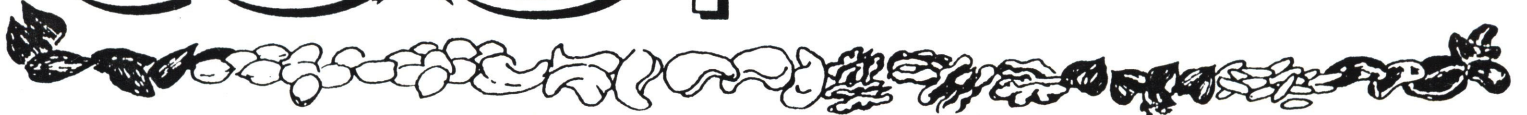




FOOD SCOP CO-OP

COMMUNITY NEWS



March 1992

PLEASE TAKE ONE

Hurray!! The winner of the Masthead Contest is Ed Clark, our infamous Co-op Baker. Thanks Ed.

We'd Like to Plant a Seed in Your Brain About ...

by Renee McNally & Marla Chaney



"I am going with seed into the beloved body. Remembering the fields, I have come through the dead and the dark, the winter, the eye of time, as through a gap in the hills, into the new land." - Wendell Berry, *The Country of Marriage*, 1971.

Seeds for your garden are now available here at the Co-op. We chose Garden City Seeds, out of Victor, Montana for several excellent reasons.

- All their seeds are open-pollinated, which means you can save the seeds collected after harvest and use them next season;
- They provide seeds that are northern acclimated/vigorous climatically adapted.
- They have certified organic seeds, and they support other seed people that practice ecologically responsible farming.
- They lease their farmland and shop from the Tellen Wildlife Refuge Inc., a non-profit organization founded by lifelong conservationist Otto Tellen. Over 1,300 acres of the refuge are protected from synthetic agricultural chemicals.



Living the Good Life

by Christian Purvis

Mary Butters has been a member of the Co-op for as long as she can remember, and those memories go back seven years to when she janitored for a year and a half at the old location. Now Mary volunteers on the Co-op newsletter staff as the entire Advertising Department. When she started, the newsletter carried 22 advertisements. Currently, there are over 40 ads which support our new improved newsletter. Mary says that a professional look is her end goal and she spends up to twenty hours a month re-soliciting and re-designing advertisements. You probably noticed the latest improvements of fresh lettering and new logos in last month's edition.

Mary lives on Paradise Farm with twelve year-old Megan and eight year-old Emil. Have you tried one of the many delicious Paradise Farm products at the Co-op? Well, this is the face behind the falafel! Paradise Farm's natural products are Mary's personal contribution to solving the problems of chemical agriculture. She hopes to de-escalate the war between farmers and environmentalists by offering a market for local farmers who want to grow organic products.

Bob Thyberg is definitely one of the great volunteer alumni. He has volunteered at the Co-op since the days when the store was at Kinko's current location. At that time, Bob helped haul the store's stock from across town. Then, one fateful day, someone asked Bob to deliver cardboard boxes to the recycling center. The tradition began.

The Co-op's Recycling Engineer is 71 years old and in his 58th year of personal recycling. Once a week, Bob arrives at the Co-op to sort through and carry away the recyclables. He loads his van with corrugated cardboard, newspaper and newsprint, plastics, aluminum and tin cans, and glass bottles. The money that Bob collects at the recycling center goes into a Co-op account that is open to any donations.

Like Mary Butters, Bob is happy to put in more than three hours a week for the 18% discount he receives. Bob wants to support the healthy lifestyle which the Co-op represents. When Bob's wife Mary was diagnosed as having high blood pressure and eventually diabetes, it was essential that they change from prepared tin can foods to the scratch method. His step-

son Jerald Eveland suggested the Co-op. Whole natural foods without the sugar and salt are probably the secret to the energy and great smile of this retired union carpenter.

In writing these appreciation articles on the Co-op volunteers, I have been lucky to talk with them and hear more great stories than could even fit in this newsletter. Volunteers are the people who help give the Co-op its warm community feeling. They stock shelves, make the store shine, and help newcomers find their way around the store. Not only are volunteers vital to the Co-op's existence, but they help everyone have a little bit more fun.



Editor

Jim McPherson

Layout

Pam Palmer

Advertising

Mary Butters

Typesetting

Nola Steuer

Feature Writers

Barbara L. Walker

Cynthia Rozyla

General Manager

Kenna Eaton

Chair of Board of Directors

Peg Harvey-Marose

Members of Board of Directors

George Mancini

Sarah Swett

Mare Rosenthal

Andrea Brandenburg

Jim Trivelpiece

Anne Adams

Kris Siess

Published by

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310 W. Third

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(208) 882-8537

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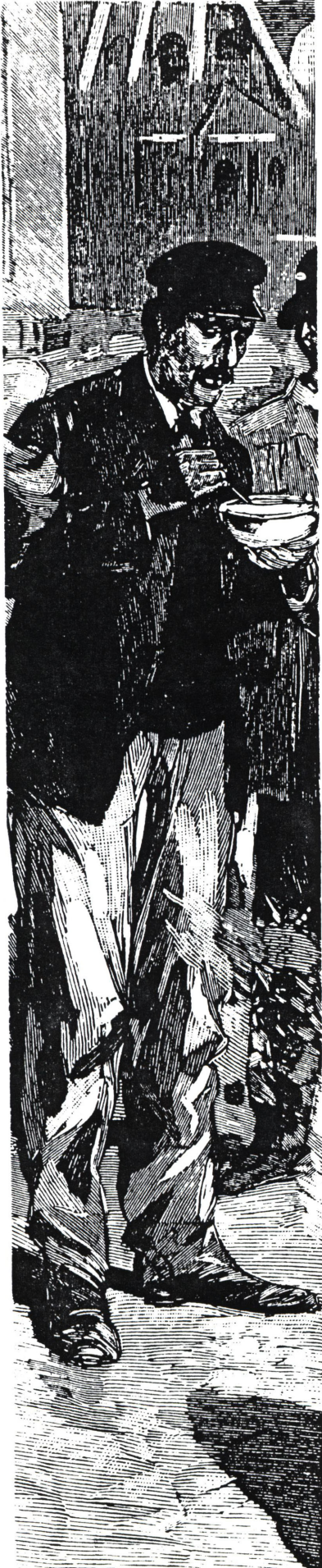
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REQUESTS AND QUESTIONS

by Kenna Eaton

Well, it took a little longer than we thought to re-arrange the store. Hopefully by the time you read this it will have really happened! We're planning and building some special pieces of shelving to suit our needs. While they may take a few weeks to arrive, be assured they are on the way, and thanks for your patience. Please let us know how this layout works for you.

One of the problems a new layout does not solve is the Saturday and Sunday overcrowding. We all know how busy those days are, but did you also know how quiet and peaceful the weekdays are in comparison? Question: How do we encourage you to come and make your purchase during the week? We will ask a volunteer to spend a few Saturdays surveying those customers and find out what they think.

Requests: We're looking for the following to make our store a better place to shop and work—more speakers for the stereo, a microwave, and file cabinets. If you have these items and wish to donate or sell them to us at a bargain rate, please let a staff person know.

Thanks for your support!



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CO-OP MEMBERSHIP MEETING

by Jim McPherson

The annual Moscow Food Co-op general membership meeting last month brought out 32 adults and assorted offspring to discuss, among other things, issues related to the growth of the Co-op.

The board of directors is now seeking suggestions along those lines, considering the following options: buying and remodeling the existing building, buying or leasing at a new location, or doing something not yet thought of. For those interested in contributing, the board will next meet March 25 at 6:30 pm.

Outgoing board President, Fritz Knorr, told those present at the general meeting that buying the existing building would cost approximately \$200,000. Payments would be about the same as current rent, though a down payment of 20% would be required.

Knorr (who was honored with a "graduation" ceremony) said the Co-op did \$688,000 in business last year, a 22% increase over 1990. Bakery sales accounted for \$55,000, he said.

The members also adopted several amendments to the Co-op's articles of incorporation, including officially changing the name from Good Food Store to Moscow Food Co-op, Inc.



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

Letter to the Editor

by Bob Speth

Perhaps Natalie Shapiro thinks it is a good sign for the animal rights movement that people who use animals feel threatened, but I do not. We have had bombs placed under our cars, our laboratories and offices have been criminally vandalized, our neighborhoods have been overrun by people who maliciously harass us, and we are subjected to a nonstop litany of deceitful slander. Does she also think it is a good sign for international terrorists that the air traffic industry takes them seriously?

When I wrote about two kittens versus one human being I was being conservative. If you read *Harper's Magazine*, August 1988 you will see that Gary Francione, a leading animal rights lawyer, states that he would not kill a pig to obtain its heart to save a human life. In this same article Ingrid Newkirk, the National Director of PETA, repeatedly stresses the theme that animals have equal rights to life as do humans. The logical extension of this argument is that saving two lives of equal value is better than saving one. Further investigation of Newkirk's statements suggests that she gives animals even greater rights than humans, because she does not hold them accountable for their actions. As for mocking *The Animal Rights Handbook*, I was accurately conveying what the book says. It is you who interprets these statements as a mockery.

Please do not associate me with the philosophy of Rene DesCartes. He was a mathematician, not a biologist. In addition to his misguided perceptions about animal sensitivities, he also stated that the pineal gland was the seat of the soul because humans had one and animals didn't. We now know that the pineal gland exists in many species and functions as a third eye in reptiles. If that isn't enough, DesCartes, on a commission from the Catholic church, proved that God exists!

I can not avoid commenting on the "Vegetarian Perspectives" article by Greg Mader. There are a number of legitimate reasons why people choose to be vegetarians. Epidemiological studies strongly suggest that adult vegetarians are subject to a lower incidence of cardiovascular and metastatic diseases, and have increased longevity compared to non-vegetarians. The offending components in animal products that are most well characterized are cholesterol, saturated fats, and polycyclic hydrocarbons (produced when meat is charred). However, to suggest that adrenaline is a toxic component of meat and is produced because of the animal's prescience of impending doom is a terribly unfortunate error. Such thoughtlessly incorrect and outrageous arguments do a disservice to proponents of vegetarianism because they endanger the credibility of legitimate arguments in favor of vegetarianism.

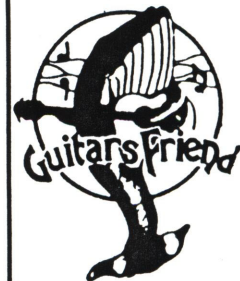


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THE MOSCOW FOOD CO-OP PUBLIC BULLETIN BOARD

by D. Kate Schälck

One day during the month of January, I went to the Moscow Food Co-op public bulletin board to post a notice of an event that I was helping a friend promote. When I arrived, I was shocked and appalled by what I found (even though I pass this board several times a week). Most of the notices were outdated (these were the easy ones to deal with), ripped and torn, and/or completely unreadable due to the numbers of days that they had been in the elements. Many of the notices end up as litter blowing around the parking lot. Needless to say, I was dismayed by the condition of this board at my store.

After some discussions with several influential Moscow Food Co-op members, Kenna Eaton, Ed Clark, and Bill London, it was decided that we needed some rules (Yes, rules!) and guidelines for these boards. Therefore, starting in March 1992, the following rules and guidelines will be implemented:

1. All notices, except those for events that have not yet happened, will be removed monthly.
2. Notices should be kept as small as possible in an effort to conserve paper.
3. People should use recycled paper if possible.
4. People should remove their own notices, when the purpose has been served.
5. People should provide their own materials for posting. We suggest that you use thumb tacks because staples eventually ruin the wood and produce little pieces of paper that become litter.

At first I felt these rules and guidelines were a little harsh, but after some research, I found them to be similar to other public boards. WSU clears its boards once a month, and Tri-State has a seven day maximum for notices on its board. These rules and guidelines

are not meant to keep people from using the boards. The Moscow Food Co-op is happy to provide this community service, but it must be done in a sound manner. I mean, are those puppies still available and is that trailer still for sale? Now, I hope we all will know.



EDITOR'S NOTE: The following was to be read at last month's general membership meeting. Instead, we have used it here.

I wish that I could be at the meeting tonight but other commitments do not allow me to attend. However I feel strongly enough about what I want to say that I feel it is worth me writing it down to be passed on via someone else.

My concern stems from ongoing discussions I hear about the continued expansion and growth of the Co-op. I think a hard look needs to be taken at what our vision is and how this growth should take place. Thanks to good management by great people, the Co-op is a success—besides providing bulk and healthy food, it is having record sales each month.

Now the typical "American way" of dealing with this is to expand, to get bigger, better, to have MORE, MORE, MORE! Is this what we want to stand for?"

I think the Moscow Food Co-op could be a shining example to the rest of the business community by paying its workers higher than average wages. We know employees already enjoy working here; maybe if they were paid a good wage they could stay longer—\$5 or \$6 something an hour is not enough when we can afford to pay more. OR What an example the Co-op could be if we actually lowered prices as a result of being successful!

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Let's take these extra resources and instead of providing more consumer goods, more room, more selection and better displays, we can turn it back into providing some of those things we say we support. Like savings for those who buy cooperatively, supporting the workers of the Co-op, living/choosing what we believe in.

I'm not suggesting that the creativity and energy, which made the Co-op such a success, should be stifled. Be creative in using this energy—maybe more education, more food safety research to pass on to the shoppers? I'm not suggesting stagnation. I'm suggesting that there are healthy alternatives to the typical "success business" path. In 5-10 years I don't wish to see the Moscow Food Co-op as another "yuppie grocery store" that so many Co-ops have evolved to.

We need to be an example in Moscow of the alternative that we believe in, and not perpetrators of the American consumer mentality that we condemn.

1992: A SPACE ODYSSEY by Dana Kobe

Rapid expansion of Co-op business is forcing it to consider space alternatives. Thanks to you, Co-op sales are three times what they were three years ago. If the Co-op is to satisfy the demand for more products and services, the store will have to change. We need to make a decision that will increase space for the Co-op and also increase its functional qualities and accessibility.

The decision-making process will be gradual, involving input from Co-op members, staff and board of directors. The Co-op intends to create a special committee to explore the facts and information surrounding various space alternatives. Once this has been accomplished, the board will make the final decision in the space odyssey.

We already know that the ground floor of the building we occupy is too small, and projected growth appears strong and solid. The building, as it is, is not fully functional. There is a lack of storage space, no loading dock and hauling heavy boxes and bags through the front door is becoming a problem. The American's with Disabilities Act (ADA) of 1990 is a civil rights act stating that all disabled individuals be allowed to enjoy and participate equally in services provided by businesses. Co-op board and staff members feel strongly about making the Co-op accessible to everyone. In approximately 2 1/2 years, the Co-op's lease of the Kentucky Fried Chicken building will expire. Should we stay or should we go?

One alternative is to stay and lease the building again as it is. This would limit expansion and growth of the Co-op. A second alternative is to stay and buy the building, and expand upward. To do this, the Co-op would have to remodel. About 2200 extra square feet would be created by remodeling.



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However, making the upstairs accessible to handicapped individuals and making it functional for hauling involves installing an elevator or lift. Although the payments to buy the building would be equal to the rent, installing an elevator costs around twenty thousand dollars.

A third alternative is to lease a different building somewhere downtown. A fourth alternative is to buy a different building downtown; preferably a groundlevel building with space for a loading dock, parking and retail expansion.

What does the future hold for the Co-op? The decision is ours together. Anyone interested in being part of an information-gathering committee can contact Peg Harvey-Marose at 882-1593.

HOUSEHOLD HAZARDOUS WASTE COLLECTION

by LuAnn Scott

It's coming! Once again, Moscow's annual Household Hazardous Waste Collection Day will be the last Saturday in April. This is your opportunity to safely dispose of unwanted household chemicals free of charge.

I know Co-op shoppers are the most conscientious on the Palouse. We think about packaging and quality as well as value. But almost everyone has half a can of old paint in the garage and funky bottles of something nasty under the kitchen sink.

Common toxics include paints, thinners and solvents, most household cleaners, furniture

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polish, medications, perfumes, yard, garden and pool chemicals, hobby and photographic supplies, auto products, and used motor oil. They don't belong in our landfill, our septic or sewer systems, or our creeks via our storm drains.

The collection is easy to take part in. When you clean up this Spring, pack your wastes in a sturdy lined box. (Leave them in original containers.) Come to the big lot behind the Fairco Mini-Mart on the Troy highway between 8 am and 4 pm on Saturday, April 25. The entrance will be on White Avenue. Volunteers will unload, sort, and pack your stuff. You don't even have to get out of your vehicle.

Speaking of volunteers, we could use some more. This year we'd like to initiate more recycling and reusable materials. A paint exchange has been suggested (we get hundreds of gallons) as well as battery and cardboard recycling. We just need a few more volunteers to make it happen. How about you? It's true community service and lots of fun, too.

The collection is organized by Moscow City Council's Health and Environment Commission and paid for by Moscow residents' utilities fees and Latah Sanitation. Lots of businesses, organizations, and individuals donate time and materials, too.

