

Community News

FREE!
PLEASE TAKE ONE!

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



Bag It! Campaign Underway

By Carol Spurling, Outreach and Ownership Coordinator, bagit@moscowfood.coop

If you want one in Ireland, you'll have to pay 20 cents each. You can't find them legally in China because they're banned, except for the old ones we ship over there to be recycled in horribly toxic conditions.

I'm talking about single-use plastic bags, of course, and I bet that in your house, you have more than you know what to do with.

That's too bad, because the single-use plastic bag is one of the silliest inventions that has ever been foisted upon us. A miraculously versatile material made from irreplaceable riches that lasts 1,000 years, being manufactured at great expense into bags that get used for about 15 minutes each and then pollute our world? How dumb is that?

I worked in a grocery store in the mid-1980s, and I distinctly remember the day that plastic bags arrived and I was trained how to pack them correctly with groceries. I didn't like them then and neither did the customers – plastic punctured and tore,

wouldn't hold as much as good old paper bags, and felt icky. I still don't like them for all the same reasons, plus more: now I know they're made from non-renewable resources, that plastics are toxic to humans and animals, and that the promise of plastic bags being recyclable is an empty one.

Many local residents, Co-op owners, and Co-op staff feel the same. So, in honor of Earth Month, the Co-op is proud to launch the Bag It! Campaign, with its partners, the University of Idaho Sustainability Center, the UI Vandal Store, the UI Graduate and Professional Students Association, Buy Local Moscow, and



stores like the Storm Cellar and Yarn Underground. Throughout March and April, all of the Bag It! partners will voluntarily increase incentives to reduce and eliminate plastic bag usage; motivate people to use permanent, reusable shopping bags; educate the public about why we think this is a great idea whose time

has come; and do our best to convince everyone that when it comes to plastic bags, we should just bag 'em.

For a list of upcoming Co-op Bag It! activities, see the article inside this issue. To share your comments or ask questions, please e-mail bagit@moscowfood.coop.

www.moscowfood.coop

pay -NW
OS
HD3284
N48

Community News



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



Farewell festivities

By Kenna S. Eaton, former General Manager; photos by George Bederian

They came, we told stories, we laughed, we even cried, and we ate a lot of food! The staff at the Co-op spent Friday the 4th getting ready for my party by making wonderful vases of flowers, baking cakes, preparing 16 different types of hors d'oeuvres and many other "secret" things in honor of my departure. The food was incredible; thank you to all the cooks who made the food. And a special thanks to Rhea and Rose for baking the most amazing cake in the shape of a sunflower. Plus, I got the top layer of cake — lemon, yummm, my favorite!

And for those of you who stopped by during the four-hour extravaganza, thank you so much for sharing your memories, sharing your lives and sharing your love! It is a bittersweet experience leaving somewhere you've lived for so long — a mixture of anticipation, delight and sadness. To all of you who helped grow this Co-op from its early roots thru the years of rough sales to our most recent successes, really, I couldn't have done it without all of you. Finally, thanks to all of you who showered me with gifts and hugs — those are the best — I'll take them with me everywhere.

I must say it was an amazing process listening to all your thanks, laughing with you over the moments we shared as we grew this co-op together, and spreading our wishes of great futures for all of us. There are some wonderful posters made with snippets of stories and photos — if you haven't seen them yet, we're leaving them up for a while so everyone can enjoy them.

Happy trails everyone — see



ya' on the water!

The next Board of Directors meeting is Tuesday, March 8th at 6:00 pm in the Fiske Room at the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

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

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

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

For advertising rates and information: contact Jyotsna "Jo" Sreenivasan at 892-0730

Printed on Recycled Paper

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

Editor
Bill London

Issue Editors
Carol Hill
Judy Sobeloff

Media Relations
Marcia Gossard

Graphic Design
Megan Prusynski

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

Illustrations
Lucas Rate

Photographs
David Hall

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

Back Page Bulletin Board Editor
Richard Elgar

Webmaster
Lida Saskova

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

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

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

Co-op E-mail Addresses

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

Board Committee E-mail Addresses

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

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.camasprairiewinery.com
208-882-0214
Upon presentation of Moscow Food Co-op Membership Card, customer will receive an extra 5% discount. Must show card at purchase, not after.

One World Café
533 S. Main; www.owc-moscow.com; 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. Polk 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.bebabella.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.tyedy-everything.com
208-883-4779
10% discount on your purchase

Wellness Services

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

Susan Simonds, Ph.D., Licensed Psychologist
619 S. Washington Street; www.counselingmoscow.com
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

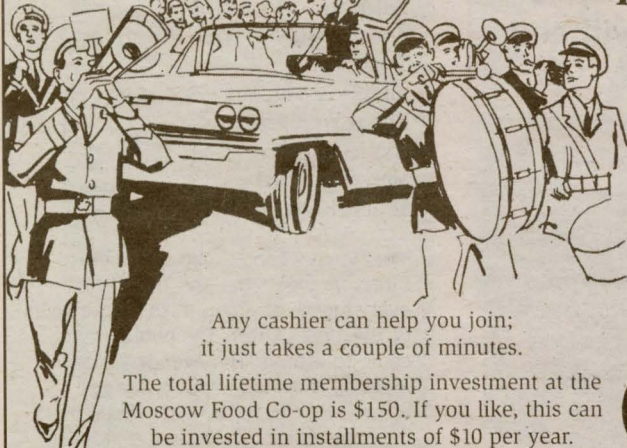
Laura Gessner, LMP
lgessner@gmail.com; 509-595-4225
10% discount for co-op members

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:

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

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



Tuesday Night Music at the Co-op: March 2010

By Dave Billin, Volunteer Music Coordinator

On Tuesday nights from 5 to 6:30 p.m., the Moscow Food 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 March are:

March 1: Yellow Dog Flats
Moscow musicians Ben Barton and Gary Reed perform a selection of acoustic favorites from a variety of styles including blues and Americana.

March 8: Thorn Creek Express
Four brothers from the Genesee area team up to play a rousing set of traditional bluegrass, gospel and old-timey

greats.
March 15: Tate Wilson
Moscow singer-songwriter and guitarist Tate Wilson performs choice songs from his repertoire of original tunes in folk, country and Americana styles.
March 22: David Roon
Longtime Co-op favorite, Moscow's David Roon performs original acoustic folk tunes

from his upcoming album as well as a few choice cuts from Steve Earle, Social Distortion and more.
March 29: Gefilte Trout
Moscow's premier Klezmer band returns to the Co-op to perform their signature blend of Gypsy music and tunes from the old world.

Co-op Kids and Community

By Rebekka Boysen Taylor, Volunteer Co-op Kids Coordinator

Calling all members: clean out your closets and help Co-op Kids.

Drop off your clean, unwanted t-shirts in the box at the front of the store from now until March 15, and we will use them to make tote bags with the kids. What a great way to reduce our use of plastic and reuse discarded clothing!

- March 1: Essential Oil Air Fresheners
- March 8: Worms
- March 15: Make T-Shirt Bags
- March 22: Planting!
- March 29: Bulb Art

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 until 10 a.m. in the Co-op Cafe.

Mark your calendars for a Co-op Kids! Special Event with Wild at Art

Pre-Mother's Day/ Springtime pottery painting at the Moscow Food Co-op

April 17, 2-4 p.m.
Wild at Art will bring a variety of pieces to choose from and all the bells and whistles to design and paint a handmade masterpiece! If you would like a particular piece, please go to our website, www.moscowwildatart.com, and see our selection, then e-mail or call us to set aside those pieces and bring them to the event. Cost will



vary depending on the pieces selected. Cash or checks only, please. Prices will range from \$5 to \$40, with lots in between.

teacher, writer and mama to two organically growing little ones in Moscow.

Rebekka Boysen-Taylor is a

*Music...
Live &
Intimate*

**Auditorium
Chamber Music
Series**
UNIVERSITY OF IDAHO
2010-2011

American Brass Quintet

Tuesday March 22, 2011

The world-renowned ensemble performs works from the Renaissance to the present.

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

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

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

If the concert is not sold out, tickets will be available at the door.

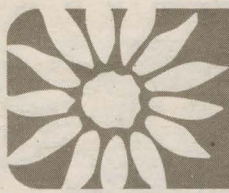
Kenworthy Performing Arts Centre

Your Downtown, Community Theater

<i>The U of I Women's Center presents:</i>	
Lunafest	March 3
127 Hours (R)	March 4-6
True Grit (PG-13)	March 10-13
<i>Moscow Food Coop presents:</i>	
Bag It!	March 16
The King's Speech (R)	March 17-20
<i>Sapatq'ayn Cinema: University of Idaho's</i>	
Native American Film Festival	March 23-26

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

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



Moscow Food Cooperative General Manager Position — Now Accepting Applications!

By Andrika Kuhle, Chair of the GM Search Committee

The Moscow Food Co-op is accepting candidates for the GM position! The search committee is grateful to the staff and members who took time to give us feedback about the skills they value most in a GM. We gave a lot of thought to the leadership qualities that have made us a successful co-op and a great place to work. We strived to embody those skills in our qualifications (look for those printed in this newsletter). You can find the full description at

the Moscow Food Co-op website: www.moscowfood.coop/content/view/2148/231

You may notice that there are only four required qualifications, and they are quite broad, such as experience with bottom-line accountability, capital and management. The devil is in the details. Our emphasis is on skills relating to cooperative management and values, critical thinking, interpersonal skills and operational skills related to directing a large enterprise.

We have 16 preferred qualifications, and we ask candidates to address each qualification in order to give us insight into their management and visionary ethos.

Some of you may be surprised that we are just now starting the application process (lots of cashiers get questions such as, "So, who's the new GM?"). Soliciting applicants is the second phase of hiring a GM — the first was developing the job qualifications and an announce-

ment. Screening will begin April 18, and we will accept applications until the position is filled. We anticipate getting staff and member involvement once we have a final list of candidates.

Let's get the word out! Perhaps you know of a highly qualified person that you would like to see in this position. If you would like to nominate a candidate, please contact us at search@moscowfood.coop.

Breakfast with the Board, January 22, 2011: What would you like to see in your Co-op's next GM?

Responses compiled by Christine Locker, Board of Directors Admin. Asst., boardadmin@moscowfood.coop

What would you like to see in your Co-op's next GM?

- Maintain product consistency and variety
- Entrepreneurial *and* personal connection to the community
- Continue the salad bar
- Looking ahead
- Firm, but not in an abrasive manner
- Enthusiastic/can-do attitude; expresses self positively when saying no
- Communicate clearly, thoughtfully, and incrementally regarding changes
- Maintain a good relationship with management, staff, customers, and community
- Open-mindedness
- Willing to be an enthusiastic leader
- Try new things
- I would like to see a GM with a vision for greater sustainability here in Moscow.
- Restoration projects
- Having a champion that would inspire change
- Someone who is good at bringing out the best in others and who can help other managers work together in a generous and cooperative way
- Open to, and willing to listen to, all opposing ideas
- Promote from within; if not from within, then somebody local or at least from the Pacific NW
- Open to constructive advice
- Humility
- Friendly

- Easy to approach
- Knowledgeable about products

Please list or describe qualities Kenna has that you would like us to retain in a new GM.

- Pragmatic
- Female
- Savvy
- Thick skin
- Community involvement
- Outgoing nature
- Cuteness
- Works in the front end
- Energetic
- Passionate
- Committed to mission of the

Co-op

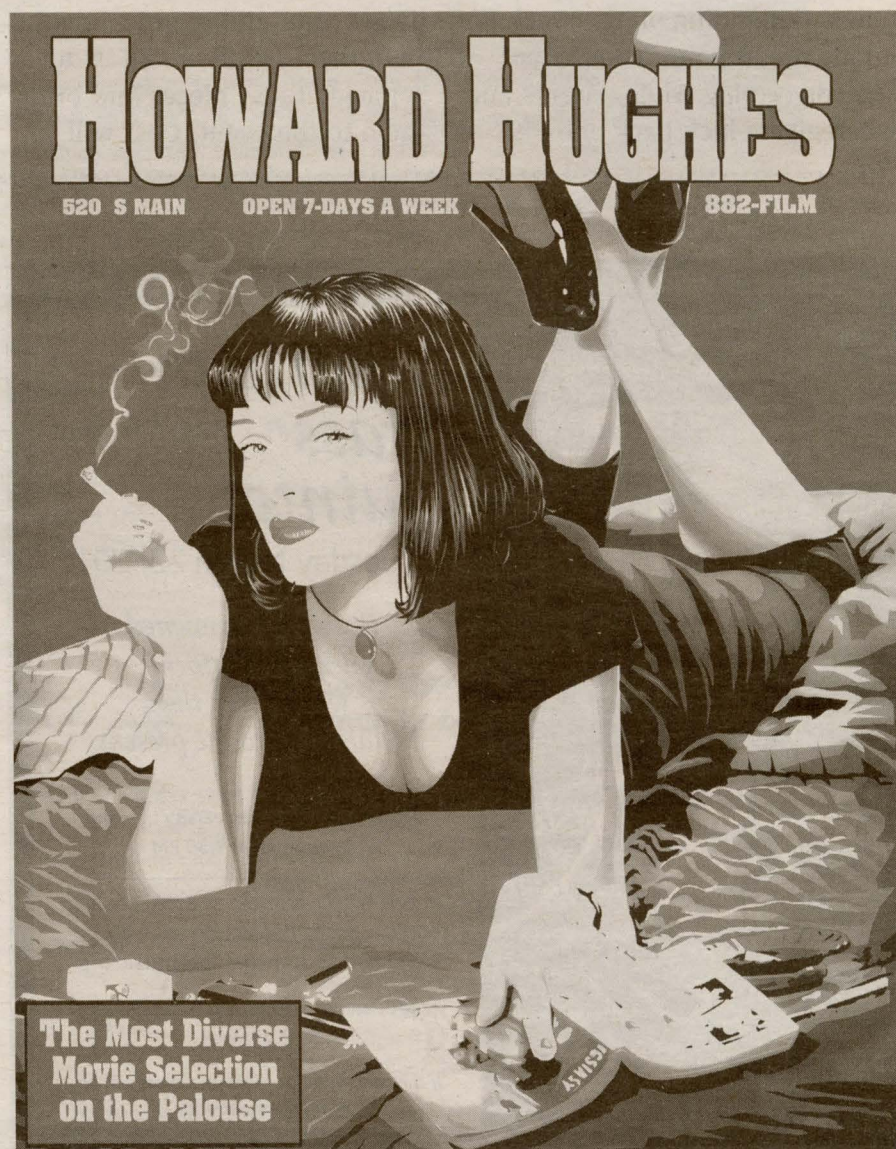
- Cares for the Co-op
- Friendly (x4)
- Positive attitude
- Resilience
- Dedicated
- Dependable
- Cooperative
- Easy-going
- Problem solving
- Patient
- Open-minded
- British accent (though not a deal breaker)
- Willingness to try new things
- Communicates with staff
- Reviews prices to meet the economy

Please let us know any other information or concerns you have about the GM search process.

