

Day - MW HD 3284 N48

MOSCOW FOOD COOP

Oct. 86



NEWSLETTER

# MORE CONVERSATION STARTERS

By: Bill London

August's parade of borderline useless information from Convenience Store Merchandiser created quite a stir (of people quickly turning the page, no doubt). So, due to popular demand, and because I couldn't think of anything else, here's some more trivia--this time from a monthly magazine sent free to all GTE employees by the Bob Hope Heart Research Institute of Kalamazoo, Michigan.

First, a few frank facts about hot dogs. Americans consume 19 billion hot dogs every year. There are only about four grams of protein in a beef weiner (not much, when a cup of skim milk supplies 9 grams). Check labels for the ingredient "variety meats" (that means snouts, lips and such).

The amount of television viewing time in the Average American Home has been increasing. In 1980, the TV was on for 6 hours and 36 minutes. It increased to seven hours and ten minutes last year. And I understand that some Americans don't even have a TV, so we need volunteers to watch their share as well.

If you want a safe trip, take the bus. There were .4 deaths per billion passenger miles on buses last year, twice as many on trains, a little more yet with scheduled airlines (1 death for every billion passenger miles). Automobile travel, of course, results in the most--10.6 deaths in the billion miles.

Now you know even more.

Oh yes, one more thing. Don't let cute little Annie Dvorak show you up. Drop your baby photo off at the Co-op. Put it in the brown envelope in the coordinators' office. I'll safeguard all photos, and return them after use (not abuse). You must have been a beautiful baby.



October 1986

Published by the Moscow Food Co-operative  
314 S. Washington  
Moscow, Idaho 83843 (208) 882-8537

Editor: Bill London  
Graphics: Rose Terry Parks  
Advertising: Phil Lettieri  
Typing: Kay Cronin of  
Hands Down  
Cover: Kate Reynolds

*and the  
phantom*

# TALK TO KUOI

By: Leigh Robartes  
KUOI Station Manager

KUOI-FM 89.3 has begun broadcasting "Calling on Moscow" which is the area's only issue oriented (as opposed to sports oriented) call-in talk show. A typical show will focus on one local, regional or global topic, but ideas from our listeners on any subject are welcome.

We are looking for local experts, spokespersons or anyone with a cause to be guests on our show. We would also like to have anyone who would like to publicize the Co-op or some aspect thereof to be a guest one night.

Above all, we welcome Co-op members to listen and contribute via the telephone. The show airs Monday and Wednesday from 6:30 to 7:30 p.m. and the numbers to call are 885-6392 or 885-6393.

If you are interested in being a guest or know of anyone that I should contact about being on the show call me at the station office at 885-6433. I'm there most weekday afternoons busily promoting alternative radio in Moscow.

Bill, how about this for  
the newsletter ad?

## HOT OFF THE PRESS!

The CO-OP needs people to help with the Newsletter. Marcia Marso, our ~~collater~~ collater and stapler (Thank you Marcia for all your work) is giving up her duties to another volunteer, how about you?! Or if you like to write talk to our editor Bill London about your ideas or assignment! Any other ideas you might have for the newsletter are more than welcome, it is for the members and friends of the CO-OP to share information and ideas through! And that means you.

let me know, ML

H

# ARE YOU STRESSED - OUT ?



Find out with this test developed by the U.S. Department of Health and Human Services. A perfect score is about 120 points. The higher your score, the greater the likelihood that you cope well with the ups and downs of life. An average score is about 50 or 60.

If you feel you have a supportive family, give yourself 10 points.

If you have a hobby you enjoy, give yourself 10 points.

If you belong to a social activity group (other than your family) that meets at least once a month give yourself 10 points.

If you are within five pounds of your ideal weight, give yourself 15 points.

If you practice some form of "deep relaxation" at least three times a week (e.g., meditation, yoga, imagery, etc.) give yourself 15 points.

For each day during the course of an average week that you get at least 30 minutes of brisk exercise, give yourself 5 points.

