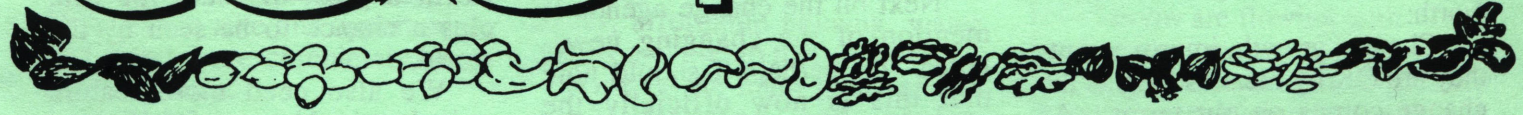




# MOSCOW CO-OP

# COMMUNITY NEWS



PLEASE TAKE ONE

# APRIL

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## Auto Dependency

by Dave Peckman

It won't be easy to coax Americans out of their cars and into walking shoes, bicycles, buses and carpools. The private auto is so convenient, and so much a part of our daily lives. From drive-thru banks and eateries, to interstate freeways, to shopping malls with acres of free parking, to neighborhoods without sidewalks, our communities have developed as if transportation means but one thing, private autos.

Palouse-Clearwater Environmental Institute plans to take a bite out of the supremacy of the private auto in the month of April. "Oil Wise Wednesdays" aim to show people that autos don't always provide the best answer to our transport needs. Each Wednesday people are encouraged to use a different mode for getting to work or school, and numerous events will focus civic attention on the need to improve accessibility to other transport options.

**Wednesday, April 1:** A transportation forum on April 2, "The Future of Bicycling and Walking in Moscow," kicks off Oil Wise, bringing non-motor interests together with community leaders to examine the problems. This is also **Walk Day**. Everyone is urged to walk to work or school today, if you must drive, please remember to respect the rights of pedestrians, especially at crosswalks.



**Wednesday April 15 is Bike Day.** Ride your bicycle today, respect the rules of the road.

A bicycle on the street is subject to the same rules as motor vehicles. Bicycles are allowed on sidewalks, but need to ride slowly and yield to walkers.

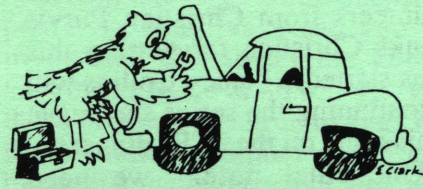
**Bicycle Tour of Moscow** starts at 11:30 in front of Friendship Square, tours the city, returning to Friendship Square at 12:30 for a Bike Rally with speakers and refreshments.

What is the quickest way across town? A bicyclist and motorist will both leave the UI Library at 5:00 and proceed to East City Park in a **Bicycle-Auto Timed Course**.

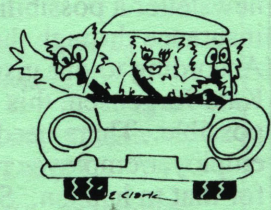
**April 20-24, Earth Week, Bus Week,** buses will be running all week between Moscow and Pullman. Pick up a schedule at the Co-op and support public transit, ride the bus!

**Wednesday April 29, Carpool Day.** Arrange your carpool on the bus the previous week, or call PCEI's Rideshare Network at 882-1444.

The small steps of many people will make a difference. Think about how you use your car, and the opportunities available to do without it occasionally. Being Oil Wise is at least as important to the health of the planet as recycling, and a lot healthier for you!



**Wednesday, April 8:** We aren't going to totally give up our cars. They are useful tools when we need them, so let's keep them running clean. **Auto Efficiency Day** asks everyone to tune-up your car, keep proper air pressure in your tires, and empty the dead weight out of the trunk. All these things improve fuel efficiency and reduce emissions.





# GOOD CHANGE, BAD CHANGE, ANYONE GOT SPARE CHANGE?

by Bill London

Hey, this Co-op is changing.

And the debate on the merits of that change (a very healthy debate) continues, with these two cents worth:

Change, growth, improvement--they are OK by me. As long as the change comes on our terms. As long as the Co-op retains what to me is its essence: a community- and volunteer-based meeting place known for its open and friendly atmosphere. If that base remains, the Co-op will never be the hyper-efficient supermarket which is not my idea of a good time.

Life is change (I'm dating myself to note that was first brought to my attention by Grace Slick of the Jefferson Airplane--or the Jefferson Starship). For the Co-op, or for any community organization for that matter, to work at becoming stagnant would likely mean a slow spiral of declining support as the true believers moved or reformed. I favor buying this building (unless someone can find a superior alternative), and upgrading it. If we inspire others to join us, that's OK, isn't it?

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## PART TIME JOB OPENING

The Upper Crust Bakery is now interviewing for a Baker's Assistant to work 10-20 hours per week to begin. Baking experience is helpful but not necessary. Hard work, desire to learn and early morning hours are required.

Starting salary is \$4.84 per hour and will raise after 1 month trial. The Upper Crust is an equal opportunity employer.

Please apply in the Moscow Food Co-op office.

Now if you disagree, remember the preceding was my opinion and I would be glad to print yours.

Next on the change agenda is mention of the changing newsletter. Or perhaps I should note that this is now officially the Moscow Food Co-op Community News (and our thanks, and a fifty dollar gift certificate, to Ed Clark for the design--and our thanks to all the others who entered in our design contest). Besides increasing in size, this newsletter is increasing in distribution. We now print 1,000 copies monthly. (We had been printing 800). About 750 of those newsletters are given to shoppers at the Co-op. Another dozen are mailed to other co-ops nationally, and the rest are distributed around Moscow, Pullman, and the University of Idaho by our intrepid Agent of Distribution, Paul McPoland.

We've also expanded our writing staff. Dana Kobe has taken over the series on our great volunteers from Christian Purvis (thanks Christian for getting this series started). Nancy Collins will be continuing the series she began in this issue on the PCEI dinners.

One final note: we need graphics, as in black-and-white original drawings we can use in this newsletter. If you are a closet artist, if you have a pile of great sketches on hand, or if you want to illustrate articles as they are

## INSURANCE UPDATE

by Kenna Eaton

We mentioned in the last newsletter a possibility of group insurance through the Co-op. According to our insurance agent, Kate Jorgensen, this would not be possible. There needs to be an employer/employee relationship for that to happen. Sorry!

written--especially if you want to regularly provide us with drawings--please tell me or leave a message at the Co-op. Sure, it's worth a great discount for you, plus a chance to be seen by the world.