- Don't want a short-term GM

- GMs with long established patterns (otherwise may try to change the Co-op unnecessarily)
- The Co-op naturally resists change, so a good persuader may be needed to tackle divisive issues.
- Please hire from within the Co-op. If there aren't any current Co-op managers qualified to take Kenna's place, then

have Kenna start training them or offer to pay for management classes. For continuity's sake, I'd prefer a current or past MFC employee to become our new GM. (And thanks to Kenna for helping to transform the Co-op from the size of a 7-11 to a full grocery store, and good luck in Washington!)





Moscow Food Co-op Invites Applications for the Position of General Manager

JOB SUMMARY

Moscow Food Co-op invites applications and nominations for the position of General Manager. The General Manager is responsible for the achievement of Moscow Food Co-op organizational results as defined in ends policies developed by the board of directors and embodied in the strategic plan. The general manager reports to the seven-member board of directors, which is elected by the members of the cooperative. The board operates under Policy Governance, a system that emphasizes vision and values empowerment and accountability. The board uses policy to define the results the general manager is expected to achieve within defined limits of prudence and ethics. The general manager has the authority to hire, direct, structure, and evaluate all other staff. Building on the foundations of The Seven Cooperative Principles, our Co-op shall:

- Maintain an economically sustainable consumer food co-op
- Support the local, organic, and sustainable food and goods economy
- Foster civil dialogue, connections between people, and community engagement
- Provide our owners and customers access to a diverse array of food, goods, and services that meets their needs
- Model environmental sustainability through our activities, facilities, products, and services
- Educate our owners, customers, and the wider community about food and food systems
- Create a rewarding work environment for our staff and excellent service for our owners and customers

The general manager will also avoid unacceptable conditions as defined in executive limitation policies and has authority to use any reasonable interpretation of these policies.

A full set of the board's policies, the strategic plan and a complete position description are available at the Moscow Food Co-op website: <http://www.moscowfood.coop/content/view/2148/231/>.

MINIMUM QUALIFICATIONS

- Bottom-line accountability

experience for a business or organization

- Experience with operating, capital, and cash budgeting for a business or organization, with a minimum of three years experience
- Supervisory experience, with a minimum of three years experience
- Bachelor's degree or equivalent combination of educational and working experience

HIGHLY DESIRED MANAGEMENT QUALIFICATIONS

- Cooperative Principles
 - Commitment to Cooperative values and principles
 - Experience working with or serving on a board of directors
 - Cooperative management experience
- Critical Thinking
 - Demonstrated ability to use systems thinking to develop and manage systems
 - Demonstrated ability to develop, implement and evaluate a strategic plan
 - Demonstrated ability to make decisions by successfully weighing competing priorities
- Interpersonal Skills
 - High standard of ethics
 - Demonstrated ability to build an effective management team
 - Demonstrated ability to positively lead, motivate, and coordinate people to gain cooperation
 - Demonstrated ability to listen, and give and receive feedback without defensiveness
 - Demonstrated ability to present spoken and written information clearly
- Operational Skills
 - Experience operating a large complex enterprise with revenue greater than five million dollars a year
 - Experience supervising managers
 - Experience managing a retail food store, preferably in the natural food industry
 - Knowledge of common trends in the natural food industry
 - Demonstrated computer literacy such as word processing, spreadsheets, email, PowerPoint, and database systems

MOSCOW FOOD COOPERATIVE

Moscow Food Cooperative is a thriving food cooperative based in the heart of downtown Moscow, Idaho. Beginning as a small operation in 1973, we now have over 6500 members, currently occupy a 15,000 square foot building, and employ about 90 people. Sales in 2010 were nearly \$8 million, resulting in our best year ever, exceeding 2009, which had also been a best year. We believe that much of this success is due to our commitment to a triple bottom line of people, place and profit. As a result, we are considered a third place for many in our community, serving as a business anchor and social hub. In addition to our commitment to quality food, our strategic plan adopted in 2009 supports education programs and outreach into the surrounding communities, a commitment to sustainability, growth for the local foods and goods economy, and an environment of respect and mutual cooperation for our employees. For more information about our Co-op, please visit our website at www.moscowfood.coop.

Moscow Food Cooperative offers competitive benefits, including medical/dental/vision insurance, paid time off, a retirement plan, store discounts, and other benefits in the store.

APPLICATION PROCESS

Applicants should submit

- 1) a letter of application that addresses the Required and Highly Desired qualifications for this position,
- 2) a one-page vision statement for our Co-op's growth and development,
- 3) salary requirements,
- 4) a current detailed resume, and
- 5) the names and contact information (mailing addresses, phone numbers and e-mail addresses) of six professional references. These references will not be contacted until permission is received. The position will remain open until filled. Screening of applications will begin April 18, 2011. Inquiries should be directed to search@moscowfood.coop.

Applications and nominations should be sent to: search@moscowfood.coop

Or you may mail your application to:

Theresa Nuhn, Human Resources Manager
 Moscow Food Co-op
 PO Box 9485
 Moscow, ID 83843
 Phone: 208-882-8537

Moscow Food Co-op is fully committed to Equal Employment Opportunity and to attracting, retaining, developing and promoting the most qualified employees without regard to their race, gender, color, religion, sexual orientation, national origin, age, physical or mental ability, citizenship status, veteran status, or any other characteristic protected by state or local law.



WSU Mom's Spring Arts & Crafts Fair

April 8 & 9, 2011
 Friday, April 8 | 10am to 9pm
 Saturday, April 9 | 9am to 4pm

Beasley Performing Arts Coliseum

FREE Admission

www.palouse.net/dlgenterprises | Like the fair on Facebook!



The Transition

By Theresa Nuhn, Interim General Manager Team Member; Photo by George Bederian

For as long as most of us have been members of the Co-op, we have seen Kenna's happy face somewhere, and for the past 20 years, she has been at the helm as our General Manager. I've had many people ask me what will happen now that Kenna has left. Will the Co-op change because Kenna is leaving? How will we keep it the way we know and love it? Who will make sure the Co-op is managed properly? When will we hire a new General Manager?

These are good questions. When I first heard Kenna was leaving, I asked myself the same things. Will our Co-op change because Kenna is leaving? After some thought about it, I was able to see that, although Kenna has been inextricably linked with the Co-op, the Co-op stands strong apart from any one individual. Our cooperative principles are the core around which our Co-op was founded and continues to be the glue that holds us together and moves us forward. Our members/own-

ers join and shop at the Co-op because of the values we have cultivated over the years and still share. These values, embodied in our strategic plan, are transmitted and lived out in the community in many ways, through many people. The Co-op is constantly changing and evolving. We are now in our fifth location. Our current location was made possible by those in our community who believed in the Co-op enough to invest in our move. This year, we added office space and a meeting room across 5th Street from the main store in our new annex. In addition to our fabulous products, the Grower's Market, Outreach programs, Tuesday Night Music Series, Art Shows, education, our dedicated and hard working employees, etc. all demonstrate the depth and diversity our Co-op community has to offer.

So how will we keep the Co-op the way we know and love it? We'll do that the way we always have, through our democratic process. Our seven-member

Board of Directors, elected by our members, develops policy that our General Manager must follow in running the Co-op. Kenna

was hired, supervised and evaluated by the Board of Directors. Meeting with the Board once a month, she let them know how she was fulfilling the policies they developed for the Co-op. Now that Kenna is gone, the Board will continue to receive reports from the Interim General Management Team, comprised of me, Deb Reynolds and Joan McDougall.

I am the Human Resources Manager and have been a Co-op member for 28 years and have worked at the Co-op for three years. Deb Reynolds, Finance Manager, has been working for the Co-op on and off for more than 20 years. She became the Finance Manager last summer. Joan McDougall has been with the Co-op for four years. She is the Grocery Manager and will handle operations until the New General Manager arrives. Together, we share over 50 years of Co-op membership. The Co-op is very near and dear to us. In our role as the Interim GM Team, we will continue to perform the responsibilities of our primary jobs and will each take responsibility for a part of what Kenna was doing. We will work with the rest of the management team, answer questions, meet regularly with the Board of Directors, and handle issues and problems that arise. Our Co-op will remain as strong as it's ever



The Co-op Interim General Management Team (from left): Deb Reynolds, Theresa Nuhn and Joan McDougall

been, and it will continue to thrive and grow in the heart of downtown Moscow.

That leads us to the final question — when will our new General Manager be hired? We are in great hands with our current Board of Directors, who will hire the new General Manager. I can assure you that this process is being undertaken with the utmost care. The search committee will take their time to gather input from the members, carefully craft the search and interview process, and ensure that we have a new General Manager who will truly reflect the heart and soul of our Co-op community. Andrika Kuhle, Board VP and Search Committee Chair, has an article updating us on that question in this issue. She will write an article every month about the search. She also welcomes questions and comment concerning the search at search@moscowfood.coop. For more information on the search process, please check our website at www.moscowfood.coop. Please click the Search for the New General Manager Updates link on the home page.

So as we continue to move through this transition, I'd like to say thank you to the Co-op Community! Thank you for building a Co-op that I have been proud to be associated with for 28 years. Thank you for the richness, education and health that the Co-op has added to my life and to the lives of my family and friends. As with many of you, I look forward to contributing to and benefiting from the countless bounty the Co-op has to offer for many, many more wonderful years.

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



MARCH

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.

Leading the Way to Wellness.

Teddy Bear Clinic April 9
A chance for little ones to see healthcare in a friendly, teddy bear environment.

MOSCOW YOGA CENTER
525 S. Main. 208.883.8315
New Session Begins March 21-May 14. New classes! New Space!
Yoga for Guys Mondays 5:30-6:30 p.m.
Restorative/Gentle Wednesdays 5:30-6:30p.m. Intro. Beginning T/TH 5:30-6:30 p.m Call 883-8315 to register.
View our schedule on line at: www.moscowyogacenter.com



My Choice

Bill Beck has a favorite salad from the Co-op Salad Bar

His choice:

new spring mix (organic)
spinach (organic)
carrots (organic)
celery (organic)
red onions (organic)
edamame (organic)
tomatoes (organic)
walnuts
feta cheese
gorgonzola
sicilian olives

raspberry vinaigrette dressing (made by the Co-op Deli from primarily organic ingredients)

WHAT IS YOUR CHOICE?



Board Report: We are the Co-op

By Donal Wilkinson, Co-op Board of Directors member

Hello from board of director land. My turn to wane esoteric. I am reading a wonderful book by Eckart Tolle called *Awakening to Your Life's Purpose*, bought for a dollar off the Friends of the Library shelf for no other reason than it is the middle of winter and it had a yellow/orange cover. Now I am engulfed in it — reading it rather slowly so that I can absorb its wisdom and embody it.

Okay, what does this have to do with you, the Co-op, or the Board of Directors, you ask? The book is roughly about ego and fear driving all of our decisions and judgments we make of the people we interact with. We live in a wonderful community with highly educated people, a

well-traveled citizenry, and we are steeped high in wisdom and creativity. Like most things in life, this, too, is a double-edged sword. Along with all this wonderfulness comes a lot of ego and confidence in our ability to judge character and others' decisions. One of Eckart's tenets is that we really only know the tip of the iceberg when it comes to other people, or even ourselves, for that matter.

I'm getting to my point, really. As an election is coming up I urge you to be careful in your judgments of others. We don't really know others' motivations. Sometimes we don't have time to do all the investigating we would like to, so we rely on the opinions of others. I urge all of

you to get to know the candidates through what they have written, and by actually speaking to them — and vote.

In your day-to-day interactions with employees of the Co-op, please remember that they are people on their journey, just as you are on yours. They are there to serve you, but please be as kind to them as they are to you. Notice when your ego is driving how you are talking to people, and how they are talking to you.

As for the Board of Directors, please remember that we are all volunteers, none of us has an agenda, we are all just driven by our desire to preserve and protect one of the most important assets to our community. Give us your feedback, ask for what

you need and know that we will do our best to represent your ideas when we make important decisions. I am on the search committee for the new General Manager, and I can tell you that this is an exciting and scary time for all of us. We have some big shoes to fill with Kenna having left, and we all feel the pressure of hiring the right person.

You are the Co-op. We are the Co-op. It's not just a store, the workers are not just employees, the directors are not just directors. We are all people on a path that resembles a roller coaster and we all have to pay attention to taking care of ourselves and each other in these busy charged times.

The Co-op Annex

By Theresa Nuhn, Interim GM Team Member

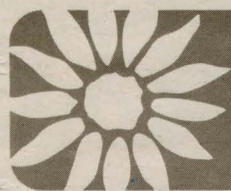
When the Co-op moved to our present location, we were excited about how much space we had. We put in a full kitchen, doubled the number of our employees and built a deck of offices upstairs. We had hit the big time, and were quite comfortable. But the Co-op continued to grow. By last year, the number of employees in this location grew from about 65 to 85, and department managers started to schedule regular

meetings with their departments in a small meeting room that also doubles as a large hallway upstairs. We hired Carol Spurling in Outreach, Sequoia Ladd in the Participating Member Program, and Jessica DeHart as the Promotions and Product Education Coordinator. Because the number of employees had grown, there wasn't enough office space for them and they would find a nook or corner with their laptops when they

came to work. Carol also had to look for space to schedule Outreach events, classes and meetings. It wasn't long before Kenna realized we needed an additional space, an annex, to make room for our growing Co-op Family.

