I Commons Whitewater Room.

Feb. 8—13: Gallery Exhibition: "Ways of Seeing: Veils from Inside Out to Outside In," Prichard Art Gallery.

Tuesday, Feb. 8, 10am: Gallery Talk: With Jennifer Heath and Susan Torntore, director of the Idaho's Leila Old Historic Costume Collection, Prichard Art Gallery.

Tuesday, Feb. 8, 3—5pm: Panel Discussion: "The Complexity of Invisibility," U of I Commons, Whitewater Room.

Palouse Discovery Science Center

Friday Feb 11, 6—9pm

Fundraising event: Wine Under the Stars: A Taste of Wine, A Taste of Science
Join us for an enchanting evening featuring Merry Cellars wine, hors d'oeuvres, and live music. Tickets \$30

Saturday Feb 26, 11am—3pm

Discover Psychology!
Free for members / \$ 4-6 for nonmembers
Hands on activities for the whole family with WSU Honors Psychology students.

☎ 332 6869 www.palousescience.org

Dahmen Barn Events

Saturday Feb 12, 7:30pm: Cowboy poetry and western music on Valentine and Lincoln's birthday themes. The cost is \$7

Saturday Feb 19: 10am—12 noon: Artist Laurel Macdonald will instruct students on how to etch Plexiglas without chemicals or acids and make prints. Cost is \$17.

Saturday Feb 19, 10am—4pm: A "Drawing with Charcoal" workshop with Carrie Vielle, who has been teaching drawing for 14 years. Cost \$60.

Saturday Feb 19, 7:30pm: Musaic to play jazz, swing and pop with jazz rhythms. \$10 for a couple; \$7 for a single.

Saturday Feb 26, 1—5pm: Fabric landscape class with Celia Boland. Cost is \$22.

www.artisanbarn.org ☎ (509) 229-3414

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

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

Dean or Gretchen Stewart

☎ 882-7067, sperrine@potlatch.com

We want to hear from you! Send us your community announcements by email to 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!