

Day-Mw HD 3284 N48

FREE!!!

MOSCOW FOOD COOPERATIVE NEWSLETTER

**why**  
do we Kill people who Kill people  
to show that Killing people is wrong?



February, 1991

Editor: Bill London  
Layout: Pam Palmer  
Advertising: Mary Butters  
Typesetting: Nola Steuer

Published by the Moscow Food Co-op  
310 W. Third  
Moscow, ID 83843  
(208) 882-8537

PRINTED ON RECYCLED PAPER

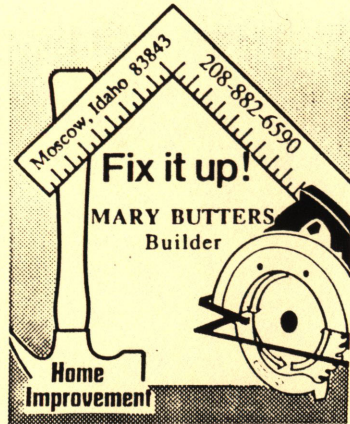
**OPEN MONDAY TO SATURDAY: 7:30 AM TO 7:00 PM**  
**SUNDAY: Noon to 6:00 pm**  
**WITH PLENTY OF FREE PARKING!!**

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

**Palouse Counseling**  
**883-3132**

Frank Pelfrey, Ph.D.  
 Sue Bull Pelfrey, M.Ed.  
 Jim Trivelpiece, M.Ed.  
 Barbara Wallace, MSW, CSW

*Addressing the needs of  
 children, adolescents,  
 adults and seniors. Variable  
 fee scale. Evening &  
 weekend appointments  
 available.*



**WHY PEACE BUNS**

by Ed Clark

It's back by popular demand. During the late 60s and early 70s it seems the peace sign was seen everywhere. It was the icon of the anti-war movement. I had one on my car in the middle of my American flag decal. I even managed to get away with wearing one on my army uniform (when no one with authority was looking).

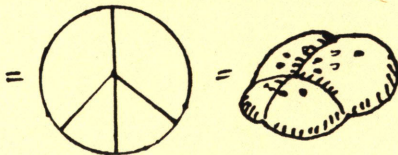
Directly after I returned from South Carolina to civilian life in Connecticut I happened to read an editorial in my local paper warning about the significance of this emblem. It stated that this was a sign of devil worship--a chicken foot, a twisted cross, symbol of the anti-Christ and went on to warn parents not to let their children be fooled into displaying this image.

I sure was angry! I wanted to write a reply. I knew it meant none of that stuff but what did it mean? It took some research but I did come up with its source and happily wrote my first-ever letter to an editor explaining the "peace sign's" origin.

Though I don't recall the details and dates, I can tell you that it came from Sir Bertrand Russell's Anti-war movement in England and is a simple representation of the combined semaphore flag letters for "N" and "D" - Nuclear Disarmament.

We in the Upper Crust have been stamping our sandwich rolls with this design--especially for all of you whose political persuasion will allow you a mouthful. As well, pending approval of our Board of Directors, the Upper Crust would like to begin donating a nickel from each roll sold, to local peace and environmental organizations. Let us know what you think.

Peace!



## DOING THE RIGHT THING

by Mary Jo Knowles

Our volunteer worker system is not working. The number of people willing to work, for a discount on purchases and for the good of the Co-op, is dwindling. There is too much inconsistency and unfairness in our present system. We must do something--and so we are.

The first decision, made by the Board of Directors as the policy-setting representative of the membership (you), was to maintain and enhance our reliance on volunteer workers. Working members have always been the foundation of our Co-op's success. We just need to create a system that inspires and commits working members in the future.

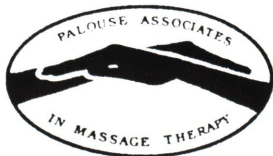
The first draft of that plan was discussed at the Board's January meeting. The essence of the plan is a tightening of the requirements for working members. We need to establish explicit policies that earn the respect of our future working members. Our policies in the past have been too loose, some people took discounts they were not entitled to, and some even lent their discounts to others who never worked.

The result has been an erosion of support for the working member system. If conscientious workers see others taking advantage of the system, their commitment is lessened. We need to make a system that regains the respect of all our working members and potential working members.

