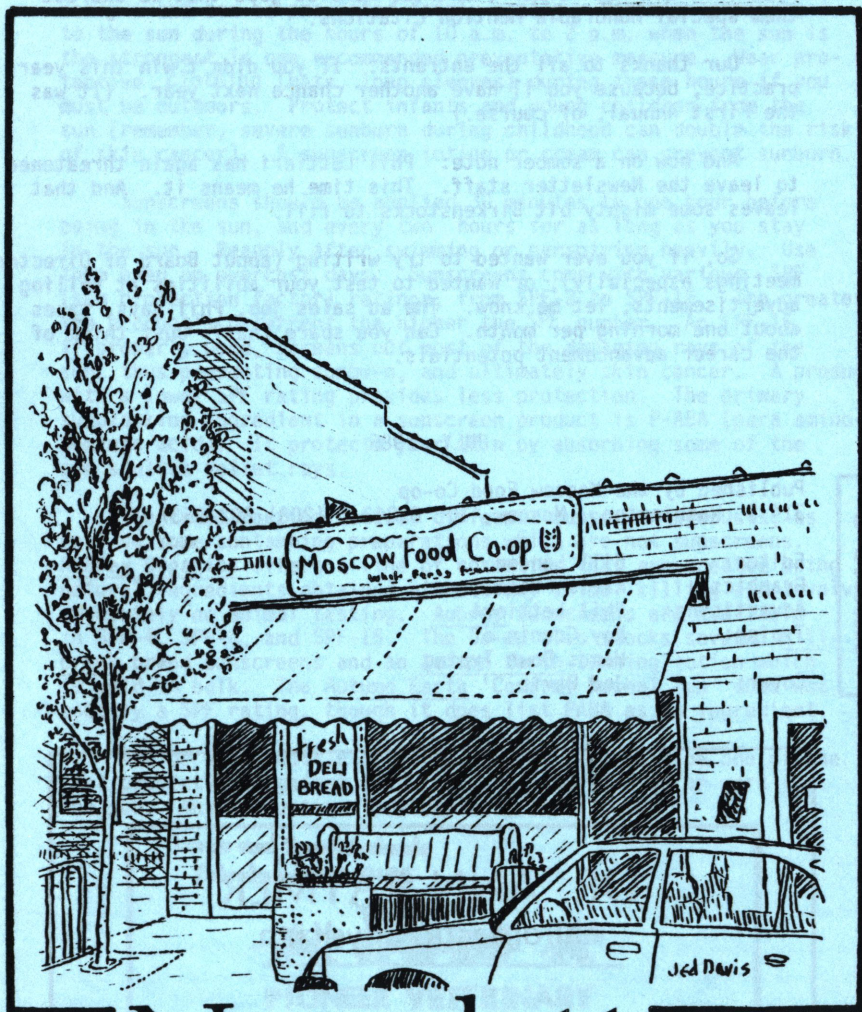


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Moscow Food Co-op



Newsletter

COLORING CONTEST WINNERS REVEALED

By: Bill London

You may have noticed the twenty-five well-decorated Newsletter covers taped to the Co-op wall last month. They were placed by our coloring contest entrants - and a talented bunch they were, by golly. Choosing the winners proved to be a difficult task for the four judges (Rose, Phil, Willow and me).

But in the end, the hard choices were made, and the winners are: Kally Thurman, Obadiah Durham, Ty Simpson, and Erin Palmer (in order of descending ages). Our congratulations. Each winner pocketed \$2.50 worth of any Co-op products. The choice for the winner of the adult category was especially difficult. Airin Wheeler's and Pam Palmer's entries were so good that we awarded them special Honorable Mention citations.

Our thanks to all the entrants. If you didn't win this year, practice, because you'll have another chance next year. (It was the First Annual, of course.)

And now on a somber note: Phil Lettieri has again threatened to leave the Newsletter staff. This time he means it. And that leaves some mighty bit Birkenstocks to fill.

So, if you ever wanted to try writing (about Board of Directors' meetings especially), or wanted to test your abilities at selling advertisements, let me know. The ad sales job, Phil says, takes about one morning per month. Can you spare that? Just think of the career advancement potentials.

JULY 1986

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By: M. P. McHugh

Skin cancer has been a hot item in the news this summer... for good reason. The incidence of skin cancer (also known as "melanoma", cancer of the pigment-containing cells of the skin) has doubled in the last 15 years, and American health officials expect 23,000 new cases this year.