We also need more feature writers--to take over for Barbara Walker and to continue the Kid's Page when Kelly Kingsland leaves. Please contact me (our thanks to both writers--I can hardly wait for your bylines in the *New York Times*).

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Cynthia Rozyla

Dana Kobe

Nancy Collins

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# The Tacoma-Dome Show II

by Erika Cunningham

Yes, we went to the Northwest Natural Foods Association sponsored trade show again this year. (We being Kenna, Erika and Renee.) If you remember last year's trip, I was quite overwhelmed by it all. So much glitz for one small industry.

This year I saw how this really isn't "one small industry" anymore. It has grown, along with product lines, distributors, and health and natural foods' stores. I wasn't too overwhelmed by the largeness of it all this year, and was actually able to make a few deals for the store. You will notice the Garden of Eatin chips and Emerald Valley dips and salsas on sale as just a small example of my shrewd bargaining.

Renee, Kenna and I wandered around and sampled to our hearts' content, not only at the show but at other co-ops in the area as well.

What we sampled there were different approaches to age old co-op problems, like "not enough space" and "slow check-out lines" and "how to deal with bulk messes."

Again, like last year, the three of us were pretty pleased with our own little neighborhood co-op when visiting the larger chains (PCC for example). While their co-ops are big and beautiful and differently run, they are run on a different scale. Scanners do the ordering rather than people with their pens, and sometimes the head buyer doesn't actually do the buying! This works for them, but we like our "human touch."

And let it be known, that especially after the changes, our Co-op is a bright, cheery and somewhat organized place to come home to.

And no, we didn't bring home another velvet Elvis.



## NEW NEW PRODUCTS by Erika Cunningham

Good Earth teas: While these have been in the store for a while, we are carrying the larger boxes as per requests.

Ben & Jerry's Ice Cream, Yogurts, Peace Pops: Yes, finally they're here. What you wanted. Check them out in the little freezer-if you have a favorite let me know.

New local legumes: From Endicott, Washington, Rod Repp. These are all organic and all local. There are more coming too! You'll hear more about this farmer later in our "Meet the Farmer" series. Now we have: pearled barley, pinto beans, white yellow peas, yellow splits, green splits.

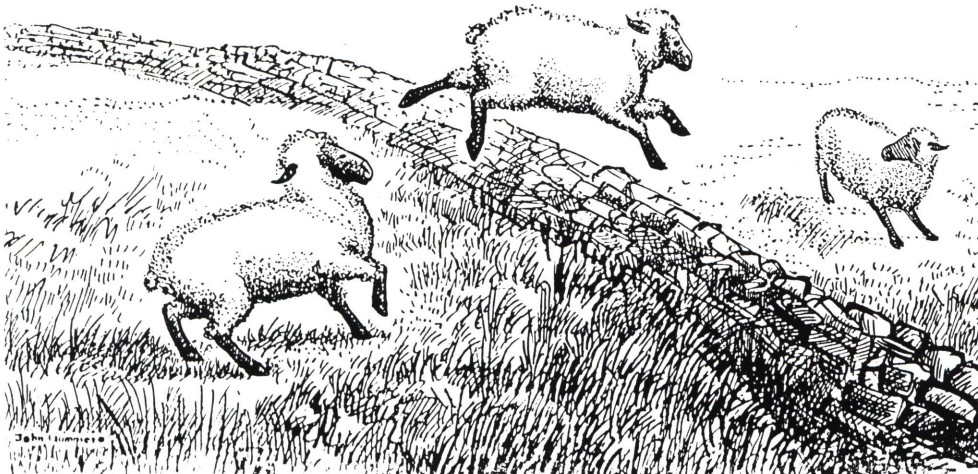
Dill Havarti Cheese/ Gorgonzola: in cooler. The dill is very zingy! So far around the staff its been a favorite. Try it out. The Gorgonzola is OK, not as good as we wanted.

Mama Coud's Spaghetti Sauce: I tried this out at the Tacoma Show and loved it, it is a good sauce. Let me know if you like it.

Carr's Crackers: New varieties to choose from. To accompany our old line of Health Valley Crackers, we made room for more! I saw these at a PCC in Seattle and liked them.

Wheat-free Fig Bars: In packaged food section, Nature's Warehouse brand, same as regular fig bars we have already. Requested.

Various Ethnic Foods: Again, as per many requests, we've brought in a few new ethnic foods: grape leaves, eggplant meze, chinese noodles. All located in the packaged section. If you want more or different, let me know.



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# Famous Co-op Members, Volume 1

by Bill London

In February, Co-op member LeRoy Lee testified before the U.S. Congress (specifically before the House Appropriations Committee's Interior Subcommittee). He revealed the existence of the U.S. Forest Service's "phantom trees," the ones that don't really exist on the national forests under their care, but that the USFS shows to the Congress and the public to prove they are doing a good job and deserve more money.

In essence the USFS has established two sets of accounting systems. The one with the real numbers is located in Fort Collins, Colorado, and is not accessible to district rangers. The other is the public information used to support the USFS fictional claim that it is maintaining our forests on a sustained yield basis (that they are growing trees just as fast as they are cutting them). That fallacy is what we've all been told, until LeRoy blew the whistle on them, nobody had proven otherwise.

That Congressional testimony was the culmination of five years of patient searching and tabulating. He knew what was happening on the ground because he worked for the USFS as a tree-counting contractor based out of his home near Santa, Idaho. But finding the hidden data was not easy. LeRoy worked hard to get the information, verify it with computer printouts, and build the maps that showed the discrepancies to Congress.

LeRoy's testimony was sent nationwide on an Associated Press wirereport, to appear in newspapers and radio/TV newscasts across the U.S. Partly because of what LeRoy did, the USFS is now the subject of four Congressional committee inquiries. They may yet be held accountable.

For LeRoy, his public appearance will make significant changes in his life. He doesn't expect to be able to work in the woods any longer.

But he kept his integrity, and he did more than his share to expose the pillaging of our national forest treasurers for short-term gain.

And he never cut his long black braided hair to do it.

"There weren't many people in Washington, D.C. walking the halls in suit and tie and braids," LeRoy noted. "I even think it helped--they seemed to believe I had been a forestworker from Idaho."



