



May, 1989

*Moscow Food
Cooperative
Newsletter*

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STORE HOURS:
MONDAY THRU SATURDAY: 9am to 7pm
SUNDAY: Noon to 4pm



Kim Stockton is a friend to many of us, is known to others as a woman who sings and plays the piano, and, incidentally, is also the woman who usually types this newsletter. She is extremely ill right now with an aneurysm in her brain. At this writing she faces arduous surgery and a long convalescence.

A fund is being started in her name to help with the expenses of this illness. Watch for a benefit booth at the Renaissance Fair, or inquire at the Co-Op or the Lionel Hampton School of Music for more information. Checks can be made out to The Kim Stockton Fund and sent to the Co-Op.

With an envelope and a stamp, you can send Kim wishes for her recovery. She is in room 415 at Sacred Heart Hospital in Spokane. And with your hearts, do send her warmth, healing and love.

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JUST SAY YES

Nancy Casey

Well, it finally happened. My son came home from kindergarten with a glossy flyer exhorting him to "Just Say No". It is decorated on the outside with the insignia of a couple of dozen professional sports teams, and inside informs us that the drugs that are harmful and deadly have names like marijuana, cocaine, PCP, and heroin. Missing from the list of addictive substances that can ruin your social and family life or even kill you are alcohol and nicotine.

The pamphlet gives one straightforward and simple reason for saying No. "Life is a challenge. You must face the challenge with your best effort. To be a winner, you have to stay away from drugs." Period. In other words, the message from professional sports (an "industry" blatantly riddled with substance abuse) is that, regardless of the reason why you might try drugs, if you do, you are playing for the losing side on a one-person team in the game of life. You can't cut it and now you just proved it.

What ever happened to building self-esteem?

Just Say No. I do it all the time. So often, "No" is the simple answer I give to my two young children when an explanation in terms they can understand seems too exhausting. I just say no to fast food dinners from national chains—even if they are served up next to an indoor playground. I say no to cheap prices in discount stores that suck profits out of our community. And I say no to television. And to styrofoam and aluminum. To factory food and vegetables marinated in poison. The more I try to make myself heard with dollars, the longer the list seems to get.

What happens when I just say no to my children? I make the choices I want to make and they save their money so they can say "yes" as soon as they get enough of it.

In short, "Trust me, this stuff is terrible. Stay away from it," isn't a good answer for anyone about anything. At as young as four and six, children need to understand the reasoning behind choices that affect them and learn to think and make choices for themselves. Even if they don't choose what we choose for them.

When I get on a real streak of explaining why I am saying no, I hear myself putting together a picture of a pretty evil and hopeless world: poisons, pollutants, tyrants. I don't want to raise a couple of fearful Calvinist cripples, either.

How about saying "yes"? Say yes to spring, to new green on the trees and the radishes coming up in my garden. Say yes to kindness, sharing, love and friends. Say yes to earthworms, to the Co-op, and to the kind of plenty Nancy Ging talks about elsewhere in this newsletter. To dancing, singing and having fun. To cold spring water, forests, ladybugs, compost, blooming perennials, and homegrown music.

What a handy thought. And just in time for the Renaissance Fair, too.



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PLENTY, FOR THOUGHT

Nancy Ging

Consider the idea of plenty. Plenty is an idea that is relative among world peoples. It is a significant change from old ideas of wealth and power. Plenty implies just slightly more than enough. It implies that anyone who seeks is satisfied. It suggests the feelings of happiness which accompany the answer, "Yes."

Plenty is an idea whose time is coming soon. It replaces the comparative idea of more. More implies never-ending dissatisfaction. It implies a continuous struggle. It implies competition with others for one's own goals. It is the opposite of plenty. It represents never enough.

Plenty is a concept which may be basic to the continued survival of human beings on earth. If you begin to study ways that plenty can be applied in your life, you may find it is quite easy to achieve. It is the first step to a concept of happiness as a *way of being*, rather than happiness as a brief and intermittent series of points.

Admission only
GREAT MOVIES! \$1.50
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THANK YOU, CO-OP CARPENTERS

Susan Lifton

Fred Lear has done a great job building racks for produce boxes in the walk-in cooler. No more unsteady stacks of boxes ready to topple in the cooler, making life easier (and safer) for both the produce person and the produce.

Carolyn Berman has designed and built just what we needed to keep our stock of spices straight in the back. She is now working on juice and bulk chip shelves.

PERSONNEL CHANGES AND OTHER UPDATES

Mary Jo Knowles

We have had quite a few staff changes. John Cunningham will be leaving us in the middle of May. He will be greatly missed, especially by our Sunday shoppers. Debbie Dean will also be leaving, but just for the summer. We get her back when school starts. I hope we can get along without them; they're not only tremendous workers, but tremendous people to work with.

Susan Lifton, our Produce and Spice manager will be reducing her hours from part time to part-half time. (I think she really wanted to quit, but we wouldn't let her.) She's giving up the produce job, which is a very demanding one, and will keep ordering spices and books, and will help out with advertising.

