

## Onion Bagels

Combine 3 cups warm water, 2 T. dry yeast & 2 T. honey. Let stand while you finely chop 1 medium onion. In a large bowl combine 3 cups whole wheat flour with yeast mixture and beat well.



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# Newsletter

# Moscow Food Co-op

# January 1987

## ARE YOU NORMAL?

By: Bill London

I must confess to this gnawing fear. Perhaps I'm not really mainstream after all, despite the recent efforts designed to tidy up my act (sponsored by a source that must remain nameless to avoid domestic unrest).

This realization struck during our recent sojourn in Los Angeles, that trend-setting mecca in that trendiest of states, California. Instead of wealth and glamour ("Oh, look at all these well-dressed people riding by themselves in these well-dressed cars very slowly down these well-dressed eight-lane freeways"), I kept seeing waste and pollution. Something was obviously wrong with me--my normalcy level dangerously deficient.

And now I'm wondering about you. Are you normal? Perhaps you should take this test and find out.

1. In a supermarket, do you find:
  - A. Whatever you want, easily and efficiently.
  - B. That the bright lights and colorful packaging seem to reach out to gag you.
2. When you heard that Reagan and Bush voluntarily submitted to a urine test, you:
  - A. Commended them for their honesty and vision as leaders of the Free World. .
  - B. Wondered what happened to the results of the test and considered filing a Freedom of Information Act lawsuit to find out.



JANUARY, 1986

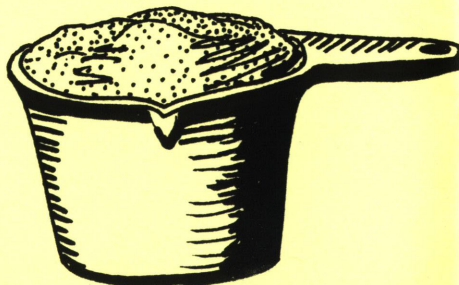
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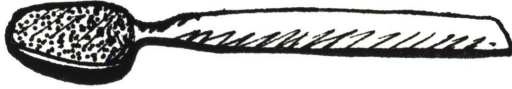
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Add chopped onion  
and 1 more cup of  
whole wheat flour plus  
1-2 tsp. salt (optional).  
Continue to beat while  
adding enough white  
flour to make a stiff  
dough (3-4 cups depending  
on onion size).





3. When you realize that you're living near the 3½ million acre Selway-Bitterroot, Frank Church River of No Return Wilderness Area, do you:
  - A. Wonder how you could get a condominium built there.
  - B. Wonder why there isn't more acreage.
4. When the waterways of the Palouse are running brown with silt, do you:
  - A. Think that erosion is a small price to pay for the bountiful harvests we enjoy.
  - B. Try to envision the hills covered with grass and trees again.
5. When you hear that revelations about the Iranian-Contra funding affair threaten the stability of the Presidency, do you:
  - A. Send off a telegram to the White House, pledging your undying support.
  - B. Cheer.

Now add up your scores: give yourself one point for every time you answered "A" and no points for every time you answered "B". If you scored more than 5 points, you can't add. If you scored 4 or 5 points, worry no more--you fit right in. If you scored from one to three points, it's time to submit to a urine test and an attitude evaluation. And if you scored no points at all, you certainly are not normal, and you should consider subscribing to Columbiana, the bioregional journal that will be surfacing here soon.

Knead dough 10-15 minutes on a floured board, adding more flour as necessary. Let dough rise until doubled, about 1 hour. →

DR. ANN RAYMER  
chiropractic physician

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(208) 882-3723

803 S. Jefferson  
Suite #3  
Moscow, Idaho 83843



by: John McCarthy

During the December Co-op Board of Director's Meeting at Bill Beck's home, several task forces were established, each designed to revitalize participation in the Co-op or to expand the role of the Co-op in the community.

