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**EARTH DAY**  
*on the Palouse*  
APRIL 22, 1990

MOSCOW FOOD COOPERATIVE NEWSLETTER

April, 1990

Editor: Bill London  
Graphics: Pam Palmer  
Advertising: Andrea Kruse  
Typesetting: Nancy Casey

Published by the Moscow Food Co-op  
310 W. Third St.  
Moscow, Idaho 83843  
208-882-8537

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## BOARD OF DIRECTORS NEWS

Fritz Knorr

The mission of the Moscow Food Co-op is to provide food and other products that are reasonably priced, locally grown and/or organic, consciously selected for healthful consequences to both the consumer and the environment. The Moscow Food Co-op provides an information network that fosters progressive social, political and ecological change. The Co-op strives to provide a sense of community for its constituency and right livelihood for its staff. Our goal is to continue to provide these services.

That's the Co-op Mission statement. Stand up and salute when you hear that. I would like to publicize the mission statement a little bit so that everyone can know what we are about.

The Co-op is not rich. We seem to be on a very sound footing. Sales are running about 40% over last year. Our moving expenses are paid. In fact, for a while it looked like we would show a profit and pay corporate income taxes for 1989. Now it looks like we just broke even. 1990 should be another solid year. The Board will probably maintain the present mark-up and discount policy and distribute any increased income to staff wages and store facilities. It ain't broke, don't fix it.

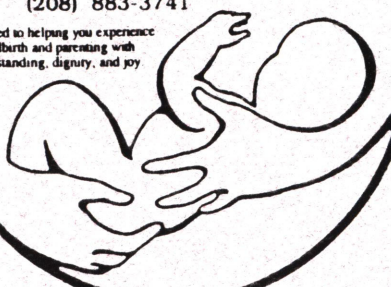
Mary Jo has repeatedly suggested, "I think we should have the names and phone numbers of all the Board members printed in every Newsletter." With the explanation, "The Davis Co-op does it." She thinks we will field complaints and comments. I claim that the staff and management are doing such a wonderful job, there are no complaints. This one time I will list the present Board members: Candace Cloud, Kenna Eaton, Peg Harvey-Marose, Fritz Knorr, George Mancini, Sara Swett, and Steve Thompson. Regular meetings are held on the second Wednesday of the month at 7:30 p.m. in the upstairs room. There, that's almost like Davis.

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## HAPPY EARTH DAY TO YOU!

## HAPPY EARTH DAY TO YOU!

Bill London

Last month, I flew to Washington, D.C. The reason was noble enough (to spend four intensive days learning more about raising money for non-profit progressive groups), but I continued to hear that nagging voice of my conscience reminding me that I was part of the problem, not part of the solution, because of my extravagant cross-country flight.

Sure, those huge planes are madly squandering our earth's resources with every lumbering takeoff. Sure, they are adding clouds of pollutants to the already-darkened skies above each city. Sure, they are responsible for huge areas now under runways and terminals that could be growing food, or at least trees. It is a litany we are all familiar with.

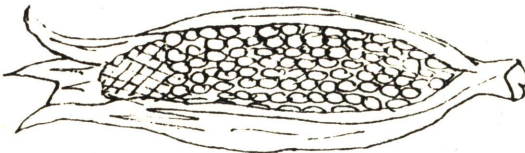
The planes are also a very comfortable and sensible way to travel the long distances of our nation and world. And people moving with ease over those distances means more communication, and hopefully even greater understanding between folks of divergent backgrounds. Air traffic is just another thread that weaves and binds this 1990's world together.

My thoughts were rambling and rumbling with each takeoff/landing. I don't live on nothing in a log cabin any more. I have learned to appreciate and utilize some technological things that I spurned not very many years ago. Is that maturing, or selling out? Or is it a blind search for a reasonable middle ground?

