

FREE!!!
Moscow Food Cooperative Newsletter



**DO WE FEAR OUR ENEMIES
MORE THAN
WE LOVE OUR CHILDREN?**

July, 1990

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**OPEN MONDAY TO SATURDAY: 9 AM TO 7 PM
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WITH PLENTY OF FREE PARKING!!**

The opinions expressed in this newsletter are not necessarily the opinions of the Moscow Food Co-op, its staff, or Board of Directors.

"HOW ABOUT YOU?"

M. P. McHugh

I've finally done it!! I have found a way to volunteer at the Coop.

My involvement with the Coop has been a slow and gradual process over the last two years. It began with only occasional Coop shopping. (The truth be told, I tend to be a price-shopper with a rather eclectic desire for foods and consumer items.) Last year when the Coop made its move to the present location and I realized I would be staying in Moscow (and so would the Coop) I bought a membership. Now, I've taken the proverbial plunge and have assumed the regular duty of editing this newsletter every other month. It's been a very nice, easy, painless progression to become an active Coop member.

With schedules and time commitments being what they are (i.e. FULL) for most of us, it may seem overwhelming to try to schedule one more thing into our week. On the other hand, it feels quite good to have found a way to do so. You needn't be a dyed-in-the-wool granola-eating, food-fascist to join the Coop. Nor do you need to know, by heart, the seven Rochdale Principles of Consumer Cooperation (yes, there really is such a thing) to become an active member.

Volunteer jobs range from delivering milk to stocking shelves and cashiering. Unlike traditional businesses, you have the right to make suggestions and initiate changes at the Coop. The management has indicated that if you are motivated to take on a special project and see it to completion, there are plenty of people at the Coop who will listen, give advise and help. Your volunteer hours not only help your Coop, but they also earn you a discount on your purchases.

Well, think about it. Perhaps you too can find a way to volunteer at the Coop that suits you. By the way ... the first Rochdale Principle is "open membership."

VOLUNTEER TRAINING

Part I

July 16 (Monday)

6:30 - 7:00 PM Stocker training

7:00 - 8:30 PM Cashier training

Part II

July 23 (Monday)

7:00 - 9:00 PM Cashier training

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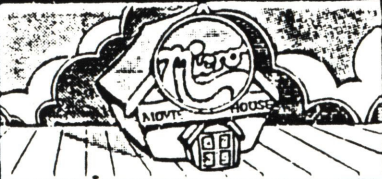
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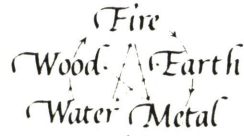
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TRUSTING OURSELVES

Nancy Ging

One day, while deep in meditation, I was conversing with one of my more ethereal friends, and the subject of "trust" arose. As I pondered the idea afterward, I came to believe that trust deserves some special consideration by those of us interested in inner change and evolution.

On a physical level, trust is an element of our most basic functioning. We would be unable to live if at least a minimal level of trust was not present. We trust the earth to hold us up when we stand. We trust our physical senses when we take a step forward. We trust our judgement when we decide we can safely step off a curb, but not a cliff.

The curb and cliff example also illustrates the role of trust in defining our limits and capabilities. I trust my bones to withstand the strain of stepping off an eight-inch curb. But what about a ten-foot cliff? On a map of the "realm" of opportunities, when I began to enter regions where I doubt or mistrust my abilities, I start drawing boundaries around what I believe is personally possible. Our inner view of what we consider realistic is largely determined by the expansiveness (or constriction) of our ability to trust ourselves.

Emotionally, our experiences are deeply affected by our capacity to trust. Situations triggering mistrust often lead to emotions perceived as negative, such as fear, embarrassment, or jealousy. Situations generating trust foster feelings of security, respect, and peace. A constricted ability to trust can numb us to pleasant outcomes. ("It turned out well this time, but it never has before. It probably never will again. This was a fluke, and not to be trusted.") Unpleasant outcomes may serve to reduce a low level of trust even further. ("I can't even cope with as much as I thought I could.") Conversely, an expansively trusting attitude also reinforces itself. Pleasant outcomes can lead to increased trust. ("This was great! I knew it would be. I'll bet I can trust myself even more next time.") High trust can convert even an unpleasant outcome into a learning experience, providing the motivation to try again. ("It didn't work, but I know it can. I'll just figure out what I need to do differently next time.") Note that the same experiences can produce dramatically different effects emotionally depending on the self trust with which it is approached.