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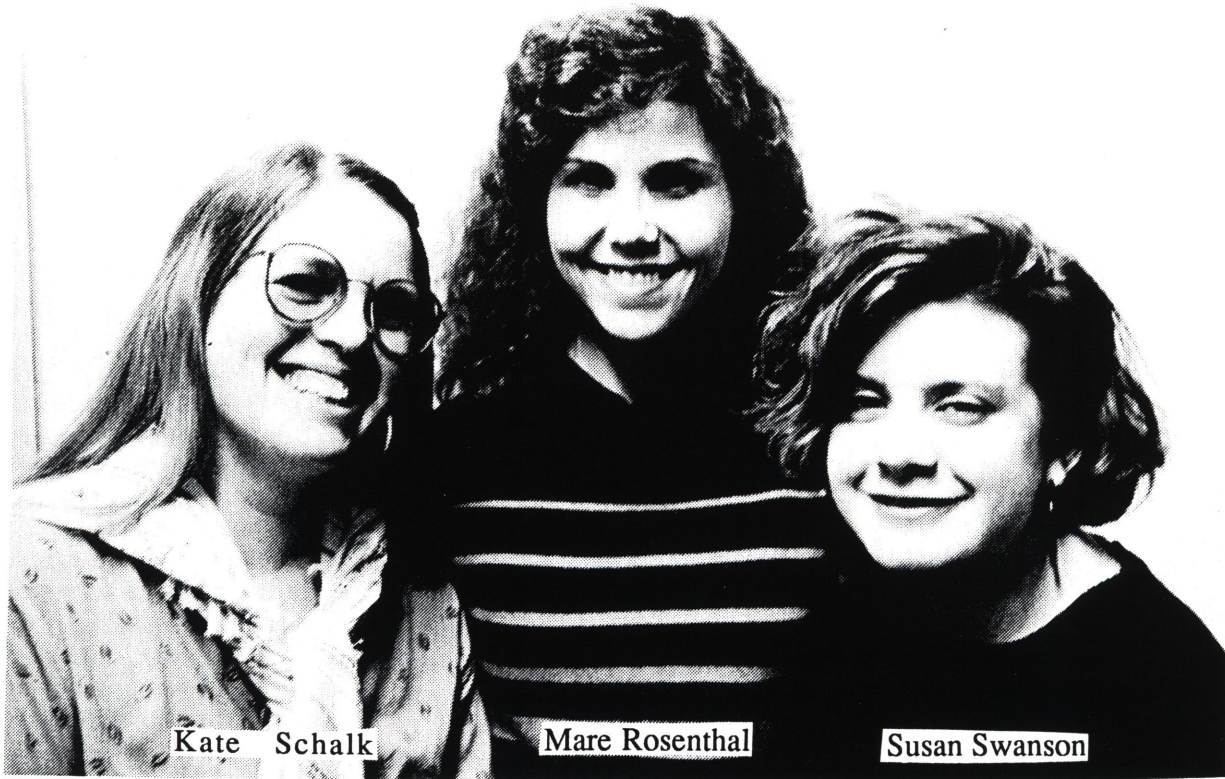
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## *Helping the Wheel Turn*

by Dana Kobe

Susan Swanson is the youngest of these three spokes who help keep the Co-op wheel turning. She's nineteen years old and a sophomore in the U of I's Civil Engineering department. After leaving Spokane, the Co-op was her first place to visit when she broke through the city limits last August. Since November, she's been pricing and stocking on Sunday mornings. Sundays are busy, she says, with people wading through stacks of boxes and fresh vegetables, trying to get everything priced, stocked and ready for the customers.

Susan is a partial vegetarian who loves to walk and hike, play the piano, write poetry and read horror stories. She admits she's always been concerned with health and good food, and "has a thing" for health-food stores. Mainly, she wants to develop a healthy lifestyle through exploring healthy foods.

Kate Schalk is another important Co-op volunteer. Eleven years ago, Kate drove into Moscow from Chico, California. She, too, headed straight for the Co-op. She started volunteering

when the Food Co-op was located on Washington Street, helping with cashiering, stocking, writing for and folding newsletters and substituting for staff members. Right now, Kate does laundry for the Co-op. For her, supporting the Co-op is important because it provides organic food, free of preservatives and additives.

Her main reason for coming to Moscow was to complete a Master's degree in Geology at the U of I. Not only did she accomplish this, but she's only a hair short of obtaining a Ph.D. in Geology from WSU. Kate plans to look for a full-time professor's job in a small town somewhere in the West, maybe even in the Moscow/Pullman area. Her favorite things to do are: ride bikes with her 9-year-old daughter, Jamie, collect rocks, garden and play music.

Mare Rosenthal has been very involved at the Co-op since last August. First, she began volunteering, doing all sorts of jobs. Then, several months ago her volunteer job turned into a part-time staff position, and now, she

also serves on the Co-op Board of Directors.

Mare left her CPA career in San Francisco to join her partner, Greg Brown, in Moscow. While in Moscow, she had taken a break from accounting and devoted her time to other important areas. Mare and Greg recently formed an organization called Palouse Voice for Animas which educates people about animal rights/abuse issues and vegetarian living. Mare is a vegetarian herself, and advocates social responsibility. She hopes to use her CPA skills in a new and constructive way with the focus on social responsibility instead of money. Basically, her goal is to live in harmony and peace with nature, animals and other humans.

Volunteers are vital to the Co-op like spokes are to a wheel. They provide functional support and a special connection to the customers and community members. Without people like Mare and Kate and Susan, the Co-op would start to sag. So, the Moscow Food Co-op would like to thank these three deserving women for their time, energy and support.



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# CO-OP BOARD WANTS

by Kriss Siess

The Co-op Board of Directors has recently been discussing an issue over which we have been unable to reach consensus. Rather than spend time in further unresolved argument we have decided to seek input from a higher body, that is, you, the membership. I will present one view pertaining to this issue and Andrea Brandenburg has agreed to present the opposing view. If you feel that you have input and would like to engage in this debate please contact the board member(s) of your choice.

The issue is whether any restrictions should be placed on Co-op staff becoming members of the Board of Directors. Currently two of the eight directors are also staff. One of these positions is that of staff liaison to the board, an institutionalized mechanism for insuring that the concerns of staff have voice at the policy level. This is the seat I currently hold.

I do feel that the institutionalized position of staff liaison is an important device to help insure that the views of staff are represented to the board. However, I have two main concerns about the possibility of the staff coming in the future to have undue influence at the policy level.

The first of these is the obvious conflict of interest question. A situation where a staff dominated board could be voting its own wages and benefits would make me very uncomfortable. The body might in this situation vote itself bread and circuses to the detriment of the Co-op.

My second concern is the possibility of stagnation and loss of responsiveness to the community as a whole. I feel that the kind of inbreeding of ideas that could occur from a significant number of board members also being staff might cause us to only look inward upon ourselves. We would, I believe, run a serious risk of becoming increasingly alienated from the public, of becoming a closed clique.

