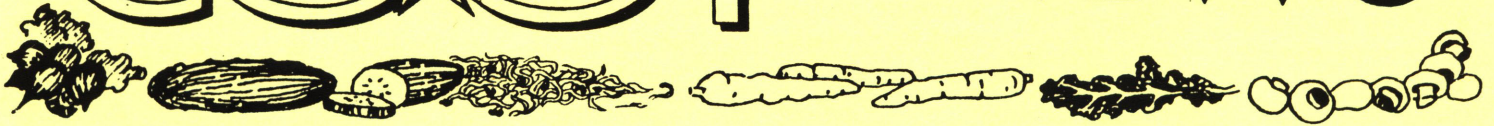


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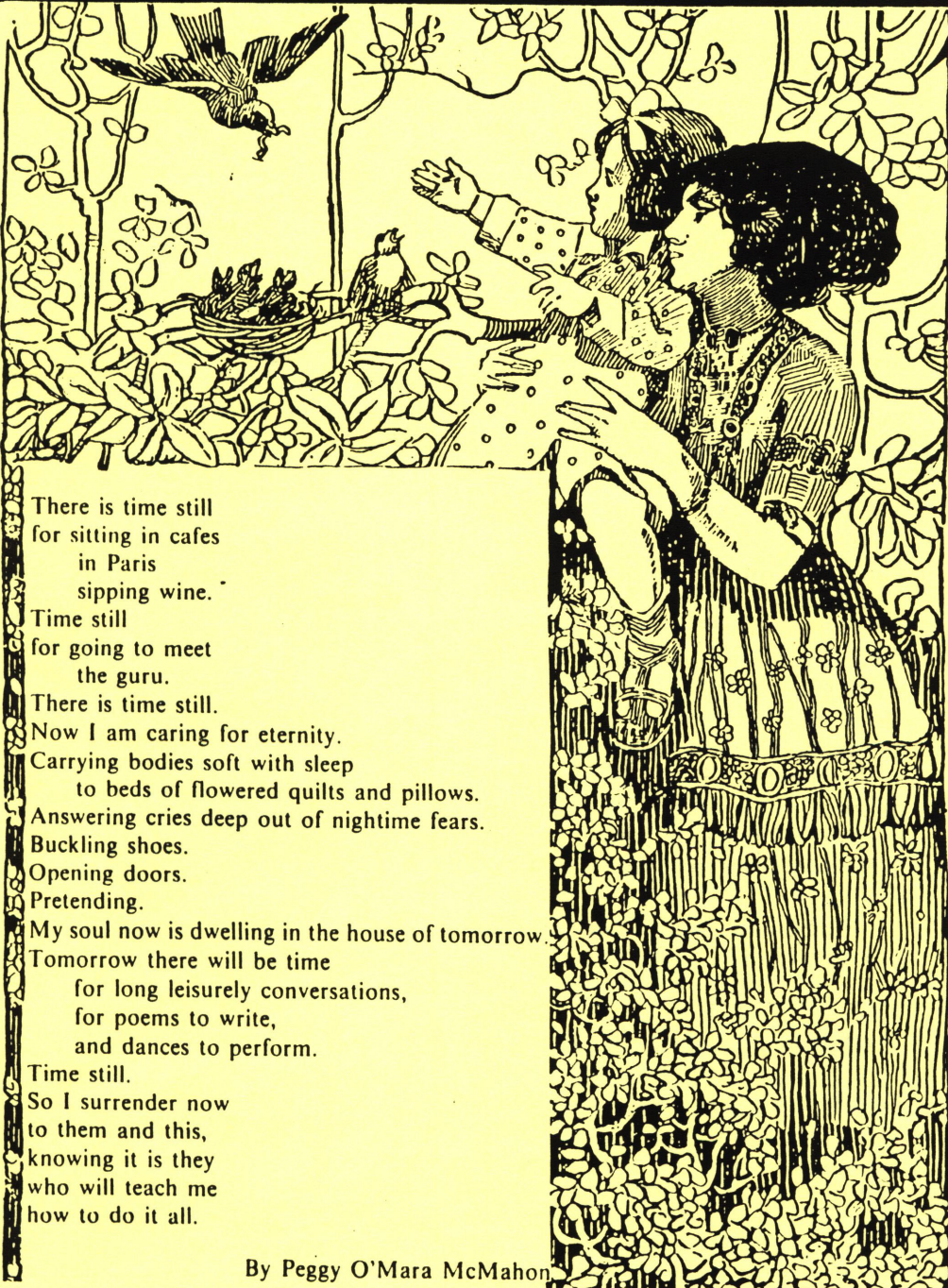
COMMUNITY NEWS



PLEASE TAKE ONE

1992

MAY



Farmers' Market Begins New Season

By Edward J. Ulman

The Farmers' Market is beginning its 1992 season with the annual Garden Sale on Saturday May 9 in downtown Moscow at Friendship Square and will be open from 8:00 a.m. to 1:00 p.m.

The Market, which will continue every Saturday from May 9 through October 24, is a local event that provides farmers, backyard gardeners, home bakers, and crafts people the opportunity to sell their goods to the public.