Taking over as produce manager is Jocelyne Castello. Jocelyne has been an organic gardener for years and loves produce. Her energy will soon be apparent as she takes over at such a productive time.

Susan, meanwhile, has had a chance to really begin focusing on herbs and spices. She is weeding out anything that might be old and looking for new products. If there is an herb or a spice that you wish the coop carried, now is the time to make your preferences heard. Watch the shelves for new items. Soon we will have celery salt, Chinese five-spice powder, and Greek and Mexican oregano.

We also hired two cashiers. Cathy Collins and Carolyn both have been long time volunteers just waiting to climb the co-op ladder. Again, we have found the perfect people for our staff.

We're designing new bulk bins! No longer will you have to get on your knees before you can have some pasta! Bill Moore of One of a Kind Furniture is working on the design and hopes to start building in May.

Each year the work that we do with organic growers expands. We have made contacts through the Oregon Tilth Directory and the Idaho Organic Farmer's Association. We have finally located a source for organic carrots, but now face the challenge of transporting them from the Boise area. If you have extra garden space, raising carrots for the co-op could be ideal for you. Other crops that are good to plant extra and plan to sell are potatoes, cabbage, or other vegetables that store well. If you have an extra one hundred square feet of garden space, you could turn a profit and help provide the community with organic produce that would be otherwise unavailable. Talk to us about it!

HEY! LET'S MOVE THE STORE IN AUGUST!!!



**COMICS
FOR THE
MASSES**

220 West Third
(Inside Twice Sold Tales)
Monday-Saturday, 11-6



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NEW RECORDS!!!

Mary Jo Knowles

Busiest day: January 28, 1989
Before tax sales: \$1730.09

Busiest month: January, 1989
After tax sales: \$23,613.59

Lowest staff turnover: 1988

Best party: Co-op Street Dance

Most recycled cardboard: 200lbs.

Most popular drink: Health Valley Root Beer

Most popular nut: (Bill London)
Almonds

Most popular bean: Pintos

Smartest move: No more RenFair Booths

Most overrings on register: Liz Sullivan

Most popular junk food: Bulk corn chips

Most popular shampoo: Mill Creek Keratin

Most popular lotion: Kiss My Face

Most popular coffee: Espresso

Most popular cookie: Bulk fig bars

Most popular granola: Co-op!

Most popular spice: Cinnamon

Most popular tea: Red Zinger

Most popular vitamins: Chewable C's

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A TALK WITH CANDACE CLOUD

Bekka Rauve

She's been climbing the corporate ladder. That's what they said about Co-op mainstay Candace Cloud when she was promoted from janitor to coordinator. In February, she stepped up again, from coordinator to assistant manager.

In a recent interview, conducted in the Co-op's back room, John Cunningham helped pinpoint some of the qualities that have led to her success.

John: Well ... (He pinched his lip, studying the subject.) She's very conscientious. And sensitive. Let's see, I want to think of words that mean something ...

Candace: A good cook.

John: Oh yeah. A real good cook.

Candace: Modest.

John: Extremely modest. Especially about her cooking.

Candace has been smoothing the way for Co-op shoppers for more than two years now. She put in her first year as a volunteer.

"Why? Well, I wanted to be more involved in the community. This is a hub for a lot of different things that happen."

Her current duties include just about everything. With the assistance of volunteers and a couple of paid cashiers, she waits on customers, cleans up messes, rings up sales, keeps track of inventory, calls in orders, and checks in new stock. She recently attended a trade show in Tacoma.

"Everyone was saying that the next ten years will be boom years for the natural food business. People are starting to realize the connection between what you put into your body and how it performs. Even George Bush eats yogurt and granola."

But she is quick to point out that there's more to the Co-op than health food. "We make an effort to educate ourselves about ecology and political issues. We try to stock foods that don't harm the people growing them—that's why we haven't had grapes in the store for a long time."

Currently, she said, the store is working hard at getting in biodegradable plastics. She tries to persuade suppliers to stop packing Co-op goods in styro-foam peanuts.

"As far as we know, the food we bring in is politically pure, ecologically pure." She grinned, semi-apologetic, and made imaginary quote marks in the air around the word "pure". "That's what we strive for, anyway."

Besides working at the Co-op, Candace acted as a labor coach for her friend and former co-op coordinator Rosemarie Waller. This will be the fourth birth she's assisted.

"I'm a birth junkie. After the first, I was stoned for a week. There is something spiritual about it."



A labor coach acts as an advocate for the mother, speaking up for her needs instead of "letting the hospital run the show." She reminds the mother to breathe through contractions and to stay relaxed.

"I grew up on a farm, so I saw puppies and kittens being born. I helped pull cows. I just like the birth energy, I guess. It's like, totally radical ... in a tubular way." She laughed. "You're not going to print that, are you?"