We kept our eyes open, and our opportunity arrived when office space became available in the Kimberling Insurance building across 5th Street from the Co-op. We negotiated a lease

and occupied our new space on January 1. That space has a separate office for our Outreach Program and a beautiful room for classes and meetings. Stop in sometime and see the annex located at 114 East 5th Street, #2. And look for classes and programs being offered there soon.



Outreach Update: Facebook, Tuesday Music, Vendor Table Program, and more

By Carol Spurling, Outreach and Ownership Coordinator, outreach@moscowfood.coop

The Co-op's website, blog, and Facebook pages are better than ever before. We hope you'll visit us as www.moscowfood.coop, click on our blog link, and if you've got a Facebook account, visit all of the Co-op's various pages and "like" us. Right now we have a page for the Deli, the Eat Local Challenge, Co-op Kids! and our general page. We'll add more of them as the demand arises.

Our Community Food Works project with Backyard Harvest also has a couple of Facebook pages: a general page for CFW and another page just for the Tuesday Growers Market, which is now a project of CFW.

Co-op Facebook posts also go straight to our Twitter feed, if that's your preferred method of staying connected. For all my "live slow" tendencies, I'm enjoying the immediacy of the Facebook connection with our Co-op people and hope you will too.

We've been blessed to have the talented Dave Billin as our Tuesday Music volunteer for a while now, who so graciously let us borrow his awesome sound

equipment. Alas, Dave moves on to greener pastures (literally!) at the end of March. His impending retirement as our volunteer gave us an opportunity to think about Tuesday Music and what we want it to be. We talked about all options, from doing away with it, to changing it to once a month, to keeping it exactly the same. Well, you can rest easy, Tuesday Music will continue as a weekly event!

It will be slightly different, though, as the Co-op will finally have its own basic sound equipment. We will sometimes book multiple acts in one evening, for a series of shorter sets. We'll be aiming to book jazz, classical and other types of music as often as we have acoustic and folk. And sometimes, we'll offer a program of young musicians — I'm talking elementary and pre-teen students as well as teenagers and university students — for a fun change.

Tuesday Music will be in the capable hands of another volunteer who will train with Dave until he or she is ready to fly on his or her own, although there might be some gaps in the schedule as we get our new

volunteer lined up and trained. If you're a musician or know a musician, let them know about Tuesday Night Music! You can reach Tuesday Music at music@moscowfood.coop.

Empty Bowls, the annual hunger-relief fundraising event co-sponsored by the Moscow Food Co-op and the Palouse Studio Potters Guild, will be held from 11 a.m. to 1 p.m. on Saturday, April 9, at the 1912 Center. \$15 gets you some bread and a beautiful handmade bowl full of soup, and you can take the bowl home with you after you eat the soup! Mark your calendars!

Throughout the month of February, customers were able to meet a lot of local wellness practitioners who were invited to come to the Co-op as part of our "Get Your Glow On" month. We also offer space in the front of the store throughout the year through our Vendor Table Program for local vendors, artisans, cottage businesses, and non-profits.

The program description has been updated very recently to reflect our goals for the program

and our customers' desires. From now on, anyone interested in scheduling space through the Vendor Table Program will need to fill out an application form.

Vendors, artisans, cottage businesses, and non-profits who meet our criteria will then be allowed to schedule vendor table space. For more information and for a copy of the application and guidelines, please pick up a copy in the front end of the store (check with a cashier if you can't find it) or on the Forms and Guidelines page of our website. Questions? E-mail outreach@moscowfood.coop.

Our Dime in Time recipient for January, the Washington State University Palouse Area Therapeutic Horsemanship program (PATH) received \$549.70 thanks to your great work using permanent shopping bags instead of paper or plastic in January. February's recipient was Two Degrees Northwest. The March recipient is COMMUNITY Walk, and April's is People First of the Palouse.

Co-op Dime in Time: Two Degrees Northwest

By Lorie Higgins, Program Director

Our thanks to the Co-op for donating Dime in Time funds to Two Degrees Northwest (2DNW). We have been a member of the region's heritage-business and cultural community for over three years. Through workshops, exhibits, marketing programs and for a little over a year a retail space, we foster development of cultural industries and organizations in the 2DNW region, roughly the area between Worley and Riggins and from southeast Washington to the Montana border. Our current efforts include an art workshop series in downtown Moscow, a series of business workshops for artists and other entrepreneurs around the region and a regional artisan trail guide.

Dime in Time funds will help us publish the artisan trail guide (as a 25" x 37" fold-out map). Listings in the guide are limited

to what we call "place-based" businesses — those that are so tied to this geographic location, they cannot be re-located somewhere else on the globe. These businesses include artist studios and galleries, museums, wineries and breweries, restaurants and B&B's serving locally grown or processed foods, farms (U-Pick and agritourist operations), gardens, special events, online art and food businesses, historic

inns and shops selling locally made goods.

This project and the programs of Two Degrees Northwest provide vital economic growth by diversifying the economy and strengthening and growing cultural industries across the region. An additional consequence of the trail guide is encouragement to local businesses to go beyond "buy local" to "buy (and sell) locally made." The more we

enhance our region's markets for what we make and grow here, the stronger we make our economy while creating a sense of place.

For more information, go to 2DNW.org, pick up a brochure at the Co-op, or contact Lorie Higgins, University of Idaho Extension Specialist and Director of Two Degrees Northwest: higgins@uidaho.edu, 208-885-9717.



Animal Care Center

328 N Main, Moscow ID 83843

8:00 am - 5:30 pm Monday - Friday
Tuesdays & Thursdays until 7:00 pm
208-883-4349

www.maxdvm.com

Nancy Maxeiner, DVM
Certified Acupuncturist
Member of Buy Local Moscow

Let me help you preserve & share your family photos.



Photo Restoration
Digital Duplication
Photos to CD or DVD
Life story interviews
Video memorials

www.marshaquesera.com

Free project consultation & Reasonable rates



Dime in Time March: CommUNITY Walk 2011

By Frances Rodriguez, CommUNITY Walk Planning Committee

The Moscow Food Co-op aims to build a strong, ethical and sustainable business that serves the community by providing natural foods. In so doing, it encourages our common humanity by offering a community-supported venue in which health and well-being are valued. The Moscow CommUNITY Walk's goals are also designed to encourage the health and strength of our town by reminding our citizens to walk together in harmony. We are grateful to the Co-op and its members for supporting CommUNITY Walk, and we encourage you all to participate. We gather this year on Saturday, April 23, at noon, in Friendship Square.

The CommUNITY Walk began five years ago as a local event in which the townspeople could gather in friendship and har-

mony to look beyond individual differences and celebrate our common humanity. The name, "CommUNITY Walk" with the altered spelling of community, places emphasis on the theme of unity. The first gathering proved to be successful and has been endorsed in proclamations by Idaho Governor Butch Otter and Moscow Mayor Nancy Chaney. Now an annual Moscow celebration, the CommUNITY Walk takes place each year on a Saturday in April between the Hemp Festival and the Renaissance Fair.

In the current political climate, when ideological extremes are polarizing our nation, the act of promoting unity becomes increasingly important. The mission statement of the CommUNITY Walk is "Walking together, embracing unity to

experience our common humanity." To this effect, we solicit donations from businesses and private citizens each year to organize an event that begins with a gathering of people in Friendship Square, where various community leaders offer inspirational remarks. Then, we walk together with music, banners, and balloons to East City Park. At the park, we provide free food and entertainment for the families of Moscow as we enjoy the day together. We are grateful for the many community businesses that provide donations in support of our efforts as well as for the volunteers, including university students, who work together to make this annual celebration possible.

To include people of all ages in this event, we also sponsor a bookmark contest open to

elementary school children in which they compete to create a 2" x 7" bookmark design that depict the idea of "Unity in our Community." The applications for the contest are distributed to Moscow elementary schools and businesses around town. The deadline for submission is April 1. The winning entries will be announced at the park. Later, copies of the winning bookmarks will be on display in the community and will be available for people to take.

In order to achieve our goals, we estimate a need of approximately \$5,000 - \$6,000 to cover advertising, food and entertainment. We must meet our budgetary goals by the end of March. For this reason, we appreciate being accepted for the Co-op's Dime in Time grant for the month of March.

Participating Member (Volunteer) Survey Results

By K. Sequoia Ladd, Participating Member Coordinator, participate@moscowfood.coop

In November of 2010, Moscow Food Co-op volunteers were asked to take an anonymous survey online to give feedback on our volunteer program. Sixty-three volunteers made the effort to take the survey out of approximately one hundred. The results re-affirmed the importance of our volunteer program, and are being used to improve areas that need to be strengthened. For instance, soon MFC volunteers will receive a short monthly newsletter via e-mail (the most requested method of communication by a landslide) that will contain information on volunteer updates and opportunities.

Many of the volunteers who took the survey voiced their support for both the Co-op and the Volunteer Program. There were also some individual questions and comments that I would like to share and answer.

"I'm concerned that the Co-op is moving to phase out the participating member program." Answer: NO, the program is here to stay and stronger than ever.

"I suggest getting rid of the phrase 'participating member' and just use 'volunteer' — the name is too confusing and distracting." Answer: I agree, the Co-op uses both and it is confusing. However, you do have to be a Co-op member in order

to participate, and technically volunteers do something without receiving anything in kind. Participating members receive a discount for their time. Sorry for the confusion; right now, it's the phrase we have until something better comes along.

"It is difficult to hear some participating members discuss their jobs, and how it only takes them an hour or so per month, when I put in 3 hours each week to get the same level of discount. Maybe every year or so, people could have the opportunity

to shift into a different task." Answer: Several respondents mentioned this disparity; I am terribly sorry that I haven't been able to fix it yet. Sometimes change takes time. Please know that it is being worked on, and that I think moving folks around every year or so is such a great idea that I have already started the process.

"I didn't know that there is a Participating Member Coordinator." Answer: That would be me.

"The more ways volunteers

can participate the better; it enhances the sense of ownership and contribution to our community." Answer: I couldn't agree with you more.

"I love the Co-op. Nuff said." Answer: Our volunteers rock. Nuff said.

moondance
CONSTRUCTION & ECO-DESIGN

CERTIFIED GREEN PROFESSIONAL
LICENCED AND INSURED

COMPLETE ENERGY RETROFITS
ANY SIZE REMODEL
NEW CONSTRUCTION

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



Kindergarten Authors at Co-op

By Jeneille Branen, Kindergarten Teacher

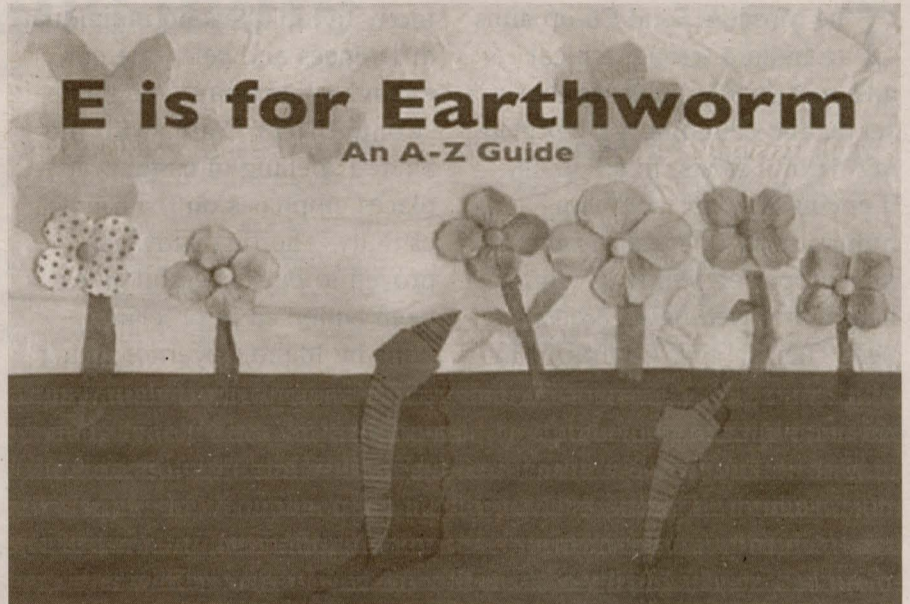
Palouse Prairie School kindergarten students will read from their book *E is for Earthworm* at the Co-op Kids program on March 8. This recently published book is a product from the learning expedition conducted by the class during the fall semester. One of Palouse Prairie's core practices is learning expeditions, which are projects that start with a compelling topic and use case studies as a lens on broader concepts. Products, like the earthworm book, are the tangible results of projects or the intersection of several projects.

The kindergarteners' fall topic was worms, and they worked to understand the concept of "habitat" to be able to explain why the Giant Palouse Earthworm lives on the Palouse.

Students examined ABC books and the collage artwork of children's illustrators like Eric Carle and Debbie Wolfe. They came to understand that each page of the book had a letter of the alphabet and a word that started with that letter. They used this form to document their learning.

Craftsmanship is important at Palouse Prairie. Students developed criteria to review their drawings of ABC letters and did self- and peer-assessing. The criteria guided their revision work. The capital letter on each page looks like a worm. A sentence summarizes an important idea the students learned.

Julene Ewert served as a class expert in graphic design and helped the students construct collages to accompany their letter and sentence. She then



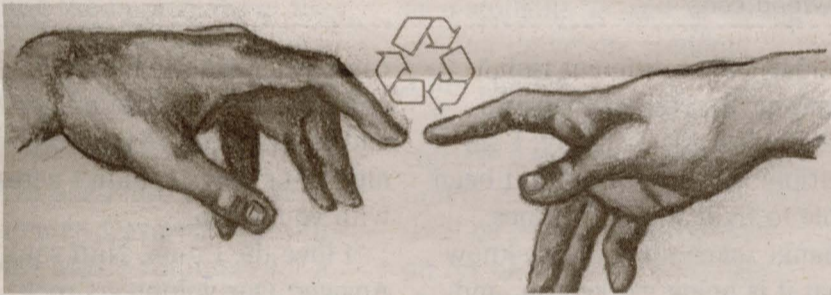
packaged the pages in a digital format suitable for publishing at Lulu.com.