The grand opening of the market will feature potted plants, herb-plants, shrubs, annuals, perennials, and cut flowers brought in by local growers. Crafts will also be represented at the market and produce will begin appearing in June.

This community event is sponsored by the Moscow Art Commission and also features local musicians. Performances begin at 10:00 a.m. and continue until noon. The markets' opening day entertainment will feature the jazz trio of Nikki Crawthorne, Joe Covill, and Mike Rosenthal.

There is time still
for sitting in cafes
in Paris
sipping wine.
Time still
for going to meet
the guru.
There is time still.
Now I am caring for eternity.
Carrying bodies soft with sleep
to beds of flowered quilts and pillows.
Answering cries deep out of nighttime fears.
Buckling shoes.
Opening doors.
Pretending.
My soul now is dwelling in the house of tomorrow.
Tomorrow there will be time
for long leisurely conversations,
for poems to write,
and dances to perform.
Time still.
So I surrender now
to them and this,
knowing it is they
who will teach me
how to do it all.

By Peggy O'Mara McMahon

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NEEDED: A VEGGIE HAULER

by Renee

Fresh Certified organic produce is very important to the customers and staff at the Co-op. As you may or may not know our one and only delivery a week of organic produce comes on Sundays. By mid week the supply has dwindled down quite low.

As the produce buyer, I am reluctant to order enough produce to last an entire week because I know it will not be fresh by the end of the week. Until only recently no other source of organic produce was available during the winter season. However one of our wonderful discoveries at the Tacoma trade show was Charlies Produce out of Seattle.

I thought, "This is it. My dreams have come true." Well, next came the big letdown. Charlies Produce does not own a flashy fleet of trucks willing to drive to Moscow, Idaho. After numerous calls around the Northwest, I was disappointed to find out that trucking companies are not highly interested in transporting one pallet of fresh produce once a week to Moscow, Idaho. Is the center of my world so completely obscure?

Here's the plea: Does anyone own a trucking company who is willing to transport the stuff to us? Does anyone know of a trucking company who is willing to do this?

Is there a kind person with a pickup truck who is willing to pickup this pallet in Lewiston and deliver it to us for an 18% discount?

Please help. Call Renee, Marla or Laura at the Co-op, 882-8537.

"Diamond Jeffory Western has my support because he works with people for people. He knows education and cares about our earth."

-Liz Sullivan

Paid for by Liz Sullivan



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Pam Palmer

Advertising

Mary Butters

Typesetting

Nola Steuer

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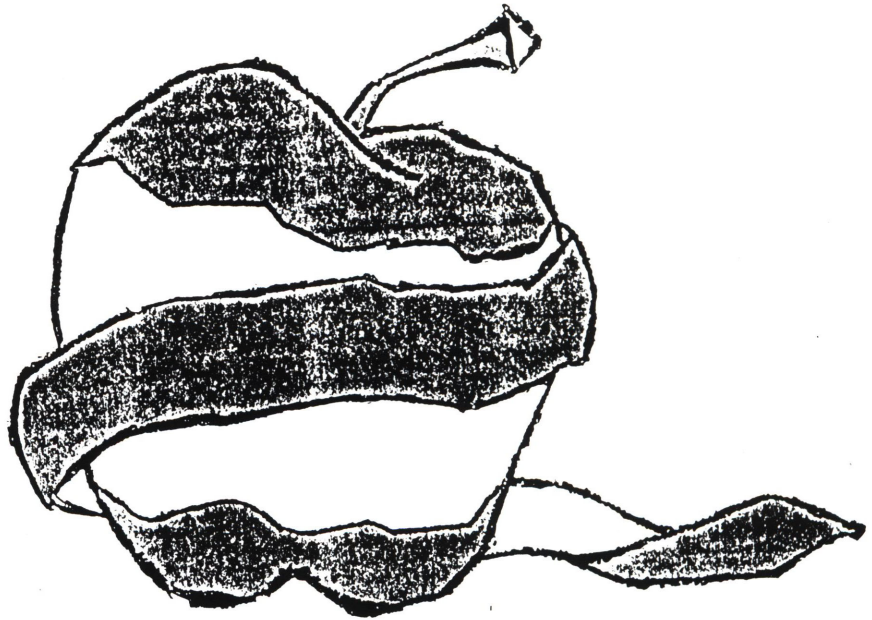
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Sales Service Accessories



What's A Pupos?

by Renee, Marla & Laura

Much of the fresh fruits and veggies you buy from the produce section of the Moscow Food Co-op is supplied by a family-owned and run business up in Spokane, Pupos Produce.

The Pupos family has had a long commitment to their community. Great Grandpa Gene Pupo started his business back in the 1920s selling fresh fruits and vegetables from his cart in the Washington and Market Street farmer's market. Gene Pupo, his brother, and his son Gene Jr. continued their outdoor market business until 1972, at which time they bought warehouse space and started selling produce to the local restaurants and grocery stores.