For each nutritionally balanced, wholesome meal that you eat during an average day, give yourself 5 points (maximum: 15 points).

If, during the course of an average week, you plan and do something you really enjoy (that's just for you), give yourself 5 points.

If there's somewhere in your home you can go to for relaxation and to be by yourself, give yourself 10 points.

If you practice "time-management" skills in your daily life, give yourself 10 points.

SUBTRACT 5 points for each pack of cigarettes you smoke in an average day.

SUBTRACT 10 points for each time during the day of an average week that you use alcohol or other drugs to help you relax.

SUBTRACT 5 points for each evening during an average week that you use alcohol or other drugs to relax.

SUBTRACT 5 points for each evening during an average week that you bring office work home.





# MAIN STREET ARMY NAVY STORE



See Us For All Of  
Your Camping And  
Outdoor Needs.  
206 South Main Street, Moscow, Idaho. 83843  
882-7407



For today's adult  
generation in search  
of new music.

Wed-Sat  
noon-5:30  
882-6412



Specialty Breads Available at the CO-OP

The  
Bake  
Works



JAN HALLAQ  
MEKONAH GATES PARK  
408 SOUTH MAIN  
MOSCOW, IDAHO 83843  
(208) 882-3452



# IS THE CO-OP REALLY CHEAPER?

By: Mary Jo Knowles

Have your friends ever said to you, "I don't know why you shop at the Co-op; they're more expensive than Safeway."

Price isn't the only reason for belonging to the Co-op, of course. But you know the Co-op is cheaper. What do you say to your friend? Here's your chance to do a little "consumer education."

"Market psychologists," you say, with the air of one who knows, "have studied these things, and they find that surprisingly few people actually know what they spend on food. Most people judge a store's price level by the prices on just a few items. The grocery industry is well aware of what these high-visibility items are. They include bananas, iceberg lettuce, boxed cereals, ketchup, mayonnaise, powdered milk, tuna fish, pet food, onions, eggs, mushrooms, canned tomatoes, and toilet paper. (Says something about the American diet, doesn't it?)

"So supermarkets juggle things around to sell these items at the lowest possible price -- even below cost, if necessary. Of course," you continue wisely, "they raise the price of everything else a little to make up the difference. But because these are the prices people notice, shoppers carry away an impression of generally low prices.

"The Co-op has lower prices overall because we have lower overhead. We use a lot of member labor, for one thing, and we don't have the kind of shareholders that demand we make a big profit or pay high dividends.

It's hard for us to compete on every single item when big chains get big discounts from big wholesalers. We also refuse to sell anything below cost. Sometimes our price on a highly competitive item may be a penny higher than other stores -- even several pennies higher, though we try to avoid that.

"But overall, we know we're cheaper -- not to mention healthier, friendlier, and less exploitive. It's just that sometimes, in the 'psychology context,' we don't look as good as we really are.

If your friend is still not convinced, show them this food price comparison chart. We recently checked our prices against the prices at the Safeway in Moscow.

	<u>Food Co-op</u>	<u>Safeway</u>
Mozzarella cheese (per pound)	\$2.25	\$3.20
Medium Cheddar Cheese (per pound)	2.87	3.19
Milk (half gallon, 2 per cent)	1.14	1.20
(half gallon whole)	1.21	1.28
(gallon, 2 per cent)	2.08	2.13
Rolled Oats (non-organic, per pound)	.42	.48
Almonds (non-organic, per pound)	2.64	3.39
Split peas (non-organic, per pound)	.29	.39
Semi-sweet chocolate chips (per pound)	2.55	2.64

You save money when you shop at the Moscow Food Co-op, that's clear. And you save even more with a workers' discount.





Water Babies

# MAMA'S

Pasta &  
Coffee House

New Menu  
Featuring:

- Spaghetti \$1.50
- all month long
- come by

Champagne Happy Hour  
3 - 7 p.m.