In addition to book readings at Co-op Kids, students will bring their worm bin and have the books for sale.

Palouse Prairie School is currently accepting applications for 2011-12 for children grades K-8; visit the website for details.

"How many?"

By Miriam Kent, Pre-cycling Czaress



How many things can we do with old newspapers?

- ➔ Line the bottom of a bird cage.
- ➔ Twist them into "logs" for the fireplace.
- ➔ Rip them in to strips for paper maché.
- ➔ Wrap breakables when you move.
- ➔ Use the colorful funnies to wrap a gift.

- ➔ Protect the table for arts and crafts projects.
- ➔ Use them with a hot iron to absorb spilled wax from the rug.
- ➔ Fold a paper hat for your grandchild.
- ➔ If the ink is soy-based, use it to mulch your garden.
- ➔ Line cardboard boxes for storing fruits and veggies.

That's 10; number 11 is your job!

The Front End News

By Annie Hubble, Front End Manager

Team building and team participation are taken very seriously at the Co-op. There are about 90 employees working in very close quarters, and it is vital that we all get on together, and that, in fact, we show by our actions that we believe in the term "cooperate," as this is part and parcel of a "cooperative" structure. Employees pledge to uphold a gossip-free work place at the beginning of their careers in the store, and attend communication workshops and training. Every effort is made to enable a good flow of communication. We have many different age groups, dif-

ferent genders, and varying life philosophies, and yet we all work together in an amicable and professional way. Employees cover each others' shifts when needed and help out in other departments. Time is found for a laugh, a joke, a compassionate glimpse into another's life. Friendships are formed. It takes effort on everyone's part to achieve this sort of work environment, and I thank everyone for their dedication and participation. To paraphrase the wonderful local Peace Band's motto, "Cooperation (and peace!) is more fun!"



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

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

Center for Healing Arts
Guiding your health maintenance and dis-ease prevention




Michael Young, LAC
Eri Lynn, yogini & herbalist

featured healing modalities:
Acupuncture
Massage & Acupressure
Auriculo (ear) therapy
Herbal formularies
Chakra balancing
Kundalini Yoga & meditation
Qi Gong

Call (208) 310-0037
208 S. Main Suite #7 Moscow, ID

Discounts for Co-op members
New Years Resolution specials
Servicing many insurance policies
Private instruction available

Brused Books



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

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

509-334-7898
235 E. Main
Pullman, WA 99163



Price Shopper: Baby Stuff

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

Have you ever noticed that when you are expecting a baby, you suddenly notice all of these other people also expecting? They must have been there before, but once you're in the same situation, you become hyperaware of all those swelling bellies. Parents-to-be have so much in common, conversations are quick and easy. Same with new parents; most everyone is faced with the same choices and challenges. A close friend of mine recently had a baby, and so her life and conversation are now consumed by baby. It's fun to hear her getting carried

away with the other new parents at our workplace figuring out which diapers are best, when to start solid food, feeling buried by baby laundry, and trying to sleep through the night. So this month, we've decided to focus on baby items. Our babies are too big for all of these products, but we had a really good time reminiscing and pretending to shop for them again. One of us went to Rosauers and one to the Co-op for this trip. By shopping at the Co-op, we would save \$8.82 shopping for baby stuff! That's enough to buy three more onesies!

ITEM	Co-op	Rosauers
Earths Best Baby Food Peach Apricot Muesli 6 oz.	\$1.49	\$1.79
Earths Best Baby Food Chunky Orchard Fruit 6 oz.	\$1.45	\$1.79
Earths Best Baby Food Gourmet Meals Chicken Mango Risotto 4 oz.	\$1.35	\$1.29
Earths Best Baby Food Apple and Plums 4 oz.	\$1.19	\$1.09
Earths Best Baby Food Rice and Lentil Dinner 4 oz.	\$1.19	\$1.09
Earths Best Baby Food First Pears 2.5 oz.	\$0.85	\$0.89
Earths Best Baby Food First Carrots 2.5 oz.	\$0.85	\$0.89
Earth Best Barely Teething Biscuits 4.6 oz.	\$2.69	\$2.79
Crunchini Crackers Original 5.3 oz.	\$2.99	\$3.69
Earth Best Apple Snack Bars 5.3 oz.	\$3.69	\$3.99
RW Knudsen Apple Juice 3pk. 8 oz. each	\$2.85	\$3.39
Santa Cruz Grape Juice 3pk. 8 oz. each	\$2.79	\$2.99
G Diapers 40 count biodegradable refills	\$16.49	\$18.29
Seventh Generation Free and Clear Laundry Detergent 100 fl. oz.	\$17.59	\$19.99
Santa Cruz Apple Sauce 6pk. 4 Oz. Each	\$4.25	\$4.89
Avalon Organics Nourishing Baby Lotion 6 oz.	\$8.65	\$9.49
Avalon Organics Shampoo and Baby wash	\$8.65	\$9.49
Total	\$79.01	\$87.83
Amount saved on this trip by shopping at the Co-op	\$8.82	
Note: All are regular prices - No discounts or sales		-\$8.82

Cookbook Project: Workflow and Other Dull Things

By Laurene Sorensen, Cookbook Coordinator

Cataloging recipes makes me hungry. Hungry for ricotta pudding with cardamom pods, spicy breakfast potatoes, Snow White Salad, and about 150 other things in my current stash of recipe submissions. Many of these came through the Co-op's "What's Cookin'" program, which Jennifer Whitney coordinated from 2008 through 2010; others were e-mailed by volunteers and friends. We're still accepting submissions, and would like more recipes for soups, breakfast foods and desserts. In addition, we're planning to include content from more recent cooking classes and from FACT demonstrations. It would be terrific if half of the recipes we print came from community members, with the balance coming from Co-op outreach programs.

What's the process from here? (I'm about to unplug my smart new printer, so it can't hear me. Okay, the coast is clear.) It's time to start printing recipes, arranging preliminary chapters and making decisions. Once we've

printed out a seriously rough draft, complete with the transitional/informational sections I've been writing in the guise of this column, we'll start to choose the recipes that will make it into the final version.

Here's where you can help. What should we prioritize as we pick the recipes?

- Local ingredients?
- Local authors?
- Ethnic diversity?
- Regional specialties?
- Low cost?
- Ingredients available at the Co-op?
- Stuff kids can make?
- Dietary preferences and needs:
 - Vegetarian?
 - Vegan?
 - Raw?
 - Gluten-free?
- Something else?

We'll move into team mode once we decide on our short list of recipes, because we then will need volunteers to assist with recipe testing and book production, including formatting, editing, indexing, and (maybe)

illustrating. Simultaneously, we'll be figuring out the physical design of the book with Melissa Rockwood, our designer; getting estimates from printers; and developing a marketing plan. (Preferably one involving a glamorous cocktail party or two.) With the help of those of you who have already offered your services, we may be able to finish production by Thanksgiving and have copies available for the holiday shopping season.

Laurene Sorensen thinks the cookbook must include a recipe for paneer makhani—the decadent version made with ghee, and butter, and cream.



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

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



GREEN SIDE UP
CREATIVE LANDSCAPING
Becky Chastain, Owner

We are a landscaping company providing design ideas, installation and maintenance.

www.greensideupmoscow.com
208-883-3485

10% discount on Landscape design for Co-op Members



Virginia Wolf
Distinguished Service Awards

WOMEN'S CENTER
WORKING FOR GENDER EQUITY SINCE 1972

Wednesday, March 23, 2011 at 12:00 pm
Whitewater/Clearwater Rooms, Idaho Commons, University of Idaho
Featuring keynote by Tina Takemoto, renowned interdisciplinary performance artist, writer, and gender activist!
www.uidaho.edu/womenscenter/VWAwards
Please RSVP by March 16 to: (208) 885-6616 or wcenter@uidaho.edu
Free and open to all! Lunch available by donation.

SPECTRUM II ART AND DANCE STUDIO

525 South Main St., Moscow, Idaho 83843
(208) 882-1445
ubudanceguru@msn.com
www.spectrum2studio.com

Offering art and dance classes for child through adult

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



Camas Prairie Winery

Made in Moscow since 1983.

Grape wines, fruit wine, honey wine.

Try before you buy!

Mon-Sat 12-6:30

@ 110 S. Main St.



Small is Possible

By Colette DePhelps, Good Food Book Club Volunteer Coordinator

March is a good month for inspiration, and that is what you will experience reading Lyle Estill's *Small is Possible: Life in a Local Economy*. *Small is Possible*, filled with real life stories about a single county's success in creating "hometown security." is the Good Food Book Club's pick for March. The Book Club will meet Monday, March 28, from 7-8:30 at a member's private residence for dessert and discussion. E-mail bookclub@moscowfood.coop for directions.

The place is Chatham County, North Carolina. The people are residents who are finding practical solutions to actual problems. The stories are about becoming less dependent upon the global economy; about creating community owned and operated businesses that provide local fuel, food and housing. They are about community coherence and community financing. And the stories are continually unfolding. If you are interested in commu-

nity self-reliance, sustainability, local food and small business, you will love this book!

Check for a copy of *Small is Possible* at your local library. If you are interested in buying *Small is Possible* (a great gift idea!), it is available at Book People of Moscow, where Book Club members receive a 20% discount.

Please join us for dessert and discussion of *Small is Beautiful*, Monday, March 28, from 7-8:30 pm. Remember to e-mail bookclub@moscowfood.coop for the meeting location and directions and/or to receive e-mail reminders about the Good Food Book Club.

The Good Food Book Club is a project of Community Food Works (CFW). For more information about CFW, check out the Co-op's February 2011 newsletter (available at www.moscowfood.coop).

At the time of writing this article,

Colette is thinking of her snowdrops, recently emerged from dark, cold soil, now covered with a couple inches of wet snow ... a testament to perseverance and confidence that winter will give way to spring.

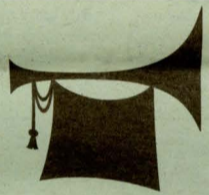


Lyle Estill

small is possible
life in a local economy



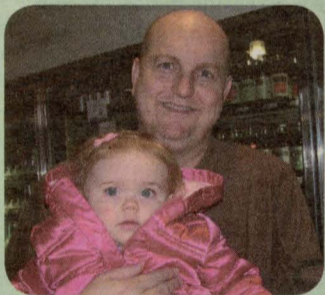
56



Co-op Shoppers Speak Out:

asked by Ashley Fiedler on February 20, 2011

"Have you attended Co-op Kids on Tuesdays from 9-10 a.m. or Co-op Mamas and Papas on Wednesdays from 9:30-11 a.m.?"



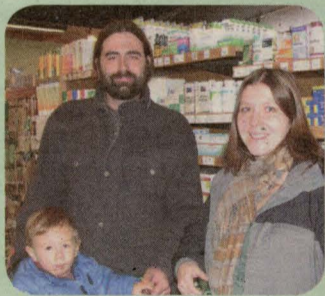
"Yeah. I've gone to Mamas and Papas. I enjoyed it, but had to go back to work so we only got to go twice in December. We would go if there was something on the weekends."

—Matthew Vaughn, Moscow, Computer Support at UI



"I've heard of it, but I am in school at that time. We would attend if there was something on weekends or afternoons."

—Jane Stewart, Pullman, Plant Pathology PhD student at WSU



"I've heard of it. My son is too young for Co-op Kids and I don't need the talk aspect of Mamas and Papas."

—Karen Chojnacki, Palouse, Biology Instructor at WSU



"We went to Co-op Kids before my kids were in preschool. It was really neat. We really liked it. It's an open and welcoming group."

—Andrea Cobos, Pullman, stay-at-home mom



"I haven't attended yet. I've heard about it from other parents at the Library Storytime."

—Elaine Bayly, Moscow, Cultural Anthropology Graduate Student at UI



What Have You Always Wanted To Try Off Our Shelves?

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

October, the focus was demoing out foods from the Bulk Dept. which included toasted amaranth muesli, raw chocolate truffles, gluten-free pancakes with date syrup, and sampling out some of our trail mixes. Then, November and December were blissful with Tasteful Thursday's, where the demos focused on learning how to make your own spa products with things found in the Co-op. The crowd pleasers were definitely the bathtub finger paints and the sugar scrubs. We also tried a lot of amazing chocolates, and I loved watching customers' reaction as they contemplated Theo's Coconut Curry or Fig Fennel chocolate bars before tasting them and then the sheer shock of how amazing the unusual flavors tasted and the declaration of a new favorite indulgence.

Despite the dark, frozen earth in the Palouse, in January, the demo theme for the month was in the Produce Department. The "veggie spiraler" was the hot new kitchen gadget that arrived this winter, and our volunteer, Becki, and I did demos throughout the week, with my personal favorites being with the kids who couldn't stop eating the fun-shaped raw veggies that it creates. Every Saturday, customers learned how to make sushi and spring rolls using all sorts of interesting ingredients, from papaya to arugula, and we could hardly stock the spring-roll-making supplies fast enough. The sushi-making demo also has inspired the Kitchen to look into making nori rolls in-house to add to the "grab 'n go" options. Hearing each of your stories after making these dishes with and for your family has been so much fun.

"Get Your Glow On" in February was a joint project with the Wellness Dept. and incredible generosity and support from more than 20 vendors who sent in samples of their product and coupons. February also transitioned our demo program to its permanent location in the front of the store. There is something so exhilarating about giving such amazing samples away to customers and staff as they stop by the demo counter. We all were able to try so many new products from skin care, supplements, teas, and, of course, chocolate. The month-long event was really enriched by the participation of so many of our health and wellness business partners and community members. Throughout the week, various local health and wellness practitioners and businesses did demos and taught us about their offerings.

And what is next? I have so many ideas, from an appetizer-themed month to smoothies. What have you always wanted to try from the Co-op? Whether a grocery item or a particular brand. Drop me an e-mail and let me know, and don't forget I am available to give you a tour of the Co-op. The gluten-free tour has been most popular, but I also do shopping on a budget and packing lunches tours. I am also happy to do any tour that meets your personal shopping needs. Send me an e-mail at demo@moscowfood.coop



Jake Kleinecht, Co-op volunteer, shares samples during a Tasteful Thursday recently.