I believe the bylaws should be amended to limit the possible number of staff on the B.O.D. to a minority. This is a compromise position for me. I feel that the potential problems listed above could easily manifest themselves even with a significant minority of staff on the board. I would personally like to see participation on B.O.D. limited more strictly but I feel that the limit to a minority is the absolute minimum needed to insure the integrity and dynamic nature we need in a board of directors.



**Moscow Food Co-op** 



# → YOU TO DECIDE

by Andrea Brandenburg

During our annual retreat, Co-op board members had a long and unresolved discussion, which to me came down to the question of power. The discussion was a friendly debate over whether staff members should be able to hold positions on the board, and whether this may lead to conflicts of interest. The discussion soon branched out to the possibility of hostile take-overs (no, we are not paranoid--it almost happened to the Bozeman Co-op) and the need for board members to be represented and unbiased. The overall concern was how we can assure ourselves that good, hard working board members whose interests are not in conflict with the Co-op's "mission statement" are elected. A solution to protect the Co-op from negative insurgencies was proposed: put rules into our bylaws restricting who could be on the Board.

I appreciate and understand the concern to protect the Moscow Food Co-op from real threats which have shaken-up or even closed down some other co-ops (e.g. Berkeley). However, I feel that the solution through regulation has one fatal flaw: It can disempower the human decision-

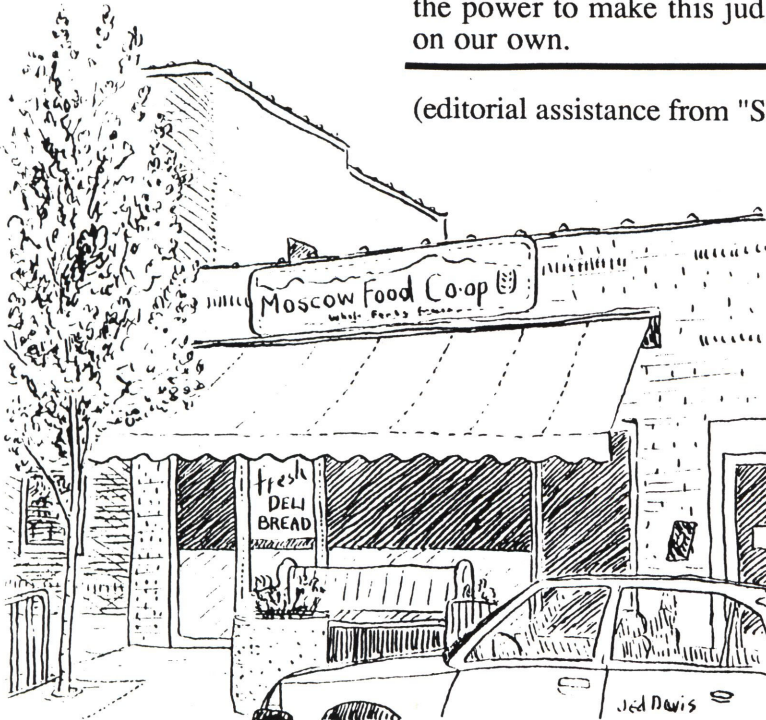
making process and, in turn, can relinquish power to some inanimate entity, namely the bylaws.

I propose that we protect the Co-op not through a change in the bylaws but through the empowerment of its members instead. Empowerment can be achieved through means which Co-op members have cherished for years: education, member participation, volunteerism, freedom of speech, democracy and community activism.

I feel that Co-op Board members are responsible enough to make solid decisions when choosing prospective board members. I also feel that Co-op members, through the election process, serve as a check on the board's decisions. If Co-op members are made aware of whom they are electing to the board, I trust their choice. Of course mistakes may still be made, but if a sitting board member has done a poor job, members can simply not re-elect this person for the next year.

This democratic process allows us to utilize valuable human resources which may be lost if some rule told us we no longer had the power to make this judgement on our own.

(editorial assistance from "Sly")



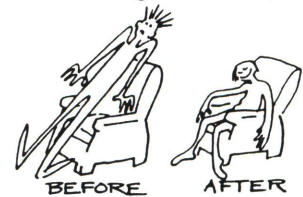
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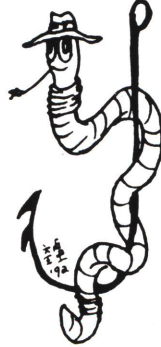
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# What's Sustainable

by Renee McNally

You can stop holding your breath now. Here's the next installment in the exciting discussion of American Agriculture.



This is the hook with which we catch your interest.

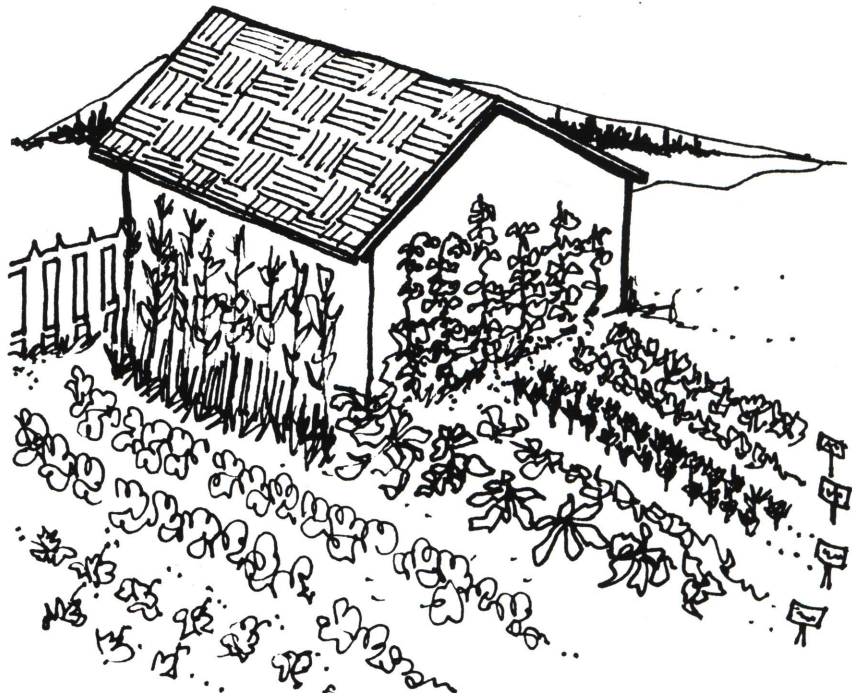
**Sustainable Agriculture:** n. A set of farming practices, which in contrast to conventional agriculture, seeks to maximize harvest yield over the long run by harmonizing agricultural practices with environmental and cultural stability. "Yeah, like, I kinda like sustainable agriculture." - Wendell Berry.