The biggest change proposed is the requirement that everyone claiming a volunteer discount at the cash register **MUST** show a current working member card. The cards would be signed weekly to make sure the working member is actually fulfilling the work requirement. The cards can be used only by the worker and/or one designated family member. A job board will be placed by the entrance that lists all available working member positions. The three present discount levels will be continued. Those working 3 hours per week receive an 18 percent discount, 2 hours weekly a 13 percent discount, and 1 hour weekly an 8 percent discount. Some jobs don't fit in such tidy weekly slots and the discount rates will be established on the basis of how many hours the job requires on a monthly basis.

We hope to finalize this plan, and start doing it, by March 1. Between now and then, we're hoping that members will let us know what they think about this change. Give your opinion to any member of the Board/Staff committee working on this plan: Steve Thompson, Sarah Swett, Bill London, Rebecca Rod, Fritz Knorr, and Mary Jo Knowles.

Together, let's devise and implement a plan that will inspire the working members that our Co-op needs to flourish. Let's do the right thing.



**Announcing:  
Palouse Associates  
in Massage Therapy**

**Lisa O'Leary** - Licensed Massage Therapist, B.S.  
American Massage Therapy Association Member

**Jan Roberts** - Licensed Massage Therapist  
American Massage Therapy Association Member  
CranioSacral Therapy

*...committed to providing caring &  
professional therapeutic massage.*

Therapeutic massage may be beneficial for the following conditions: stress, chronic low back pain, stiff or painful neck and shoulders, headaches, tendonitis, carpal tunnel syndrome.

106 E. 3rd St., Suites 2B & 2C, Moscow, Idaho 83843  
for information or appointment, call 208-882-9339 or 509-878-1631

## **Skin Care and a New Make-Up Line at the Co-Op by Jo Ella James**

People who are interested in skin care and make-up have a narrow selection of choices if they shop in Moscow. Of the handful of commercial brands available locally, none of the companies appear to have given much consideration to the issues of animal cruelty or using completely natural ingredients. Since I consistently use make-up when I am in my "professional persona" (not to be confused with my "grubby self"), I volunteered to research some options for the Co-op, and select a line of skin care and make-up products we could carry which would meet our members' standards.

Skin care is the process of cleansing, toning, and moisturizing. Aubrey Organics, an independent little company out of Tampa, Florida, has been developing natural, vegetarian skin care products for 22 years. The Co-op has carried this line for some time, and their products have been a part of my personal "toilette" for 13 years. The choice to feature Aubrey Organics is based on their consistency in both quality and price, as well as their strong stand on plant-source ingredients and animal testing. We order from them directly, and their packages always come with lots of literature, including their free newspaper, Organica Press, which covers art and environment, Aubrey's pet topics.

Choosing a new make-up line was a little more complicated. I tried to take into consideration several different points which would be of concern to a Co-op shopper. I wanted the cost to be reasonable; somewhere between the mass-produced stuff at one of the malls and the "high-priced spread" at the other. I looked for colors which were moderate and subtle enough for day-use (one line was "way too L.A."), yet flexible enough to create a look for a night on the town (now just tell me where!). Finally, I searched for a company which was meticulous in its commitment to natural ingredients free of animal involvement. Paul Penders emerged as the one company to meet these requirements, and it was with confidence and pleasure that I selected this line for the Co-op.

215 S. Main St. Moscow, ID 882-9257



**CAFÉ SPUDNIK**

*The Dining Room*

MOSCOW'S NEWEST AND OLDEST RESTAURANT

Gourmet dining in a casual but elegant setting  
 Serving Thursday, Friday, Saturday  
 evenings 5:30-9:00 p.m.  
 IN THE DINING ROOM OF  
 THE HOTEL MOSCOW

Brought to you by  
**Main Street**  
 deli

Reservations accepted

Now for the fun! Starting Friday and Saturday, March 1 and 2, you will have the opportunity to try these products and test the colors. I will be doing Aubrey facials and applying Paul Penders make-up to interested faces at the Co-op. I'll be steaming, spritzing, and shading anyone who signs the sheet by the cash registers. I will schedule appointments on subsequent weekends if more people show interest. You may phone me at home at 882-0539 if you have any questions. Come and bask in the steam of "Facial Flowers," let your skin soak up some "Evening Primrose Complexion Moisturizer," and see if "peridot" or "moonstone" or "rubilite" might not bring out the color of your eyes. Getting involved with skin care can be enjoyable as well as beneficial, while trying out new make-up can give a "lift" to your look, and be a good time at that. From subtle to outrageous, you can soon come to the Co-op and discover some politically-correct and fun-to-boot products that just might be right for you!