Every Wednesday & Friday  
Live Music 5:30 - 9 p.m. 11 pm Fri

Open 9 a.m. - 10 p.m. Tue. - Thurs., 9 a.m. - 11 p.m. Fri. - Sat.

527 S. Main

Moscow

882-8335

A SLICE OF  
NICARAGUAN  
LIFE COMES  
TO THE  
PALOUSE

By: Edie Koenig

Representatives from an international peace advocacy group, Witness for Peace, are bringing a multi-media display of Nicaraguan culture to Moscow. "¿Que Sos Nicaragua?" (or "What are you, Nicaragua?") will be at the University of Idaho Student Union Building, Vandal Lounge (first floor), 10 a.m. to 11 p.m., Monday, October 6 and Tuesday, October 7. No fees will be charged to view this exhibit.

Materials for the display include a brief historical overview and map, black and white photographs, poems in English and Spanish by Nicaraguans, testimonies by victims of Contra attacks, and a selection of Nicaraguan art. Included also will be a continuous slide presentation.

On Monday, October 6, at 7:30 p.m. in the Appaloosa Room at the Student Union Building, Charles Gray (one of the exhibitors) will speak. Gray and his wife, Dorothy Granada, spent a year in Nicaragua, living in the Honduran border area. They spent four months in a resettlement camp there.

For more information, contact me at 334-2019.



**Therapeutic  
Massage-**

*SHIATSU  
Reflexology*

**JUDY SIMPSON**  
Massage Practitioner

Moscow, Idaho  
(208) 882-5091



# A BEAUTIFUL FALL DAY & EVENING ...

By: Phil Lettieri

... on the last day of summer, provided the background for our September 22 Board meeting at Blue's. Seemingly influenced by the weather, things went smoothly and comfortably, as like the day, a congenial meeting came along out of nowhere. Ah, for the pleasant mysteries of life!

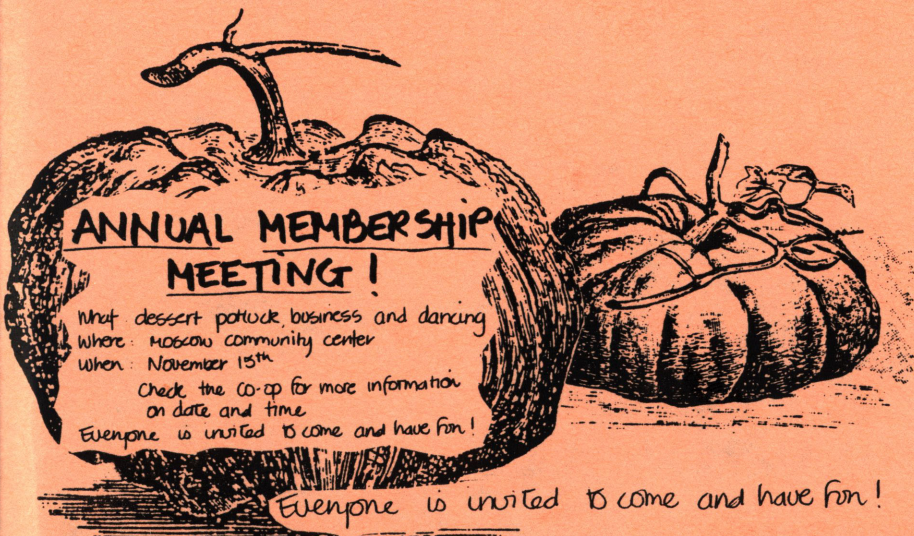
Bill, a long-winded cuss, did most of the talking, while the rest of us just sat and smiled, and occasionally added an appropriate comment. Not much new, really, with the state of the Co-op. Sales still seem to be down, although our "in-the-hole" figure has shrunk, and we're paying off the bills to our major suppliers.

Mary Jo Knowles and Kenna Eaton have been hired from our recent solicitation for the store coordinator positions, and one other person still remains to get on board. The volunteer situation is improving, with the return of some old members plus some enthusiastic new ones.