Farmers employ the following practices to achieve a sustainable agriculture:

1. The use of locally-produced and renewable nutrient sources. Instead of relying on sources of nitrogen derived from fossil fuels like anhydrous ammonia for example, a sustainable practice uses leguminous plants and/or manures to provide nitrogen.

2. Maximizing biological diversity. Farmers choose to maximize the number of species through complex crop rotations and also maintain genetic diversity within particular crops. Because a specific insect or disease will usually affect only one kind of crop, farmers can reduce damage by diversifying the kinds of crops they grow.

3. The use of beneficial ecological interactions. Farmers minimize the use of pesticides by introducing predatory insects that prey on unwanted insects. More importantly, farmers find that crop rotations provide necessary ecological services like breaking pest cycles and providing nutrient needs.





# Agriculture Anyway?

& Ben Larson

4. Decrease the loss of soil and water. Soil erosion can be minimized by terracing or pasturing steep slopes, leaving crop residue on the fields through the winter months, and improving soil structure by maintaining organic matter. Improving soil structure also decreases water loss from fields. Water can be stored in the fields by maintaining crop residues and wetlands.

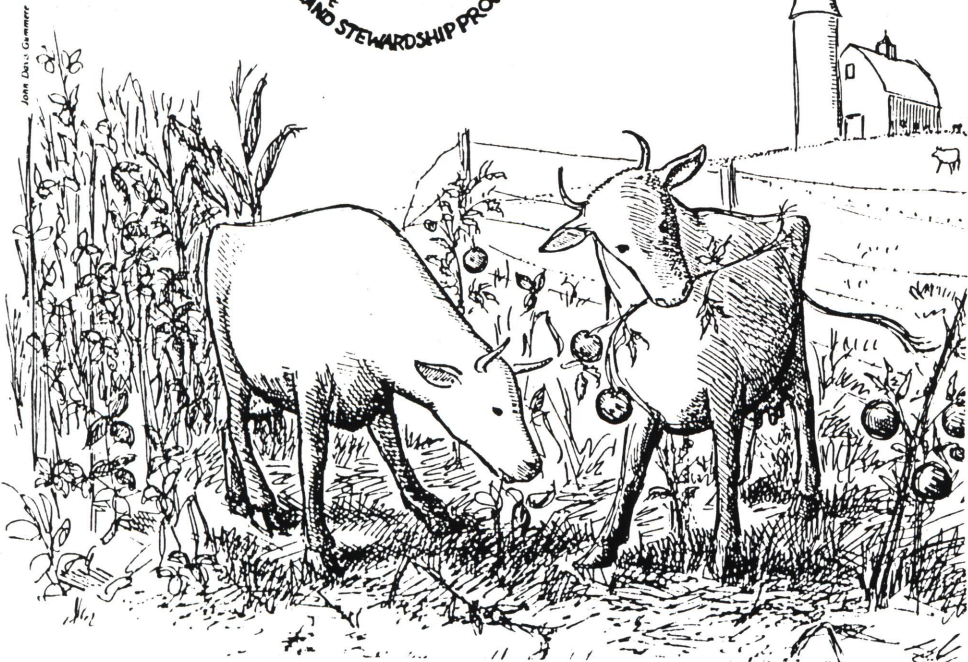
5. Sustainable agriculture also advocates support using wind energy to pump water and high-tech wind generators to make electricity. In addition to making crops grow, solar energy can be utilized in a number of ways ranging from solar grain dryers to photovoltaics.

Sounds good, eh? Without everyone turning Amish how will this agricultural reformation come to pass? Painfully? No, but a hard look and a willingness to make changes within our current society will be necessary.

Sustainable agriculture depends not only on the right kind of agricultural practices. It also depends on economic and social support, and these changes extend beyond individual action into the realm of policy and society. Put simply, agriculture cannot be sustainable by itself, for sustainable practices need to be complimented by a sustainable society.

A sustainable society actively minimizes pollution, uses non-renewable resources most efficiently, depends mostly on renewable energy sources, and seeks to improve quality of life for all members rather than simply bloated economic growth. The conversion to sustainable agriculture is one aspect of a larger conversion to a sustainable society.

Purchasing certified and local no-spray produce offered here at the Moscow Food Co-op is a step that each person can take towards the goal of a sustainable environment and society.



Linda Chapman



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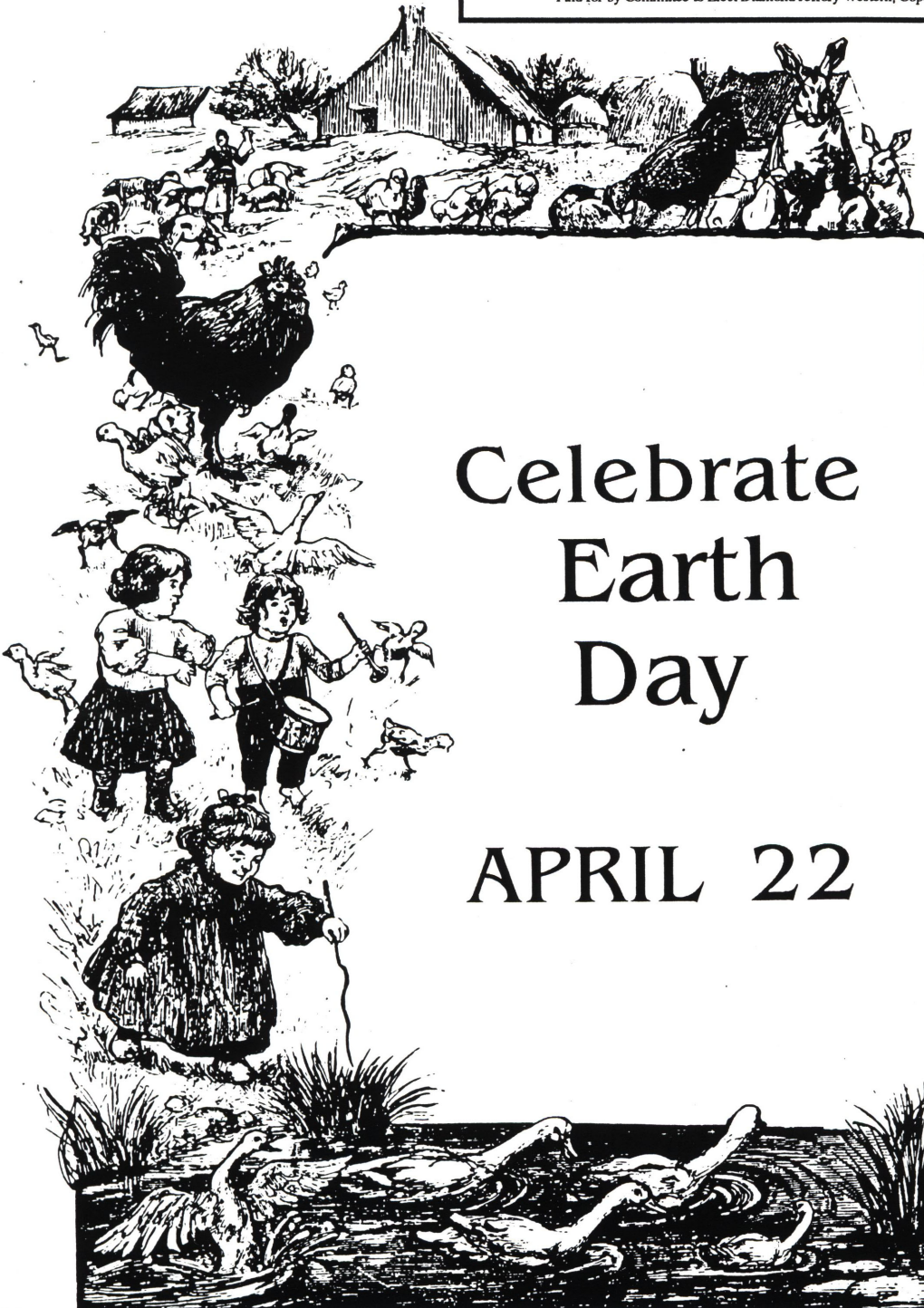
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# Making Connections