Our capacity to trust ourselves is subjectively determined by choices we make every day. These choices may or may not be consistent with our actual abilities. Fortunately, opportunities to challenge and redefine our trust levels are plentiful. We can move toward expansiveness by choosing to try something just a little beyond the boundary where we normally trust ourselves. We can choose to explore a new idea which seems to contradict or threaten our view of the world, trusting ourselves to discriminate truth from falsehood even in unfamiliar trappings. We can choose to change our behavior toward others, trusting ourselves to learn and cope successfully with untried and unpredictable experiences.

By continually seeking to increase our capacity to trust, we can broaden our view of what is realistic and possible in the world. We can expand our sense of personal potential. We can augment the likelihood of experiencing joy. If we are willing to trust ourselves a little more, we can enhance our capacity for peace.



NEW AT THE COOP

"We no longer have to get down on our knees or stand on our heads to get pasta out of the bins", reports Coop manager Mary Jo Knowles. The new, custom built grain and pasta cabinet is indeed wonderful and efficient. Built by local fine cabinet maker Bill Moore and his skillful assistant Mike Dulac the new cabinet has many special features and accoutrements you are sure to notice as you open the windowed drawers and release the sliding levers on the bins filled with beans, nuts, seeds and grains.

The new piece is trimmed in alder, a locally harvested and quickly replenished forest resource. The outside of the cabinet has been made moisture resistant by a durable, no-stain, polyester coating, that is easily cleaned. There is no doubt that this special piece of carpentry, which took over 250 hours to construct will keep the staples it houses dry, safe and easy to access. Check it out for yourself, next time you visit the Coop.



New Arrival at the Coop

Jocelyne Castillo and Po Hickox are happy to announce they are blessed by the birth of Grace Gaia Irene Hichox-Carriere. She arrived May 29, 1990 at 11:17 pm.



MARY JO KNOWLES ...
the manager's secret dream
by Candace Cloud

Everyone knows Mary Jo, the Coop manager and crisis management specialist. It's no secret that she has worked at the Coop since 1984, starting as a volunteer and being hired in the fall of that year.

She began her paid career at the Coop doing food purchases. Since then she has done a little of everything and has placed every order at one time or another. Two years ago she became the manager.

Her vision for the Coop is to "... make it work better than it does now. I'd like to maintain the store's growth as it is."

The biggest change she sees since she began working at the Coop is that "... we run in the black instead of the red. I think that affects everything, including the clientele. It's our ability to change and come up with ideas and see them grow that makes the difference."

Mary Jo was raised in the Northwest. "I came from a pioneer family in Walla Walla. Both my grandmothers were at the first Pendleton Roundup. One grandmother was in the first Rose Parade in Portland."

Mary Jo went to school for 2 years in Ashland, Oregon and transferred to Oregon State University, where she graduated with a degree in Nutrition/Home Economics.

Mary Jo's life outside the Coop includes spending time with her daughters, Autumn, 10, and Elise, 7. "We ski together, go to piano lessons and girl scouts."

As if being a mom and a Coop manger didn't keep her busy enough, Mary Jo is also on the Board of Directors for Hanford Watch, a local environmental group.

Dreams for the future include living in a foreign country, and "... taking a month off to live in a cabin."

"Another goal is to get my kids through high school in one piece. I think in terms of what can I be doing for my kids now. So we play tennis and they like that. They spend a lot of time playing the piano."

There's a pause, and she grins, "And I secretly wanna be a drummer in a rock-n-roll band."

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From the Bathroom Bulletin Board



PRETTY-SHIELD AND THE BORROWED BABY Part II

a true Crow tale taken from *Daughters of the Earth*
by Carolyn Niethammer

Last month we began this story about a group of Crow girls who were moving with their village on horseback. They were "baby-sitting" a baby in a cradle-board as they traveled, when in their haste, they forgot about the baby, raced their horses ... and ... the baby was gone!

Pretty-shield, her heart dropping, cried out to the other girls to stop. Everyone was excited and crying and blaming each other for the loss. They turned back, dizzy with fear. Buffalo were coming. A great herd, headed so that it would cross over the very tracks their horses had made, was sweeping toward them. The girls themselves were in danger. But what of the little baby? If it had fallen in the way that the buffalo herd would travel it would be trampled into the dry plains, leaving scarcely a mark upon the land.

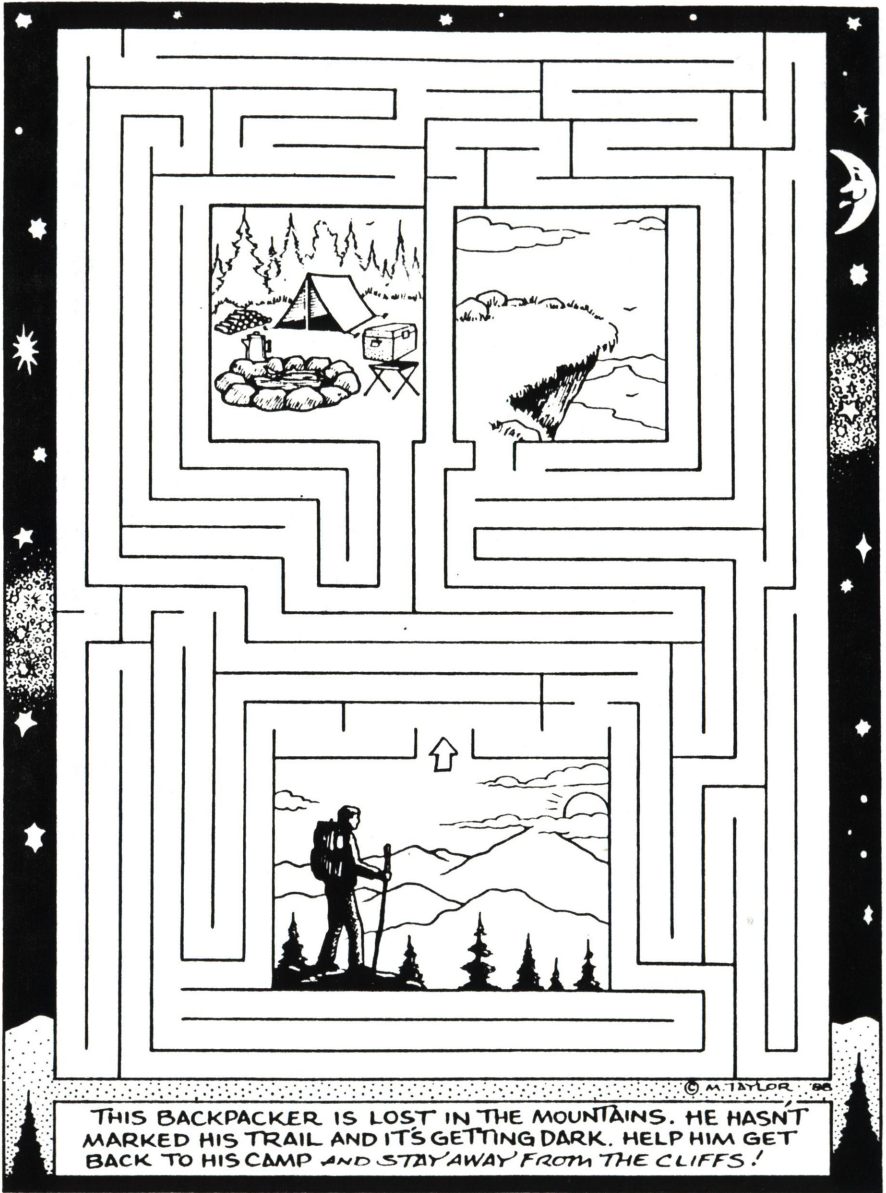
The girls hurried to retrace their journey. Farther and farther they rode without a sign of the baby. Finally, when the sun had almost set, they met some young men of their tribe, who had been out after buffalo. The girls explained their plight and pleaded for help. The young warriors of course found the tale hilarious and teased the girls that they would all be killed for their carelessness if the baby were found dead.

As it turned out, the young men had found the baby lying asleep and unharmed in its cradleboard. Pretty-Shield scooped it up and rode to join the rest of the group. It was very dark by the time she rejoined the others, and the baby's mother was frightened and angry.

Pretty-Shield never again tried to borrow a baby, and, she never loaned one either.

ANSWER TO JUNE'S RIDDLE

The car was black and it was daytime so it was easy for the lady to SEE the car.



THIS BACKPACKER IS LOST IN THE MOUNTAINS. HE HASN'T MARKED HIS TRAIL AND IT'S GETTING DARK. HELP HIM GET BACK TO HIS CAMP AND STAY AWAY FROM THE CLIFFS!

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TEAS FOR SUMMER

Kenna S. Eaton

Fresh brewed or sun tea is a great refreshing drink for summer time. It's easy to make and inexpensive. Tea can be made from any black tea or from any combination of herbs for a great low calorie, sugar free treat for the whole family.

When storing teas keep your bulk tea in a clean, airtight, dark container in a cool, dry place. Teas easily take on the odor of other foods and seasonings, so store your teas in their own special cupboard. Use a clean, metal or bamboo strainer to brew your tea in (or use clean cheesecloth).

Brew Tea Directions: Boil fresh water until bubbling. Rinse your pot with boiling water and drain, this warms the pot. Using approximately 1 teaspoon of tea per cup, plus one for the pot, put the tea in your teapot and fill the pot with boiling water. Cover and steep for 3 to 5 minutes.

Sun Tea: Fill a large mesh infuser with loose tea, place in a clean gallon jar full of cool water and place in the sun until steeped to desired strength. Strain and ice. May be mixed with juice if desired.

Tea blends can be homemade or store bought. A good blend for women in particular, use equal parts of strawberry, raspberry and blackberry leaves. Peppermint leaves can be added if desired for added flavor. This is a good toning and astringent tea, helps to strengthen the genito urinary tract and the intestinal tract.

The Coop has five tasty, non-caffeine herbal blends:

Alfalfa Mint: Rich in vitamins and minerals. Good tummy tea.

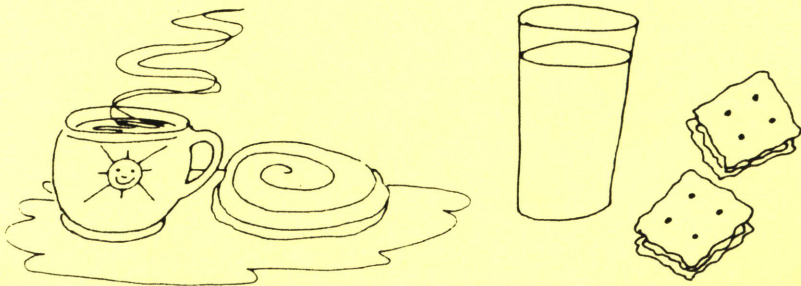
Indian Spice: A rich, warm tea. May be served with milk and sweetener, it contains cinnamon chips, fennel, ginger, cardamon, anise, cloves, and black peppercorns.

Forever Mint: This red colored tea is great when mixed with orange juice. Similar to Red Zinger.®

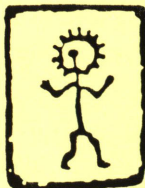
Herbal Orange Spice: Has a strong orange flavor, smells like fresh citrus!

Licorice Spice: Because it contains licorice root, children especially enjoy this tea. Sweet and zesty. This tea is on special at the Coop for the month of July: Regular \$10.09/pound on sale for \$8.07/pound.

References: Frontier Herbs - Herb & Spice Handbook



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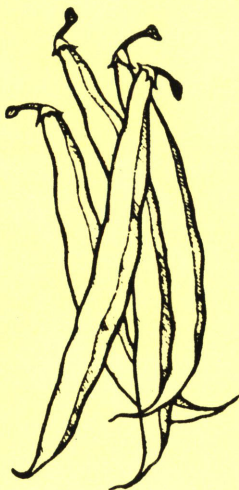
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