And that's why I like the idea of Earth Day. Let's together celebrate the Earth that feeds us all; let's not lose sight of what we need to protect and serve; let's find a path that recognizes the needs of the Earth and the comforts of humanity. Earth Day is a good opportunity for all of us—and I'm very pleased that such a well-organized and imaginative Earth Day committee has formed here on the Palouse.

A listing of local Earth Day activities is included in this issue of the newsletter. The list is accurate as of our press time, but other events may be added later. To involve yourself in the organization of these festivities, call the Palouse-Clearwater Environmental Institute (882-1444). They could always use more assistance. And of course, please celebrate and enjoy Earth Day, 1990.

And speaking of enjoyment, Crystal James by now has surely eaten her free cookie. She was the first child to solve the riddle on the Kid's Page in the March newsletter, so she was awarded the cookie. The answer was: an ear of corn. Keep reading the Kid's Page for more opportunities to win big.



## I FORGOT TO REMEMBER

J. Jordan

A new job can seem like the "Who's on First?" routine or climbing a pyramid from the inside. Sorting out the important tasks wakes me up with lists, looking for my lists, and trying to remember the names of 42 people. But it's fun, too. When I realize how much cheese, how many chips and raisins get bagged, tagged, weighed and shelved each week, I have a new respect for all the work behind each product we buy and sell. It is truly a cooperative effort. The humorous energy of too few doing too much for too many (on a Saturday afternoon with \$4,000 worth of food to check, label, price and shelve) can inspire a kind of awe at what's accomplished by Monday afternoon.

It all comes together. Somehow. Amazingly. A giant web of phone calls, words, invoices (sometimes trivial pursuits you wouldn't believe), schedules and balance sheets. I learn to concentrate. I wish I had four ears; I'm glad I don't. I shut the door. (Does a buck get bigger if it's passed?) An order's in. An order's out. The eggs, and carrots, and milk and coffee are in, or out. Someone makes us laugh because we don't carry Mars dust for eyelashes or tea from Middle Earth. I walk home slow.

Once I called Kristine to ask a question and forgot why I called. She understands. So my new job and her old job spread the web in new directions and we all look forward to smoothing out the kinks and what's around the bend. "Be patient and all things will come," I tell myself. Hide the lists; forget to remember and ask if you don't know. It's Friday! I'm gone.



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## A FRUITY KIND OF RIDDLE

Guess it first and win a cookie!

What fruit is it that you throw away  
the TWO outsides and eat the TWO  
insides?

### TRY THIS:

Take a piece of paper. Any size.  
Now fold it in half ten times.  
The results are surprising.  
Why does this happen?

## THE GLUTTON

A Nez Perce Myth

Last month we began this story about a greedy man who never shared the game he hunted with his wife, although he ate happily of the food she prepared. He has just been found out, but doesn't know it...

In the morning the greedy man's wife hid herself as she had done before. She waited until he was gone, and then ran back inside the lodge. She found a large storage excavation which he had dug beneath the bed where he had thrown away all of the feathers, bones, and food scraps. She scattered the scraps and feathers, then she packed up all her personal things and went away.

In the meantime, the man shot some grouse and he took these home. He found some feathers as he went along. "Oh, oh. Feathers. She might find out about me." He saw even more feathers as he came to the lodge. "Who has found me out?" he thought. Then, he noted the absence of her personal things. He spent several days at the lodge thereafter, but he felt lonely and sad. Then he decided "I will go to where the people are gathered." So he went.

The people were all having a good time. The woman was with them and had no intention of going back to her husband. The husband took an arrow, drew back his bow and aimed at her as she passed by. She sang, "I am not a grouse, why shoot me?" Her talk shamed him. His bow fell and he did not shoot her. This poor but not pitiable man went home ashamed and the woman stayed where she was.

### The End

If you enjoyed this story, the Moscow Public Library has copies of the book that it came from, *Myths of Idaho Indians* by Deward E. Walker, Jr. It is full of many wonderful myths.

