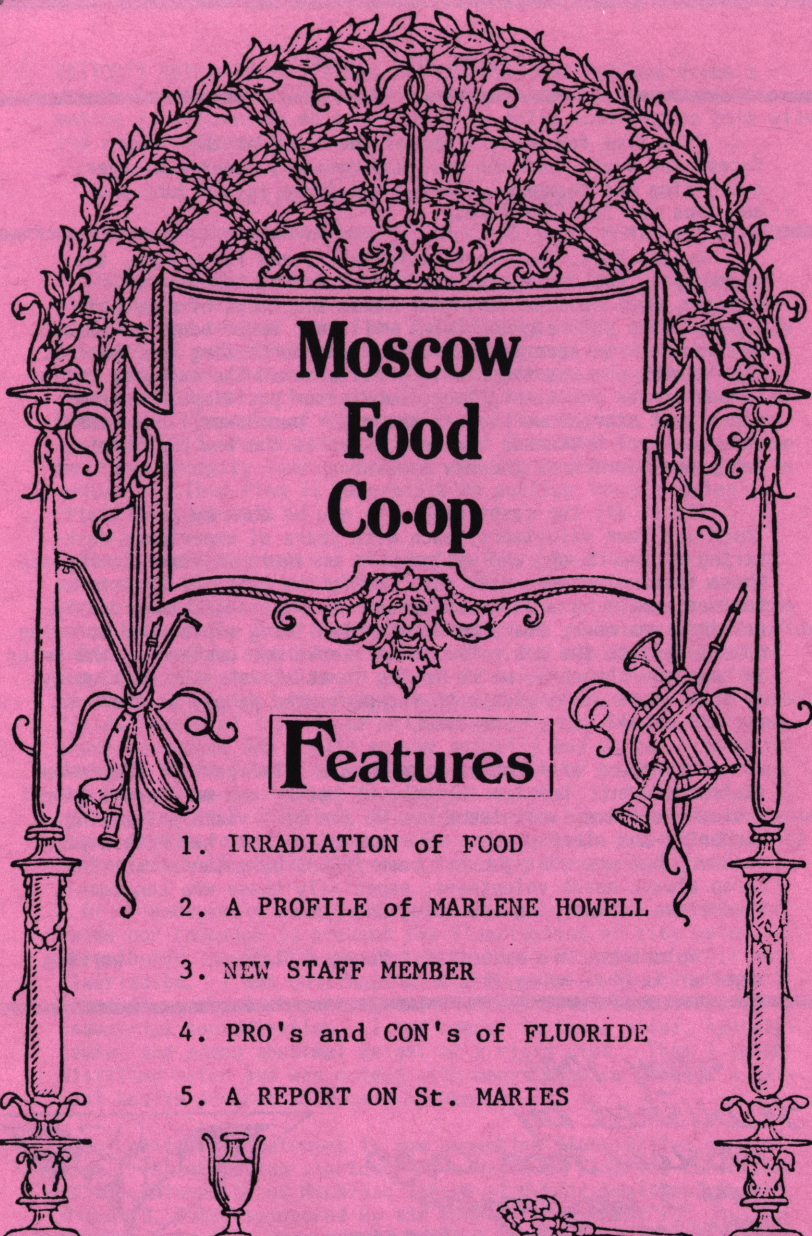


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Moscow Food Co-op

Features

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2. A PROFILE of MARLENE HOWELL
3. NEW STAFF MEMBER
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NEWSLETTER

WHO WORKS HERE, ANYWAY?

by: Bill London

It's time for a who's who of the staff at the Co-op. Except for David Cook who was, and remains, general manager, everything has changed. There's new faces in old jobs and new jobs for familiar faces.

Austin Boyd, the floor coordinator, and Penny Rice, the bookkeeper, both resigned. And Kenna Eaton, the purchasing manager, will soon be taking at least six weeks of maternity leave. When she returns, Kenna will work fewer hours -- about ten per week as advertising manager and purchasing coordinator. Pam Palmer, who was the cashier, has assumed the expanded duties of one of the purchaser/floor coordinator positions. Sharon Lyons just started working as the other purchaser/floor coordinator. Carol Westensee has been hired as the new bookkeeper, and Linda Herrick is the new cashier.

Almost all the cashiering will now be done by paid staff. There are four volunteers, each with years of experience cashiering at the co-op, who will remain on their shifts. To replace those four volunteers with paid staff, the Board of Directors decided, would be a waste of money. But the shift toward paid cashiers was made, Board member Carolyn Young explained, to bring consistency to the job. "To better serve our customers, and bring in some new shoppers, we're trying to establish some continuity, so that there won't always be inexperienced people at the most visible of all jobs," she said.

Volunteers will continue to form a vital part of the Co-op staff, however. But for the sake of better and more professional customer service, volunteers now do the less visible stocking, carpentry and cleanup jobs. For example, there had been a paid janitor, but now that job has been filled by volunteers. The Co-op always needs volunteers, especially those who can commit themselves to learning and doing one job.

"Volunteers are essential," Young explained. "Our working together is what makes this a co-op."

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~Marlene Howell~



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EDITOR'S NOTE: This article and the one that follows frame a debate on fluoride. Anyone who wants to contribute more information is welcome to do so. The co-op sells toothpastes both with and without fluoride.

NUCLEAR POWER AND FLUORIDATION

by: Mrs. Alice K. McMichael

"Tactics used by advocates of nuclear power and advocates of fluoridation are very much the same. Claims are made that fluoridation and nuclear power are 'absolutely safe', and that every 'reputable' scientist and/or scientific group agrees with this. They point out that every study showing adverse health effects from fluoride or nuclear contamination has been 'discredited' or 'refuted'. Reports of increased cancer death rates are covered up by the U.S. Public Health Service. Scientists opposing those measures promptly lose government funding and find their jobs in jeopardy. They find it impossible to publish their studies in 'reputable journals'."

The above paragraph was written by Dr. John Yiamouyannis, who earned his PhD in bio-chemistry in 1967. He has become a well-known authority on the health effects of fluoride and is now the president of The Safe Water Foundation. He contends that fluoride (which is often added to drinking water and applied by dentists supposedly to prevent tooth decay) is harmful to human health. His book, Fluoride, the Aging Factor, documents these three hazards: "1) At levels of 1 part per million or below, fluoride has been shown to reduce DNA repair enzyme activity and to cause genetic damage. 2) At levels of 1 part per million or below, fluoride has been shown to disrupt the immune system. 3) At levels of 1 part per million or below, fluoridation has been shown to increase tumor growth rates and to increase cancer death rates." The book is replete with photos and charts proving these assertions.

Dr. Yiamouyannis came to Wichita, Kansas, where I met him, to guide our campaign to prevent the fluoridation of city water. We gathered the 16,000 signatures in time; Wichita is still not fluoridated. I was convinced of the dangers of fluoride when I lived in nearby Derby, where the water was fluoridated due to industrial contamination. I had cancer in three areas, hypoglycemia, and added abnormal weight on a rigid diet. Then I drank distilled water and was guided with many colonics through a natural health program to regain my health.

Our national government is now promoting fluoridation nationwide. This campaign started from a National Fluoride Conference at the University of Michigan School of Public Health on August 9 and 10, 1983, sponsored by the federal government for invited members only from the medical, dental, and legal professions to develop strategies to stop anti-fluoridation litigation and promotion. The recommendation was to establish a National Advocacy Office to promote fluoride and to counter the anti-fluoridation movement.



The pro-fluoride forces are at work in this area, exposing us and our children to this poison whether we want it or not. In both Latah and Whitman Counties, through the public school system, children in selected grades are given a fluoride mouthwash by the school nurses. Fluoride is added to the Pullman city water, but not in Moscow. Dentists throughout the region give their patients fluoride mouthwashes, and fluoridated toothpaste is sold everywhere.

Fluoride, as Dr. Yiamouyannis explains, is a dangerous poison even in the minute amounts added to our city water. I hope that Pullman will stop putting it in our water, forcing us to use expensive water filters or distillers. In this county, we should follow the lead of almost all the Western European nations and ban fluoride.

I have learned of tragic suffering in Pullman from many known illnesses from accumulation of fluoride in many body organs. I pray for time to alert the dear people of Pullman, including our cruelly-controlled doctors, dentists, and chemists. They are victims, too, of this vicious scam. May God give us grace to awaken before our nation falls, and we all go down in fluoride and nuclear muck.

AD. 2085, Moscow, ID.
Out-of-town visitor
chats with local person



Whatever happened
to all that famous
Palouse Soil?



It all washed away in
the last Century when the
government paid farmers
to grow surplus wheat!



Well it's too bad they
didn't hang on to
some of that soil.
It'd be worth a fortune!



and Davis

FLUORIDE SAVES TEETH

by: Dr. Ernest P. Moehnert

I have been a dentist since 1951, and have practiced in Moscow since 1955. As I entered private practice, I saw fluoride come into widespread use. Fluoride has made a significant difference; there are fewer cavities because of it.