Candace has lived in Moscow for the past five years, and plants to stick around for at least one more. She takes life a year at a time. Asked about her goals, she frowned thoughtfully, playing with the end of her braid.

"I would like to always work where I don't have to compromise my values. I want to feel like what I'm doing isn't only for my benefit, that it benefits the earth and other humans. As far as figuring out specifically what that will be, well, things turn up. At least, that's how it's happened so far."



JUST FOR KIDS: THE ADVENTURES OF SCOTT AND TOM

Sunshine Storholt

As you know, Jim and Mike, Tom and Scott's fathers, were on their way out the door to look for the boys when a thunderstorm broke out in all of its splendor. Thunder, lightning, and plenty of rain. They decided to put on rain slickers and walk to the old mill pond where the boys had gone for a picnic earlier in the day. So they told Susan and Abby not to worry, the boys were probably safe under a dry White Fir waiting for the rain to stop, and they would find them.

Meanwhile, Susan and Abby thought they would start calling the neighbors who lived down the block. The answer was always the same; the boys weren't there. But at the same time, they felt somehow cheered as everyone without fail offered to help in any way they could if Jim and Mike didn't bring the boys home. So now there was nothing to do but wait.

As Jim and Mike reached the old mill pond in the driving rain, the boys were no longer talking, but having to yell above the storm in order to be heard.

"Hey Scott, do you think our Dad's will find us? It's raining so hard that our tracks are all washed away now."

Scott yells back above the storm, "Yes, I think that they will, but it might take a little longer than I thought." But Scott is scared and not at all sure that anyone will ever find them. But he doesn't want to tell Tom that. In fact, he is so scared that he is crying. "Hey Tom, are you wet? I'm soaked and really getting cold."

"No," Tom yells back, "there are a few drips, but I'm basically dry. My arm really hurts, though. I hope they find us soon."

As the storm continued to rage around them, the boys are both doing some thinking. Scott is trying to remain fearless in spite of all that's happened, in spite of the storm and his fear that they may never be found. He is, however, worried. He's feeling guilty for talking Tom into going so much further than they were supposed to. In fact, he kind of feels that it is all his fault. But most of all, he is worried about how much trouble he is going to be in when they are found. He figures that he will get a whipping he'll never forget and be grounded for a year to boot.

Of course, Tom is thinking, too. But his thinking is quite different than Scott's. Oh, he is worried too, and in a lot of pain from his broken arm, but he is thinking about his Mom and Dad and how worried they must be. His Dad is probably out in the storm looking for him, he thinks, but his Mom is probably home worrying. He's wishing that he could change all this. His friend is trapped along with him, too, and all he had to do at the start was to say no. He could he be so irresponsible, he asks himself. But what he's worried about the most is losing his parents' trust because that was something sure and solid that he'd had for as long as he could remember.

Tom's arm is really screaming for attention, but there is nothing he can do, so he calls out to Scott for company as well as a diversion so he won't think

so much about his arm. "Scott! How are you doing?"

"Oh, not too bad. Except that I'm awfully cold. You know, Tom, I think we should keep talking so that we can be heard if someone should come by here looking for us."

Despite all their efforts to find the boys, Jim and Mike are getting ready to give up for now and head home. They've yelled until their throats are sore, and have looked under dry trees with powerful flashlights. They've thoroughly looked everywhere around the old mill pond, and there are no boys to be found. They both look at the pond itself with feelings of dread, but know that nothing can be done now in the dark. So they begin what seems like a journey home, carrying very bad news. The boys had not been found, and so the night continues.



THOUGHTS ON UNITY

Candace Cloud

This month the U.S. Supreme Court may reverse the Roe vs. Wade decision. For some, this may not seem to be a pertinent subject for the co-op newsletter. The topic has come up quite frequently, however in discussions at the check-out counter, and many customers signed a petition in the store asking the Justices to continue allowing women the right to make decisions about their bodies.

There is a feeling that the conservative political trend in this country has diminished the concern for human rights—the right to breathe clean air, to drink clean water, to eat clean food, and to make decisions based on personal ethics rather than have them imposed from others who believe their morality is the only correct one.

But there are several groups working on different causes. There are people still working to preserve wilderness, to protect human rights in this nation and in other nations, to oppose nuclear waste, to keep plastics and styrofoam from choking the earth and ocean, to feed and educate those living in poverty, to save plants and animals from extinction.

Rather than thinking in terms of separate issues, I prefer to see the connections that interweave to become a web of strength for all. The strength is in the unity.

After talking to someone who was involved in fighting U.S. involvement in Viet Nam, I realize that twenty years ago there wasn't such a gulf between the people involved in these issues. People flowed easily to provide support where it was needed. The guys fighting against the war in Viet Nam would babysit for the women's group down the hall. If that kind of unity that existed twenty years ago still prevailed, perhaps we would be looking at more accomplishments and solutions rather than resisting this recent effort to repeal a woman's right to make a decision about her own body.



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