COMMUNITY

FOOD WORKS

LEARN | EAT | SHARE

MOSCOW FOOD CO-OP + BACKYARD HARVEST



1376 Bristol \$174,900
1364 Bristol \$204,900

- Gold certified green-built homes.
- Green label carpeting, energy star appliances, & sustainable building materials.
- Affordable neighborhood for the workforce of the city of Moscow & Latah County.
- 5 efficient floor plans to pick from.
- Up to \$25,000 of downpayment assistance.

Brian Loomis-REALTOR
Team Idaho Real Estate
208-892-3160 or 208-882-9500

**GREEN
ACRES**

A SUSTAINABLE, GREEN COMMUNITY



March Suggestion Box 2011

Dana was my cashier today. He was very meticulous with the bagging. He was friendly and professional. What a treat!
— Mercedes

Thank you for your kind comments. We are certainly lucky to have Dana be part of the Front End Team. Annie H, Front End Manager

Gluten-free lasagna noodles, please!!!
—Anonymous

They are located on the bottom shelf in the pasta section of aisle one. We have two brands of rice lasagna noodles to choose from, Julie, Grocery Buyer

For the second time after I've identified a product that you sell cheaper than other stores YOU TURN AROUND AND JACK THE PRICE WTF —Eric

We set our prices by what we pay for products. Oftentimes we can offer lower prices on items, but when the manufacturer raises their prices, it necessitates that we follow suit to stay in business. Joan, Grocery Manager

Please resume carrying Green & Black Cocoa for baking – the powdered kind. It makes the best hot chocolate & baked goods. G&B Chocolate has a varietal taste like coffee beans or wine. —Jaqueline

That product is located in the baking section of aisle two. We too enjoy it and plan to continue carrying it. Julie

Katie gave me excellent customer service. —Sridurga

Thank you for the comment. I too am proud of the Front End Team and Katie in particular. Annie H

Please always have at least one brand of org. coffee on sale. This has been the case until recently. —Anonymous

When our sales specials went to a twice monthly cycle, the Equal Exchange coffee was affected by this change. We have worked with them and will happily be able to offer one EE coffee at a sale price every month. Seth, Bulk Buyer

I would like to know if you would go back to carrying (1) Israeli paprika (it is fabulous) (2) mayonnaise with wasabi (I bought some about a month ago and now there is none!!) —Cynthia

The Israeli paprika is available in the spice jars in the bulk department. Unfortunately the wasabi mayonnaise was discontinued by the manufacturer. Julie

Can you carry "Cravens" brand gluten free products. They are the best I have ever eaten. Thanks. —Polly

We now carry 3 varieties of The Craving Place gluten free baking products in the baking section. We hope these suit your needs. Julie

Need more de-caf coffee choices.
—Ernest

We offer 5 varieties of de-caf coffee from 4 different roasters. Is there a blend in particular that you are looking for that we don't carry? Seth, Bulk Buyer

I was just wondering if you could sell the Reeds ginger chews that the deli gives with your fantastic sandwiches? The ginger chews you can buy in bulk hold no contest to the Reeds! Thanks so much.


—Kenzie

Thank you for bringing this to our atten-

tion. The Reeds ginger chews are now available in the bulk bin. Seth

Today, I noticed a life coach in the desk area at the entranceway. I had been thinking it would be good to have different wellness professionals there maybe once a week - nutritionist, acupuncture, etc. —Joe

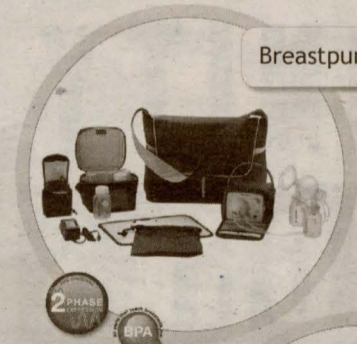
Our demo and product education coordinator, Jessica DeHart, organized all the appearances of wellness professionals in the store all throughout the month of February for "Get Your Glow On." We really enjoyed it, and are glad you like it too. We have a newly updated "Vendor Table" program designed for exactly what you suggest — for wellness professionals, as well as artisans, owners of cottage businesses and non-profits to be in the store on a regular basis. People who are interested in being at a vendor table or desk can fill out an application available on-line or in the store, and once they're approved for participation, they can schedule their time in the store. Jessica will continue to organize special events like Get Your Glow On too! - Carol

medela 

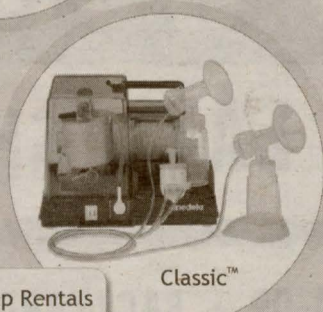
Helping mothers provide the best for their babies



Breastpump Purchases



2 PHASE
BPA FREE



Breastpump Rentals

Classic™

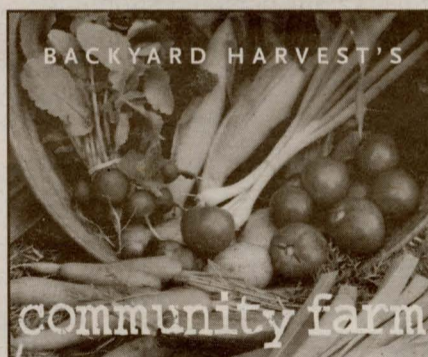
Your source on the Palouse:

Sid's Professional Pharmacy

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

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

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



SHARES ARE NOW AVAILABLE FOR THE 2011 SEASON!

Pre-order now to receive weekly boxes of fresh produce, sustainably-grown by our staff and help an area family or senior in need receive a similar share!

FOR MORE INFORMATION ON RESERVING YOUR SHARE OR TO FIND OUT IF YOU QUALIFY FOR A REDUCED-PRICE SHARE VISIT WWW.BACKYARDHARVEST.ORG OR CALL AMY AT 208.669.2259

pictured—september, 2010 share



...finding your balance



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

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

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

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



Co-op Volunteer Interview: Sam Horack

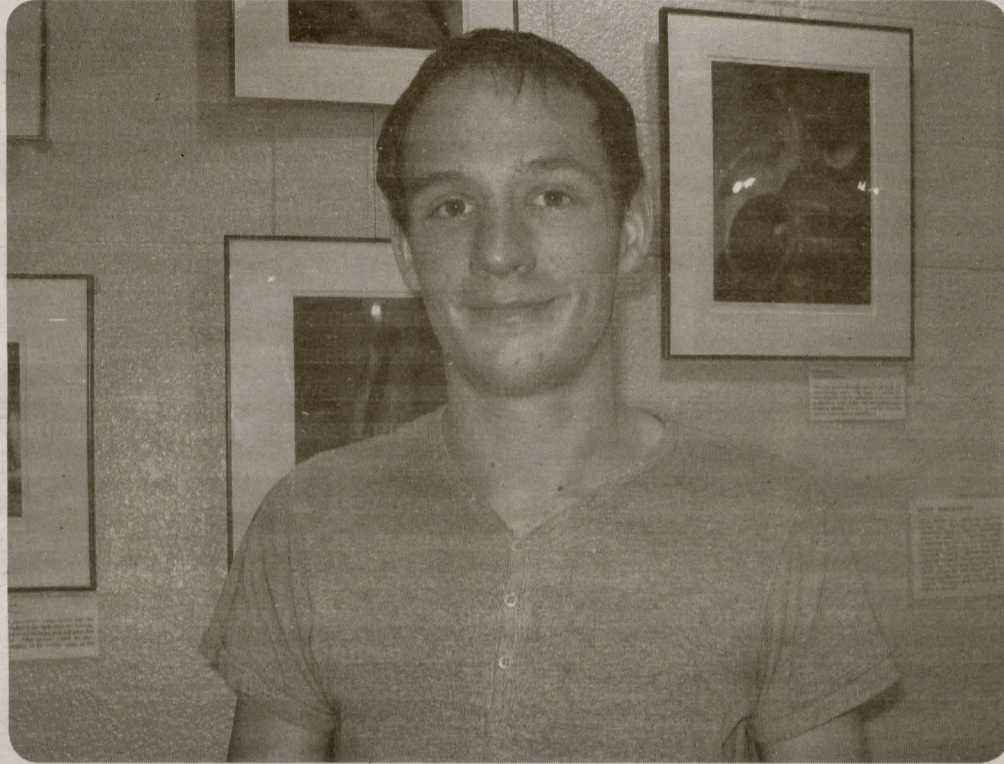
By Terri Schmidt, Co-op Volunteer Writer

Sam has volunteered for three jobs at the Co-op: driving recyclable materials to the recycling center, bringing newsletters to the Co-op from the Daily News, and peeling garlic. The Co-op kitchen uses 15 pounds of garlic a week and the kitchen staff did not have time to peel all it all. You probably enjoyed some tasty garlicky dishes thanks to Sam. (The kitchen now only uses garlic that comes pre-peeled.)

Sam and his boyfriend, P.J., have been together for four years; they are both International Studies majors. They spent two semesters in Spain on an international exchange. Sam is in his last semester at the University of Idaho and will graduate before P.J. He hopes to find job locally until they can both move together. They would like to stay in the Northwest, but will likely move to a big city like Seattle or Portland to find jobs in their field.

Sam was born in Wisconsin and lived there till he was 10 years old. At that time, he and his parents moved to the Columbia River Gorge in Washington. They moved after visiting and enjoying the Northwest. Sam considered going to school at WSU, but with the Western Undergraduate Scholarship he was offered, the U of I was actually less expensive. He had also decided by then he would prefer living in Moscow.

As a new college student, Sam bought his groceries at WinCo. However, partly due to his Dad's interest in eating healthy food, he started to become more conscious of what he was putting in his body. He was happy to discover the Co-op at that time. He realized along the way that



“Sam has volunteered for three jobs at the Co-op: driving recyclable materials to the recycling center, bringing newsletters to the Co-op from the Daily News, and peeling garlic.”

“People take better care of food when they are growing it themselves.” Sam much prefers the organic produce he now buys at the Co-op.

Sam is a fan of rock climbing. He learned the skill by practicing on the rock wall at the U of I Recreation Center, and now takes advantage of climbing opportunities close by in Post Falls and Granite Point. He also enjoys skiing, both cross-country and downhill.

Sam also likes building things with his hands and is currently in the process of building a bar for a friend. Being college students with limited income, they had to improvise and are using a door as the bar top. I think it's great their need to be resourceful developed into recycling and re-purposing the wood of an old

door.

Living overseas long-term does not appeal to Sam, but he does love to travel. Besides Spain, he has been to several other countries in Europe, Morocco and Japan. He said it would be hard to pick a favorite place because “they are all good in different ways.” If he was pressed to pick one city, he might pick Tokyo because it was much cleaner than other big cities like New York and Paris.

Sam's main goal in life is to “be happy — that covers everything.”

Terri won't be leaving the country anytime soon, but is looking forward to visiting Arizona for the first time over spring break.

palouse prairie school

OF EXPEDITIONARY LEARNING

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

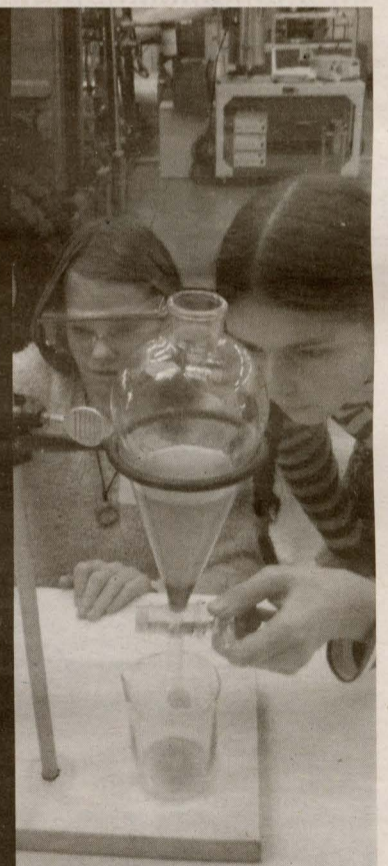
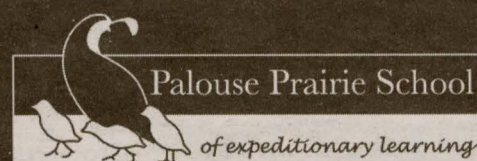
Join us for a school tour!
Friday, March 4

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

 **UNITARIAN UNIVERSALIST CHURCH OF THE PALOUSE**

A welcoming congregation

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

Rev. Marlene Walker

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

SPURLING HOUSE & GARDEN

Landscaping
Pruning ~ Gardening
Handyman Services

Walter Spurling
(208) 669-0764



Staff Profile: Joseph Melior

By Amy Newsome, Co-op Volunteer Writer

Joseph started working at the Co-op nine years ago and is currently a grocery clerk, but over the years has done everything from kitchen purchaser to barista to prep cook. It's important for him to feel good about the place he works.

"I love what the Co-op stands for; I can feel good about working here."

He did take four years off when he moved to Boulder, Colorado, to attend Naropa University. Naropa offers a Buddhist-inspired contemplative education with small class sizes. He earned his Bachelor's degree in Creative Writing and Literature from their Jack Kerouac School of Disembodied Poetics.

He and his fiancée, Alisa Burns, moved to Colorado together and returned to Moscow last August.

"We came back home to refocus and to be open to whatever life might offer next."

Their first task is planning



"His mom started working at the Co-op about 20 years ago, so Joseph said he virtually grew up in the Co-op."

their wedding, which will take place this May at Priest Lake.

"Alisa is from Pullman, and her family has vacationed at

Priest Lake for years."

Joseph is thrilled that his family from England will be attending the wedding. He'll have two uncles, an aunt and two cousins coming over. Only one of them has been to the States before. Joseph has visited England about five times. His mother, Annie Hubble, long time Co-op employee, is from England.

"We'd stay with my grandfather in Oxford. As a kid, I especially remember the museums

and castles being really cool."