A primary contributor to skin cancer is overexposure to the damaging rays of the sun. Some of us, the fair complected, freckled, red-haired and blonde, are especially vulnerable due to a lesser amount of the natural skin pigment, melanin. Melanin protects the skin against the sun's rays. Thus darker complected persons, who have more melanin, have more natural protection. Outdoor workers and incorrigible sun worshippers are also at risk. Those who experience severe sunburn as children double the risk of having melanoma.

The good news is that skin cancer is highly curable if detected early - and can be prevented fairly easily. Minimize exposure to the sun during the hours of 10 a.m. to 2 p.m. when the sun is the strongest is one recommended preventative measure. Wear protective clothing (hats, long sleeves) during these hours if you must be outdoors. Protect infants and young children from the sun (remember, severe sunburn during childhood can double the risk of skin cancer). A sunscreen lotion or cream can prevent sunburn.

Sunscreens should be applied 30 minutes to one hour before being in the sun, and every two hours for as long as you stay in the sun. Reapply after swimming or perspiring heavily. Use them even on overcast days. Sunscreens come with various SPF (sun protection factor) ratings, from SPF-2 to SPF-15. The greater the product's deterrent the higher the SPF number. An SPF-15, if properly used, screens out most of the damaging rays of the sun, thus preventing sunburn, and ultimately skin cancer. A product with a lower SPF rating provides less protection. The primary sunblocking ingredient in a sunscreen product is P-ABA (para amino-benzoic acid). It protects your skin by absorbing some of the sun's ultra violet rays.

The Co-op carries several different sunscreen products, as well as some suntanning preparations which are not sunscreens. Aubrey Organics offers a line of cosmetics that are created using natural ingredients obtained without any animal killing and involve absolutely no animal testing. Aubrey sunscreens are available in SPF-4, SPF-8, and SPF-15. The Co-op also stocks several Mill-creek brand sunscreens and an Autumn Earth tanning lotion which is sold in bulk. The Autumn Earth 'Comfrey Herbal Tan' does not specify a SPF rating, though it does list PABA as an ingredient.

A 6 or 8 oz. bottle of sunscreen may very well be one of the best preventions against skin cancer if you indulge or work in the sun. And prevention is always the best "cure."

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SUMMERTIME BLUES

By: John McCarthy

Summertime is always a slow time at the Co-op and coasting into the July 1986 doldrums is no exception from any other year. Bill Beck, Co-coordinator, can be heard grumbling about cash-flow, fixed costs, quarterly taxes and mid-year bills. In short, the cash register is coming up short on the long, dog days of summer.

Cash flow simply means not enough money is coming in to go out to pay bills. Fixed costs means things like rent, lights and wages. Taxes include the state and federal skim. Mid-year bills, we all know about bills. Much of this stuff has to be paid month-in, month-out, and it stays about the same regardless of the season. So while we go off on vacation, the bills never rest, never go to the beach, and never leave Bill and Henry a moment's rest.

So what else is new. Nothing on the financial front; it's business as usual at the Co-op. What might be new is to try one of the Knutson Spritzers chilled in the refrigerator, or an ice cream sandwich or a frozen juice bar or some of the organic oranges or some of the other organic produce. Because while the financial lag is not news, neither is the solution. The solution is buy more at the Co-op. It's a familiar theme. If folks don't support the Co-op all year round, it might not be there when you need it.

There are still some seeds from Good Seeds of Tonasket, Wash. for mid-summer and fall plantings. A few herb and vegetable starts remain. The fresh, local produce--such as spinach, radishes, onions, summer squash, and greens--is starting to fill the back cooler. Throughout the summer local growers will be offering their grown-with-care fruits and vegetables. The artic cod supplier has been somewhat erratic, but the plan is to keep a regular supply of fish.

A new development is that some standing committees have been formed to help with the organization and promotion of the Co-op. The committees can offer members an alternate way to volunteer, which may be more to some people's liking. Three committees are in place so far: finance/hiring; volunteers/membership; and information/education.

The finance committee has been working over the somewhat complex and convoluted finances. They have balanced the books and hired Kuska Bookkeeping service to do monthly accounts. To get a good price on the service, the store coordinators will have to pick up some record keeping and bill-paying that the in-house bookkeeper has done in the past. The committee members thought this would be cheaper and simpler to do than hire someone new. But they are going to need help. Bill Beck can explain what is needed and when.