Larry Gilbert, our salesman from Pupos, is by far our favorite salesman to work with! He saunters in on Tuesday afternoons with a smile on his face and a produce list packed full of great deals! We, here in the produce department, have been so impressed with the quality, service and price of Pupos goods that we felt it warranted a visit to their business in Spokane.

So how was the trip?

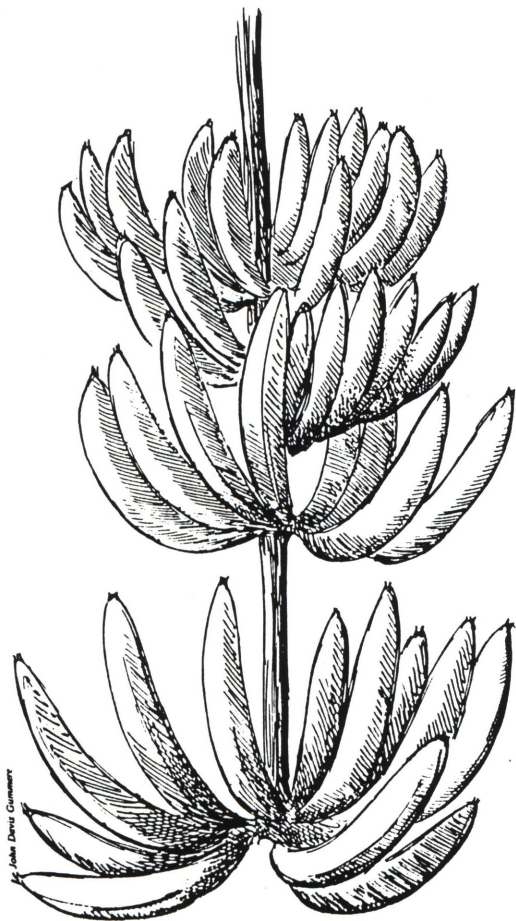
Cold! The warehouse was a giant refrigerator. Ralph Morris, one of Pupos' buyers, donned a coat and we started shivering as he led us through the rooms of varying degrees of frigidity.

We saw mountains of mushrooms, molehills of mustard greens, the alps of red delicious apples and the Pyrenees of peppers. Grandpa Pupo could be found early in the morning hand sorting ripened tomatoes with the rest of the staff.

Pupos' commitment to quality, and fast and friendly service, kept shining through the entire tour. Ralph shared with us information about trends in the world of produce enlightening us on how to better order for our customers.

By encouraging us to return our boxes, giving their used wooden crates to local businesses and feeding happy hogs their over-ripe produce, Pupos does more than just talk about recycling. They do it! Ralph even reassured us that they buy from local farmers frequently.

Needless to say we were impressed. We bid Adieu to Pupos and took off to do what any three self-respecting women would do with a couple of hours free in Spokane—shop.





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TEACH  PEACE

TELEPHONE MIS-USE AT THE CO-OP

by Kenna Eaton

On Saturday, April 11th in the afternoon, someone made \$40 worth of personal phone calls to EGYPT from our phone is the Co-op office! This type of mis-use of Co-op openness and generosity is frustrating to me.

If you have creative suggestions to help us solve this problem we would gladly welcome them. Until then we ask that all customers use the phone up front at the cash register.

Thank you!



Katharine Bertron

20-Inch Pasta ... and More

by Skott Larsen

While our Grocery Manager, Erika, is tramping about in Southern Utah's sunny canyonlands, I thought I'd jot down a few of the newer items we're carrying, many of which have been requested by customers.

In the cooler we have—

- **Rennet-free Cheddar Cheese:** Surprisingly tastes like cheddar that is made with rennet, the enzyme derived from the stomach lining of cows used in separating the curds and whey. Our "rennet-free" cheddar is made from a veggie derived enzyme. Let us know if you like it and would like to see other varieties offered.

- **Nu-tofu Cream Cheese Alternative:** "Really ... it's not cream cheese!" Made with organic tofu. It is cholesterol and lactose free. A popular alternative with customers who cannot tolerate milk products.

- **Low sodium and low fat part-skim cheese:** Advertises itself as having less sodium and fat than monterey jack.

- **Thin Thin Bread:** A soft sheet of thin bread baked in a clay oven with a Middle Eastern influence. Use it in place of crackers or tortillas. Roll around your favorite filling, salad, rice, beans, or hummus, then slice and serve.

On the candy shelf—

- **Rapunzel Naturkost Chocolate:** Premium 100% certified organic chocolate from Switzerland. See Barbara Walker's PC review in this issue entitled, "A Chocolate Goodbye." Bye Barbara and good luck!

Over in the packaged foods—

- **Carissa's Strawberry Cookies:** A yummy treat without sugar, eggs, preservatives or animal fat.

And in the pasta drawers—

- **Long Ziti!** A twenty inch long hollow pasta. When asked what she finds special about the long ziti, Elynn replied, "Oh its just kind of fun." At \$1.10 a pound it's excitement on a budget!