The board also hashed over the financial situation of the Co-op, which might be described as gloomy, but not grim, and likely to live. At the recommendation of the hiring committee, Bill Beck's replacement was agreed upon to be hired. He is Mark Krueger, and he will concentrate on finances. Under the new management plan, each of the four staff members will be co-coordinators and each will have a specific duty that they focus on, such as food purchaser, non-food purchaser and volunteer organizer. Detailed job descriptions will be presented at the next board meeting and a summary of each position will be outlined in the newsletter so people will know who to go to if they have a question or a suggestion.

Several ideas were offered for the newsletter: a recipe/nutrition column that explains how some of the stuff in the store can be used (Editor's Note: I've been trying for years to find someone(s) who would regularly write a food column - but no luck - so, how about you?); new products and new deals offered at the Co-op, including some advance notice for things like garden seeds and starts; and possibly getting the newsletter out into the community as advertising. Bill London, newsletter editor, of course, is always looking for contributors and ideas. Got any?

The task force scenerio is sort of a revise of Carolyn Fortney's plan of last year. Two main purposes are envisioned: get more people/members involved in the Co-op as volunteers and get the Co-op doing more things for more people. Each of the task forces will have one or more board members and volunteers, who will get worker discounts for participation. Volunteers will be recruited by staff and board members to get a broader participation and to get more done.

The first task forces are: Advertising/Marketing/Special Events--Sharon Lyons with assist from John McCarthy. Truman Woodruff will look into getting WSU students in marketing classes to do a marketing survey. Some one is needed to look into the same thing at the UI; Kally Thurman or J. McCarthy has names of contacts. S. Lyons will help brainstorm ideas to make the Co-op more prominent in the community and to increase Co-op activities in special events like the Renaissance Fair, Mardi Gras and the many other happenings that make Moscow and the Palouse special.

Volunteers/Membership--Sue Beetsch and Carolyn Fortney. The plan is to expand membership and to increase numbers of active volunteers. The perennial question of how to measure volunteer hours/labor will be considered and if there should be several levels of worker discounts or just drop the amount of time required. Member recruitment among groups such as seniors or students is another focus.

Board at Beck's  
Page Two

Space Needs/Physical plant--Steven Barr. First order is to see if the Co-op can find a cheaper/better space. Is the current location where it's at? worth the rent? Would the savings from moving out of the immediate downtown area be worth the hassle of moving, and is parking improvement a priority?


Finances--John McCarthy and Mark Krueger. Get some semblance of order into the finances and see where improvements can be made. Mark will make regular reports to the board.

Each task force wants/needs help from volunteers. Contact the people listed above or store staff if you want to help or if you have other ideas.

Reviews of employees will be done by the entire board and it is hoped that no new hires will be necessary in the immediate future, so the hiring/review committee was temporarily retired.

The board wishes Bill Beck well in his plans to clean up and to make a killing in the land where the air is between people's ears.

Next board meeting is at 7:00 p.m. Jan. 13, a Tuesday, at Sharon Lyons' house, 225 Henley St., Moscow.



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## MEXICAN SPECIAL

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JANUARY 15 - FEBRUARY 15

	REG.	SALE
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VERY VEGGIE SPICY VEGETABLE JUICE	2.33/ /QT	1.99/ /QT
SUMATRAN MANDHELING COFFEE FULL ROAST	6.67/ /#	5.99/ /#
CHILI POWDER	6.08/ /#	4.76/ /#





*Little Gina Gormley finds  
romance and excitement at  
the Moscow Food Coop - so can you!*

By: Patty Hackney

Americans average 70-80 percent of their time indoors. A 5-year study by EPA found that air is the single most important route of exposure for chemicals, including particulates, metals, pesticides, and toxic organic compounds. Of 35 organics studied in one sample in the EPA study, all had higher indoor than outdoor levels. In another sampling of 11 chemicals, EPA found overnight indoor levels up to 70 times the outdoor levels. Indoor levels of all the chemicals tested were significantly higher than outdoor levels. Consumer products (paints, cleansers, propellants, plastics, cosmetics, etc.) and building materials (adhesives, fixers, resins, insulation, etc.) were found to comprise the major source categories of pollutants found in the air in the home.