## EARTH DAY

It's April, now, and the Earth Day events are about to begin everywhere! Here on the Palouse we have been working to make an active celebration that everyone can participate in. Following is an updated schedule of events as we know them. Times and locations are tentative and more will be added as it comes, so please watch for posters and announcements in the media.

### APRIL

Environmental Speaker, Lou Gold, WSU  
INFO: Holly Owen 332-0572

11 Arbor Day

12 Environmental Speaker, David Brown, WSU

14 Greenpeace Speaker, Mark Childs, UI

INFO: Fred Wallin ASUI Prod. 882-6540

17 Earth Day proclamation by mayors of Moscow and Pullman

17-20 WSU Earth Fair, Environmental Education Booths on Holland lawn

20 Bike/Walk Day: Leave your car at home

INFO: Diane Prorak 882-3959

21 Paradise Creek Clean-up

INFO: Mark Solomon 882-6549, Kelley Mitchell 858-2135

Dance, Planet Lounge Orchestra, Moscow Community Center

INFO: PCEI 882-1444

Pullman Day Hike, Idlers Rest WSU

INFO: Holly Owen 332-0572

Tree Planting Demonstration, 9-3 Society of American Foresters

INFO: Harold Osborne 885-7035



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### \*\*\*\*\* APRIL 22: EARTH DAY 1990 \*\*\*\*\*

Sunrise Greet the Dawn Ceremony, UI Golf Course

INFO: Chuck Harris 882-9194

Noon Procession from all points to Mtn. View Park

through Moscow and Pullman, clean-up on the way.

2:00 Gathering in Mountain View Park: Everyone come!

picnic, games, booths, music, environmental education

INFO: Ed Clark 882-6309



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22-28 UI Natural Resources Week, Environmental Education Booths

INFO: Jeff Knudson 882-8766

22-27 High School Environmental Symposium

INFO: LeeAnne Earekson 883-8407

23 Chemicals on the Farm, Consumer Ed. Program, Moscow Food Co-op

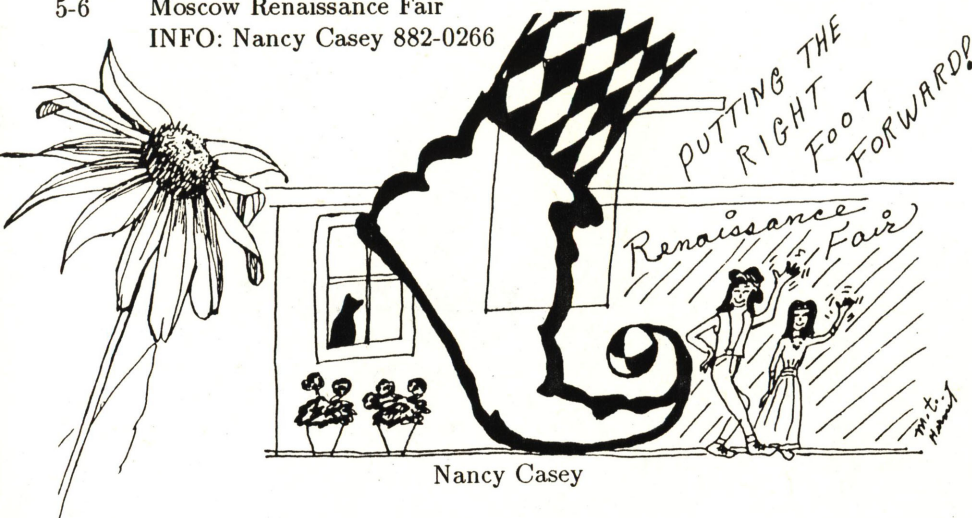
INFO: 882-8537

**DON'T LET TOXIC WASTE  
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ENDANGERED SPECIES**

- 28 Moscow Household Toxic Waste Collection  
INFO: Moscow City Hall
- 28 GreenFire Musical Road Show, \$5 donation, SUB ballroom  
INFO: Kelley Mitchell 858-2135

**MAY**

- 5-6 Moscow Renaissance Fair  
INFO: Nancy Casey 882-0266



Nancy Casey

The Renaissance Fair, a familiar spring happening on the Palouse, comes this year on the heels (and therefore becomes a part of) the Earth Day Celebration. The high-quality arts and crafts, outstanding non-stop free entertainment, and unusual foods for which the Fair is known will materialize in East City Park on May 5 and 6. What's different and exciting this year is a marvelous expansion of the scope of activities for children. This is due to the unbounded energy and creativity of Miriam Kent who is coordinating a real Happening for children of ALL ages.

There will be a Children's Stage with events at 11:00 and 3:00 both Saturday and Sunday. Look forward to musicians, story tellers, mime, new age games, a circus, face painters, the Earth Ball, ropes to climb, a May Pole dance and more! (Puppeteers, magicians, and jugglers are still needed!)

All ages are welcome to join in and share skits, poems, songs, stories, plays—anything you would like to do. In addition, adult and/or teen-age help (short time slots) is needed so children can make flags, hats, and May Baskets at the Fair.

Do you want to participate in some special way? Leave a message for Miriam by calling 882-0266. All suggestions are welcome.

P.S. Don't forget YOUR costume on May 5 and 6!

**KENNA: ONE OF OUR OLD-TIMERS**  
Candace Cloud



If you have been in Moscow for any length of time, and have been shopping at the Co-op, chances are that you have seen Kenna. She has worked periodically for the Co-op since 1982 and has "placed each kind of order at one time or another." Currently she works two days a week. Her primary responsibility at this time is to work with the produce and place one of the three produce orders that are placed each week.

What brings Kenna back to the Co-op? "I like the diversity of things to do. I don't have to sit at a desk doing the same thing all the time. It's a social kind of job."

Kenna was born in England, but has lived in the U.S. since her family moved to New Jersey when she was 11. "I grew up mostly in Delaware." In reply to the question of how she ended up in the West, she says, "Between high school and going to the University, I travelled to Missoula with my best friend." It was there that she met Tim Eaton, whom she married in 1983.

While in Missoula, Kenna studied Plant Science and worked in greenhouses. "But I found I enjoy plants as a hobby, rather than as a job."

What does life hold for Kenna outside the Co-op? "I'm a mommy. I read mystery novels. I do housework and I ride my bike with the kids in the bike trailer. We go to our place in Deary on the weekends."

Robin is 4½ and Caitlin is 2½. They sit at the kitchen table making drawings. Kenna describes them as passionate and active. Caitlin shows me her tie-dye T-shirt.

Kenna resumes the conversation thoughtfully, "I have a busy life. It just doesn't sound exciting right now."

"Yes it is," says Robin. "I like you. You're exciting to us."



## ANOTHER VIEW

Susan Moser & Barbara Friedman

The March issue of this newsletter contained an article that expressed a viewpoint we strongly disagree with. We mistakenly thought the article was representing the official view of the Co-op, and that greatly concerned us. However, Bill London has assured us the article contained the author's personal opinions, not the official view of the Co-op. One goal of the newsletter is to be a forum of ideas, he said, and he graciously offered us space to present our viewpoint. We feel the accompanying quote from a well-known national organization contains though-provoking ideas:

*The following reprinted with permission from the national Right to Life Educational Trust Fund:*

The debate of the social, ethical, moral and religious questions raised by the national legalization of abortion in America in 1973 has obscured the facts surrounding the fundamental question, "When does *human life* begin?" The responses to this question are varied, such as: Life begins at fertilization. Life begins at viability. Life begins at birth. Life begins when there is social interaction. No one knows. It is a question for theologians, not scientists.

All of these answers are wrong. In human reproduction, biological life does not begin—it is continuous. There is no period when life stops and later starts up again. Cells come only from living cells. The female ovum and the male sperm are living cells. Life, in other words, is inherited.

When does life really begin? The true answer is simple: Never. Life ends, often, but it never begins. It is just passed on from one cell to another. All biologists are in agreement on that answer.

The question might then be asked, "When does life become human?" The answer is the same. Like life, humanity is continuous and hereditary. Since the ovum and the sperm in humans are uniquely of the human species, human life is not started—it is transmitted.

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**CAFÉ SPUDNIK**

**NOW WE'RE COOKIN'**

Ed Clark

For all of you eager bread lovers that haven't heard (and have gotten tired of asking when the bakery will open), we had our debut on Saturday, March 24. A lovely display of goods from our own convection oven was set up by Pam, Kenna, and Mary Jo and sold out in the first few hours. Baking began at 5 a.m. With the very competent volunteer assistance of Josiah Fisher, we turned out loaves, baguettes, buns and rolls of caraway rye, Cornell White, 100% whole wheat, and half and half and a whole bunch of raisin bran muffins. Thus far, the feedback has been great and truly ego-feeding. Folks, you ain't seen nothin' yet! As soon as the range is installed, we'll be able to go with our own bagels, English muffins, pita and other stovetop breads. I am playing with the repertory now, and hope to shortly have a variety that will please the most demanding palettes—including wheat-free and salt-free breads.

Not one bit of this would have been possible without the ceaseless efforts of George Mancini. He has spent many long days building sinks and cabinets, hauling equipment, and getting the bakery certified with all the various requirements and inspectors. It is a truly pleasant space to work in. Thanks, George!

I suggested naming it Mancini's Bakery, but George said, "Don't you dare!" so we had to search far and wide for a suitable appellation. The membership did not fail us. We received dozens of very clever names from as far away as Missouri and California and among the Board and staff, everyone had a favorite. Finally, by a unanimous vote at a managers meeting, **UPPER CRUST, The Wholegrain Bakery at the Moscow Food Co-op** was chosen. So we have a winner, but unfortunately, the person who made the suggestion did not leave their name. If this was your winning idea, please let us know so you can receive some goodies from the **UPPER CRUST**.

Now it is time for all those people who said they wanted to volunteer in the early hours to let yourselves be known. I can probably use the help of one volunteer for a 3-hour shift at 6 or 7 a.m. on Tuesdays through Saturdays. Learn to bake as we learn our way around this great new space.

I will be eagerly awaiting your suggestions, recipes, comments, compliments, and complaints.

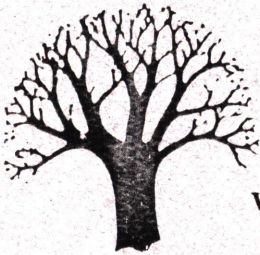
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## WHAT'S HAPPENING OUTSIDE?

Kenna S. Eaton

A common question around here!

As a board member, I was given the task of finding the what, how much, and how of the empty metal sign outside in our parking lot. The results are mixed: yes, we can do it, but it appears that it may take a lot of work and money to make it happen—more money than we have. We're still looking into all the options, so if you have any relevant skills or knowledge, please stop by the Co-op and talk to me.

Nadine Olmsted has contracted to landscape our two grass areas on Almon St. She has a vision of quaking Aspen, some serene sub-alpine firs, azaleas, knickknack, crocus, phlox, daffodils, and tulips. It looks like a great plan!

Outside the building, we're planning to remove some of the distinctive stripes and reveal the original upstairs windows. The rest of the wood will be painted; the color has yet to be decided. We also have two volunteers planning to paint murals depicting plants, animals and people in strong, primary colors. These paintings will be mounted up under the roofline on three sides of the building.

And, finally, YES! We are working on making the windows look more appealing. There's talk of window displays, decals, signs, and neon.

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