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A Chocolate Goodbye

by Barbara L. Walker

Since this is my last article for the newsletter, I decided to try a new dessert. There are lots of new products at the Co-op, but being somewhat of a chocolate ... how shall I say it? ... freak? ... a chocolate lover (I love double entendre), I couldn't help noticing the new products of the chocolate persuasion. Fortunately for you, I had two highly qualified helpers for this taste test since I cannot be entirely trusted around the stuff. One helper almost has a Ph.D. studying the Cosmic Protein of the Universe and the most qualified of the three of us is an expert on all kinds of candy because he is seven.

First, we tried the three new flavors of Tiger's Milk bars which have that now ubiquitous term "light" written across the front of the white wrappers. This means (in this instance) that these Tiger's Milk bars have one-third fewer calories and 50% less fat than the original Tiger's Milk bars. Of course, the first ingredient is still high fructose corn syrup so remember, even though these are virtually packed with vitamins and minerals, they are still DESSERT. Think of it as a more nutritious candy bar.

Ben carefully divided the three bars into three pieces each. Believe me, a seven-year-old can be very accurate when sweet stuff is at stake. The Cocoa Yogurt Raspberry bar was deemed "good" by a seriously thoughtful Ben and "not too sweet" by the Doctor (for whom this rating is good). When I finally recovered from my ecstasy,

I rated this bar an "mmmm" but then raspberry is my favorite flavor of anything. The Cocoa Chocolate Fudge bar was "tasty, tasty" to Ben for whom the phrase too much chocolate is an oxymoron. Steve, on the other hand, rated this flavor "too chocolaty" and my discriminating palate compared this to Baskin-Robbins Chocolate Mousse Royale (not that I ever go there). The third flavor of T. M. light was Carob-coated Peanut Butter. Normally I wouldn't put carob in a category anywhere near chocolate but this is the one carob-containing food I have had that satisfies my chocolate cravings. It probably has something to do with all that high fructose corn syrup. Ben gave an emphatic "mmm" and went for the milk. (My Ben drinking milk!?!). Dr. Steve, after carefully swishing out his mouth with milk said, "It doesn't taste very much like peanut butter." I found this bar to be not as peanuty as the regular Tiger's Milk peanut butter bar, probably because of that "light" across the front of the wrapper. A footnote (of sorts) to this taste test: After reading the ingredients list of the Tiger's Milk bar to our study participants, Dr. Steve stated, "TonB is required for the transportation of cyanocobalamin (vit. B12)." There you have it: TonB, Cosmic Protein of the Universe.

Now on to the CHOCOLATE. The Co-op now has a Premium Swiss Chocolate bar made of 100% Certified Organic ingredients by a company called Rapunzel Naturkost (it has a Swiss address).

Not only that, the use of ingredients from Third World farmers supports their self-sufficiency. PLUS these ingredients were processed without harsh chemicals. This candy is as politically correct as candy can get. At 2.3 cents per gram, it is much more economical than lots of other addictive substances. And legal, too. Ben dipped his in milk and gave it a rating of "so-so." (Hide this one from the children.) Steve said "smooooooth," that is, so smooth that the oo sounds like a u. He added that it melts in your hands and in your mouth. It reminded me a little of Nutella because we tried the "Fine Milk Chocolate with Hazelnuts" flavor. I gave it my two highest ratings: "better than Hershey's" and "I want more!"

This concludes our taste test for this month. Perhaps I'll send periodic taste reviews of new products I find in Cleveland. Yes, it sounds like we're doing reverse evolution, moving to the city, but rest assured, it is merely another experiment in the great lab of life. Let me just use this space to advertise our Yard Sale (May 16 from 9 - 2 at the corner of Jackson and Pine in Pullman) and say it's been fun and meaningful, the best of combinations. Bye!

Editor's Note: Thanks, Barbara, a bunch—and many chocolate kisses to you! Now—is there anyone out there willing to fill Barbara's shoes? If so, give us a call.

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Thanks — *Jan*

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SPORT HUNTING VS. FEMINISM: TOWARD A NEW SOCIETY

by Greg Brown

Editor's Note: *These are Greg Brown's opinions. If you disagree or want to share your opinions please submit an article for next month's newsletter.*

Sport and commercial hunting is a tradition in Idaho. The proportion of individuals who hunt in Idaho is higher than the national average of 7 percent (21.5 million), but is nonetheless a minority. This vocal and powerful minority of hunters nationwide controls the

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institutions that support an annual carnage of about 200 million animals in the U.S.

But change is coming. A growing number of conscientious individuals (mostly women) are actively questioning whether there is room for recreational killing in a society that has grown increasingly violent. Of all the non-human animal abuses in our society, sport and commercial hunting and trapping activities are perhaps the most vulnerable to change. Why? There is simply no rational justification for killing based on pleasure. Less than 2 percent of all hunting qualifies as subsistence hunting. According to the National Rifle Association, it costs the average hunter \$25-a-pound to put the venison on the table. And according to the "Hunters Bible," 50 percent or more of the meat is wasted because most hunters never learn how to field dress deer. For every animal killed, two are seriously injured and left to die a slow death.