Common indoor particulate pollutants include tobacco smoke, house dust, and asbestos. It is probable that it is the particulates in cigarette smoke that produce the apparent rise in lung cancer among passive smokers (e.g. nonsmoking wives of smokers). A burning cigarette releases more than 6,800 different chemicals including polonium and arsenic in significant quantities. Smoking is responsible for more than one fourth of all our cancer deaths - for over 41% of all male and for 14% of all female cancers.

Although few people think of house dust as a pollutant, mixed in with the dust are pollen, bacteria and fungi, animal dander, insect excretia, and mites. Each of these is known to cause allergies in sensitive individuals. House dust is, in fact, considered the most common cause of nonseasonal respiratory allergies.

Asbestos, before being banned by EPA, was widely used in construction. Asbestos has been found almost everywhere in our living environment including in the lungs of individuals living in rural areas never occupationally exposed. Asbestos is demonstrated to cause asbestosis (scarring of the lungs), lung, uterine and intestinal cancer, and other afflictions when particles are inhaled or ingested. Cigarette smokers exposed to asbestos have a 10 times increased risk of developing lung cancer as non-smokers similarly exposed.

Molecular pollutants commonly found in the home can include formaldehyde, radon, and organic vapors. Formaldehyde, commonly used as a binder in wood products, but also in carpets, drapes, and cosmetics, can cause skin irritation, headaches, nausea, and other symptoms in some people. Radon gas has received widespread attention lately in the media throughout the U.S. Radon gas, produced naturally as a decay product of radium, is found in small amounts in virtually all types of soil and rock, as well as in building materials made from them. Radon and its decay products in outdoor air account for nearly 60% of the natural background radiation dose to the lungs. Indoors, radon can build up. In energy-efficient homes indoor radon levels are typically six times that of outdoor air. Readings of over 50 times the EPA recommended safe limit have been found in homes in the Northwest.

We must recognize the existence and important influence indoor air pollution has on human disease. Simple practices such as increasing ventilation, prohibiting cigarette smoking indoors, selecting non-toxic cleaning agents and perhaps purchasing air purification equipment can go a long way in promoting a healthful indoor environment.



By: Mary Jo Knowles

Calories measure energy; one calorie is the amount of heat needed to raise the temperature of one kilogram of water 1° centigrade. In food, energy or calories is measured in terms of the amount of heat liberated by the complete breakdown of the food into its metabolic end products.

In the body, the three chief energy nutrients (carbohydrates, fats and protein) are oxidized in the cell and energy is liberated as heat and work. The amount of energy released to the body by 1 gram of each of the three types of foods is: carbohydrates, 4.1 cal; fats, 9.3 cal; protein, 4.1 cal. One gram of fat supplies more than twice as much energy as carbohydrates or protein. About 1/5 of the energy from food is transformed into work energy while about 4/5 turns to heat. The body must oxidize about 5 times more fuel to do a given amount of work than would be represented by the work alone. This is why when we do strenuous work we become hot.

All energy used in the body must come from the burning of foods or from body tissues. All energy supplied by food is sooner or later recovered in some form. If food intake exceeds body expenditures, the energy from that food is stored in the body as fat. On the other hand, a person who doesn't consume enough energy or calories from their food to meet body expenditures will burn body tissues or fat. When there are no stores of fat to call upon for more calories the body will begin to break down other body tissues (in the worst case, vital proteins needed by the body for survival).

The best way to eat is 4-6 small meals a day, high in complex carbohydrates, giving your body a steady source of energy. When you eat large meals your body takes the fuel it needs and stores the rest as fat.