Joseph was born in Colorado and lived there until he was 7 years old, at which time his family moved to Moscow. His mom started working at the Co-op about 20 years ago, so Joseph said he virtually grew up in the Co-op. In fact, he even met Alisa at the Co-op eight years ago when he was a cook and she was a volunteer. She now works in the produce department. Alisa earned her Bachelor's degree in Philosophy and Religious Studies from Washington State University.

Both vegans, they really enjoy preparing food together. Alisa is very interested in nutrition and natural healing. They love to attend concerts and music festivals. They share an apartment with their very loved tuxedo cats, Jericho and Esmer. Not only a consumer of music, Joseph also does MC freestyle hip hop, most recently with DJ Exodus.

"Basically I'm given drum and bass music and I improvise over it with words and rhyme."

They have done several house parties, but will be branching out to public venues soon.

Amy Newsome is also quite smitten with her tuxedo kitten. Word.

Care when you need it

Quick!



More doctors. Extended hours. Less waiting.

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

New
Sunday
Hours!

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

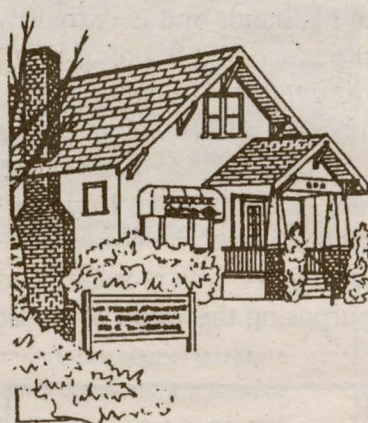
moscow
family
medicine

QuickCARE Clinic
2500 W. A Street • Moscow

See us online!
www.MoscowFamilyMedicine.com

Or call:
208.882.0540

PALOUSE
Ocularium
VISION CENTER



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

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

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

Tye-Dye Everything!

Most Colorful
Little Shop Downtown!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

Visit our newly updated website with
over 150 different tie-dyed items:

www.tyedye-everything.com



Local Producer: Panhandle Artisan Bread Company

By Johna Boulafentis, Co-op Volunteer Writer

Having a dad from Greece, I grew up learning and appreciating that a meal without bread is not a meal. Psomi, or bread, is the centerpiece of your eating experience. Not surprisingly then, I felt delighted and hungry interviewing local baker Nels Peterson, owner of Panhandle Artisan Bread Company in Moscow. For the last four months, the Co-op has been selling eight types of Nels' bread. The display of delicious, breadly goodness is located across from the Hot Bar and Deli.

Four years ago, Nels returned to the Palouse after a hiatus of nearly 20 years. During a cross-country journey working in restaurants and bakeries, he gathered skills that prepared him for opening his own business. His last stop before Moscow was the Red Hen Baking Company in Vermont, where he learned to craft artisan bread and embraced the company's focus on using local ingredients. Before starting Panhandle Artisan Bread 2 1/2 years ago, he volunteered in the Co-op Bakery and also worked at the Sage Baking Company, owned by Bud Tomlinson. He's thankful that Bud allowed him to use Sage's ovens to practice with his own artisan bread. Making a sourdough start — a culture of

water, flour and yeast from the air — he began a new journey in his life — owning a bakery.

Baking with local ingredients is a priority for the business. One of Nels' favorite breads offered at the Co-op is the "Local Loaf." Composed of 100% whole wheat that is grown and milled in Colfax, Washington, by Joseph's Grainery, Nels is proud that none of the ingredients except for the salt travels more than 100 miles. His other loaves also include ingredients grown locally, such as Shepherd's Grain flour, garlic, potatoes and herbs. Discussing the bakery's relationship with local farmers and local restaurants and grocery stores, Nels said, "We're kinda in the middle somewhere" in a loop connecting local ingredients to consumers.

On Sunday nights, the bread process begins with his sourdough start (the one he created years ago) and ends 18-24 hours later with loaves of crusty, artisan bread. A team of four employees, including Nels, repeat this same process throughout the week to provide bread to nearly 10 local restaurants and grocery stores, and for his store. With a degree in Philosophy from the University of Idaho, Nels approaches bread making with a philosophical

"Baking with local ingredients is a priority for the business. One of Nels' favorite breads is the "Local Loaf." Composed of wheat that is grown in Colfax, Washington, Nels is proud that none of the ingredients except for the salt travels more than 100 miles."

attitude. Referencing a work of Aristotle, he said, "Each day, we learn, come back and keep trying; a never-ending process." He continued by explaining that with artisan bread, "We work according to the pace of the dough. We give it the time it needs to make better bread." The natural leavening process, which allows the bread to form a good crust, their mixing technique, and baking on a hearth all make Panhandle Artisan Bread deliciously special. The bakery produces an assortment of 18 breads and has five different loaves available each day.

Again referring to his Philosophy degree, Nels' wants his business to be ethical, being

mindful of where ingredients originate and making a high-end product affordable. His customer base continues to grow as more people develop a taste for "bread with a crust" (most Americans aren't familiar with artisan bread) and the list of local businesses supplying his bread increases. Nels appreciates the relationships he's formed with farmers, businesses and individual consumers. He most enjoys watching people smile and hearing their bread stories.

Johna loves following the family tradition of using bread to sop up all the wonderful sauces on her plate. No waste allowed!

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 to outreach@moscowfood.coop.



**COMMUNITY
FOOD WORKS**

LEARN | EAT | SHARE

MOSCOW FOOD CO-OP + BACKYARD HARVEST



Veganesque: Burger Bites

By Caitlin Cole, Co-op Volunteer Writer

One hot July day in 1988, I was arriving at Baxter State Park in Portland, Maine, for a barbecue. I had a picnic basket with German potato salad, chocolate chip cookies and homemade vegetarian burgers made primarily of oats, which I had wrapped individually in tin foil. I had recently become vegetarian, and this was the first time I had made my own burgers. Back then, veggie burgers were not available in stores. My recipe was inspired from the first plant-based burgers, which were oatcakes that the Scottish have been baking since the 14th century. They were made with ground oats, flour and yeast with a little liquid and heated on a metal plate. I found a spot on the grill, gingerly unwrapped my creation, and placed it in among the meatier offerings. One of the picnickers asked me, "What is that?" I said that it was an oat burger I had made myself and asked if he wanted one. He said, "Hmm, no thanks." I had to admit, my first homemade veggie burger looked pale and unappetizing. A few minutes after cooking, it started to fall apart into chunks and fell through the grill onto the coals. I salvaged a few pieces, which tasted bland and had a dusty texture. I ate a bun with cheese, ketchup, mustard and pickles that day.

That experience discouraged me for a good long while, so I made due with eating a Garden Burger brand burger at my favorite Portland restaurant, The Great Lost Bear, which was the only place in town where I could procure one. It was a precious commodity to me at the time. Eventually, I got brave and tried my hand at homemade veggie burgers again. I discovered that there was one of three main ingredients in a vegetarian burger: nuts, grains or beans. My first homemade beany burger was made from black beans.

Flash forward to now; there is much more awareness of the vegetarian and vegan lifestyles, and many more products to fill the needs of vegetarian consumers. There are about a dozen vegan choices in the Co-op's freezer section. Here are three my family and I like, representing one whose main ingredient is either nuts, grains or beans.

Nut Burger: Chez Gourmet Savory Patty. This is my number one choice. It has a nice nutty taste and browns very nicely, the best of any veggie burger I have eaten. I fry it in my cast iron pan without oil. My favorite way to eat it is on toast with the usual condiments.

Soy Burger: Bocha Burger Vegan. Also browns well, but needs a little oil. I like this one

Black Pepper Mustard

- 3 Tablespoons yellow mustard seed
- 1 Tablespoon white wine vinegar
- 1 1/2 Tablespoons water
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper

Coarsely grind the mustard seed. Transfer to a small bowl, add all the remaining ingredients, and mix thoroughly with a fork. Cover with plastic wrap and set aside for 2 hours.



for those who are vegetarian curious, it reminds me of meat. My kids love this one, but they won't eat it without cheese.

Grain and vegetable burger: Garden Burger Veggie Medley. I love the taste of the carrots and onions in this one. It also has oats, but tastes much better than Scottish Oatcakes!

Essential to the good veggie

burger experience is a good condiment. Below, enjoy my family's favorite condiment recipe. I hope you relish it!

Caitlin Cole enjoys her life as a freelance writer and full time Mama.

Kids Only Fun Run to Benefit Community Food Works

By Anne Taunton, Race Organizer

Kids ONLY! Athletics, BlueSky Dental, and Moscow Charter School are very excited to feature and support Community Food Works during the Kids ONLY! April Fools Run on April 2. Kids from kindergarten through sixth grade are invited to participate in a 1 to 2 mile run/walk starting at BlueSky Dental at 10am on April 2. Community Food Works will be showcasing several projects including healthy snack creation for kids. Additionally, elementary schools will be displaying what each school is doing to support healthy, active, nutritious student lifestyles.

Kids ONLY! Athletics, supported by BlueSky Dental and Moscow Charter School, strives to provide fun, well-organized

athletic activities for all elementary school children that encourage and motivate them to exercise regularly and eat healthfully. As a result of this mission, a portion of the proceeds from the \$10 entry fee of this fun run will be donated to Community Food Works. More details and entry forms will be available at www.blueskydentistry.com, and www.moscowcharterschool.org/funrun.

Questions? Contact Anne Taunton at annetaunton@gmail.com

Prize Offered for Fair Poster Design

By Jessi Shockley, Fair Publicity Director

The Moscow Renaissance Fair is looking for submissions for this year's Poster Contest. Deadline for submission is noon, Saturday, March 26, at Book People in Moscow, followed by a public judging of the winner. Along with a \$200 cash prize, the winning poster is used to publicize the Renaissance Fair and is placed widely in the Northwest. The second-place winner receives \$100 and their poster becomes the cover to the Fair program.

Anyone may submit a poster entry, either computer-generated or more traditionally made. Poster contest guidelines and an entry form are available at the Moscow Renaissance Fair web-

site, moscowrenfair.org, and at Book People.

The Moscow Renaissance Fair is a two-day celebration of spring with live entertainment, food, and artisan wares for kids and adults of all ages. The 38th annual Celebration of Spring will be held at East City Park in Moscow, Idaho April 30 and May 1.





Growing Community

By Amy Grey, Executive Director, Backyard Harvest

Thank you pie eaters and Co-op bakers and anonymous pie ingredient donors! Backyard Harvest was so excited to receive the proceeds from the Co-op's delicious "Giant Pumpkin" pies. It was a great way for us to cap off a season in which we collected over 32,000 lbs of fresh, locally grown produce and distributed it to hundreds of area families and seniors in need.

Now that spring is almost here, we have started to put those pumpkin pie funds to work by purchasing seeds for our expanding growing efforts. After successfully piloting a small CSA program last season, we are now offering a much larger Community Farm Share program. The "farm" for the 2011 season is actually six pieces of land tucked into Moscow neighborhoods and dotting the hills of the Palouse. Here, Backyard Harvest's Field Director, Isaak Julye, will work with other staff and volunteers

to sustainably grow some really delicious produce. Shares of these fruits and veggies will then be offered for sale to the entire community. For those that can afford it, \$550 will not only purchase a season's worth of fresh, locally grown produce, but will allow Backyard Harvest to offer similar shares — at greatly reduced prices — to area families in need. These residents will be able to use their SNAP (food stamp) benefits to purchase Community Farm shares on a weekly basis for just \$5 each.

In the end, we hope these growing efforts will be as much about growing food as about growing community. Thanks again to the Co-op for helping to plant the seeds!

To learn more about Community Farm Shares or Backyard Harvest's other glean-ing, gathering and education programs, please visit www.backyardharvest.org



Buddhist Monks Offer Meeting and Retreat

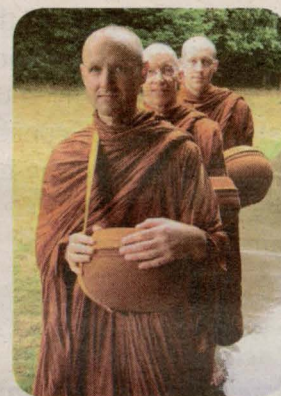
By Arthur Ericsson, Program Volunteer

The Thai Student Association is proud to host Ajahn Sudanto and Venerable Caganando Bhikkhu from the Pacific Hermitage, a branch monestary of the Thai Forest Tradition of Theravada Buddhism. Forest monasteries are primarily oriented around practicing the Buddha's path of contemplative insight, including

living a life of discipline, renunciation, and meditation in order to fully realize the inner truth and peace taught by the Buddha. Living a life of austerity allows forest monastics to simplify and refine the mind.

The gathering will be held on Saturday, April 9, from 7-8:30 p.m. on the campus of Washington State University, in


the Compton Union Building, Lower Level. Seating is limited. On Sunday, April 10, the monks will lead a day-long retreat at the Pioneer Center in Pullman. This day is designed for practicing laypeople who are on the Buddhist path. For more information about the monks' visit, and to RSVP, please visit: www.Palouse-Meditation.org




JONATHAN SMITH, RLA, ASLA
405 S. WASHINGTON AVE.
MOSCOW, ID 83843
(208)562-7324
mosaiclanddesign@live.com

MOSAIC LAND DESIGN, LLC IS A YOUNG, DYNAMIC DESIGN FIRM EMPHASIZING DESIGN EXCELLENCE, INNOVATION AND QUALITY SERVICE TO ALL OUR CLIENTS. WE STRESS ENVIRONMENTAL STEWARDSHIP BY UTILIZING XERIC AND NATIVE PLANTINGS, ON-SITE STORM WATER MITIGATION, SOIL IMPROVEMENT AND LOCALLY SOURCED MATERIALS. WE SPECIALIZE IN PROFESSIONAL CONSULTING SERVICES FOR LAND PLANNING, SITE PLANNING AND SITE SPECIFIC LANDSCAPE ARCHITECTURE FOR A RANGE OF RESIDENTIAL, COMMERCIAL, INSTITUTIONAL, AND CIVIC PROJECTS.

MOSAIC
LAND DESIGN, LLC.
LANDSCAPE ARCHITECTURE



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



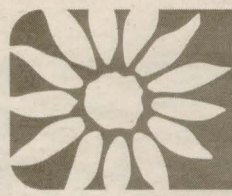
- Hobbies • Gifts • Hearing Aids (30 day free trial)
- Free Local RX Delivery • Drive in Window
- 24 Hour Emergency Prescription Service
- Most Insurance & Medicare Plans Honored

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

Something for everyone...