Hunters claim they are a good substitute for natural predators (which ironically, have been systematically hunted toward extinction). But hunters reverse the process of natural selection--they cull the biggest and strongest, not the weakest. Wildlife populations are managed for a surplus of game for hunters, often at the expense of non-game animals that constitute 90 percent of all wildlife. Creation of low browse (i.e., clearcutting, burning) and hunting schemes that alter the natural one to one M/F ratio are techniques that are used to keep game herds at artificially high levels.

The Wildlife Refuge System continues to be the great misnomer in our society—261 out of 442 refuges allow hunting, and trapping is permitted on 91. And yet 95 percent of the visitors to these areas do not hunt. Eight-five percent of the monies that maintain the refuge system come from general tax dollars, not hunting fees and licenses.

And what of the human cost of hunting? On average, 400 people

are killed annually and 2,400 injured in hunting related accidents. No eye examinations or psychological tests are required to hunt. Rarely has a hunter been prosecuted for killing a human being.

Numerous scholars have noted that sport hunting is firmly embedded in our patriarchal society (most hunters are male). Hunting is symbolic of male hegemony over nature and women. From a male perspective, the world is hierarchical with humans (read men) at the top of the pyramid. Male satisfaction derives from control wherein killing is the ultimate expression of control.

From a female perspective, the natural world is not a hierarchy but a set of interlocking relationships. Female satisfaction is derived from creating and nurturing life-giving relationships—seeking harmony and celebrating life.

In our society, women and animals suffer the same fate. They become the "other" against which human shortcomings are expunged. According to feminist Carol Adams:

In Genesis, it is women and an animal, the serpent, who are blamed for the fall from paradise. And it's been open season on women and animals ever since ... When Frank Purdue asks 'Are you a breast man or a leg man?' there are at least seven and a half million women who find the question insulting to both women and to animals. We know it is not a very comfortable thing to be a piece of meat.

The abolition of sport hunting is an important step in moving toward a society where men and women are on equal footing, where human and non-human animals live in harmony, where human peace is found through appreciative rather than consumptive activities, and where we celebrate life rather than consume death.

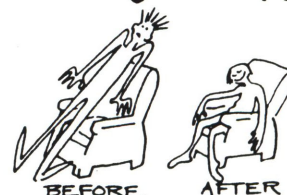
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CO-OP GAS STATION: DON'T LAUGH JUST YET

by Charlie Powell



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A number of things contribute to the quality of life we enjoy in the Palouse. For my family and me, one of those things is the existence of the Moscow Food Co-op. Now that may sound strange coming from people who aren't members and who don't shop there as often as we'd like. But we're still wrestling with the great time equation with a preschooler and an infant in the house. Nonetheless, we like having the Co-op there, so I'd like to raise a question for discussion.

How would it be if the Co-op owned a gas station?

For the sake of discussion, let's call it Co-op Gas and let's start with a brief philosophical disclaimer: we all need and currently purchase fossil fuel to some extent, and until practical alternatives to the internal combustion engine come about, we will all contribute at some point to the problems associated with mining the earth and burning fuel. I'm personally in favor of reduction of use and alternatives, but that is another article.

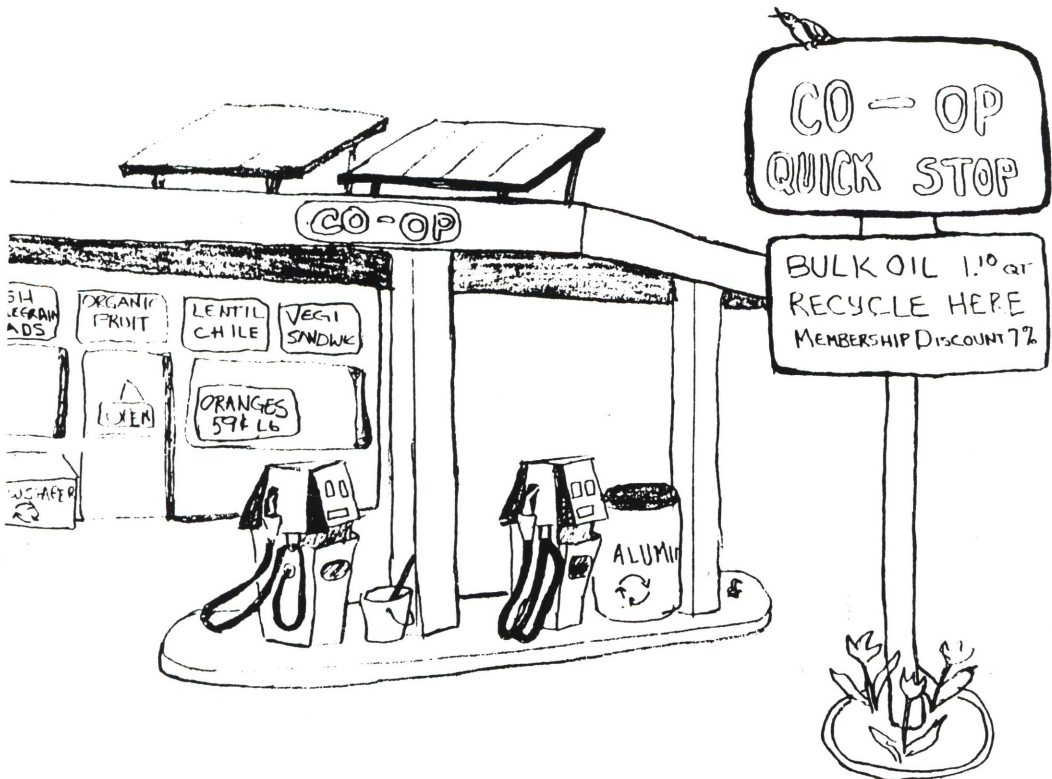
What I envision for Co-op Gas is an environmentally friendly service station. Perhaps there is a bulk fuel supplier out there who is trying to be a better steward than the other oil companies. Shouldn't they be encouraged and patronized?