by Nancy Collins

When newsletter editor, Bill London, called to ask if I would be interested in doing a regular monthly column to help promote the purchase and use of local or potentially local food products at the Co-op, as well as the monthly Palouse Clearwater Environmental Institute (PCEI) dinners which feature such foodstuffs, I didn't hesitate. It lets me make some connections between important values and experiences in my life.

I am a fourth generation member of a Whitman county pioneer farm family, raised in what I consider to be the heart of the Palouse, near Kamiak Butte. I have witnessed the increasing intensity of local agricultural practices, as well as a family farm becoming a corporate operation. I am passionate about the earth, having known it so intimately in these Palouse hills, and anguished at the state of our local and planetary environment. And I am committed to nourishing my body with healthy, life-giving foods, such as we have available at the Co-op.

As I interviewed staff people at the Co-op and PCEI for background information for this column, an overriding theme emerged. As Kenna Eaton, Co-op Manager, put it, "How we spend our money is a powerful voice." And Wendell Barry says, "Eaters must understand that ... how we eat determines ... the way the world is used." We need to make the connection between the foods that we choose to purchase and eat and their cost, which is not all reflected in the price we pay at the check out stand.



There are direct costs to our personal health if the food we are eating is contaminated with chemicals. Our food's nutritional value may be depleted from how it is stored or prepared. There are costs to our environment when chemicals used on crops or to preserve food are broadcast in an area. There are energy costs in shipping food from region to region in the U.S., or importing it from half-way round the world. And there is the incalculable cost of agricultural practices that can render a piece of earth virtually sterile.

Changing our eating habits, the kinds of food we will try and acquire a taste for, is not a simple matter. Most of us have cultural, emotional, and sometimes "irrational" attachments to certain foods. Often it takes a health problem to push us to modify what we eat and how we prepare it. We are fortunate to have a wonderful food store (the Co-op!) which allows us access to a wide variety of good foods, including staples, produce and packaged foods. Regular shoppers at the Co-op find it to be competitive with, if not more economical than, other food stores in the area.

PCEI sponsors monthly dinners where we can try foods that may be new to us, see how we like them, and learn some ways to prepare them. Since the first dinner last November such delicious entrees as Spicy Lentil Chili, falafel (made from garbanzo beans) with Bulgar Salad and a favorite grain of mine, Millet (see recipe below) have been served. The dinners are a chance to support PCEI (Members and Students pay \$4, Non-members, \$5; Children, \$2.50 except those under five who get in free), socialize, and eat well.

The next dinner is Sunday, April 26, from 6-8 pm, probably at the Beanery. The featured food will be amaranth, a grain indigenous to South America, now being encouraged in Southeast Asia and North America because of its high protein content. Not a true grain, rather the seed of a broad-leaved plant, it has twice the protein content of corn or rice. Several packaged products at the Co-op have amaranth flour in them including breakfast cereals, graham crackers and cookies. Watch this column next month for a recipe.

By the time we go to press, you will have missed the Millet Meal, but here's a recipe I learned when cooking at the Feathered Pipe Ranch near Helena, Montana. Millet cooks fast for a grain (20-25 minutes) and has a subtle, almost-buttery flavor, making it adaptable to many complimentary foods.



## MILLET CASSEROLE

Prep. time: 45 min. Serves: 6

In a saucepan bring to boil: 2 cups millet and 4 cups water; reduce heat and simmer until grain is cooked, water gone (20-25 min.).

Combine the following in casserole and heat in 350° oven 15-20 minutes: millet (prepared above), 1/2 cup chopped onion sauted in 1 tablespoon lowfat margarine, 1 cup grated part skim cheese (cheddar or jack); 1/2 cup sunflower seeds browned in an ungreased fry pan.

Variations: add 1/2 cup chopped green pepper and/or celery to onion saute. Stir in 1/2 cup thawed frozen green peas.



# HERE TO STAY

by Barbara L. Walker

Well, compared to me, Laura Church is settling in for the duration. Ever notice how many people come here for an education and wind up finding Home? Laura is one of them. She works nearly forty hours per week at the Co-op as an assistant produce manager and night manager. Add to that renovating a house she is buying (with her partner Kris Siess, assistant baker), gardening and getting out of town when the weather gets nice. Sounds to me like she has her hands full.



The Co-op is a great place to work, according to Laura (and just about everyone else I ask), because of the people. She likes having a job that allows her to do something she loves and allows for creativity. The Co-op is a comfortable place for Laura and she likes the fact that it is community oriented. Laura is very committed to her workplace and community. She really wants to see the Co-op continue to succeed.

Laura plans to stay here for a long time. She finds her happiness in her home, family, Kris and friends. Celebrating the little steps made toward a better world, Laura likes to do whatever she can to "get people together" and overcome some of the separateness that is so widespread. It's good to have Laura's energy, patience, positive attitude and dedication at our store.