Hodgins Drug & Hobby

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available
307 South Main, Downtown Moscow • 882-5536



New at the Library

By Chris Sokol, Latah County Library District

“This book is long on misery and short on mercy.”

—Anonymous review handwritten on a Post-it® note left in a Moscow library copy of the novel **Bloodroot** by Amy Greene.

FICTION

Destiny and Desire by Carlos Fuentes. An epic of passion, magic, and desire in modern Mexico by one of the world’s most acclaimed authors.

Swamplandia by Karen Russell. In the Florida Everglades, young Ava Bigtree struggles to keep her family afloat as their alligator-wrestling theme park is threatened by a competitor called World of Darkness.

We, the Drowned by Carsten Jensen. An epic story of a Danish port town whose men have sailed the world’s seas for centuries, and whose women have stayed behind to wait.

West of Here by Jonathan Evison. Set in a small town in western Washington, this novel portrays the lives of the town’s founders in 1889 and their descendants in the 2000s, contrasting the earlier epoch’s relentless rush toward the future with the contemporary struggle to repair the damage of the past.

NONFICTION

The Acting Bible: the Complete Resource for Aspiring Actors by Michael Powell. An illustrated reference covering such skills as physical expressiveness, voice projection, rehearsal procedures, analyzing scripts, and more.

Deadly Choices: How the Anti-Vaccine Movement Threatens Us All by Paul A. Offit. The harm we risk if society ignores the power of scientific knowledge.

Eye of the Explorer: Views of the Northern Pacific Railroad Survey, 1853-54 by Paul D. McDermott, Ronald E. Grim, and Philip Mobley. The government railroad survey led by Major Isaac Stevens, one of five ventures undertaken to determine a potential route for a transcontinental railroad through the western frontier, was documented by artists John Mix Stanley and Gustavus Sohon.

Good Old Dog: Expert Advice and Keeping Your Aging Dog Happy, Healthy, and comfortable by the Faculty of the Cummings School of Veterinary Medicine at Tufts University. How to help your dog enjoy her golden years.

Growing a Farmer: How I Learned to Live Off the Land by Kurt Timmermeister. Twenty years ago the author had a food epiphany and traded his Seattle café business for sustainable farming on Vashon Island—a life full of setbacks finally overcome.

In the Shadow of the Buddha: Secret Journeys, Sacred Histories, and Spiritual Discovery in Tibet by Matteo Pistono. Long-hidden spiritual truths amid contemporary human rights violations.

The Magnetic North: Notes from the Arctic Circle by Sara Wheeler. In one of the most pristine places on earth threatened by global warming, the author describes her varied journey circling the North Pole, through territories held by Russia, the U.S., Canada, Denmark, Norway, and Finland.

Magnificent Spiral Mandala Quilts by RaNae Merrill. Spiral possibilities from kaleidoscopic stars to delicate ribbons swirling around a lacy mandala.

Neptune’s Inferno: the U.S. Navy at Guadalcanal by James Hornfischer. A narrative of the deadliest, most pivotal naval campaign of the Pacific war.

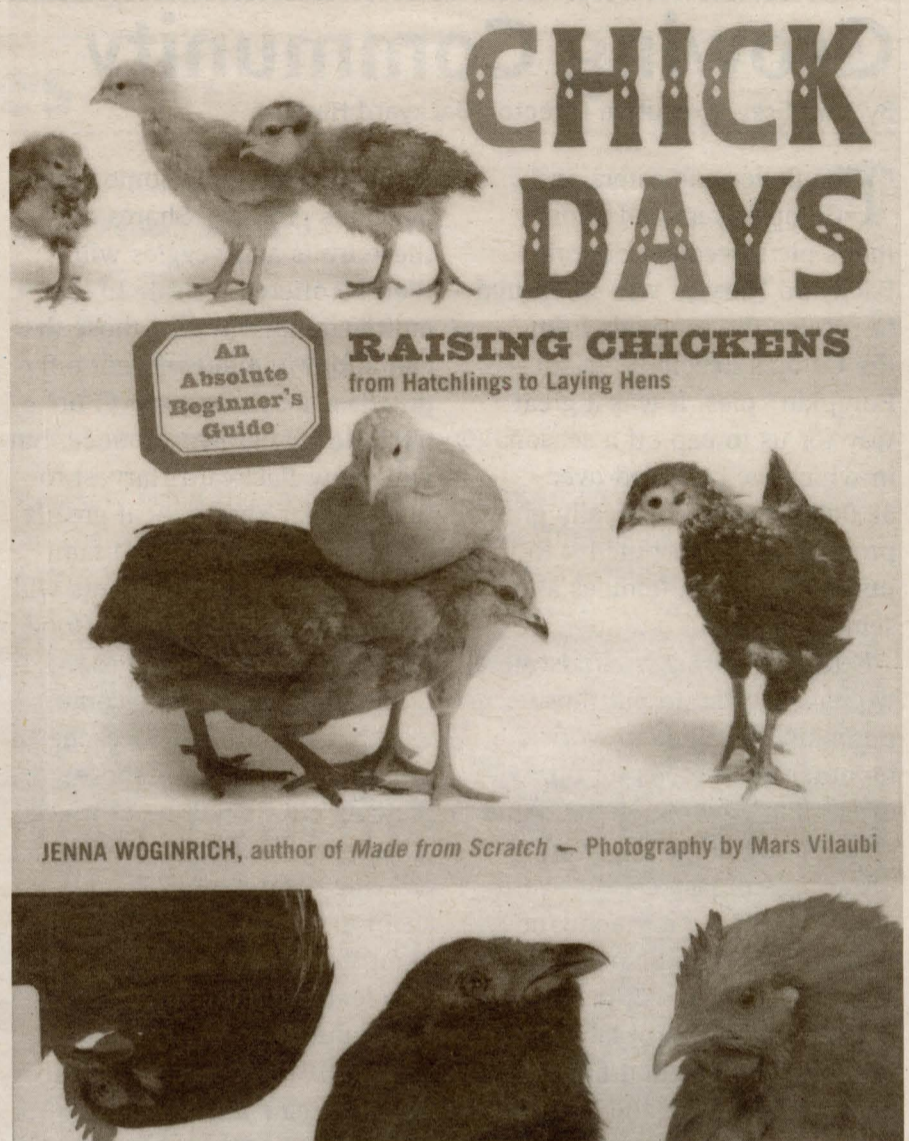
Printing by Hand: a Modern Guide to Printing with Handmade Stamps, Stencils, and Silk Screens by Lena Corwin. An introduction to three primary methods for printing on textiles, paper, furniture, walls, and more.

A Strange Stirring: the Feminine Mystique and American Women at the Dawn of the 1960s by Stephanie Coontz. How Betty Friedan’s ground-breaking 1963 book helped transform women’s lives.

Twelve Steps to a Compassionate Life by Karen Armstrong. Cultivating and expanding the intrinsic human capacity for compassion.

TECHNOLOGY & CULTURE

Reality is Broken: Why Games Make Us Better and How They Can Change the World by Jane McGonigal. Using the lessons of



video game design to fix what is wrong with the real world.

The Winter of Our Disconnect: How Three Totally Wired Teenagers (and a Mother Who Slept with Her iPhone) Pulled the Plug on Their Technology and Lived to Tell the Tale by Susan Maushart. An inspiring tale of the rewards of unplugging.

Zapped: Why Your Cell Phone Shouldn’t Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution by Ann Louise Gittleman. Minimizing the unprecedented levels of exposure to electromagnetic fields in today’s world.

READY FOR SPRING

Chick Days: an Absolute Beginner’s Guide to Raising Chickens from Hatchlings to Laying Hens by Jenna Woginrich. A visual day-by-day guide on the essentials of chicken-keeping.

The Revolutionary Yardscape: Ideas for Repurposing Local Materials to Create Containers, Pathways, Lighting, and More by Matthew Levesque. Save money, reduce waste, and create unique items for your yard and garden.

FOOD AND COOKING

At Home With Madhur Jaffrey: Simple, Delectable Dishes from India, Pakistan,

Bangladesh, and Sri Lanka. by Madhur Jaffrey. Accessible recipes for exotic dishes.

In the Green Kitchen: Techniques to Learn by Heart by Alice Waters. Essential techniques plus recipes for fresh, local, seasonal meals.

Microgreens: How to Grow Nature’s Own Superfood by Fionna Hill. Larger than sprouts yet smaller than baby salad greens, the tiny seedlings of herbs and vegetables can be grown indoors or out.

Quiches, Kugels, and Couscous: My Search for Jewish Cooking in France by Joan Nathan. Two hundred recipes of a hidden cuisine, plus their stories.

Chris Sokol selects adult books and DVDs for the Latah County Library District, many of which, thankfully, have more happiness than misery.....

QUALITY AFFORDABLE HOUSING ON THE PALOUSE

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

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



Organic Gardening Intensive

By R. Justin Hougham, Organic Farm Project

It's never too early to start your garden! The Organic Gardening Intensive will be offered again this year by the WSU Organic Farm at Tukey Orchard. This is the program's second year, we are really excited to be able to offer the "Organic Gardening Intensive" course again because it went well last year and served as a major access point in organic gardening, education and service on the Palouse. "We have found that a lot of people that interact with the WSU Organic Farm have a lot of questions about instruction on organic gardening," Hougham said. "Some participants of the course are community members that are looking for experience and knowledge to improve their own small businesses, such as local farmers and growers. It is really great to be able to serve the community through this program."

Washington State University

Organic Farm offers an intensive, multi-week course in organic gardening, covering everything from composting to garden planning as well as organic pest control and fertilization. "Organic Gardening Intensive" begins Feb. 23 and run through May 11. The program will include four selected Saturday sessions that run from 9 a.m. to 1 p.m. and Wednesday sessions that run from 1 p.m. to 4 p.m. Altogether, participants will receive 35 hours of instruction from WSU faculty, researchers and area farmers. The classes will be held in greenhouses on the Pullman campus as well as at the WSU Organic Farm. Costs of the training vary. Participants willing to give 20 hours of volunteer service at the WSU Organic Farm following the training will pay \$150. All other participants will pay \$250.

Please contact organic.farm@wsu.edu

Dance for Peace

By Debbie Berkana, Program Volunteer

So what does dancing have to do with peace? On the first Monday of every month, you can join the local Sufi community in Dances of Universal Peace. These simple, joyous, meditative circle dances use phrases from different world wisdom traditions to promote peace within and without. All dances are taught and everyone is welcome.

People have gathered to celebrate since the beginning of time. Movement, song and story are part of ceremony and rituals, as well as part of our daily lives. The Dances of Universal Peace are part of this timeless tradition of sacred movement, song and story. They are designed to inspire the spiritual essence within ourselves and honor it in others. You may feel more vitally alive, touch into a sense of deep peace, and feel more love, appreciation, connection, and joy.

The Dances take place all around the world. Samuel L. Lewis started creating dances in the 1960s, influenced by Ruth St. Denis, a modern dance pio-

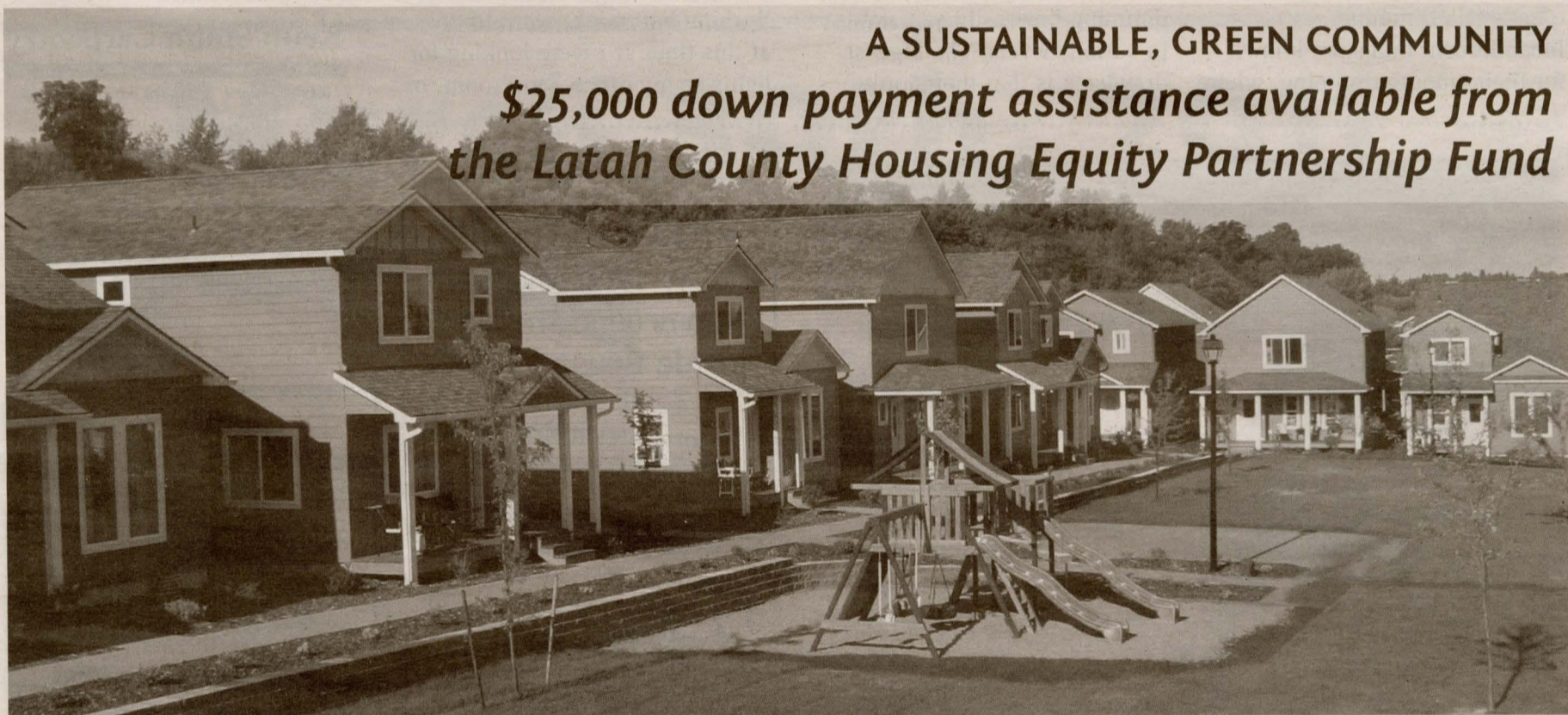
neer, and his Sufi teacher, Hazrat Inayat Khan. They foster understanding and connection, honoring all sacred traditions. On a given evening you may chant a Buddhist mantra, whirl like a Sufi dervish, sing and move to a Christian hymn, or do a Ram Nam snake dance.