Co-op Gas could at the least collect plastic motor oil containers

for recycling and put a deposit (cleverly disguised as a discount) on those containers it sells. Better yet, Co-op Gas could buy bulk motor oil and dispense it in one quart portions in the reusable, old style funnel/containers.

People routinely complain of price gouging for fuel in Moscow and Pullman. Could Co-op Gas prove that prices don't have to be as high as they are? Could Co-op Gas lure a large number of customers with a similar work-for-discount policy like the food store now has? Maybe the number of people to pull shifts at Co-op Gas would be large enough that oil changes, flat repairs, snow tire changes, and real old-time service could be part of the picture. Perhaps it could be one of those local businesses that encourages vocational training for young people as proposed by Diamond Jeffery Western's campaign for an Idaho House seat.

Imagine the regional travel coverage a 1950's style service station would get. A customer pulls in, "Ding, ding," chimes the little black rubber hose across the pump island. A pair of smartly-dressed (for effect and for the utility of uniforms) attendants skip out to the auto. "What'll it be today," says one of the Co-op Gassers as they lean near the driver's window.



Your mind can complete the scene as the various routine tasks of cleaning windshields, airing tires (solar-powered compressor of course), and refueling takes place. Could the pumps even be solar powered? Could the nozzles be the first in the area to have a vapor reclamation system? Could Co-op Gas sway the "mass transit is not economically feasible" argument by landing the diesel contract for a Moscow-Pullman bus system? So what if the diesel is a break-even proposition so long as mass transit is initiated?

Imagine a set of self-service, card controlled pumps for the maximum discount and 24-hour service. Some Co-op members own businesses that might be interested in a corporate fuel discount in exchange for a certain level of purchase each month.

Recycling bins like those under review next to the Latah County Courthouse could make Co-op Gas the first logical place to recycle since people have to stop to get gas anyway. Why ask people to gas up, then burn gas to go over and recycle? Do it all in one place (collection only of course, not processing for shipment).

Could Co-op Gas' convenience store include healthy road food versus a rack of plastic-wrapped, cream-filled, sugar and fat-stuffed colorectal cancer bullets? Gourmet coffee, fresh-baked (guess where they're baked) cinnamon rolls, wholesome sandwiches, and the like give you a picture.

Now honestly, if you had a choice, wouldn't you prefer to purchase fuel from a station that cares and is trying to make the impact of an existing situation as minimal as possible?

Well this raised more than one question, but you must admit the idea is intriguing.

The idea came as Bill London and I were gassing up my old yellow Ford to make a run to the north end of Rock Lake. London's initial reply was predictable, after a laugh he said, "Let me see it in the newsletter, maybe it will generate a few responses."

For the next hour or so we amused ourselves with the fantasy ad campaign. Slogans like, "Co-op Sells the Gas You Can't Afford to Pass," and others made the trip a little easier.

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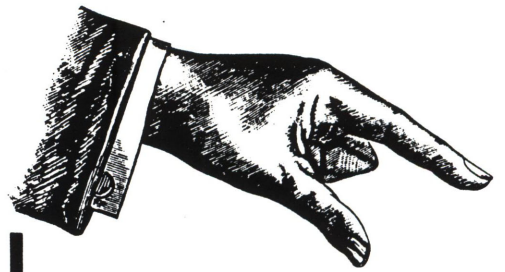
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Kid's Page

by Kelly Kingsland

Spring is such a wonderful time of year. The colors always so bright and clean. This month I've chosen a picture for you to color. Try to include some of the bright spring colors that you think the kids in the picture are seeing.

- Picture donated by BookPeople.

BE LIKE A WEED — ANNOY THE CITY

by Dianne French

Many citizens of Moscow are unaware that their city signs an annual contract to have weed spraying done along streets, alleys, dead-end barricades, and other city rights-of-way. Some citizens are aware of the contract but feel they have no power to change it. In 1990, only six letters were received by the Moscow Street Supervisor requesting that spraying not be done along the letter-writers' property. When such a small number register disagreement with a policy, that policy is viewed as having community support.