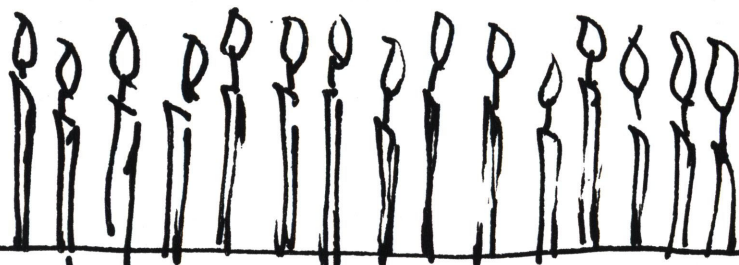
Volunteer/membership is looking at ways to get more people working in, or for, the Co-op and to get more regular members. It is recognized that people who volunteer and get the 15 percent discount shop more at the Co-op and with more purchases the Co-op



ends up in better shape - cash-flow once again. The committees are one way to volunteer outside the regular weekly jobs of cashier, stocker, janitor. Special events are another way. Mid-year inventory has gone, but another is around the corner. The Co-op is going to do an ice cream stand for "Rendezvous in the Park." Things also need to be built and repaired at the store. See Bill Beck or Sue Beetsch, who is on the volunteer committee.

The info/ed committee will promote the Co-op to existing shoppers and will try to bring in new people. It will also explain some of the workings of the store as a cooperative, as a natural foods store and as a part of the community. People interested in advertising or promotions, product selection and explanation (recipes, etc.), and writing things for the newsletter can get ahold of Steven Lyons, Bill Beck or Bill London.

Co-op board members and other members are looking for new ways to get more people involved, to get more people in the store, to better serve customers and to keep the Co-op in good health. Suggestions and ideas are always welcome, as is your patronage.



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OUR SALVATION

By: Terry Lawhead

Yes, that was me that weekend at the Wheatland Shopping Center standing on the paper towel boxes at Safeway crying "Let my people go." I really lost it.

I have a terrible confession to make.

It is because of me that big chain shopping centers have moved into the Palouse area. This is a terrible irony, because of my life-long dedication to food cooperatives and my support of small locally-owned grocery stores, and I feel like a traitor. But it is the truth.

When I was a young child, my father, who worked for a huge food products company, involved me in an apparently benign experiment. Two hundred children were fed a variety of new food products and chemical additives and monitored for reactions. We all did fine, made lots of money, and the test was terminated.

But, unbeknownst to my father, there was another wicked agenda to the experiments. We children were injected with a new chemical tracer which remained in our bodies. Using complicated surveillance techniques and today's current satellite technology, we (more specifically, what we end up depositing in each of our sewage systems after eating processed foods) have been continuously monitored. We 200 children are sort of the invisible Gallup Poll of shopping centers, and wherever we go the industry follows. To date, we have made the industry extremely profitable and caused the demise of thousands of small grocery stores.

You may wonder how I found this out. Recently I joined a national science writing organization. My name appeared on the roster, which is sent out to all the membership. An elderly retired science writer who was a participant in the original deed with the 200 children saw my name and was overwhelmed with guilt. He sent me all his old notes, lists of names of the other participants, and explanations of reasons for the injections. I received it the day before Safeway opened in Pullman. Thus my ridiculous display on the paper towel boxes.

So much damage has already been done I feel helpless before my fate. I have lived in small towns all over the west, moving there before shopping centers moved in, fighting them when they arrived, yet watching them build and eventually shut down local stores. Naturally, the thought never crossed my mind that it had anything to do with me, but the evidence the old scientist sent me is certainly damning.

But something can be done. I am writing the other 199 people, who are still unaware of this situation, and suggesting we meet.



OUR SALVATION

Page Two

Since the monitoring is entirely computerized with few failsafe mechanisms, and because the industry is so confident of their system, I think there is a way to cause its collapse. I am suggesting we meet in Los Angeles, a city of endless shopping centers, if not the birthplace of it all, and shop all over the area. Every night we will gather and force-feed on junk food, and, at the opportune moment, fly to designated destinations around the country where shopping centers are not needed. Once there, God willing, we will defecate our brains out, releasing massive amounts of tracers into the sewage system which the satellites will pick up.

There will be conflicting misinformation which the computers will fail to read properly. The industry will witlessly move into these regions, buy up land and begin construction, but the investment will utterly be in error, and within six months both shopping centers' financiers and large chain grocery stores will be bankrupt. The country will return to small, locally owned stores and food cooperatives, helping farmers, keeping profits in communities, and reducing the amount of cheap junk food all over America.

So far the response from those I have contacted has been positive. We unanimously agree that it is the least we can do for our country.

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By: Kenton Bird

There's a line in the anthem of Nicaragua's Sandinista party that goes: "We struggle against the Yankee, enemy of humanity."