So come join us at the Moscow Feldenkrais Studio, 112 West Fourth Street (in the Moscow Hotel) on a first Monday. You'll find us there from 7-9 p.m., singing and moving. The next dances are March 7 and April 4. A small donation is welcome to help cover the cost of renting the space.

Debbie Berkana has been attending Dances of Universal Peace since she heard of them four years ago, and is happy to help organize the Moscow Dances.

A SUSTAINABLE, GREEN COMMUNITY

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



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

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

GREEN ACRES

COMMUNITY HOME DEVELOPMENT

MOSCOWGREENACRES.NET

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

Contact Christin N. Beebe
509-330-0635



The Sustainability Review – LED and Dimmable Efficient Lighting

By Mike Forbes, Co-op Volunteer Writer

I've owned every sort of efficient lighting that has existed in the recent past. Always I am searching for a dimmable light bulb that closely emulates the standard incandescent light but offers lower energy use. Recently, there have been large improvements in design that make these bulbs worth looking at but still there are issues. In this article, I'll talk about what is readily available and my perception of the technology.

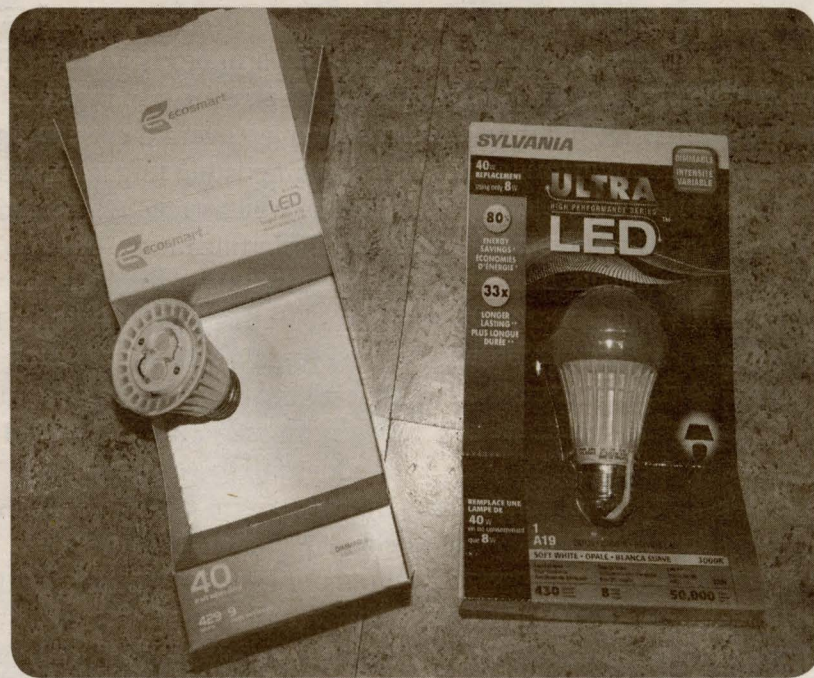
First, LED lighting is making a step into lighting market. Until recently, LED lights cast a very blue light and were very expensive (\$50-\$100/bulb). The advantage they have is the lowest energy use and ridiculously long life (50,000 hours +, that's 5-1/2 years of continuous 24hr/day use). They currently cost approximately \$18/bulb and use about 1/2 the power a compact fluorescent (CFL) does and 80% less than an incandescent. As a bonus, many are dimmable and are not affected by the cold as CFLs can be.

Let's talk dimming. Incandescent bulbs are known for their smooth dimming, where

as CFL and LED bulbs tend to be a bit more "jerky" in their dimming. This is due to the CFL & LED using electronics to control the light output. Older CFLs were horrible at dimming, they'd buzz loudly and cast a purplish, cold light unless they were on full. There is talk out there that you need a special dimmer for CFL/LED bulbs yet Consumer Reports did some testing on this with various bulbs and found no difference in performance.

The newer CFLs don't buzz as much and dim much smoother but still don't provide that infinite adjustment that the incandescent does. The light quality is good however on the whiter side. It is common to have the typical warm-up time that most CFLs have in varying degrees, gone is the startup flicker.

I purchased several LED dimmable bulbs and found them to behave and look very similar. There was a slight buzz, noticeable only when your head was next to the lamp, and they exhibited some of the jerky dimming but easily adjustable to various levels. The biggest drawback is that they don't



provide the warm, glow of the incandescent even though the package claims to provide that color (soft white). I found the color of the bulb to be very cold, similar to the daylight bulbs out there.

Are they worth it? If you are concerned about energy use, then you cannot beat the LED. If you are more concerned about nice, warm ambiance of a dimly lit room you might want to pass at this time. If I were looking for lights in my office, workroom, or

any place I wanted a good, bright work light, I'd definitely consider the LED lights. I think you'll continue to see the price of these lights drop in the near future.

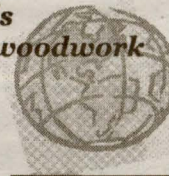
Mike welcomes questions and can be reached at mike@technicalrescue.net

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



medical care

...with a personal touch

Family Medicine

Pediatric & Newborn Care

Wellness Counseling

Sleep Medicine

FAA & DOT Physicals



WALK-INS WELCOME!



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

WWW.MOSCOWMEDICAL.COM

Just Trade

Fairly traded crafts from around the world inside Brused Books

235 E. Main St.

Pullman WA

509-334-7898

Mon-Fri 11-6, Sat 10-6

Sundays 12-5

Healing Point LLC

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

Holistic health care featuring acupuncture, Chinese herbs and therapeutic bodywork.

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

- Discounts for Co-op members
- Services covered by many insurance companies

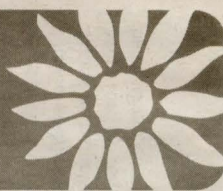
INTEGRATIVE MINDWORKS LLC

with April Rubino, M.Ed.
Licensed Professional Counselor
Certified Rehabilitation Counselor
Certified Clinical Hypnotherapist

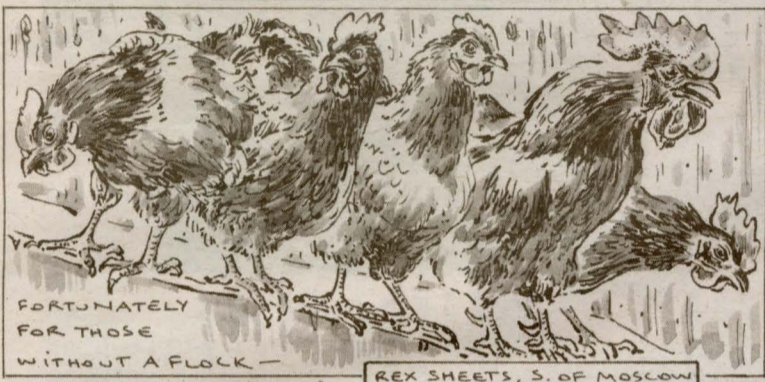
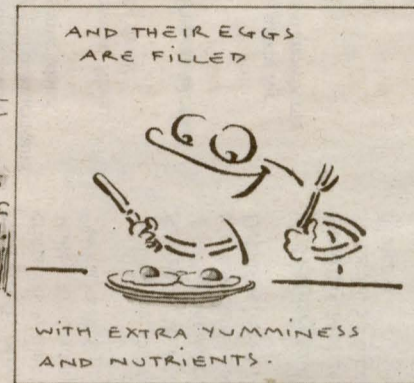
- ▶ Optimal Life Coaching
- ▶ Smoking Cessation
- ▶ Stress & Pain Release Training
- ▶ Weight Management
- ▶ Grief & Trauma Clearing
- ▶ Anxiety and Phobia Abatement
- ▶ Relationship Issues

Office, phone, or Skype sessions
(208) 882-8159
www.integrativemindworks.com

UI EAP Provider



PALOUSE REPORT: Know your Chickens, Know your Eggs



WWW.ANNABREWER.COM © ANNA BREWER MARCH 2011

March 30th, 2011

JOIN US! We are honored to have a day to invite everyone to recognize and celebrate *Health Care Providers* everywhere!

To Our Health Care Providers:

We appreciate your sacrifice, persistent dedication, and the gentle care that you deliver every day to each patient you serve.

Your humor, kindness, experience, and compassion defines the outstanding care you deliver. We notice the difference you make!

We sincerely appreciate *all* that you do!

Have A *Fantastic* Doctor's Day!
You Deserve it!

~From All Of Your Staff



...your health partner!

Bulletin Board

MOSCOW FOOD CO-OP

Co-op Events

Board of Directors Meeting

Tuesday Mar 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.

Taste of the Palouse

Saturday 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.

Co-op Kids! Meet Tuesdays at 9am

Children and their caregivers are welcome for the following Co-op Kids activities. Co-op Kids meets weekly in the Co-op, and all events are all free, with snacks and materials donated by the Moscow Food Co-op.

Mar 8: Learn about Earthworms.

Mar 15: Make T-shirt bags.

Mar 22: Planting.

Mar 29: Create bulb art.

Contact Rebekka Boesen-Taylor at

amamaswork@yahoo.com.

Good Food Book Club

Monday, Mar 28, 7—8:30pm

Small is Possible: Life in a Local Economy by Lyle Estill. Come join us for dessert & a great discussion. Location: Private residence. Email bookclub@moscowfood.coop for directions. Free.

Music at the Coop

Tuesdays 5—6:30pm

Mar 1: Yellow Dog Flats of Moscow, Idaho.

acoustic folk, blues, and Americana favorites.

Mar 8: Thorn Creek Express of Genesee, Idaho. Traditional bluegrass music.

Mar 15: Tate Wilson of Moscow, Idaho.

Original acoustic folk, country, and Americana.

Mar 22: David Roon of Moscow, Idaho.

Original acoustic folk.

Mar 29: Gefilte Trout of Moscow, Idaho.

Klezmer and old-world Gypsy music.

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.

Co-op Events at a Glance

Tue Mar 1—Music—Yellow Dog Flats

Sat Mar 5—Taste of the Palouse

Tue Mar 8—Co-op Kids—meet in the Co-op

Tue Mar 8—Board of Directors' Meeting

Tue Mar 8—Music—Thorn Creek Express

Wed Mar 9—Co-op Mamas and Papas Group

Tue Mar 15—Co-op Kids—meet in the Co-op

Tue Mar 15—Music—Tate Wilson

Wed Mar 16—Co-op Mamas and Papas Group

Tue Mar 22—Co-op Kids—meet in the Co-op

Tue Mar 22—Music—David Roon

Wed Mar 23—Co-op Mamas and Papas Group

Mon Mar 28—Good Food Book Club

Tue Mar 29—Co-op Kids—meet in the Co-op

Tue Mar 29—Music—Gefilte Trout

Wed Mar 30—Co-op Mamas and Papas Group

Community Events

Breakfast for Haiti

Sunday Mar 6, 9am—12pm

A fundraising breakfast, sponsored by Paloma Institute at the 1912 Center, to benefit a Haitian agricultural project, Farming is Life. Tickets, at a requested donation of \$10, will be available at the door. Contact: Louise Marie Dandurand

☎ 08-874-7024 imd@paloma-institute.org

Dance for Peace

Monday Mar 7/ Apr 4, 7—9pm

Join the local Sufi community at the Moscow Feldenkrais Studio, 112 West Fourth Street (in the Moscow Hotel) on a first Monday. A small donation is welcome to help cover the cost of renting the space.

Introduction to Systemic Family Constellation Work

Friday, Mar 11, 6:30 - 9:30pm. Free.

www.katrinamikiah.com

Native American Art Show & Exhibit

Friday Mar 4, 5—8pm

Opening reception of art work exhibition by NezPerce Tribal artists: paintings, sculpture and crafts. Show runs through March 31.

Valley Art Center, 842 Sixth Street
Clarkston, WA

Poster competition for Ren Fair

Saturday, Mar 26, 12pm

Deadline for submission of entries for the Moscow Renaissance Fair 2011 Poster Contest. Details at MoscowRenFair.org

Emergency Preparedness Fair

Saturday Mar 26, 9am—4pm

At the LDS Church on Warbonnet Drive, Moscow.

Transition Town Initiative

Saturday Mar 26, time TBA

Speaker from Transition Sandpoint on Transition Towns and the Transition Town Initiative. Sponsored by Palouse Permaculture. www.palousepermaculture.com

President's Sustainability Symposium

March 30 - April 1

Held at the University of Idaho, includes lectures, workshops, industry round tables, films and site tours hosted by sustainability experts. The event is free and open to the public. Online registration is required at

www.uidaho.edu/sustainabilitysymposium

Non-profit Grants

April 22 Deadline

The Latah County Community Foundation invites proposals from non-profit groups seeking support for community projects and programs.

www.latahfoundation.org

Kids' Fun Run

Apr 2, 10am

Registration & info at:

www.blueskydentistry.com

www.moscowcharterschool.org/funrun

Dahmen Barn Events

Sunday Mar 6, 1—3pm: Auf Gehts, a German Oom Pah Band, will play a concert at the Dahmen Barn same day as Uniontown's 58th annual Sausage Feed. The concert is FREE.

Saturday Mar 12, 1—4pm: Opening reception for Bob and Kathy Kernan from Clarkston, Washington who exhibit their recent glass work through March 27.

Friday Mar 25, 7:30pm: Horse Crazy Cowgirl Band. Admission is \$10 at the door.

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!