If you are personally concerned about the spraying of chemicals such as Krovar, Princep, Roundup, Rodeo, Banvel, 2, 4-D Amine, Surflan, and others on the public by-ways or near your property, then it becomes your responsibility to notify those in charge of the program. In this case you need to WRITE to Mike

McGahan, City Street Supervisor, P.O. Box 9203, Moscow, ID 83843 and express your concerns and recommendations. If you visit City Hall, you have the right to look at this (or other) contracts--they are public record. City council members and persons serving on city commissions are knowledgeable or can direct you to proper sources for information.

If citizens have an opinion about a public issue, policy, or program, it is their responsibility to make that opinion known. If a street supervisor were to receive 100 letters (instead of six) regarding a certain program, city policy would be influenced by those letters.

City policy may not be etched in stone, but it takes the interest and effort of the citizenry to effect change. Please make yourself one of the interested, informed, and influencing members of the community.

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Niles Reichardt, D.V.M.

Nancy Maxeiner, D.V.M.

communist plot





MAKING CONNECTIONS

by Nancy Collins

Because of an awkward juxtaposition of calendar events (newsletter deadline on the 20th of each month; PCEI Dinners on the 4th Sunday) this column will be focusing on an event and food that have already happened by the time the newsletter is printed—but not yet having happened at the time I write it—all to encourage you to take an interest in coming to the next month's dinner, and to try the featured foods available at the Co-op.

So, Palouse Clearwater Environmental Institute's (PCEI) March millet feast was considered, from all reports, a great success: good food, good music, great atmosphere, great company - and it made money for PCEI. Amaranth April will also be a sweet memory as you read this. In case you didn't come into the Co-op in April, where amaranth was featured all month, or make it to the dinner, here are some interesting tidbits about this "amazing grain."

Indigenous to South and Central America, amaranth was "rediscovered" in the wild in Mexico in 1972. Rodale researchers worked with growing the plant in a more northerly climate, as well as to develop ways of preparing its seed in various foods. This tiny little seed, about the size of a poppy seed, received such attention because it is extremely high in protein, and with much lysine (and iron) it is more of a complete protein than most grains.

Amaranth is a member of the pigweed family, and can be grown in your garden, using its leaves as you would spinach or beet greens. It takes lots of water early on, but then is drought resistant as it matures. One plant takes 3-4 sq. feet so practically speaking, you don't need many. Raising it for the seed, however, is extremely labor intensive in terms of harvesting, and each plant is very high yielding. This, along with its protein content, makes it of great interest in developing countries where it can be locally grown, harvested and consumed by a large available labor force.

How does this seed taste, and how can you prepare it? As a grain, cooked like any pilaf, amaranth is firm, chewy and spicy. As a flour in baked goods, used with whole wheat, it adds nutritional value and an enhanced or more interesting flavor—not at all dominant, but noticeable. A recipe is offered below, from *Creative*

Cooking with Grains and Pasta, available at BookPeople.

Coming up for the culinary adventures and PCEI supporters is Mexican Monday, on Sunday, the 31st at 6 pm at the Beanery. Bean burritos, made from organic pintos grown at Royal City, WA and sold at the Co-op will please your palate. Good food, good price, good cause: Members/Students-\$4, Non-members-\$5, Children-\$2.50 (under 5 get in free). Y'all come—and watch for those beans at the Co-op.

Mixed Veggies Stuffed with Amaranth

6 sm. zucchinis
3 med. tomatoes
3 med. green peppers
(core pulp from centers)

2/3 c. chopped celery
2 c. chopped mushrooms
(saute, add 1 T. chives, 1 tsp. tarragon, black pepper)

1/3 c. amaranth (cook like pilaf)
1 c. water
1/2 c. grated cheese

Mix sauted veggies, cooked amaranth and grated cheese. Stuff into cored vegetables and bake in 350° oven about an hour, in pan with vegie or chicken stock about 1" deep (not covering zucchinis). Enjoy!

It's a cat eat dog world.



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- :04 6th/Line (campus walkway)
- :06 SUB (North parking lot)
- :08 6th/Jackson
- :09 6th/Van Buren (courthouse)
- :10 6th/Howard
- :12 Hayes/6th
- :13 Hayes/1st (N.E. side of park)
- :14 Hayes/Bst.
- :15 Hayes/Dst.
- :16 Dst./Howard
- :17 Dst./Jefferson
- :18 Jefferson/1st (Library)
- :19 Jefferson/3rd (comm.center)
- :20 3rd/Washington
- :22 3rd/Almon (Moscow Food Co-Op)
- :24 Pullman rd./Line
(Jeff's Foods East entrance)
- :27 Farm/Pullman rd.
(East mall entrance)
- :37 Grimes/Quad Services rd.
- :39 CUB (East parking lot)
- :42 Main/Pine
- :45 Paradise/Kamiaken (City Hall)
- :48 Main/Stadium
(old Circle K lot)
- :00 Farm/Pullman rd.
(East mall entrance)

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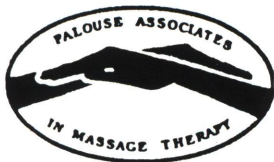
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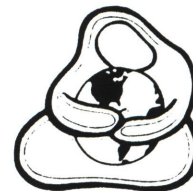
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Volunteers Find Co-op A Safe Haven

by Dana Kobe

Telugu; puerto; abris: the reason Joe Martin shops and volunteers at the Co-op. For many like Joe, the Co-op is a safe haven; a place which has a sense of community.