## Question Authority

**DR. ANN RAYMER**  
chiropractic physician

Palouse Chiropractic Clinic  
(208) 882-3723  
803 S. Jefferson  
Suite #3  
Moscow, Idaho 83843



**MOSCOW  
FINE CRAFTS  
COOP**

We feature locally  
hand-crafted items

883-1464  
312 S. Main

**ALL POWER  
TO THE  
IMAGINATION**



**PROFILE OF LEE ANN EARECKSON**  
by Mike Ivey

Several years ago, Lee Anne Eareckson got a small grant to study in Norway. When the money ran out, she wasn't ready to leave, so she stayed through the summer and supported herself by milking goats. She liked it so much, she went back the next two summers and milked goats again.

Now she lives near Viola on a small homestead with her husband and eight-month old daughter (but no goats). They have a large organic garden, and they're restoring an old orchard.

Lee Ann has been a Co-op member since moving to the area three years ago. Last May, she was elected to the Board of Directors, where she has worked mainly on personnel policies.



Many people would find a small child, a homestead, and a Co-op board position more than enough obligations at one time, but Lee Anne is uncommonly active and energetic. She also teaches science half-time at Moscow High School. She tries to encourage ecological awareness among her students, and she has been pleased to discover quite a bit of spontaneous concern for the environment among them. She wants science classes at all levels to include more field work so that students can study their environment first-hand and experience it directly--as she has.

Lee Anne grew up in Annapolis, Maryland, on the Chesapeake Bay, but at 16 she took a summer job on a dude ranch in Montana and fell in love with the mountains and open spaces of the west. Over the next few years, while working on her degree in ecology at Cornell, she worked summers for the U.S. Forest Service maintaining wilderness trails and campsites, mostly in Montana. After college, her work for the Forest Service eventually took her to Alaska, where she stayed for four years. While there, she left the government bureaucracy to work with a group studying and promoting alternative energy sources.

Lee Ann is quite concerned about the impact people have on the environment. Her eating habits are semi-vegetarian (she eats fish and game occasionally) because meat production is so wasteful and destructive. She considers the Co-op important not only because it provides healthful food, but also because it allows people to shop and eat with a lighter impact on the earth. She would like to see more people take advantage of what the Co-op has to offer, but she believes we have an image problem to overcome. She says we have to convince people that "you don't have to be part of a little clique to shop at the Co-op" and that "we're not just a bunch of granolas."

Lee Anne herself can show all the skeptics that a Co-op member can be bright, active, concerned--and perfectly normal (we don't have to mention the goats).



  
  
 527 SOUTH MAIN ST  
 MOSCOW  
 882-0780  
 Hours: 11-8 Monday-Thursday  
 11-9 Friday/Saturday

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

Listen to Pacifica News, on KUOI-FM 89.3 at 2 pm and 6:30 pm, now underwritten in part by the Moscow Food Co-op.

# IT'S TIME FOR INTERNATIONAL UNDERSTANDING

by Fred Wallins

A new organization is being formed at the UI to assist international students to adjust to and learn about American culture. The new organization is called International Friendship Association (IFA).

This program pairs international students at the UI with American students or Moscow families or individuals. International students visit their new friends at holidays, for outings or just dinners or coffee. The goals of IFA are to provide a sort of cultural exchange so the foreign students as well as Americans profit by learning about a different culture and perhaps language. While other such programs primarily target community residents, IFA wishes to involve UI students as international friends as well.

The success of IFA depends on the community and students to volunteer their friendship. Please call 885-6957 for more details.



## Something We Can Do



---

### NEWSLETTER HOUSEKEEPING

by Bill London

In keeping with the get-it-together tone of Mary Jo's article about the working member re-structuring, the newsletter volunteers are trying also, to find whatever "it" is and then get it together.

We have the two writer positions filled now, by Mike Ivey and Shawna Huggins. They'll write profile and food stories.

Miriam, our children's page person, is taking a leave of absence. To replace her offerings, we suggest submissions by kids. We invite all and any children to submit drawings, poetry, short stories, or whatever for publication. All submitted work should include the child's name and age, and can be left in the newsletter slot in the Co-op manager's office. Let's see it kids!

And you eagle-eyed Newsletter readers doubtlessly noted the new name on the masthead. Mary Butters is our new advertising manager. Andrea Kruse resigned after a year, with our thanks for a job well done.

In addition, we welcome to our staff, such as it is, John McCarthy. He will be coalating/folding/distributing the newsletter this month. And, if he can handle the pressure and stress of the position, we may allow him to continue past this trial period.



## Fresh Seafood

Every Sat. 8:30-4:00  
Moscow Food Co-op

Halibut, Crab, Clams, Oysters,  
Sole, Cod, Salmon, Shrimp,  
Scallops, Calamari, Smoked  
Salmon and much more

Special Orders Welcome

**Kathy's Catch**  
**208-667-8740**



## Pilgrim's

Nutrition Center

310 S. Main • Moscow, ID  
208-882-0402

Health food, Teas,  
Vitamins, Natural Cosmetics,  
Breads and Athletic  
Supplements

Hours 9-6 M-F 9:30-5:30 Sat.

## COLORING CONTEST WINNERS

by Bill London

Perhaps you recall that the cover of the December Newsletter was in fact a coloring/decorating contest. And the winners were:

Teva Lamar Palmer, age 4

Crystal Lee James, age 7 1/2

Willow Gormley, age 12

Lyell Hood, age 14

Congratulations all. They are all now the proud owners of a pair of Afgani slipper/socks from the Co-op.

And thanks to our judges who made the hard decisions. Andrea Brandenburg, Rebecca Rod, and Janet Jordan.

## Type-Right Word Processing

110 E. 2nd  
Moscow

**208-882-5546**

Letters • Forms • Resumes  
Manuscripts • Manuals  
Laser Printing



Quality  
Instruments,  
Amps and  
Equipment

Full Service  
& Lessons

BUY  
SELL  
TRADE

309 S. Main St.

Moscow, ID  
83843

**882-1823**

## Stratton's Dairy

332-2216  
Pullman, WA



Local Dairy Products

Fresh at the Farm

Retail at wholesale prices

Reusable glass bottles!

Johnson Rd., 1 mile past the Professional Mall

## DR. JAMISON STARBUCK

Naturopathic Physician

Palouse Naturopathic Clinic

SE 1256 Bishop Blvd

Pullman

334-7529

*Homeopathy. Natural Medicine*

## PASS THE BASMATI, PLEASE!

by Shawna Huggins

Basmati smelled so good on my stove that my little one, Lilly, 5, came running to see what was cooking. Basmati is so versatile that you can eat it for breakfast, lunch, dinner, and dessert. Not only does basmati taste delicious, but it is also high in nutrition. What is this mystery wonder food? Basmati is a type of long grain brown rice.

Like all brown rice, basmati is high in protein. According to the *Nutrition Almanac*, brown rice has 14.8 grams of protein per cup, uncooked. (One cup dry rice yields about 3 cups cooked rice.) If you mix the rice with beans, seeds, or black eyed peas, a balanced protein is formed. Brown rice is also a good source of B vitamins and complex carbohydrates, and it is low in sodium.

Basmati is the perfect food for people on the go. If you make up a big pot of basmati, it will be on hand to help you at every meal. Warm the rice and serve it with a dollop of milk and a pinch of cinnamon for a hearty breakfast. For a quick lunch that the children will love, fry sliced nitrate-free turkey franks (available at the Co-op) in a skillet, then stir in some basmati rice. The popcorn like taste of the rice mixed with the franks will leave the kids asking for more. Stir-fried vegetables, with diced tofu if you prefer, over basmati makes a hot, delicious dinner. And for the perfect healthful dessert that all will enjoy, add a touch of honey and a sprinkle of raisins and cashews to a bowl of basmati. Yum!

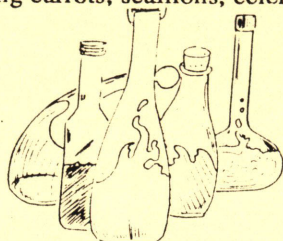
The basic way to cook brown rice is to put 2 cups cold water, 1 cup rice, and 1 teaspoon butter or oil into a saucepan. Cover. Heat to boiling and then simmer for about 45 minutes. I found that basmati cooks a little faster than regular brown rice, so check it after 35 minutes. The rice will come out very tender.

Basmati brown rice is a nutritious, inexpensive addition to your menu, available at the Co-op for 93¢ a pound. Here are some fun recipes for you to try.

## Festive Rice Salad from *Prevention* magazine

This is a great cold salad to serve along with sandwiches in place of macaroni salad. And it's a beautiful addition to a buffet table.

- 3 C. cooked long grain rice
- 1 1/2 C. minced vegetables (including carrots, scallions, celery, green pepper)
- 1/4 C. slivered almonds
- 3 Tab. wine vinegar
- 9 Tab. vegetable oil
- 1 tea. Dijon mustard
- 1/2 tea. Tamari soy sauce (optional)
- 1/4 tea. honey
- 1/2 tea. snipped chives
- 1/2 tea. minced parsley
- 1 Tab. minced fresh herbs (such as basil, tarragon, rosemary, marjoram)
- freshly ground pepper



Thoroughly chill cooked rice. Mix with minced vegetables and almonds.

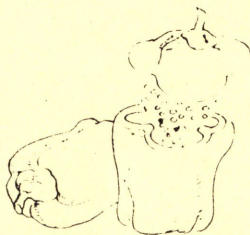
In a separate bowl, combine well the remaining ingredients, using your choice of fresh herbs (if using dry herbs, use less and crumble before adding to dressing). Taste, adding more herbs or seasonings if necessary.

Pour dressing over rice, toss lightly, then refrigerate for an hour, or until chilled.

---

## Rice-Stuffed Green Peppers from the *New York Times Natural Foods Cookbook*

- 6 large sweet green peppers
- 1/4 C. oil
- 1 small onion, finely chopped
- 1 C. diced celery
- 1/2 C. sliced mushrooms
- 1/3 C. chopped nuts
- 1/2 C. shredded Cheddar cheese
- 3 C. cooked brown rice
- Sea salt to taste
- 3 Tab. freshly grated Parmesan cheese



Cut a thin slice off top of peppers; remove seeds and core. Trim slices and chop good parts to use later.

Preheat the oven to 375 degrees.

Heat the oil in a large heavy skillet and sauté the onion in it until tender. Add reserved chopped pepper, the celery and mushrooms and cook five minutes longer.

Stir in the nuts, Cheddar cheese, brown rice and salt. Mix well. Use mixture to stuff peppers. Set in an oiled baking dish with one-half inch of hot water in the bottom. Sprinkle tops of stuffed peppers with Parmesan cheese.

Bake 35 to 45 minutes or until tender. Yield: 6 servings

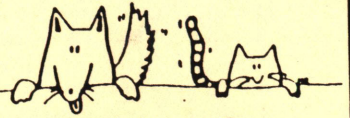
COUNSELING  
AND  
ENERGY  
THERAPY



*Nancy Ging, M.S.*  
(208) 882-2490

Multilevel Counseling • Imagery and Hypnosis  
Reiki Treatments • Chakra Balancing

106 E. THIRD, NO. 4A  
MOSCOW, IDAHO 83843



**Animal Care Center**

328 N. Main, Moscow, ID 83843  
8:00 - 5:30 Monday-Friday  
(Thursdays until 7 pm)  
(208) 883-4349

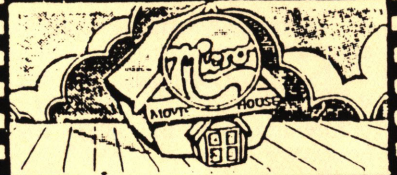
Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.



**Karen Young**  
Acupuncture &  
Wholistic Massage

Techniques include Polarity,  
Aruvedic Massage, Shiatsu,  
Swedish/Esalen, and Reflexology

By Appointment 835-3181



**Micro Moviehouse**

Great Movies!!  
**Only \$1.75**

3rd & Almon - Moscow  
882-2499



**Inner Vision**

Bookstore

*A Lifestyle Resource Center*  
Books, Tapes and Supplies to  
Support Lifestyles in Change

Hours: *W Th 10a-2p, F Sa 10a-5p*  
106 E. 3rd No. 4C (upstairs) in Moscow  
Phone: (208) 883-1037

**Recycled  
Paper**

**kinko's**  
the copy center

**882-3066**

M-F 7:30 a.m. - Midnight  
S-S 10:00 a.m. - 5:00 p.m.