So watch for upcoming ads and flyers or call Latah Sanitation for more information. If you'd like to help out on Collection Day, give me a call at 882-1674 or 885-7279.

**"The most violent element
in society is ignorance."**

**BUILD RAMPS
NOT BOMBS**

**NO ONE IS FREE
WHEN OTHERS
ARE OPPRESSED**

**HEALTH CARE
IS A RIGHT
NOT A PRIVILEGE**

END RACISM

Dealing with the Political Process

by Jim McPherson

"Remember, if you vote for the lesser of two evils, you're still voting for evil." -- Utah Phillips

The biennial circus we refer to (often with a straight face) as the American political process will soon be, as they say, in "full swing" (coincidentally, also the best way to use a machete', another device which could be, but rarely is, used to clear away dead wood).

We all have our own favorite ways of dealing with the lunacy and apparent futility of it all. Some pretend nothing is happening. ("No, I don't know who my representative is, but I didn't vote anyway, so you can't blame me.")

Some do the patriotic thing and vote, whether they know anything about the candidates or not. ("He said he understands about people like me, and his eyebrows don't run together above his nose.")

Others choose to learn something about one or more candidates, then actively work to change things. ("If Buchanan doesn't win, I swear I'll snuff all the hostages.")

I, too, participate in politics, realizing elections are necessary to keep politicians from going back to work as lawyers, and that politicians keep comedians and public relations people employed. Here are some of the ways in which I participate.

First, I gladly participate in every poll which asks me how I feel about a candidate, and I handle my responses in precisely the same way the candidates to theirs—I lie.

If enough of us do this, perhaps newspaper and television reporters will find more time to cover issues, and devote less

energy to telling us what the newest poll says. And maybe, if that becomes the case, candidates will go ahead and tell us what they really think is important, rather than tailoring their speeches to fit the new poll. And maybe more voters will even make up their own minds, rather than trying to do what the majority seems to be saying is correct.

Second, I gladly fill out requests for information from all the candidates I can—especially those I disagree with. Any money they waste on me is money they can't spend elsewhere.

My all-time favorite piece of political mail was a postage-paid donation envelope from Sen. Steve Symms in 1986. I found the largest metal screw I could fit into the envelope and dutifully mailed it back, thoroughly appreciating the fact that the Symms campaign was paying the postage.

And finally, I always vote, even though in a presidential election I know my vote won't sway my state's electoral majority. Therefore, in presidential elections I don't vote for either of the major-party candidates (though I do vote for those types of candidates in lesser elections, where there's some remote chance it will make a difference).

But I don't think staying home indicates dissatisfaction any more than it indicates a lack of interest or ambition, so I proudly cast my ballot for another candidate—any other candidate. Even a vote for a fascist or a communist is an indication that somewhere ("out there," George Bush would say), there are people unhappy with the present two-party system.

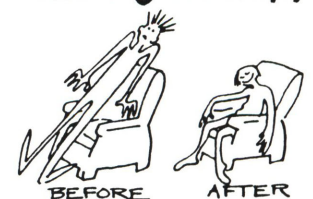
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PECI DINNER
by Jim McPherson

Millet will be the featured food at the Palouse-Clearwater Environmental Institute's March "Eco-cuisine Dinner," at the Moscow Community Center March 29.

The monthly dinners feature locally grown, environmentally conscientious foods.



MORNINGS, PEOPLE AND CB'S

by Cynthia Rozyla

Where are you every morning between 5:00 and 7:00 am? Well, if you're anything like I am, you're either trying to wake up or coming up with some very good excuses why you won't have to at this hour.

But, luckily for us, some of the Moscow Food Co-op employees are truly "morning people" ... and John Rickerd is one of them.

Originally from Moscow, John had been living in Coeur d'Alene where he graduated from high school (and had been involved in the track team, cross country team and debate team). Then he went to the University of Puget Sound to start his college career which he finished at the U of I with a B.A. in Classical Studies. During this time, he became a volunteer at the Moscow Food Co-op.

Having baked on his own for years, John began to consider "finding a baking job." He liked the atmosphere at the Co-op so well that when the job of Assistant Baker became available, the opening seemed to be just the position he was looking for. According to John, "not many people wanted the early morning hours" so he got the job.

Well, the Upper Crust turned out to be a very busy place. Aside from the \$130-\$150 worth of rolls, breads, muffins, peace buns and other items baked on a daily basis, the Upper Crust also delivers special orders to Barleyhoppers

and Mingles ... hoagies, peace buns and pizza dough ... often requiring extra hours for the industrious bakers.

When asked what his duties included, he seemed to list just about everything, from baking muffins, to washing dishes to setting up the baked goods downstairs. He gets the rolls and muffins started upstairs, goes downstairs to mark the day old items, set up the new supplies, then heads back up to make dough and do other "baker-type jobs."

When asked what he likes best about working at the Co-op John first mentions the people. "This is the best job I ever had ... there's less real pressure than most jobs, it's laid back, but there are periods of intenseness." But, he really likes the customers and working downstairs gives him an opportunity to interact with and meet customers.

According to John, the Upper Crust has been quite a learning experience. "There are certain variables in baking," comments John, "you can't just follow recipes—you need to learn to work with it." And work this staff does! Many new recipes are recipes from books that are "modernized" for use at the Upper Crust. But, some recipes are the result of customer requests. John says that people bring in recipes they would like to see in the Co-op and each one is considered ... some added as regular items.

What about free time? Well, there's not much of it! John's other job at the U of I Library, in addition to the Upper Crust position requires 46-60 hours per week. For leisure he works on his bike and has recently purchased a CB - he contacts truckers, the security guys on campus (but they're boring) and now has two friends down the street who have CB's too (who aren't boring!).

But chances are, when you see John, it will be in the bakery section, organizing the stock, making sure everything is in order and ... talking to the customers. After all, that is the best part of the job ... so make sure you stop to say hi!

WATCH FOR

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- 15th Bicycle Day
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CALL FOR A BUS

by David Peckham

Getting America to change its driving habits has been likened to the nation's long campaign against smoking. Everyone thought it was really cool until some sour grapes (and probably anal retentive) came along trying to spoil the party saying, "This is bad for you. It will kill you." But after a while some 'respected authorities' start saying it too. Then everyone went into denial, saying, "no it won't happen to me, it's not that bad, we're still having fun."

Finally overwhelmed by reality, the addict falls into resignation, "I know I should quit, but I can't, my life has no meaning without it."

You get the point ... how sick from oil addiction will America have to become before we figure it out? Our nation has already gone to war for it, and then refused to impose mileage standards on Detroit auto makers. As recently as late February the U.S. again refused to join in an international agreement to curb greenhouse gas emissions. Sounds like Washington D.C. is in denial, no?

What about here in the Palouse, what is the magnitude of motor cancer here? We don't have the obvious problem of gray-brown skies, but there is evidence of growing auto dependence. As a city's development becomes more and more oriented to autos, people become more dependent on their cars, promoting more auto-oriented environment. Locating a new Wal-Mart discount store on the edge of Moscow is one local example of new development totally oriented to serve customers using private autos. Surely Wal-Mart was drawn here by the prospects of a four-lane linking Moscow and Pullman, and the traffic Wal-Mart brings will hasten the demands for highway re-construction. That new highway will then make motor

business zoning ever more enticing along the frontage. Our quiet, small town atmosphere then becomes harder to find, bicycling and walking become ever more dangerous and difficult.

Nearly everyone agrees that what Moscow needs is a bus, around town and to Pullman. It's a convenient argument, because as long as there's no bus no one needs to change their habits. And unless the people of the Palouse are VERY different from most other Americans, the buses will run empty, because a whole lot of us will be coming up with a whole lot of excuses for why we still drive.

Today between 70 and 80% of the vehicles on the Pullman highway during rush hours contain only one person. If just half of the people in those single occupancy vehicles were to ride a bus, numbers of cars on the road would drop dramatically, and the need for \$14 million in highway expansion will have evaporated.

With government leadership in denial, it's up to us individually, and in communities, to take responsibility for wise use of oil. Each one of us needs to continue exploring ways of life which are healthier for our weary planet and critically ill economy. Anytime is a good time to consider leaving the car at home, and walking to the store or visiting friends, riding a bike, or carpooling to work.

In April, Palouse Clearwater Environmental Institute sponsors a program of Oil Wise Wednesdays, an opportunity to band together in support of healthy, sustainable transportation. The Palouse needs intercity buses, carpools, and networks of safe bike and pedestrian paths. If the people will join together to demonstrate their support of these legitimate forms of travel, then the governments must surely follow.



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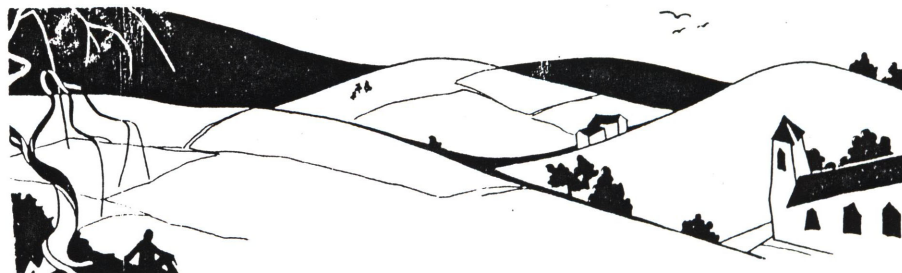
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Massage Should NOT Include, but Sometimes Does, Sexual Predation

by Karen Young

There are a number of highly qualified massage therapists working in the Moscow/Pullman area, along with a number of highly qualified physical therapists. Hands-on therapy is appreciated by many in our community. Massage can be revitalizing, relaxing and very specifically, or generally, therapeutic. But massage is not always what we would like it to be. Sometimes unethical practice rears its ugly head. I would like to point out some potential hazards of unethical or unqualified massage.

The most emotionally damaging hazard in the massage is sexual molestation. If your massage therapist touches you in any way that is sexual, or suggests anything sexual verbally, take heed. This is not part of ethical massage practice. If that practitioner assures you that that sort of touch is essential to your well-being, climb off the table and walk out the door. If intercourse is suggested or insisted upon, remember Nancy Reagan (Just Say No!). Make a quick call to the U of I Women's Center (885-6616) to get an advocate to go with you to the police. It is always advisable in such cases to have support.

Other hazards include poor training, which can lead a practitioner to apply inappropriate methods; poor judgement, which can be damaging to the client; and pop psychology applied to clients who need professional counseling. These can lead to physical or emotional damage.

The massage environment generates great vulnerability. If you want or need massage (and as a past practitioner with 15 years' experience I recommend it for many maladies), do some research before you jump naked onto someone's table. Check a variety of sources: the U of I Women's Center maintains a broad-based information and referral system. And trust your instincts if you feel anything is wrong in a massage situation.

This article is geared towards women but may, in certain situations, apply to men. Anyone, of any age or sex, can benefit from appropriately applied massage, just as anyone who is vulnerable or unaware can suffer from its misuse.

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BODAR: Board of Directors Annual Retreat

by Peg Harvey-Marose

February 15th, the board of directors loaded into cars and landed at Kenna and Tim's house in Deary. The rain was a perfect excuse to stay inside all day and do some nitty gritty work that needed to be done.

The first order of business was to elect new officers. They are: Chair: Peg Harvey-Marose; Vice-Chair: Sarah Swett; and Secretary: Mare Rosenthal. Any of these people are available for questions, explanations, complaints, or anything else that is important to the members.

We also elected the officers of the corporation, which is a formality that legally has to be done each year after the annual meeting. The President/Treasurer is Kenna Eaton, general manager and the Vice-President/Secretary is Erika Cunningham, grocery manager.

Some highlights from the general business part of our meeting follow. Sales continue to be much higher over last year. We received a report breaking down the sales according to departments. 30% of our sales are bulk items, 20% packaged items and 11% for both produce and the bakery. This gives us a good idea of what people are coming to the Co-op for.

In last month's newsletter, you may have read Kris Siess's article about the release of the refrigerator coolant during repairs in the bakery. The board of directors has written a letter to the company involved and is working on getting some letters to the editor in the Daily News. We would like to see some local action, so that our community can be responsible when dealing with these chemicals.

The Co-op will participate in the Mardi Gras parade. The question is whether we should be a carrot (we have a carrot suit that fits five) or fruit, flakes and nuts! Decisions, decisions! If you would like to help organize the Co-op's part in Mardi Gras or feel

called on to be a fruit, flake or nut please contact one of the managers and they will send you where you need to go!

The issue of staff being on the board was discussed with a wide variety of opinions.

The two largest issues we discussed were buying a new scale/labeler and the status of the building. In November the idea of buying the scale/labeler was first raised. At that time we realized there was a wide variety of opinions and felt we could not go ahead with buying it because of our total lack of consensus. Then the Weights and Measures inspector arrived telling us our present labels for products the Co-op packages (chips, dried fruit, chocolate chips, cheese, etc.) are inadequate and hard to read. The weight of the bags (paper, zip lock and coffee bags) legally have to be tared out, and the labels are required to have the net weight of the product, the weight per pound, and the total cost of the item. We were also informed that we will soon be required to put ingredients on the labels. We discussed this for a long time. Volunteers and staff can put all of this information on the labels! It will take longer and it will tie up a scale while it's being done. We realized that we needed to buy a new scale anyway to relieve congestion at the cash registers. We also have to face the fact that our sales are continuing to increase meaning more chips, fruit, and cheese will need to be packaged and labeled. With those things in mind, we decided to buy the scale/labeler. If this sounds like a hard sale, it probably is. I was one of the original opponents to buying this piece of equipment, but the Weights and Measures inspector changed my mind. As we made this decision we realized there was opposition to it, but felt we made the best decision under the circumstances.

Then came the building. After much discussion, we realized that we wanted to stay at our present location. In doing that, we would want to have total control over the building for any changes that we would need to make as we grow. We didn't want to make expensive improvements if we did not own the building. So we think we should move ahead with buying the building. We will have to arrange for a loan, so this is far from a done deal, but that is what we are working toward. Anyone is welcome to come to our next meeting (March 25 at 6:30 pm, upstairs at the Co-op) to comment, raise issues, etc.

One last thing that Kenna asked me to address here was the possibility of getting group health insurance that any member could participate in. The idea came out of our frustration in providing group insurance for our staff at a reasonable cost. If we use the membership as the group, it might cost less. Let us know if you would be interested.

This year will be an exciting year of growth and change at the Co-op. We, on the board, are waiting for things to slow down, but there are no signs of that. The growth that we are experiencing is not something we asked for, but has come to us because of our move. I don't think we need to be afraid of it, but we always need to keep the mission of the Co-op in mind when we contemplate these changes. If you have suggestions or comments please call me or any of the board members. We want your input! Thanks.

Peg Harvey-Marose	882-1593
Sarah Swett	882-1657
Mare Rosenthal	883-4565
Ann Adams	882-8046
Andrea Brandenburg	334-5128
George Mancini (work)	882-2383
Kris Siess (not after 9 pm)	882-0542
Jim Trivelpiece	882-0562

Seeds of Flowers, Seeds of Fruit

by Dana Kobe



Seeds of flowers, seeds of fruit.

What would happen
if I ate
a watermelon seed?
Would a green-striped
watermelon
grow inside my tummy?
I asked Grandma
if Auntie Lou
was growing a watermelon.
She said "No, she's pregnant.
There's a baby growing in there."

What would happen
if I ate
a salty sunflower seed?
Would a giant,
yellow sunflower
push me to the sky?

Seeds of flowers, seeds of fruit.

What would happen
if I ate
a dark-brown apple seed?
Would an apple tree
grow inside my tummy?
Dad said I'd look funny
with branches
sticking out my ears,
and juicy, red
apple-earrings.



What would happen
if I ate
the seeds of a tomato?
I'd somersault
and turn
my tomatoes into juice.

Seeds of flowers, seeds of fruit.

What would happen
if I ate
a quarter-sized peach seed?
Would a tree
full of fuzzy peaches
grow inside my tummy?
Grandpa said I'd have
a fuzzy face like his;
either that or I would choke.

What would happen
if I ate
a poppyseed muffin?
Would a field
of bright, orange poppies
bloom and tickle my tummy?
I asked mom and she said "No.
Seeds of flowers and seeds of fruit
need dirt, water, air,
and sunshine to grow."

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Chickens Aren't the Only Ones

by Barbara L. Walker

Let's face it: chickens are near the bottom of the hierarchy in our system of dominance. Yes, OUR system. We participate in it, it's ours. The more I thought about writing on eggs, where the Co-op gets eggs and how the egg-producing chickens are treated, the more hopeless I felt.

So here's why. Earlier this year, I decided that I would continue eating some non-human animal "products" like chicken, eggs, cow's milk and cheese but that I would eat less of them and (here's the tricky part) that I would only buy products derived from animals who are/were treated well. Now, in theory, this is a wonderful step in my development towards right relationship with my body and the earth, but, in practice, it is difficult. It's not only that it is hard to find products from animals who are/were treated well; it's hard to find out where products came from. Labels just do not address the issue. Then there is my version of biological magnification to confront.

Here's an example of that. Say I find a farmer who treats her chickens well (doesn't drug them, lets them keep their beaks, lets them run around the barnyard, etc.). Great, I can eat eggs. But what about the farmer? Does she eat meat? Does she use GE light bulbs and buy California grapes? If she does all these things and I buy eggs collected with energy she gets from meat and grapes, am I supporting the meat industry and the abuse of farm workers? Using this logic, I could extrapolate further with everything I buy and eventually spiral downward to the depths of despair and inaction. Or I could forget it all and go pig out at Rooter's.

That's when I start thinking about the interconnection of all things and the system of

dominance. Although I have been known to engage in heated discussions about non-human animal rights, I have never been able to sustain passionate involvement in the issue simply because I see so much abuse of human rights right here in my own community as well as all over the world. I admit it, I am concerned first with my own species. One reason for this is that I don't see any way to make sure chickens are treated well as long as the human beings who have power over them are not treated well. It's not surprising that non-human animals are treated like objects in a society where concerns over efficiency and profit allow people to treat other human beings like machines.

The other day in a conversation with my partner I said, "It is perfectly normal in this society for a woman to go crazy." Then I spent the next two days feeling semi-depressed in the midst of taking care of a sick child, operating my business, cooking, cleaning, worrying and every once in a while thinking about writing an article on egg production for the Co-op newsletter. The fair treatment of chickens just didn't make it to the top of my priority list. Getting some attention for me did.

Yesterday I took the phone off the wall and took a nap with my daughter. Then I invited two friends to come over and take turns crying or raging or just being held. That didn't happen yet but it will. On a regular basis. The important thing is that I took a step that will ultimately do more towards the health of myself, my friends, my family and the world's chickens than worrying about where I get my eggs for tonight's quiche.





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The (short) Bag Story

by Kenna Eaton

Earlier this year Mr. Weights & Measures came to visit us here at the Co-op to let us know that we needed to change the way we do some things. Number 1 on his list was the weight of the brown paper and zip-loc bags that we use for bulk items. We were told that we needed to subtract the weight from each purchase. This left us wondering how to cover the cost of packaging, as a business.

The long story is that you the purchaser pay for packaging whether you know it or not (and we will explore that idea in a future issue of the newsletter). What is

legal for us to do is charge for the packaging with an increased mark-up to the cost of the items sold.

Somehow this doesn't seem to really encourage shoppers to re-use the bags they already have, so our grand idea is to give you, the shopper, a refund for each bag you re-use. If this idea works, it will be your responsibility to not only re-use your bags, but to let the cashier know that's what you are doing.

Since this is a short story, look for more information on this in the store, or feel free to ask us about it.

TAKING RESPONSIBILITY FOR WHAT WE EAT

by Linda Knighton

Sometimes, coming from a different culture provides me with a perspective on an old argument which has eluded the opposing sides. I think some of the Co-op members might enjoy hearing another side to the hunter vs. Animal Rights Activist controversy. I have always been taught that hunting and gardening are ancient contracts between humans and the four-leggeds and plant people. Two-leggeds have a responsibility to keep things in right relation. Therefore, when we hunt, we must explain to our prey why we need the meat, hide, sinews, bones and antlers. Then we must ask for a volunteer to appear to us. If one appears, we apologize, kill in as painless a way possible, honor the animal by disposing of all parts with caring ... and thank the animal for what it has given. Also, in this way, we know where our food comes from.

I am much less comfortable with store-bought meat, because I have no idea how the animal was treated, but suspect strongly that it was slaughtered.

The same idea holds with plants. Wild ones may be gathered by asking, leaving a gift, harvesting only 1/3 of the plant material, and thanking the plant. The ones we grow and nurture need to be asked, dug or picked with thanks and not wasted. I don't always live the ideal, but it has much to teach us. You may notice that these methods are fairly ecologically sound and help us to think about what we are doing in relation to all others living here on earth.



THE BIG BUTS OF AGRICULTURE

by Ben Larson & Renee McNally

American agriculture is the best in the world—it may in fact be too successful. Since the 1930s cheap food and income parity for farmers have been the driving objectives of American agricultural policy. And by far both these objectives have been met; at the checkout counter Americans pay less for their food than any other person in the world, and farmers receive comparable income to urban workers.

However—and this is no minor qualification—these successes now threaten to undermine agriculture itself. Understanding why the successes of agriculture are so dubious points to the need of a sustainable agriculture. The Moscow Food Co-op newsletter will be offering you a monthly series of articles explaining what sustainable agriculture is and how you can support it as a consumer and a producer.

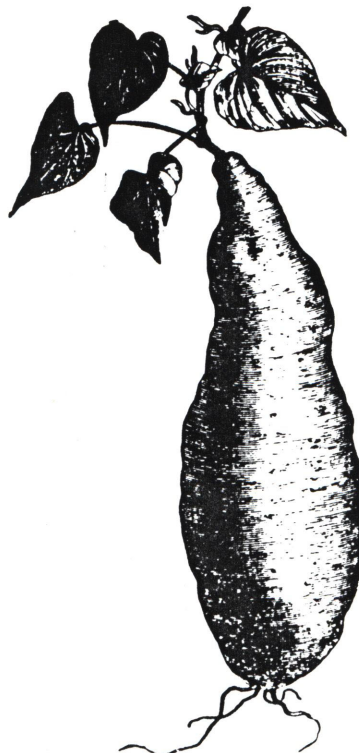
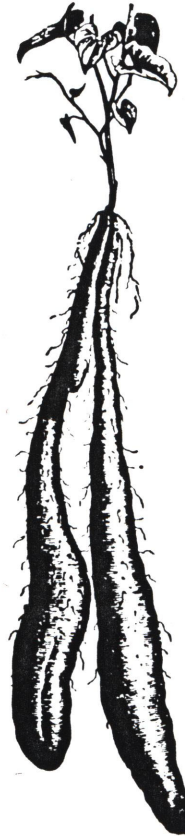
To achieve the goals of cheap food and income parity, the system which we now call conventional agriculture was established. Then as now, conventional agriculture sought to minimize labor costs, maximize productivity, and suppress price fluctuations through a complex system relying on technical innovation, subsidies and exporting food surpluses. The resulting system, often heralded as the best in the world, has without question succeeded in supplying consumers with an abundance of cheap food and in raising farmers' incomes. So what's all the fuss about?

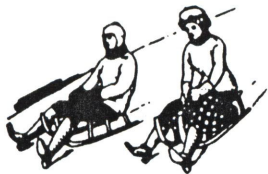
The problems arose because in achieving the single-minded goals of cheap food and income parity, other important values were ignored. For instance, in order to minimize labor costs, farmers and farm laborers were in large part replaced with machines. These machines, not incidentally, did not demand higher prices or, even worse, go on strike. In order to maximize productivity, hybrid seed varieties, synthetic fertilizers, and

pesticides were substituted for natural and cheaper sources of fertility and pest control like manure and crop rotations. And in order to suppress price fluctuations, the minimum price of crops was subsidized by the federal government.

All these objectives were in part legitimate, and could indeed serve the public interest if employed within reasonable limits. By doggedly pursuing these two simple objectives, American agriculture policy went too far. Too many farmers have been replaced by machines—and those who remained were caught on the technology treadmill, forcing them to ever-increase their capitalization. The reliance on and excessive use of synthetic fertilizers and pesticides has polluted groundwater and increased farmers' costs. Price subsidies, by artificially inflating demand, fueled excessive production (farmers were spurred to "plant fencerow to fencerow," in the words of former Secretary of Agriculture Earl Butz) and dependence on shaky export markets. In sum, these unintended consequences not only belie the apparent successes of conventional agriculture but undermine agriculture itself by de-populating and impoverishing rural America, and by depleting natural and necessary resources like soil and ecological diversity, and surface and ground water.

In contrast to conventional agriculture, sustainable systems aim to save the world—and provide cheap food and decent income to farmers to boot. How can this panacea be realized short of a global outpouring of love and compassion for the Earth and all who live on it? Well, stay tuned to this, your unbiased Co-op newsletter and find out in the coming months. In those juicy, long-awaited installments, we will describe such titillating topics as green manure, crop rotations, and replenishable inputs. In the meantime, keep buying those organic apples and crunching that granola.





Kid's Page

by Kelly Kingsland

This month I decided it was time to have a little fun. Here are some riddles about animals for you to figure out. There are two ways to figure them out, first try to guess the animal by reading the clues, then if you still haven't guessed, unscramble the answer below the clues by writing down, for each letter in the line, the letter that follows it in the alphabet. Here is an example: BNV=COW. "C" comes after "B", "O" after "N", and "W" after "V". Have fun!

1. I move quickly now, but not so in my youth.
2. I usually hunt near water.
3. I eat flying insects.
4. I'm a strong flier.
5. Sometimes I'm very colorful.
6. I'm cold blooded and wear my skeleton on the outside instead of the inside.
7. I have more legs than a mo and very large eyes.
8. With my four wings I look a helicopter flying in the air.

CQZFNMEKX

1. I will eat anything that most and can be swallowed.
2. I hibernate in winter, except where it's warm.
3. I must live in damp or wet places.
4. Almost all my kin lay their eggs in water.
5. I'm chunky and wouldn't w very many races.
6. Almost all my kin sing.
7. I can secrete a sticky white poison. In some of my kin this poison can kill or paralyze dogs and other predators who might eat them.
8. My close kin travel further away from water that our distant cousins whom you might be thinking of. Also, isn't true, as some say, that I give you warts.

SNZC



1. I can walk and swim.
2. My vision is good, but I don't have a good sense of smell.
3. I care for and raise my young.
4. My body temperature stays the same.
5. My kind are very adaptable and live in many environments.
6. I like to change my environment.
7. I walk on two feet and speak several different languages.

GTLZM

1. My body temperature is usually seven degrees warmer than man's.
2. Each foot of mine has two toes in front and two in back.
3. I usually undulate when I fly. My stiff spiny tail feathers act a prop when I hunt for food. My diet consists mainly of tree-eating insects, but also of ants, worms, flying insects, berries, and sap. My nest is a cavity in a tree that I make myself. My bill is used for chiseling wood.

VNNCOBBDQ

1. My sight is poor, but I can hear smell very well. My tail is six inches long or more.
2. I live mostly on forest floors and thickets.
3. Both young and old of my kind are good climbers.
4. My diet includes the following: small animals, insects, any flesh, garbage, grasses, leaves, fruit, berries, and nuts.
5. When it starts to get cold and snows, I go inside for winter.
6. I'm dark colored, and sometimes weigh as much as one hundred pounds.

ADZQ



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1. If you want to for water.
2. I'm a carnivore and eat mostly insects, and the smaller of my kind.
3. I am a fast, strong swimmer.
4. I need cold, well oxygenated water to live in.
5. I spawn my eggs during the spring, in small clear streams.
6. I'm slim and sleek.
7. I'm as pretty as a rainbow.

QZHMANNV SQNTS

1. My body temperature stays the same. I'm hairy and nourish my young with milk.
2. My teeth indicate what kind of food I eat.
3. I have no upper teeth, a complex stomach, and I chew my cud.
4. Only males of my kind have antlers.
5. Man and mountain lions are my only enemies. And mountain lions usually won't attack me when I'm full grown.
6. My young are spotted until their winter hair grows out.
7. My larger size, heavily-maned neck and larger round antlers distinguish me from what you might have been thinking of.
8. I'm especially noted for my high-pitched bugle call. If this is answered by another male of my own kind, a fierce battle may occur.

DKJ



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