Laura spent her childhood in Ohio and went to high school in Sandpoint. Then she came to the University of Idaho to major in Business with dreams of big money in the future. Lucky for us, she grew and changed while she earned her degree in Liberal Arts and History. She loves her job even though its not related to her degree. She said, "School is mostly just to broaden your mind." She seems very relaxed and grounded. I keep hoping I'll reach that state as I grow older, but maybe it has nothing to do with age.

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## NATIVE AMERICAN PROPHECY by Paul Viden

Many prophecies surround the current decade. Ranging from dire predictions to wild optimism--and originating from a myriad of traditions--the prophecies have in common a message of transformation for our world and its inhabitants.

The Hopi Indians have for centuries woven prophecy into their lives in a manner that reflects their peaceful and graceful ways.

Their message is of the middle way, of walking the spiritual path with practical feet.

At this critical time in our evolution, the Hopi are sharing their ancient wisdom and perspective on human affairs, including our history, current events, and possible futures we may yet create and experience.

Glenn Josund will offer a 3-hour workshop on Hopi prophecy Saturday, May 2, from 6-9 pm in the upstairs of the Co-op.

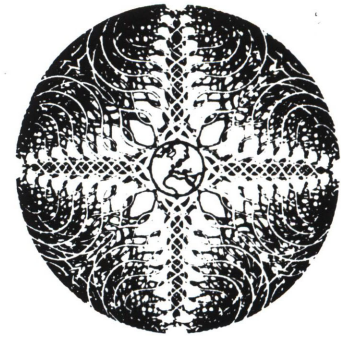
Glenn has studied Hopi prophecy for the past 13 years and is now working with John Kimmey, the adopted grandson and 20-year apprentice of the late David Monongye.

Monongye was for years the spiritual leader of the traditional Hopi of Hotevilla Pueblo, Arizona. He was the last surviving of four Hopi appointed in 1948 to spread the Hopi message of peace and survival.

Before his passing in 1988, Monongye gave Kimmey permission to continue disseminating this message. Glenn is now assisting in that process.

The workshop will focus on the Hopi "life plan"--an ancient set of symbols carved in stone on the Hopi reservation. A half-hour video tape produced by the Hopi in 1988 will be shown, followed by lecture and discussion.

I strongly recommend this presentation for anyone interested in these matters.



## GOING TO THE HEALTH FAIR AT L.C.S.C. by Ellynn Kerr

On March 5th & 6th the Moscow Food Co-op participated in the annual Health Fair at L.C.S.C. Marla and I made the trek on Thursday and Kenna and I on Friday. This is the 2nd year I have done this and with the positive reaction we got I believe it is worthwhile for the Co-op as well as interesting for those involved.

When we asked, "Do you get to Moscow often?" it's amazing how many folks stay down there in their valley and don't venture up that hill (you would think it really was "all that way"). The lure of fascinating foods, i.e. blue chips and a friendly introduction does bring some brave folks up the hill and into the Co-op.

We sampled out organic bean dips, blue chips, soy cheese, and Upper Crust bakery samples. Letting the public know that we carry so many products, including alternatives for those with food allergies, definitely sparks their interest.

The many tables had everything from testing for glaucoma, blood sugar and anemia to information on nutrition, insurance and AIDS awareness. I actually ended up on the 6:00 pm TV news; along with wonderful Bonnie Whitney (and her rubber tree) who heads a local AIDS Awareness group, putting in many long hours helping those who need factual information or someone to talk to or cry with ...

It was a nice diversion from everyday at work and if there is any value in the many people we talked to and the hundreds of "Welcome to the Co-op" folders we handed out, we were a success.





# FARM FRESH EGGS, THE HEALTHY OPTION

by Cynthia L. Rozyla

A few years ago, I went to visit my sister who had recently moved to Goldsboro, North Carolina, home of Seymour Johnson Air Force Base. The impression of Goldsboro that will stay with me for the rest of my life, hit every sense at once ... the trucks were pulling out from the chicken farms. Three trucks, loaded with crates six deep, stuffed with chickens making the most god-awful noises (cackling I guess it's called) carried with it the most intensely disgusting scent I have ever witnessed. Welcome to Goldsboro!

During my stay in Goldsboro, I learned that commercial chicken farming is one of the leading industries. Available positions include butchers (most commercial organizations kill the chickens at about 8 months old after their prime laying time is over), feeding, transporting and the one that no employee in his right mind wants (from what I was told), chicken chasing. Evidently many of the little creatures try to escape the dismal fate that awaits them and chicken chasers are employed to do exactly what the title implies, chase chickens.

Never having seen a real live chicken before, I was appalled at the seemingly dirty environment, the obnoxious smell (that could be detected three miles away at my sister's house on a good windy day) and the inhumane way they were transported and housed. I was truly glad at that point to be a vegetarian.

Well, since that fateful vacation, my horizons have expanded and I have seen even more chicken farms! From a small farm in Michigan where they were raised more as pets than investments, to a larger establishment in Southern Michigan, that stacked the chickens up but as compared to the place in Goldsboro, was almost hygenically clean. So all commercial chicken businesses are not

the same ... but most do have the same practices of cutting off the beaks to keep the birds from going crazy (they say) and most commercial chickens are fed high protein concentrate mash type feed.

At the Moscow Food Co-op we offer farm fresh eggs. Thus the point of this article is finally evident. Many of you have been asking what the difference is between farm fresh eggs and the commercial brands. The basic difference is the way the birds are raised. On the farm, chickens are allowed to run free, keep their beaks and just live a happy chicken life.

In researching this article, I spoke with Gary Schroeder, one of the main suppliers of farm fresh eggs to the Moscow Food Co-op. On an acre of land at the edge of Moscow, Gary and his wife Sharon started raising chickens about 10 years ago, just because he liked chickens. Starting with a few chickens, they weren't content to raise just regular chickens, they started breeding a variety of chickens. According to Gary there are roughly 200 breeds of chickens (which means different plumage, cones, etc.) and at one time he had more than 100 different breeds at once. Now, they raise about 85 breeds, along with ducks, turkeys, geese and homing pigeons. Unlike at commercial establishments, the fowl that Gary and Sharon raise are fed wheat, corn and peas fresh from a Genesee Mill. And, they are allowed to wander anywhere around the acre and they are great for keeping the weeds down. According to Gary, when there is "lots of green" the yolk of the chicken gets a little green also. Not to worry, you'll know from the color that this is an egg from a chicken with a natural diet. Oyster shells, as well as stones the chickens eat when running around provide the good shell found on eggs from farm-bred chickens.

So, now for all of you that have inquired about farm fresh eggs, does that answer your questions? The price is comparable to those eggs even from one of the larger grocery stores, \$1.35/dozen at the time of this writing. And don't forget, the Co-op also carries duck (a stronger egg, more for baking, but great pickled), turkey and geese eggs. All of these are a little different, worth testing out and just think of the Easter Eggs or Egg Tree decorations you could make with these oversize eggs!

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# FROM THE COUNCIL

by Pam Palmer

Every few days someone asks me, "How's it going on City Council?" or "Well, what do you think of being a councilmember?" My response feels inadequate, mostly due to the time I need to fully explain my experience. I would like to take this opportunity to respond more completely than "fine" or "busy."

Since January 6th, when I was sworn into office (or as I prefer "affirmed" into office), I have attended numerous meetings (city council, planning and zoning, administrative committee, housing task force, breakfast meetings, ad hoc solid waste committee, executive sessions, dinner meetings, library board) as well as participating in the Chamber of Commerce Legislative Tour in Boise. Aside from all the meetings, which fill up evenings, early mornings and occasional afternoons, I continue to teach 2 or 3 nights per week, and work as an at-home parent during the day. Like most people who juggle work and family, I experience a lack of alone time.

I fit all the meetings into my life, read my homework, and make decisions based on my best judgement. However, the daily workings of our city have a life of their own. I would like to believe that each council member, as well as the Moscow community, can harness the reins and determine the direction we ought to take. In order to guide the course of our inevitable growth as a community, I need help from you. There are issues I am concerned about that I alone cannot research, pursue and bring to the table for councilmembers to consider.



If you have an interest in a particular issue, please ask me how you can see your dreams realized. If you can make time and have some energy, inquire about suggestions in areas where I see a need for more work (i.e. city's street spraying policy, transportation issues, affordable housing, water quality and use, to name a few).

One of the main goals of our city's planning and zoning commission this year is to review and update Moscow's comprehensive plan. This has not been done since 1985, and everything around us is changing rapidly, necessitating the need for a current comprehensive plan that reflects what we want to see for our future as a community.

One example of the way the comprehensive plan is used is consulting the map hanging on the wall in the council chambers. It is used at almost every planning and zoning meeting. Every time there is a subdivision plat request or a zone change, the map is "consulted" to see if the request is in agreement with it.

What ideas do you have for reviewing the city's comprehensive plan? In what ways can you be involved? Please let me know. Call me at home at 883-3741. For those of you who chose to elect me to Council, remember that I can more effectively represent you with your continued interest, input and help. Together we can work toward a future for Moscow that reflects the concerns and interests of our citizens.

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## AN EARTHLY DAY, A STERN IMAGINATION

by J. Thaw

Each day I ask myself - who are the people that feel no responsibility to the earth, and each day I reply -surely those who have no friendship here, and I imagine a day when the streets of Moscow are flowing with pedestrians -as they pass by cheering one another in health and togetherness -booing and jeering comically at the inhabitants and poisons of passing automobiles, a day when the poisoning of our planet is a crime -punishable by shame and indignity.

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## DON'T FORGET THE FAIR

by Bill London

Consider this a personal invitation. Please come to the 1992 Moscow Renaissance Fair. East City Park, May 2 and May 3, from 10 am to dusk.

Come if you like free fun. No admission charged to the fair, of course, or for the all-day entertainment (great music this year!!!), or for the chance to browse the booths.

Come if you like to buy neat stuff. Stuff to eat and stuff to enliven your home. Or great gifts for all the commercial holidays on the horizon.

Come if you have kids who need a chance for meaningful activity that they will want to do at the totally awesome kid area.

Come if you just like sitting under the trees checking out the limits of public fun.

Oh yeah, don't forget the flamboyant, colorful, spring-like garb that's been cluttering up your closet or give-away box. This is a good chance to show it off.

Just layer it over whatever you need to keep you warm that day.

If you want.





# Kid's Page

by Kelly Kingsland

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Since Easter is just around the corner, I thought I'd look into alternative methods of dyeing eggs. It turns out that using vegetables and herbs to dye eggs is almost as easy as using the old food coloring method. So for very little extra work and money, you can have beautiful naturally dyed eggs this Easter. Below is a list of natural dyes and the colors they produce, then a few different methods of using them.

- Turmeric produces a rich gold.
- Red cabbage, beet peelings, blue berries and grape juice produce grayed mauves and pinks.
- Dried marigold petals, golden rod and cosmos produce various yellows.
- Coffee and tea produce tans.
- Pecan or walnut shells produce deep browns.
- Yellow onion skins produce rusty oranges.

**Solid Color Method:** Simmer the dyestuff you've chosen with enough water to cover the number of eggs you want to color. A handful of plant material to a pint of water in a small saucepan will color 2 or 3 eggs. As the brew simmers, the water will become colored (15-30 minutes for most plants). Add the eggs (at room temperature to avoid cracking) and a tablespoon of white vinegar. Simmer until the shells reach the density you like, and the eggs are hard boiled - at least

**Pattern Stencil Method:** This is a little more complicated, but worth the extra effort. Lay a sprig of foliage on the egg. It's important to use flat leaves and such, so that your stencil lays flat on the surface of the egg. Some blossoms will work too, but the petals on many are too thin to keep the dye from penetrating.

Lay a sprig against the side of an undyed egg and wrap the egg in a section cut from an old nylon stocking. Arrange the leaves so that they are pressed tightly to the egg in an attractive design. Gather the stocking tightly with a wire twist to keep the leaves firmly in place. To make several designs on one egg, gather the stocking at the pointed end of the egg and slip plants down along the sides before tying. You can adjust their positions slightly even after the stocking is tied by using the point of a pin or a needle. Simmer the egg in dye as described in the "solid color method" rinsing in clear water before unwrapping it.

Carefully unfasten the stocking without disturbing the "stencil" and check the color. If it's not dyed enough, replace the stocking and continue to dye the egg a little longer.

**Onion peel method:** You can simply use onion peels to dye eggs as in the 2 methods described above, but here's another method that implants the beauty of the onion peel directly onto the egg. Use the largest pieces of onion peel that you have. Begin wrapping the egg in the onion peels winding tightly with thread. Continue until you have 5 or 6 layers surrounding the entire egg. Make sure the peels are snug against the egg with no air pockets, don't skimp on the thread. Tie off the thread, and boil egg, at least 15 minutes, let cool, then unwind.

I will have samples of raw, onion-wrapped, and stenciled-nylon wrapped eggs, and a few finished versions at the Co-op for you to see.

Happy dyeing!

FROM  
Moscow Food Coop  
310 W. THIRD  
MOSCOW ID 83843