BAGELS are relatively low in calories  
(no fat used)

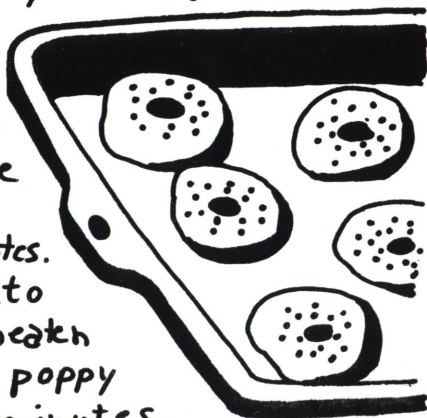


Divide dough into 16-20 balls, form into bagel shapes by poking your thumb through each ball and shaping with your fingers.

Put bagels on greased baking sheets and let rise only about 20 minutes.

Bring water in a large kettle to rolling boil, boil several bagels at a time for 5 minutes.

Drain on towel, put back onto baking sheets, glaze with beaten egg yolk and sprinkle with poppy seeds. Bake at 400° for 40 minutes.



## WHAT'S IN THE FREEZER?

By: Mary Jo Knowles

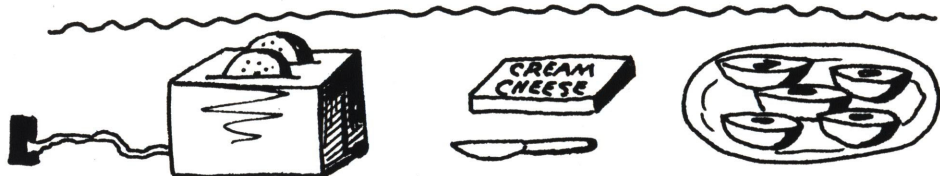
Have you ever looked in the freezer at the Co-op? Did you know the Co-op had a freezer?

Well, next time you're in the store, open its little door and peek in at the various delights.

We carry turkey, chicken, tofu, and all beef (no additive) hot dogs. There's also bagels, tortillas, tempeh, pita bread and mochi. If you want something fishy, try our fillets of true cod (the pollock fillets are no longer available). The bottom shelves are filled with frozen fruit pops, ice cream sandwiches and other frozen treats, Rice Dream, and Knudsen's frozen juices.

So, give yourself some food-related excitement. Look in the freezer!

As an extra incentive, we're reducing the price of our Health Valley All Beef Sausages - from \$3.30 per pack to \$2.79!! Get them while they're cold.



VISIT THE NEW COALITION OFFICE

By: Tom Lamar

The Coalition for Central America has opened a public reading room and office space on the third floor of the Hodgins Drug Building, 307 S. Main, in Moscow. The Coalition plans to staff the office with volunteers on a full-time basis, and will soon announce the volunteer schedule and opening celebration. The Palouse-Clearwater Hanford Watch is also occupying an office in the same space.

The reading room is stocked with a wide range of donated books, magazines, reprints, video, and audio cassettes, related particularly to Central American issues. In addition, a variety of retail items are available, including: buttons, bumperstickers, coffee, and soon-to-be-offered Central American crafts. People concerned with our government's military presence in Central America are strongly encouraged to visit and/or volunteer to work in the office.

With this centralized office our grassroots community work becomes less fragmented, and hopefully duplicated work will be eliminated. Our various member organizations and individuals may now work together in one location to enhance the synergy of Coalition projects.

To find the office go up the elevator of the Idaho First National Bank. Go through the doors on the left and up one flight of stairs. The telephone number is 883-0898. Please stop by.

# PERMACULTURE SEMINAR

MOSCOW, IDAHO - FEBRUARY 28  
Moscow Community Center. Saturday

The main topics will include:

- Introduction to permaculture design.
- Notable plant species and crops.
  - Wildfire protection planning.
  - Keyline water management.
  - Networking.



For more information write or call:

Friends of the Trees Society  
 PO Box 1466  
 Chelan, Washington 98816  
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For further details local people can contact Bill  
 London, PO Box 8152, Moscow, Idaho 83843. Phone (208)  
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