A representative from Equinox visited recently, and we have received the luxury of weekly terms from them. There's also the possibility of us providing special-order services for some local gleaners, who have just disbanded their group.

The annual Membership Meeting has been tentatively scheduled for November 15. Seems like it will be a similar format as last year's, at the Community Center. There will be some important items on the agenda for the general membership to vote on, so make plans to attend.

All in all, a refreshingly pleasant meeting, with some realistic options for improving business and the image of the Co-op. Next meeting will be October 20, 6:30, at 310 N. Van Buren #1, Moscow.



# A CONSENSUS ON WEED CONTROL

By: Dale Harrison

In early April, the Bureau of Land Management resumed using herbicides for weed control on its land in Idaho. The resumption followed successful negotiations between environmental groups, the BLM, Forest Service and other state, county and industry representatives.

Georgia Hoglund (Executive Director of the local pesticide reform group, Citizens for Environmental Quality) represented the Idaho Natural Resources Legal Foundation on the Idaho Noxious Weed Work Group - the group that arrived at the compromise.

"Basically the work group was put together by the BLM and the Forest Service. The purpose of the work group was to come up with a consensus on a weed control plan for Idaho that everyone could agree to."

Whenever groups of people come together to discuss a common problem, it's important for them to determine what it is they agree on, so they can then deal with those things on which they disagree. Hoglund says all of the work group members did agree that weed control was important to Idaho:

"We all recognized that the spread of noxious weeds in Idaho has reached a crises point and that something needed to be done."

In addition, says Hoglund, there was agreement on another important point, as well:

"Suprisingly enough, everyone on the work group agreed that just using herbicides for weed control wasn't working -- that there needed to be some kind of systematic, reasoned approach where herbicides were a tool that were used, but not the only tool."

One of the main concerns of the Idaho Natural Resources Legal Foundation, says Hoglund, was to get the BLM to redefine its weed control priorities:

"In the past, weed control on federal lands has basically been one in which new invaders, for instance, which occupy just small areas, have been ignored because of the fact that they are not yet causing an economic problem to agriculture."

The weeds that were established and causing an economic problem, says Hoglund, were the weeds that were being given the highest priority for weed control:

"And basically with one management tool, which was spraying herbicides. The legal foundation agrees that weeds are a problem in the state that need to be dealt with but it wanted to see a plan in which new invaders were given the highest priority for treatment."



The rationale for that approach, says Høglund, is that it's more cost effective to attempt to eradicate newly arrived weeds - invading weeds - than it is to wait until those weeds have established themselves and then attempt control. This is a philosophy that the Idaho Noxious Weed Work Group adopted.

The group also adopted the idea that eradication of established weeds just isn't possible - not with herbicides or any other method. The group decided that the goal for established weeds should be containment, using a combination of biological and chemical means.

Overall, says Høglund, she's pleased with the group's plan:

"Well, I think we've come a long way from where we were last year or the year before. This plan has been developed; now the problem will be to see it implemented."



**ALMOND REPORT**

dateline: Moscow

According to Equinox food distributors, rains this Spring prevented pollination of Almond blossoms. The result? A very small crop of nuts and steadily increasing prices for 1986 almonds. Expect to see prices double in the next few months!!

**DR. ANN RAYMER**  
chiropractic physician



803 S. Jefferson  
Suite #3  
Moscow, Idaho 83843

Palouse Chiropractic Clinic  
(208) 882-3723

# BICYCLE

Sales and Service

## VELO SPORT

MOSCOW BICYCLES

113 E. 3rd  
882-3537



Roger Ames  
proprietor



Morning Muffins  
What a way  
to  
start your day!



Main Street  
deli

### Halloween Special

Oct. 21 thru the 31

# Orange paper

3 1/2¢

offer expires:  
10/31/86

608 S. MAIN ST.  
MOSCOW 882-3066



Twice Sold Tales  
an alternative bookstore  
220 west third st.  
moscow, idaho 83843  
mon - sat. 11:00 am to 6 pm