Joe came westward in 1985, leaving a small town in upstate New York. He spent nearly ten years of his life working for the military--time spent either training for war or driving truck. One was too destructive, the other too impersonal. "War is not the answer," he says. "It's a waste of human potential."

In 1988, Joe came to Moscow to break out of the "jail" he'd settled for. Now, his time is spent fostering face-to-face relationships with people. The Co-op allows Joe to do just that. He works two to three hours every two weeks, acting as the Co-op's moving man (which only makes sense since he's employed by Furniture West in Moscow). He loads, carries, stocks, sweeps, smiles and generally does whatever needs to be done.

You may have seen Joe walking around town: tall, dark and dog-followed. His Setter/Husky mix dog, named

C.G. (short for Curious Georgie), walks with him everywhere. Joe also likes to play basketball and make hand drums. He plans to venture into social work and counseling at Lewis-Clark State Clark to help abuse/drug/alcohol victims. Mostly, he wants to accentuate the positive in people and contribute to the heart beat of humanity.

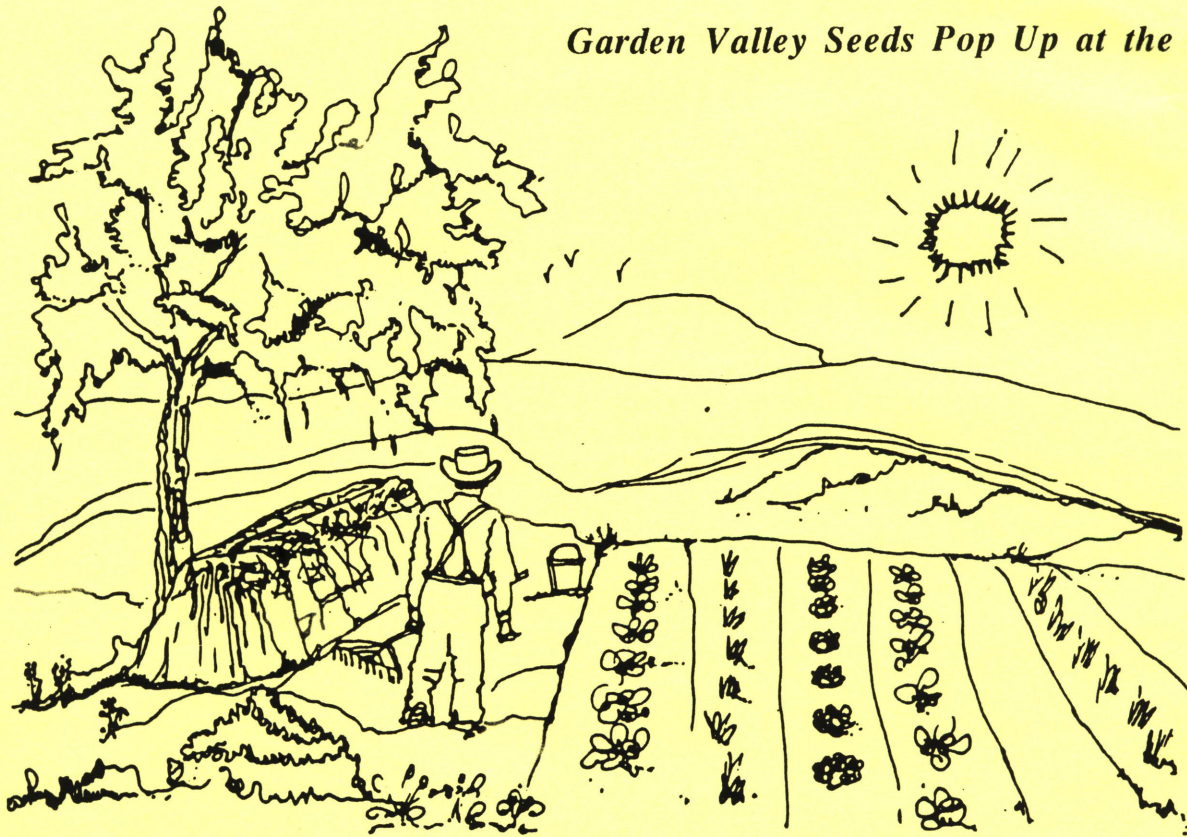
Mary Jo Knowles is another Co-op volunteer who appreciates its small, personal, "country store" atmosphere. She considers it the center of her community, where many people with the same ideas and values shop. As many of you know, Mary Jo was the Co-op's previous manager. She now enjoys, when time permits, volunteering her time and energy to install the Co-op's membership on computer. She puts in about two hours a week and says there's still a bit to go: maybe another three years.

Mary Jo is also a full-time student at the U of I and the mother of two beautiful girls, