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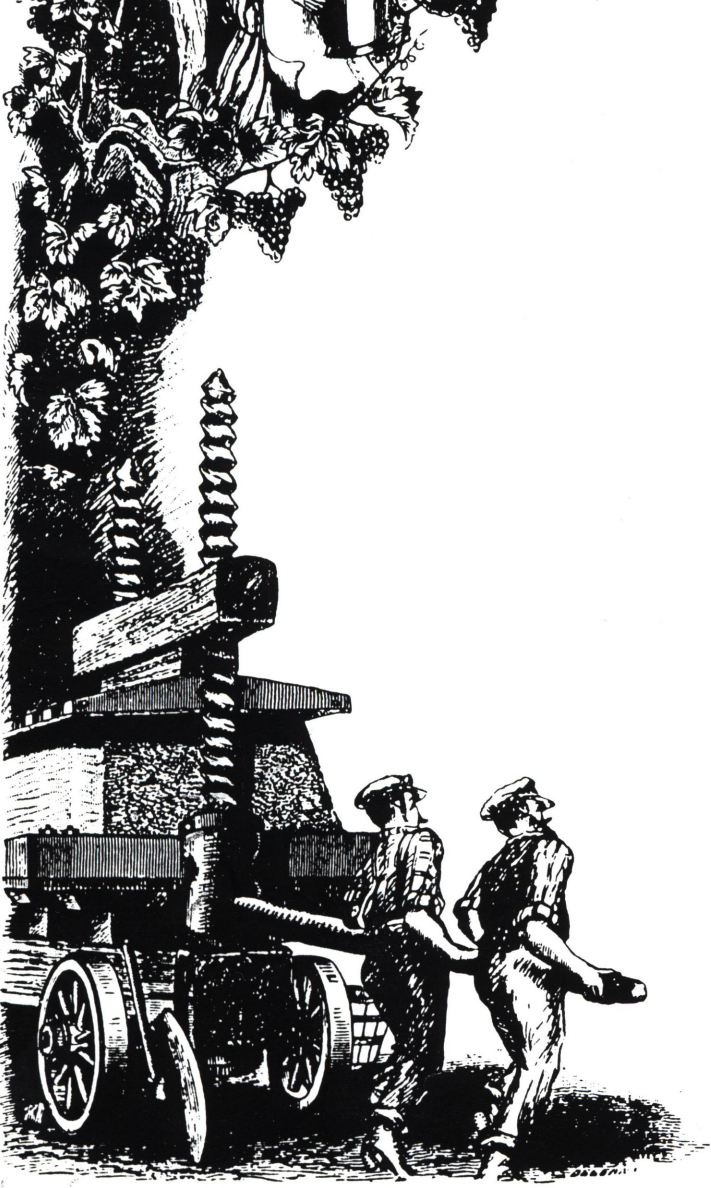


MOSCOW COOP


COMMUNITY NEWS



AUGUST 1992



We
cannot change
unless we survive
but we will not
survive
unless we
change



NEWSLETTER PROGRESS

by Bill London

The Moscow Food Co-op's Community News (that's the new look newsletter you now hold in your hand) got bigger and hopefully better since the January issue. The response to the new format has been uniformly positive, which gladdens all of us who made the decision on the new design.

The community's response to the increased number printed is also positive. We upped the press run to 1,000 monthly. About 800 of those leave the Co-op in customers' hands, and the rest are distributed around the community by our agent Paul McPoland.

All that's old news. What's new is that, because of the increased costs of putting out more issues of a bigger newsletter, we've raised advertising rates. Instead of six dollars for an ad, it's now eight bucks—still quite a bargain considering the 1,000 copies we print are likely read by well more than 1,000 people, and that those readers are an ideal audience of quality-oriented consumers.

The new ad rate begins with this issue. Mary Butters, our advertising czarina, notes that our advertisers recognize that it is still a bargain. She doesn't expect to see any drop-off in numbers of ads.

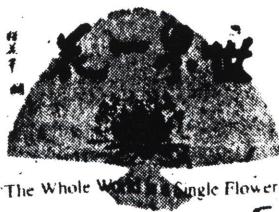
Even with the increased rate, the newsletter will not fully pay for itself. The costs of duplicating four 11 x 17 inch pages, both sides, (about \$450, with other incidental costs) is about \$200 more than we raise monthly with 30 ads at eight dollars each.

Given the choice of cutting the number of copies printed or the number of pages, the Co-op management opted to keep the newsletter the same and pay for it. The Co-op recognizes the educational and promotional value of the newsletter and is willing to pay the difference.

MOSCOW LIVING

by J. Thaw

On various occasions that I venture out to take a casual stroll through the entrails of beautiful Moscow—on a typical search for comfort or a typical escape from hardship—I inevitably pass by a place just north of the small movie house where I feel compelled to stop and wonder at a strangely approachable structural monstrosity. It howls and squeaks and hisses at me as I slowly traipse ellipses around and, as if invited, through the sizeable beast, my eyes fixed upwards inspecting metallic configurations and sheer faces of industrial grey and silver, on rare occasions catching brief glimpses of the heavily clothed expressionless men that sluggish prowl the giant from top to bottom maintaining it so smoothly with such seemingly little effort. And each time I walk away, continuing on to the outskirts of town, somberly contemplating what was the Palouse prairie and it's immense beauty of which I so regretfully had no chance to behold except in stories told by prevaricating yokels, like myself.



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SHOP LOCALLY AND RESPONSIBLY - AND SAVE!

by Penny Taylor

Isn't it great knowing we support the sale of local products when shopping at the Moscow Food Co-op? As members, my husband and I each work 1 1/2 hours per week with the friendly gang at the Co-op, and for this we get the 18% discount (shown in column 2).

The Co-op not only specializes in local products but carries organic items too. The zucchini and kiwi listed here are organically grown. Another feature is the pleasure of finding those "hard to find" goodies. Want something special? Put it on the suggestion list! Come in and check out the Co-op; you'll be pleasantly surprised, as we were.

MOSCOW FOOD CO-OP PRICE COMPARISON

Prices reflect cheapest type/brand at commercial stores (sale prices excluded)

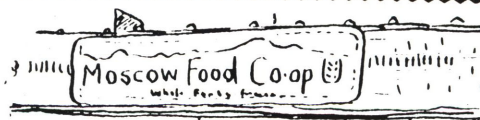
Item	MFC	MFC-18%	Jeffs	Rosauers	Safeway
Asparagus (per #)	.79	.65	.75	.99	NA
Cantalope (per #)	.49	.40	.39	.33	.59
Honeydew (per #)	.39	.32	1.59	.69	.79
Zucchini (per #)	.89	.73	.99	.99	.89
Kiwi (each)	.39	.32	.33	NA	.50
Bokchoy (per #)	1.99 sm.	1.63	NA	NA	.98 lg.
Dried Papaya (per #)	2.88	2.36	NA	NA	2.46
Beauty Pads (per 80)	2.74	2.25	NA	3.43	2.94
Pita (per #)	1.49	1.22	NA	2.10	2.38
Ground Chocolate (per #)	2.35	1.93	3.38	3.18	4.90
Pace Picante (16 oz.)	2.27	1.85	2.29	1.99	2.19
Chocolate Chips (per #)	1.92	1.57	2.33	2.09	2.79
Cereal (per #)	.64 9-grain	.52	1.83 3-grain	1.86 7-grain	NA

MORE CHANGES AT THE CO-OP!

by Kenna Eaton, General Manager

O.K., I know we said no more changes at the Co-op for a while. But we love moving things around, just to challenge you, the shopper. Another reason may be that we just keep running out of space, so each time we make changes we hope and pray that they will hold us for a while. We'll see ...

Within the next month we'll be moving our office space up to the second floor, not that we really want to, but we are just too cramped, crowded, and claustrophobic in our cute little space. While this is a somewhat scary move for me (not being perpetually in the hub of things) at the same time I find the idea of having a space where I can actually get some work done is appealing.



After the big move, we plan to be knocking down a few walls, ripping up some carpet, and moving shelving to leave us with some more breathing space.

When the Board made this decision at the July meeting, they also decided to approve the plan to hold our Holiday Bazaar upstairs again this year. Because of lack of handicap access, we had wanted to make some changes this year (move it downstairs? install an elevator?) but due to a shortage of capital we have had to put these plans on the back burner for a while.

So put the Co-op's Bazaar on your shopping plans for 1992 ... probably November and December again.

In the meantime if you want to help smash down walls ... give us a call!

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

On the Road with Marla

by Cynthia Rozyla



Ever since I've shopped at the Moscow Food Co-op, I've been especially impressed by the produce section. Compared to other stores in the area, I have yet to find a "too ripe" peach or "too hard" pear. The produce is always stacked neatly and every time I've been there, full. Well, interviewing Marla Chaney, I found out why it's so neat, so fresh and always so full.

Marla has worked in the production section since last July, first as 1st Assistant Manager and now Assistant Manager. According to Marla, the produce section is very labor intensive. And, that answered my query as to why the section is always so full. Especially with the small cases at the Co-op, the section needs to be constantly overseen.

It's a job she says she enjoys, especially at the Co-op, "a really great place to work."

But, at the end of this month, Marla will not be fulfilling this position. Again, she's traveling.

Born in Viola and raised in the area, Marla has been a woman on the move. After attending the U of I and changing majors a "bunch of times," Marla graduated with a Bachelor's degree in Biology Education.

After graduation, many of her friends were going into the Peace Corps. So, she filled out an application and ended up in Sierra Leone, West Africa from 1986-88 where she taught biology in a rural secondary school. Although English is the official language in West Africa, she learned the native language, a mixture of Portuguese, English and the local tribal language, Krio. After the Peace Corps, it was back to the U.S. and a brief stay in Moscow. When all her Peace Corps friends went to Washington, DC, Marla did too. She bought a ticket for three months and ended up staying for a year and three months working for the Peace Corps in Washington, DC as an administrative technician or, as Marla describes it, a glorified secretary.

Marla said that living in Washington, DC was more of a cultural shock (after being raised in Viola) than rural West Africa was. So, fed up with the area, she took off. This time, driving a one-ton Ford pickup from New York to Alaska where she worked in a fish hatchery on Prince William Island.

Upon return to Moscow, Marla was a substitute teacher at the High School until she got the job at the Co-op.

After traveling in Europe last spring for a month, Marla returned and is now heading out again—back to Alaska and the fish hatchery—but this time, the plan is to only stay for a few months. She hopes to come back to this area, which is home base, around September, and hopefully to be able to work at the Co-op. Possibly at the bazaar which will be getting underway at that time.

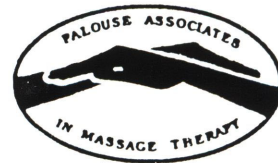
So, you won't see Marla for a while, but if this trip is anything like the others, she'll be back.

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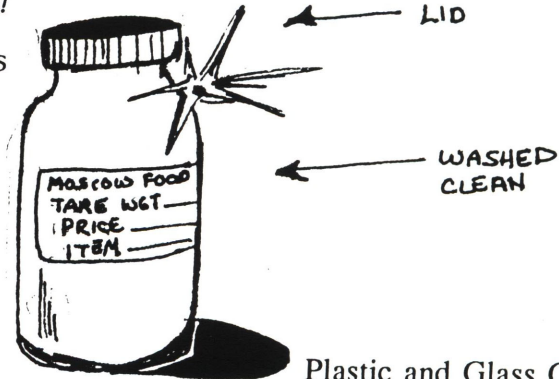
Downtown Moscow

Recycling Reminders

by Marla Chaney



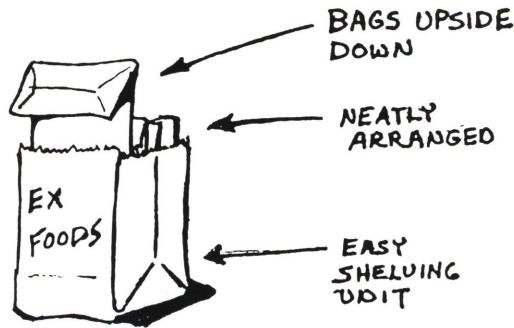
RECYCLE THOSE ENVELOPES!
RE-USE ENVELOPES—SAVE TREES



The Co-op prides itself on trying to re-use and recycle everything that comes through the store. But at times the job gets overwhelming for our staff and volunteers ("Oh, the bags." Sigh.) So we are asking you members for a helping hand. Here are some helpful suggestions:

Paper Bags: Yes, we want them, in all sizes. To help cashiers out please put them bottom up inside another paper bag. It helps if similar size bags are neatly stacked together.

Plastic Bags: Yes, we even re-use plastic bags. Thanks to Natalie Shapiro's bright idea. We now offer clean recycled plastic bags by the produce case along with our "Bio-bags." Please donate clean bags only.



Plastic and Glass Containers:

Clean, used containers with a Moscow Food Co-op sticker showing the tare weight are free for the taking under the bulk oils.

If you would like to donate your extra containers for others to re-use, please make sure they are clean and have a lid.

When donating any of the above items, please take them back to the work/receiving area.

Egg Cartons: Well, we utilize a small amount of them by giving them to our local egg farmers. But once we get over-run, we're forced to throw them away, because no one recycles them!! So, if you can think of other uses for your egg cartons it might be best to donate them to another place.

Numbers from a "Bean Counter"

by Mare Rosenthal

Wow, sales for the first 6 months of 1992 were 35% higher than the first six months of 1991. No wonder there is always a lot of activity at the Co-op!

As a member of the Finance Committee and "bean counter" by trade, one of my duties is to look over the Co-op's financial statements each month. This is what I see for the first half of 1992:

Net Sales	\$423,327
Cost of Goods Sold	- 295,573
Gross Profit	127,754
Operating Expenses	- 157,718
Other Income & Expense	660
Net Loss	\$-29,304

Sales are very strong, but expenses have more than kept up with sales activity. January showed poor overall results, but every month since has improved. Several measures focusing on productivity and pricing have already been put into effect in order to improve the bottom line.

Two of the largest expenses—payroll and the cost the Co-op pays for goods to sell—are being monitored very closely by the Co-op staff members. A physical inventory was taken at the end of June which verified that the buyers for Co-op are doing a good job of

cutting backstock. This measure helps free up cash for other uses, rather than be tied up in inventory sitting in the back room, not on the display shelves.

Another income generating possibility is to better utilize the upstairs area. Many ideas from members and staff have been discussed. Last month Kenna shared some of the ideas in her report from the Planning Committee meeting. Back by popular demand and by last year's success, will be the Holiday Bazaar. The Bazaar, as well as the measures already put into action by the staff, should help turn around the second half of 1992.



EXALTATION OF THE FEMININE

by Nancy Draznin

Cosmetic issues, surfaces, appearances, have traditionally been a part of women's health. We judge ourselves and each other on appearance. We classify according to stomach flatness, breast size, hair, thighs. We have and still do subject our bodies to painful, rigorous, and often dangerous treatments in order to conform to the fashion standards of the day. The forced starvation and vomiting to which women of recent years have subjected themselves parallel swallowing tapeworms and wearing corsets of past centuries. Though lately voluptuousness has replaced androgyny on the cover of *Cosmo*, we still force ourselves to an ideal which is not ourselves. When will we learn to find and accept the ideal within us?

I am not speaking from a position of perfect self-acceptance; my body has been the central issue

of my life, handed down to me from my mother who constantly complained about her weight and hips at a time, I realize now from old pictures, when she was not fat at all, but the healthy example of a woman who had borne two children.

As a very young woman, my hips mortified me. It was too bad, my family said, I had my mother's hips. I was growing up when Twiggy was the feminine ideal; an elongated little girl's body, no breasts, no hips, no hint of reproductive capability. Such thinness implies physical weakness, suppression of procreative power, subjugation and enslavement. For we are no less slaves to our bodies when we deny them food, force exercise, down large quantities of laxatives and vomit after a package of Oreos, than we were when we had no reproductive control, save abstinence, and women died regularly in childbirth. And by denying our feminine power we have continued to enslave ourselves to the patriarchy. We must understand that no society can enslave us without our consent. When the issues of reproductive freedom, childcare and equal wages are discussed what is it we really want to talk about? What are we circling around? The great power of mystery ... that which is unfettered

...

Every time we shave our legs and armpits and crotches, we hide our scent with perfume, we stop our blood with plugs, we give a nod and a wink to the oppressors who then include ourselves.

But you say "We're not oppressed. We have reliable birth control and we can do any job we want. We can vote, we can escape the pain of childbirth, we can give our babies formula — we are not tied down." But look, most of these things have to do with squelching the power that the hair on our bodies signifies: the power of the divine life force of which we are the vessels and the active projectors in birth and mothering.

Now I fear the reader will misunderstand. I do not wish to go back to an age when we were forced to bear unloved children. I don't want our choices limited. But there is a tyranny of choice at work in our country. We are the pawns of choice, valuing it and defending it even when it compromises the quality of life. How many different kinds of pantyhose do you need? The choices are a distraction from the real issue; men and women are slaves to the patriarchy.

Owning our power is the first step in shaking off the fetters as is learning to give birth fully conscious and with the acceptance of the intense sensations of labor, feeding our babies from our bodies—these give an immense feeling of accomplishment and realization of personal power, accepting our bodies as beautiful and healthy including "the stretch marks and full stomachs that are the visible signs of our courage," (as Peggy O'Mara says) and by accepting our hair smells and blood. Coming to an exaltation of the feminine will free us all, men and women.

Readers, please share your opinions, write to me at the Co-op with your responses.

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SHOOTING AT SEXIST PIGS

by Meyla Bianco

It happened again. This time I was waiting for a job interview. Although I didn't think my standing in a parking lot by a fence made me a target for anything except maybe a runaway truck, once again I was forced to deal with sexism.

That's right, women (and men), you know the story. A 1973 Barracuda starts slowing down 200 yards before the spot you are standing on. Then one or more thick-necked beer-swilling morons, complete with phrases like, "What's happening," and "Hey, baby," roll down the window and use their meager vocabularies on you as they drive by excruciatingly slowly.

Today I decided I was sick of this scenario once and for all. I slowly and just as deliberately turned my hand upside down and with a flick of the finger gave that jerk a taste of his own medicine. At first, surprised, he waved back. Then to my amusement he uttered a surprised "hey" as his mind chugged into gear.

Although what I did in this incident was by no means an example of positive charge, it was sure satisfying. To invade that guy's peace of mind like he had mine felt downright good, especially since I've met this guy before. They are always leering brainless toads who don't have a lot of positive attributes. They

always feel entitled to appraise.

This commentary is hopefully leading up to this question: Why? Did I ask that guy to rate me as a person by the looks of my face and body as he drove by? Did I do something to invite those comments? I think I can safely answer that question with a fervent NO, yet he felt entitled to do so. Some say I am taking this too seriously. Shake it off. Take it as a compliment. But these evasive explanations just will not work anymore. Anyone who has experienced this type of treatment must agree.

I want to be able to walk down the street whenever I want, wherever I want, at anytime and expect to be left alone. I want to be able to ride my bike without being hassled. I want my personal space to remain intact unless I invite comment or interaction. Don't you? Doesn't everyone deserve that?

I mean, really, it is degrading, juvenile and just plain boring. Give yourself and everyone around you a break and remember, ogle at your own risk. If you have hooted or yelled or hitched up your crotch, with the deliberate intention of bothering another person, realize you will someday get that attitude back. Unwanted sexual attention is negative and damaging. It is practiced by the simpleminded and terminally obnoxious.

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It's Easy to Volunteer -- Here's How!

by Rene McNally, Co-op Volunteer Coordinator

1. Choose among the volunteer positions available.
2. Sign up for a volunteer orientation session posted on the Volunteer Bulletin Board by the door.
3. At the orientation you will have the opportunity to learn more about the Co-op, and the volunteer positions we offer. We will also schedule a training session for the position that best suites the Co-op's needs and your interests.
4. Following your training you may immediately begin to volunteer in that position.

By applying to work with us, you are making a commitment to the success of the Moscow Food Co-op. Our 19 years of accomplishment is founded on this commitment.

THANK YOU!

London Bridges the Co-op Knowledge Gap

by Jim McPherson

Whether they know him or not, probably almost everybody who has attended a recent Moscow Renaissance Fair has noticed Bill London. Taller than almost anyone else, with a bushy beard, Bill would be instantly recognizable even without the colorful cape he dons for the occasion.

Many others have seen him in the annual Mardi Gras parade, perhaps the year he marched carrying a sign telling Potlatch (which provided paper for floats in the parade) to keep its dioxin.

In other words, Bill isn't afraid to be noticed, when it serves a purpose. On the other hand, he's

Cooperation is the major driving force of life on earth.

Lynn Margulis



sold more than 1,000 copies in its first month. The first, *The Umbrella Guide to the Inland Empire*, was published in 1990 and continues to sell well.

The success of the books, and a part-time job as news and information coordinator for Washington State University's College of Education, means he doesn't have to scramble for work the way he once did, but he still does freelance work (he's produced more than 600 newspaper and magazine articles). He has served as publicity coordinator for the Renaissance Fair for the past five years, and lends his abilities to a number of other worthwhile organizations.

And to couples. A Universal Life minister, Bill is preparing to perform his 11th wedding. "I provide people with an opportunity to get married the way they want to," Bill said. That's the only reason he says he became a minister.

Bill doesn't have a television; instead, he says, he watches the four chickens in his back yard. Bill calls raising chickens his hobby (defined as "an irrational weird passion that somebody does for no good reason at all"). The household has also been adopted by a neighborhood cat, which boasts at least three names.

Bill reluctantly confesses to being born and raised in California (where he met New Jerseyite Gina in 1970), and has lived in Oregon and Alaska as well as Idaho. He also says he expected Moscow to be a temporary stopover between St. Maries and southwest Oregon. Now he says he plans to stay, continuing to preside over occasional weddings, his annual vacant lot parties, and, of course, this newsletter.

not one to blow his own horn, which helps explain why it has taken so long to do a volunteer profile on him—even though Bill is the one most responsible for the existence of this newsletter in the first place.

Previous attempts had been made to turn out a Co-op newsletter, but it wasn't until Bill started this one that it took hold. In 1984, Bill, Gina, and their daughter Willow (now 14) arrived from St. Maries—where he had started that town's now-defunct co-op—and he immediately sought a way to help Moscow's. Since he was working as a free-lance writer, a newsletter became the "natural" choice.

"I think we printed 100 when we started," said Bill. The circulation is now ten times that amount, and the size of the staff and the newsletter itself have grown.

"It's been very rewarding to watch it grow and become an institution," said Bill. After nursing the publication through its first tender years, he hired a co-editor, but he continues to be the "main man" for the newsletter—and much more.

For example, his second book recently hit the bookstores, and he is talking with the publisher about a third. The latest, which profiles 62 antique stores and their owners,



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Jeri Stewart 882-4739

or

Jane Freed 883-4995
Hope to see you!

BARTER AWAY THE EXCESS!

by Bill London

The Benewah Barter Fair is coming! On Sept. 12 and 13, you can head north about 60 miles from Moscow to Santa, Idaho and follow the signs (or ask at the store) to the fair.

It's free, as in no admittance charge. It's free, as in spirit.

Bring a load of something—like extra fruit or vegetables, crafts, tools, etc.—to trade and leave with a different load of stuff.

Remember to bring drinking water (it's a rural no-conveniences site), a contribution to the potluck dinner Saturday night, and music-makings. Plenty of camping areas right there!

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In Memory of a Recycled Paper Bag

by Natalie Shapiro & Cindy Braun

Oh no! Not another article on recycling! Wait! This one has a different twist to it ...

I was once a paper bag. Now I am a purple piece of packaging that cushions apples in apple boxes. The person responsible for this had good intentions. An enlightened soul, he drove to the recycling center each week with the bags, feeling really good about the fact that he was recycling, not throwing them away. Well, I have news for you. He is throwing them away!

When the apple box is emptied, this purple packaging is only good for the landfill. Oh, here come Cindy and Natalie—they would like to tell you the whole story. As for me, I'm now in the garbage can. What else is there to do with me now?

Hi, Cindy and Natalie here. The tragedy mentioned above can be avoided. First, we should tell you why paper bags usually can't be recycled into new paper bags. Paper bags need to be strong, and recycled paper does not provide enough strength for the bag. Therefore, 100% recycled bags aren't feasible. More on paper-making later.

Our main point throughout this article is to stress that paper bags need to be REUSED not RECYCLED. Recycling them is usually a dead-end process. We say 'usually,' because, depending on the market, sometimes paper bags are recycled into new bags. But no more than about 20% of the new bag can be recycled fibers because of lack of strength.

Another reason to reuse is that making paper bags is a very toxic process; we need to cut down on the amount of bags being made by increasing the usability of existing bags.

Here's some paper-making tidbits: Brown paper bags are made from a kraft chemical pulping process. Wood chips are boiled in caustic soda to produce a strong, dark pulp. Chemicals used in the pulping process are: sodium sulphate and calcium carbonate. Between 1 and 3 kg sulfur dioxide are released into the atmosphere per ton of pulp. Sulfur dioxide is a main contributor to acid rain. It is also responsible for the rotten egg smell you notice near pulp mills.

Some cellulose fibers are discharged with the waste water into rivers, building up as fiber beds and using up oxygen as they degrade. This chokes aquatic life around wastewater outlet pipes. Aluminum salts are used to purify the incoming process water. Accidental spills into rivers are common, killing salmonid fish.

Brown paper bags don't need bleaching. Writing paper, toilet paper and other such products go through bleaching to become white. Organochlorines and dioxins are by-products of the bleaching process: both very deadly substances. The pulp is then dried, a very energy-intensive process. More than 40% of all pulp ends up as packaging material. **100 billion trees per year** are used to produce paper products in general.

Now, about recycling ... Between 10 and 20% of the paper is lost in the recycling plant—most of this loss are fillers and coating material. Kraft pulped fiber can be recycled 3-4 times before the fibers become too weak to be recycled again.

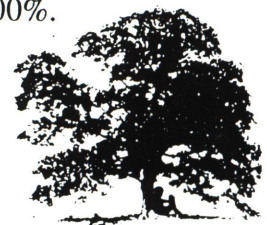
Now we want to talk about externalities. These are hidden costs that consumers don't pay for up front, but we all pay for sooner or later. The environmental costs we have already discussed. There are also monetary costs. At the grocery store, we get our bags for free. The store pays for these bags, and passes the cost onto the consumer. The Moscow Co-op

pays 4 cents per small bag (the ones that weigh .04 lb.).

The Co-op is using monetary incentives to encourage people to reuse paper bags. For each paper bag that you bring in to fill up with bulk items, we give you 4 cents; the cost that a new bag would be. (No, we don't give money for the large grocery sacks used at the check-out counter.) Tidyman's, Safeway and Rosauer's have been giving 4-5 cents per large grocery bag brought in for quite some time now.

We understand that it can be somewhat disconcerting to use a used bag with unknown origins. So, how about making paper bags (or, better yet, cloth bags) part of your shopping equipment, along with checkbook and list? We are very proud of our Co-op shoppers; most of us use cloth bags, or reuse paper bags. Here are some concluding facts to show you how much you are making a difference in the quality of life on this planet:

If every grocery bag were used twice, we would use half the number of bags each year. By using each bag 5 times, we cut down bag use by 80%. By using cloth bags, we cut down on bag use by 100%.



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a poem as lovely as a tree
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COFFEE BLENDS

by Renee McNally and Skott Larson

What do coffee, co-ops, coalitions and care have in common? Why Nicaraguan coffee of course! If the nectar of the gods and goddesses is close to your heart—yet troubling to your conscience—then relief can be found at the Co-op.

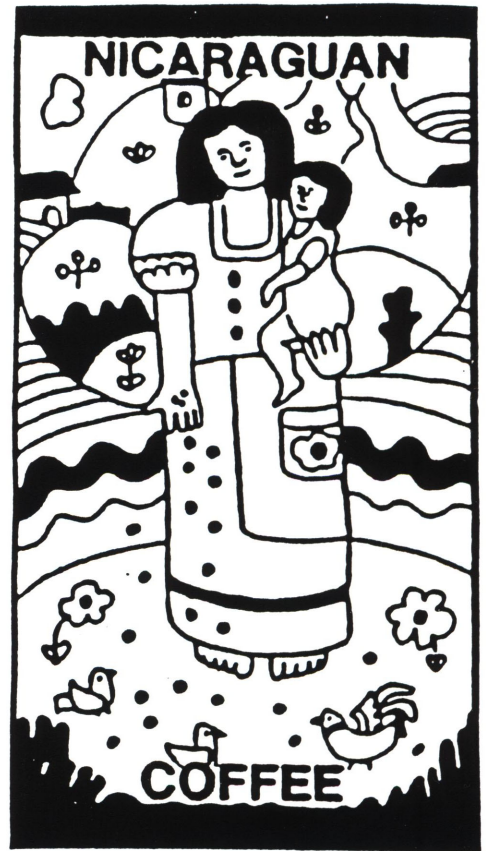
The coffee industry has been slow to change its practices of synthetic pesticide use and financial support for and from oppressive governments resulting in an extremely harsh way of life for workers in the industry and huge profits for international food conglomerates.

Into this problem steps Fonseca Medical Aid whose purpose is to improve health care for the people of Central America. Fonseca works directly with MINSA, the Ministry of Health in Nicaragua to solve the health care crisis in a country where patients must provide their own medical supplies. In just two years of existence, Fonseca Medical Aid has equipped a twenty-bed hospital in San Rafael del Sur, including a labor and delivery room, and a special unit for oral rehydration of infants suffering from dysentery. A representative is maintained in Nicaragua to ensure successful completion of all health construction projects and the safe

arrival of all material aid donations. This desperately needed aid is funded by the sale of 100% pure pesticide free Nicaraguan coffee, a substance near and dear to a vast number of Palouse residents.

In steps The Coalition for Central America and The Moscow Food Co-op to shake the hand of Fonseca. The Co-op buys this wonderful Nicaraguan coffee from Fonseca to sell in the Co-op and donates \$1.00 per pound to the Coalition for Central America, a humanitarian organization based here on the Palouse. The Coalition for Central America's purpose is to change U.S. foreign policy in Central America and to provide humanitarian aid to the people of Central America while striving to increase awareness of the critical situation in Central America. To that end, the Coalition maintains liasons in Washington, DC and does extensive lobbying with members of congress, reporting critical information to its membership through the publication of a timely newsletter.

Rounding out this picture is you, the consumer. Do you want a good cup of coffee, at a decent price? Do you want to pump scarce foreign currency into the Nicaraguan economy and promote better health care in Central America?



UNITY UNDER CREATION

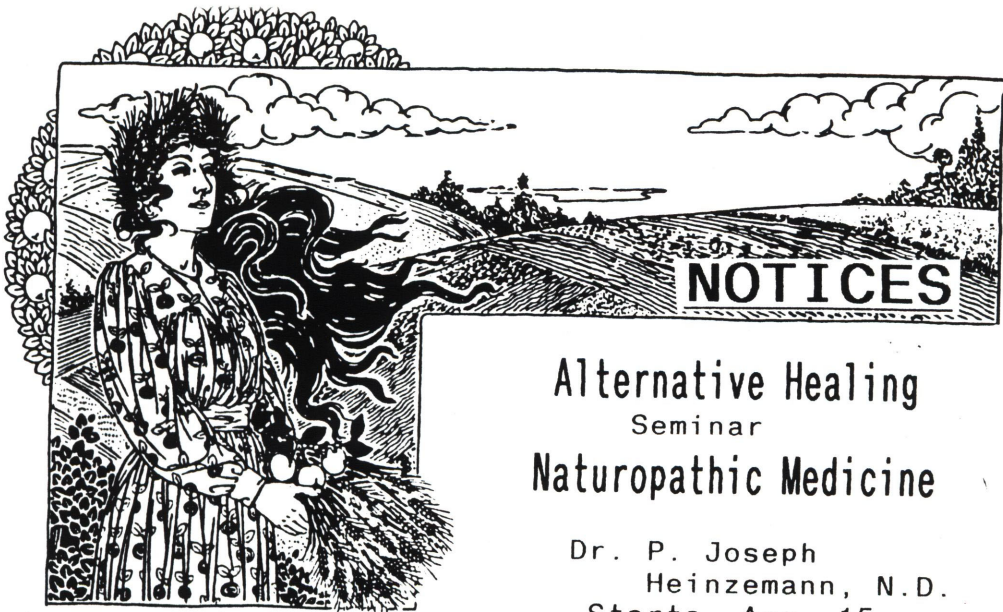
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CAFÉ SPUDNIK

Famous Co-op Members: Volume 3 by Bill London

Whale is a person, the former owner of Guitar's Friend music store on Moscow's Main Street and an easily-recognizable man about town. With the sale of his store and the leisure time that produced, Whale now even more regularly can be found drifting down one of Idaho's many whitewater rivers.

It's his love of freeflowing water that brought this Co-op member his modest dose of fame. Whale went to Washington, DC in May and testified before the Senate Subcommittee on Public Lands and National Parks. He spoke as a board member of the river advocacy group Idaho Rivers United.

When he testified, Whale did provide his given name, an unpronounceable 13-letter name of Polish origin. That name was the target of some modest humor on the part of Idaho's Senator.

"Senator Craig did say that he appreciated this chance to practice pronunciation on my name," Whale said. "He explained that his daughter was marrying a Polish guy."

Whale was in Washington not just to joke around with the powerbrokers, but to speak in favor of a Senate bill that would

place the Lower Salmon River under the protection of the Wild and Scenic Rivers Act. The primary effect of the legislation would be to eliminate the chance for any hydropower development or streambed mining on the entire main stem of the Salmon. With the expected passage of the legislation, the Salmon will remain the longest freeflowing river in the continental US.

Idaho Rivers United was formed in 1990 with the merger of several Southern Idaho river advocacy groups. The group is now hoping to expand into North Idaho, Whale explained.

A meeting is planned in Moscow, to bring in new members, to maintain contact with current members, and to offer a multimedia presentation on the plight of the salmon to the public. Everyone is invited to attend this free event, which will be held at the back dining room of the Moscow Hotel on Wednesday, August 12, at 7:30 pm.

Whale expects to continue working with Idaho Rivers United. He invites anyone interested in becoming an advocate for nearby rivers to contact him at 882-1479.

Lentils: They're Not Just for Soup Anymore!

by Felice A. Rogers



The Palouse-Clearwater Environmental Institute dinner for this month (August) will take place on the 30th and the location has yet to be announced (call PCEI at 882-1444 to find out). The cost will be \$5 for non-members and \$4 for members. This dinner will probably be the last one given for this price. The featured musical accompaniment for the affair will be ¡Con Brio! ¡Con Brio! is a guitar duet consisting of Michele Ward and David Nystrom. They typically perform a variety of classical and contemporary guitar melodies.

The featured legume this month is the lentil and the dish served will be Spicy Brown Lentil Curry. The lentils used will be locally and organically grown. The apples in the dish will also be locally produced.

Many people are familiar with lentils and know that they are considered to be "good for you." Perhaps there are a number of people who won't try them because of the way they look. There are also, however, those of us who have come to the conclusion that lentils, when prepared in a manner which flavors them to our liking are a vegetable protein that we simply cannot do without.

"Lentils are among the first plants to be cultivated by man.

Ancient Egyptians, Hebrews, Greeks and Romans raised lentils," according to the Washington and Idaho Dried Pea and Lentil Commission. All of America's lentils are grown right here in the Palouse.

Lentils are a good source of vitamin A, thiamine, riboflavin, niacin, calcium, and phosphorus, iron, potassium, protein, carbohydrates, and fiber. Lentil sprouts are also very high in vitamins C and E. In fact, the only item in our RDA which may not be found in lentils is vitamin D.

Lentils are also, aside from being "very good for you," extremely versatile and may be used in many dishes, including casseroles, salad, pizza, muffins, quiche, pie, lasagna, tostados, stuffing, stir-fry, mawash, tacos, and of course curry.

The recipe for this month's PCEI feature, lentil curry, may be found in a book carried by the Co-op. The book is *The Enchanted Broccoli Forest* by Mollie Katzen. I highly recommend this book, a visit to the pea and lentil commission (located just past the Appaloosa Horse Club on the way to Pullman), and, most of all, this month's PCEI dinner. It's a great chance to try something new with lentils in a relaxed and musical community atmosphere.

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Spiced Lentils (this month's dinner feature)

- 1 1/2 C. raw lentils
- 2 T. butter
- 2 large cloves of garlic, crushed
- 1 C. minced onion
- 1 large stalk celery, chopped
- 1 t. salt
- 1 C. shredded coconut
- 1/2 t. powdered ginger
- 1 1/2 t. tumeric
- 1/2 t. cinnamon
- 1/2 t. ground coriander
- a few T. water as needed
- fresh ground black pepper to taste
- juice from 1 large lemon
- 2 C. chopped tart apples
- cayenne pepper to taste

Cook the lentils in 2 1/4 C. water (bring to a boil, reduce heat, cover and simmer) 30-40 minutes or until tender. Meanwhile cook everything else, except the apples, until tender (use a deep, heavy skillet), adding water if necessary to avoid sticking. Add the apples to the saute, cook 10 minutes more (covered), and then combine this mixture with the lentils in a casserole. Cover and keep warm in a 250° oven.

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M M M M — Muesli!

by Nancy Casey

Eating habits often change with the seasons; when it gets full-blown hot, my interest in cooked food wanes. My primary grain meal becomes breakfast, supper being an ample salad. In the perpetual search for variety, I have found muesli a refreshing change from granola.

Ready-to-eat muesli is available at the Co-op in two different varieties: Swiss, at \$2.25/pound and Lite, at \$2.30/pound. Note the price compared to a packaged cold cereal, especially since a pound of muesli goes a lot further, providing up to a half dozen good breakfasts.

The Swiss is a richer mix, although all mueslis have the advantage over most granolas of being oil and sweetener free. What makes the Swiss muesli classy is its nuts: almonds, filberts (hazelnuts) and walnuts, as well as sunflower seeds, raisins and dates are sprinkled through the rolled oats, wheat and rye.

Muesli looks like a cereal that should be cooked—but all you need to do to make it chewable and digestible is soak it a few moments before breakfast time in milk (warm or cold) or juice. Apple juice is nice, while peach, pear or berry would be deluxe. No true Swiss would probably find this "quick" method acceptable. My friend Veronique in Geneva puts her breakfast mix to soak the night before.

The Lite version of muesli at the Co-op has rolled oats and rye, complemented with flaked corn, crisped rice and oat bran. Mostly raisins are added with just a dash of almonds and dried apple, so this looks much more like the cold cereals with which we are familiar, and is very low fat, as well as wheat-free.

Obviously, you could prepare your own muesli mix to your taste and dietary needs, with the terrific selection of rolled (flaked) grains at the Co-op. This would no doubt be even more economical, especially by selecting the nuts and dried fruits added. Pumpkin, sesame or flax seeds are also suggested additions to create a variety in a home-made prepared muesli mix.



A LOVE LIE

by J. Thaw

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all the conversations and kind words
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all the fresh air and exercise
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WOMEN'S ISSUES AREN'T FOR WOMEN ONLY

by Jim McPherson

There are a couple of articles in this issue related to the treatment of women, and I've noticed an increase in concerns about what some would call "women's issues." This increase has occurred even at the national level, perhaps largely because the campaign season has promoted the biannual spewing of political BS Americans ingest as an appetizer before stomaching another flock (or much of the same flock) of political turkeys.

Of course, having eight men and a Republican woman from Arizona about to decide the fate of abortion rights in this country—helped by mobs of crackpots throughout the nation—is also bringing added attention to women.

More and more people are also becoming aware that so-called "women's issues"—including prenatal and child care, health, equal pay, and various forms of idiotic discrimination—are issues that should concern us all. And if we look around, women's rights and opportunities, and therefore by logical extension the potential rights and opportunities of us all, have slid backward during recent years. What Ronald Reagan termed "morning in America" might better have been referred to as "morning sickness in America."

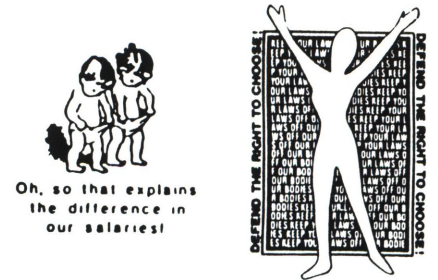
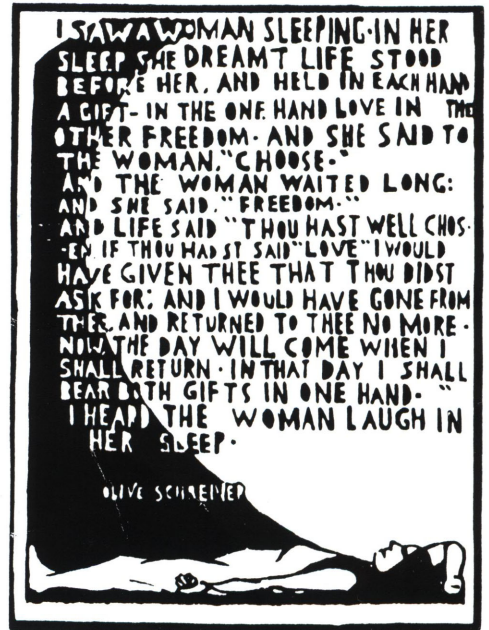
There are, of course, organizations devoted to making a

difference. One local example is the Pregnancy Counseling Service, which barely scrapes by in a Moscow office building, providing a number of services to people short on cash and/or a desire for publicity.

The PCS provides free pregnancy testing, and non-judgemental counseling on birth control, childbirth, abortion, and child care. Donations are sought but not required from clients, and no names are necessary.

The PCS also gives out printed information about a number of subjects, maintains a lending library, and gives out—again, free of charge—maternity clothes, baby clothing and toys. Baby furniture is also loaned out. In addition, new director Nancy Draznin is planning other activities, including prenatal classes for teenagers.

The organization receives its limited funding from the Moscow and Pullman United Way agencies and whatever donations come in. Those donations are continually needed, including clothing, toys, all types of baby items, and, of course, cash. Whether or not you choose to become politically active in "women's issues," (isn't it time we start referring to them simply as "human issues?") this is one of the ways in which you can make a difference.



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