As I stood at the edge of a crowd of 500 singing Nicaraguans, I looked around nervously. After hearing Nicaraguan President Daniel Ortega deliver a ringing denunciation of U.S. policy toward his country, I expected some bitter stares, or at the least, some curious glances.

I saw nothing but smiles.

I found out later the Nicaraguans use the term "Yankee" to describe the U.S. Marines who occupied their country several times in this century, most recently from 1927 to 1933. Other North Americans are "gringos," to whom the typical Nicaraguan bears no hostility.

The campesinos (peasants) attending this "cara al pueblo" (face the people) meeting on a Sunday afternoon in late January willingly moved aside to let a visiting U.S. delegation sit close to Ortega. Young Sandinista soldiers about to be discharged after two years of fighting the U.S.-backed Contras greeted us in English and wanted to have their pictures taken with us.

Ortega holds these town meetings every other weekend at locations around the countryside. For this one, he had driven nearly 3 hours north of Managua, the last half hour over a bumpy dirt road, to an asentamiento (resettlement camp).

He brought with him Vice President Sergio Ramirez and what appeared to be half the Nicaraguan Cabinet. Television cameras were set up to record the meeting for broadcast nationwide later in the week.

A clearing in the center of the camp was surrounded by flags of blue and white, the national colors, and red and black, the Sandinista party's colors. Two rows of folding chairs were set up for the national leaders; behind them stretched a banner that read "With land, work and guns, we will overcome aggression."

A powerful public-address system was playing recorded music with a "salsa" beat from Nicaragua's Atlantic Coast. English is spoken there, and many of the songs had English lyrics.

Ortega arrived nearly an hour behind schedule. His delegation parked at the edge of the settlement and walked the last quarter-mile in, the throng of followers growing as it approached the meeting place.

After greeting the people, he took a seat, took out a small notepad and prepared to listen. For the next three hours, he listened as the microphone was passed to campesino after campesino to comment or ask questions about government policy.

The speakers, while respectful, didn't appear intimidated by the prospect of grilling their country's leadership.

"Welcome, Commandante Ortega. When are we going to get a bridge on our road so we can bring our cattle to market?" began one man's statement.

Others asked for schools, clinics or daycare centers for their village. Farmers asked about fertilizer, seed and batteries for their vehicles. (Batteries are especially scarce as a result of the U.S. trade embargo.)

The most repeated complaint was the desire for land to live on and farm. Ortega told them he would give top priority to provide small plots of land for farming. Inefficient state-owned farms in the region would be broken up and turned over to landless peasants, he said. Nearly 40,000 landless peasants have received land from the government thus far.

If Ortega couldn't answer a question he would turn and point to one of the other officials to respond. Their most frequent answer: "We have good intentions but no money, because so much of our national budget goes to defense."

As the afternoon wore on, the roses that had been pinned to the front of the head table wilted. The shade of a tree at the edge of the clearing shifted, leaving Ortega - hatless and wearing long-sleeved military fatigues - in the direct tropical sunlight. His attentiveness didn't diminish.

"Anyone else?" he kept asking, unwilling to close until everyone wishing to talk had done so.

Only then did Ortega himself address the crowd, giving a 20-minute diatribe against Ronald Reagan and Miguel Obando y Bravo, the Catholic archbishop of Managua. Ortega denied that the Sandinistas were repressing religion and charged that the real harassment of churches was coming from Obando himself. That sentiment is echoed by Minister of Culture Ernesto Cardenal, a Jesuit priest.

But the President's remarks were secondary to letting the people speak. I've attended town meetings with American officials like John Evans and Larry Craig. At those occasions, the politicians typically start looking at their watches after about 20 minutes, eager to get on to the next town or appointment. Ortega demonstrated no such impatience.

The government takes many of the suggestions to heart, too. Three days later, we met with Antonio Tefel, the minister of social welfare, who had been seated in the row behind Ortega.

I asked him: "What kind of follow-up is there to the meetings? What did you do after returning to Managua that night?"

The President is familiar with many of his agency's problems, Tefel said. But if a new topic was raised, each minister had to have a response on Ortega's desk by the next day - saying when corrective action would be taken or a project started, or if not, why not.

That to me demonstrated that these cara al pueblos are more than public relations gimmicks. The country's leadership appears genuinely interested in letting the meetings shape government policy in the regions where they are held. More than anything else during my week in Nicaragua, the meeting gave an insight into the nature of democracy under the Sandinistas.

By: Jim Prall

The Moscow Renaissance Fair's annual meeting promises to be exciting, from the variety of the goodies and the list of items on the agenda. Every year radical changes are proposed, but the fair's continuity continues, somehow. The meeting will take place on Sunday, July 13, in East City Park, starting with a dessert potluck at 6:00 p.m. and the Board of Directors meeting at 7:00 p.m. All fair supporters are invited to attend.

This year the controversy won't be over liability insurance, as it was last year. We got it this year, and that necessitates a \$5 booth fee increase, but the City of Moscow is happier and the fair itself is protected.

One hot item will be the proposal to increase the booth fees and give each musician a small check to help pay expenses. Also, we'll be discussing this one: Should local parttime craftpersons be treated differently in the jurying process than fulltime professional traveling artisans?

Another proposal has been to change the food booth policy to allow individuals to sell food, rather than to keep it as it has been the last few years--giving that opportunity only to community organizations, for use as fundraisers. My argument is that food, at an arts and crafts fair, is the responsibility of the sponsoring organization. If our fair doesn't want to sell food, only community organizations, like ours, should be allowed to. The food booths rake in the bucks, compared to the artisans: The Moscow Food Co-op cleared \$150 and the Latin American Support Organization made over \$1,500. this year. What we need are more community groups taking advantage of this opportunity.

Another good argument for allowing only community groups to sell food is that they are not allowed to have fundraising booths at functions like Midsummer's Eve.

Traditionally, there have been several non-profit groups like the Moscow Food Co-op that have provided most of the food consumed at the fair. And volunteers working for the fair have often come from those same groups. Instead of allowing for-profit individuals to sell food there, I'd like to continue supporting other non-profits.

The Board of Directors itself is split on this issue. And three out of the four board members do not seek re-election. So, the discussions should be good, the election should be interesting, and the desserts should be great.

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By: Phil Lettieri

... and more, was necessary to get us out to Bill Beck's place on June 23 for the monthly Board meeting. It was also a term tossed around quite a bit as we toured, inspected, scrutinized and marveled at Bill and Kathleen's new house.

The Hiring/Finance Committee, represented by Carol Westersee and Bill, reported that Kuska Bookkeeping Service will take over our bookkeeping duties. After considering individual applicants and other bookkeeping services, they felt that with Kuska, we would get the most for the least.

In Bill's Co-Manager's Report, he dealt mainly with financial matters. As usual, some areas looked good, while others were a little scary. Sales for May were up 8% over last year; and payroll was down considerably, since Ginger's hefty salary has been eliminated. Although it's still a bit early to know for sure, June sales seem to be down from a year ago; the Membership Account is sounding rather hollow, with only \$91.36 rattling around in it; and with \$4628 in outstanding bills, we have a grand total of \$1597 in the checking account. The good and the bad.

Enclosed in Bill and Henry's proposal for running the store was a request for a \$.15 raise for them both, from \$3.60 to \$3.75 per hour. At the time, the bookkeeping situation was such a mess that we hesitated giving the raise until the Hiring/Finance Committee could look into matters and make a recommendation. The raise issue was brought up again, and was approved to the tune of \$.40, to \$4.00 per hour.

Recent events have left me extremely cautious, and although some good points were made to justify such a large raise, I still feel more than a bit uncomfortable with it. For one thing, the Co-op seems to have a notorious reputation for spending money we think we have, only to discover later on that we didn't really have it after all. Another thing is that Bill and Henry are in a trial situation until September 1, when the Board needs to review their performance and make a decision whether to stay with them as Co-Managers, or go back to a single General Manager.

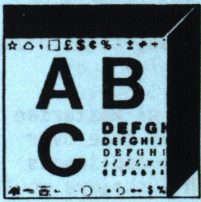
I agree that things look rosy right now, and optimism and enthusiasm seem to have found their way back into our souls. But summer is traditionally a hard time for the Co-op, and it has only just begun. I also agree that Bill and Henry are doing a fine job, and I was prepared to give them the \$.15 raise they requested. I was also prepared to go to \$4.00 per hour on September 1, if we decided to stay with them as Co-Managers. I'm not against giving anyone a fair wage if they deserve it, but, at this time, I think the Board's action was overly optimistic, financially risky, and, hopefully, not irresponsible.

Briefly, we brainstormed a bit about ways to raise funds. One idea that seems like it is going to happen is to sell Co-op products, most likely ice cream and possibly T-shirts, at "Rendezvous in the Park" in July. Stephen, Sue, Kathleen and Bill volunteered to attend and be in charge of sales.

Evaluations were that the meeting was "fine; short and sweet; and relatively productive." If only they all could be like that...

Next meeting will be July 21, 6:30 p.m., at 225 Henley, Moscow.

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