The new deep wells that supply almost all of Moscow's water are naturally fluoridated at about the level suggested by the American Dental Association for good tooth protection. The shallow wells that were previously used in Moscow did not have as much natural fluoride in their water. With the shift to the deep well water, I have noticed an improvement in the dental health of my young patients -- there are presently about 55-60% fewer cavities in the teeth of the Moscow children I see who have now been drinking the higher levels of fluoride.

Teeth become more resistant to the acids that cause tooth decay if fluoride is added to the diet. Fluoride, of course, is not the total answer (you can't ignore good oral hygiene and good nutrition). But it is the only substance that effectively strengthens teeth in that way.

From my reading of scientific studies and my professional experience, I am convinced that fluoride is safe. For generations, millions of people have lived in areas (like Moscow) where fluoride is found naturally in the drinking water in concentrations as high or higher than that recommended to help prevent tooth decay. Extensive research conducted among those groups confirms the safety of fluoride in the water supply.

The claim is sometimes made that fluoride causes cancer or accelerates tumor growth. The National Cancer Institute has repeatedly studied this subject and has always stated that water fluoridation "poses no hazard relative to cancer causation."

Sometimes fluoride is accused of causing genetic damage. Numerous scientific studies from around the world show that fluoride is not mutagenic. For example, mice were raised for several generations on 50 parts per million fluoridated water (that's 50 times the recommended level) and no evidence was found that fluoride damages chromosomes.

In sum, I believe that fluoride is an important aid in our fight against tooth decay, is safe, and I'm glad that it occurs naturally in Moscow's water.





• Marlene Howell •

by Stephen Lyons

Although Marlene Howell spends the majority of her work day in Pullman, her roots are firmly planted here in Moscow. Howell is the director of the Washington State University Women's Center, but prefers being a part of the Moscow community.

She believes there is a "definite timbre about each of those places," and Moscow has "a civic sense beyond the university." The Moscow Food Coop envisions the kind of community involvement Howell has been associated with throughout her life.

Howell moved to the Palouse over four years ago from New Orleans to accept a job as a music therapist and day treatment counselor at the Whitman County Mental Health Center. More importantly the move was a chance for Howell to move closer to her parents in Portland. She started shopping at the Coop within six months of moving here.

"The Coop was the first place in Moscow where I really learned that a small group of people can make a difference." Howell soon became a board member and served in that position from 1981 to 1984. Besides the often demanding role of board member, she has worn a variety of different hats at the Coop, including cheese cutter, temporary cashier, and most recently, selling ads for the newsletter. It is a long term commitment.

When the county program was redesigned in 1982, Howell found herself out of a job. She looked into a number of employment options including submitting an application with the Pullman police department. A position opened up at the WSU Women's Center and Howell applied not believing she would actually get the job. She has been there ever since.

Throughout the shifts in jobs, Howell remains connected to Moscow and to the Coop.

"I will always have a connection with it (Coop); with my heart, money and time. I can go to the Coop anytime and see a friendly atmosphere. I feel like I'm a part of things." There are additional reasons why Howell is serious about the Coop.

"I'm interested in the politics of food distribution." The Coop comes closest to meeting her criteria.

Howell also trusts the food products offered by the Coop and the staff purchasers who make sure, as she says, "that the stuff I'm putting in my body is not harmful." But Howell would also like to see improvements in two areas.

She'd like to see the Coop coordinators "making enough money to make a decent living," and also see the Coop own its own storefront with good parking and access for all members of the community.

Howell is a dedicated community member in Fullman too. As director of the WSU Women's Center, she is responsible for a vital resource center that deals with issues related to sexism and racism. Her job also involves helping students cut through red tape, confronting political issues, speaking to a number of classes on different topics and, at times, simply listening.

Howell's dedicated community spirit combines her professional abilities with a civic consciousness. Howell is here to stay, providing both sides of the Palouse with an important community asset.



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FOOD IRRADIATION
--IS IT SAFE?

by Cinda Thomson

The Food and Drug Administration would have us know that food irradiation will be a reality soon. According to the FDA Consumer, May, 1984, legislation is pending on the issue, and passing it through Congress is a mere formality. It's a reality in 18 other nations, and only a few obstacles keep it from being a wide-spread means of food preservation and disinfection in this country.

Among the obstacles in the U.S. are: the expense of facilities for irradiation (currently start-up is \$2-3 million); consumer fears about irradiated foods, and insufficient research to assure foods irradiated keep their texture, color and taste.

Currently, at least one importer of herbs and spices in New Jersey uses irradiation to kill insects, and he estimates his weekly output at 5-6 tons of herbs and spices. These are mostly used in processed foods or spice and flavoring blends.

Of the companies the Moscow Food Co-op deals with, none are presently irradiating herbs, but it is the most common type of edible being irradiated, since legislation was passed to permit controlled doses of radiation (x-rays), gamma rays or high energy electrons to be given to certain foods. Herbs and spices were among the last approved (1983) but higher doses of

radiation was permitted for this type of food than previously allowed to retard spoilage of potatoes (in 1964), and to disinfect wheat and wheat flour (in 1963). The Codex Alimentarius Commission, an international organization that develops global food standards has approved doses 10 times that which the U.S. FDA recommends in its pending legislation.



The process of irradiation takes place in a building with a small room, shielded to prevent radiation from contaminating operators, and equipped with a mechanism for raising and lowering the food to the radiation source. Radiation is measured in "rads." A low dosage is considered to be up to 100 kilorads, or 100,000 rads, or one "gray," all the same amount of radiation. This is the amount proposed by the FDA to be acceptable in our country at this time. A medium dosage is 100-1000 kilorads, or 1 megarad, or 1,000,000 rads.

At the present, food for space shuttle astronauts, as well as for hospitalized patients with immune deficiency diseases, is irradiated. The controversy over whether to legalize other categories of food for the general population hinges on safety factors which surround radioactive materials and their wastes, labeling for the consumer, and uncertainty over the wholesomeness of the food. Although the food treated with one "gray" of radiation would not be radioactive, other doubts exists about its safety, which will be discussed in future articles in the Moscow Food Co-op newsletter.



DON'T FORGET

MOSCOW



RENAISSANCE

FAIR

with merriment the festival of the Spring.
again re clothed the earth and made her
| little flowerets blooming mid fresh green

DID YOU KNOW . . . ?

by: Kenna Eaton

The Co-op carries a lot of different tools for member use, one of which is our juicer. Though it is somewhat elderly it still does a good job of separating the juice from the fiber of both hard vegetables and fruits. Vegetable juice has a lot of health benefits, since it is high in natural vitamins, minerals and enzymes. Carrot juice is an excellent digestive aid and cabbage juice is high in vitamin U, thought to be therapeutic for stomach ulcers. Fresh juice is, of course, too delicious for words! The juicer is kept in the back of the store; please check with a manager before using it. Donations are gladly accepted for its use. Stop by someday and try it!

RENAISSANCE FAIR AGAIN

by: Austin Boyd

The Co-op will again have a food booth at the Renaissance Fair this year. You can help: meet interesting people, go to far away lands without leaving Moscow, spend a few hours grilling tofu on either Saturday or Sunday (May 4 and 5). Savor the aromas of sizzling organic foods while earning work credit (please sign up for a time slot beforehand at the Co-op). And if you can't do anything else, at least stop by the booth and eat!



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EDITOR'S NOTE: What follows is a report from River Valley Natural Foods, the storefront community cooperative in St. Maries, a 3,000 population logging town about 70 miles north of Moscow. RVNF is located in a converted one bedroom house at 913 Center Street. The store (the smallest cooperative in the region) is opened several times weekly by Josephine Multanski, the volunteer manager. Hopefully, this is the first in a series of reports from nearby cooperatives and community groups. In the interest of promoting better communication within this region, copies of the Moscow Food Co-op Newsletter have, for several months, been mailed to community organizations in Eastern Washington, Idaho, and Western Montana. They have had a chance to read about us, and if they follow the lead of this St. Maries correspondent, perhaps we will be able to read about them.

ST. MARIES, GATEWAY TO THE BRUSH COUNTRY

By: George Hay, Member RVNF

In keeping with President Reagan's trickle down theory of economics, the River Valley Local Alternative has altered and improved its sign. It seems that Safeway (one and one-half blocks up the street) just completed a half-million dollar improvement. To catch some of that money as it trickles down the street, the words FOOD COOP are clearly visible to the folks in the Safeway parking lot.

We all struggle with the goal of independence, individuality, and of the larger family. But the spirit of cooperation suffers under the logic of "doing your own thing."

The crocuses bloomed on April 7th at 3200 feet. Here we go again.





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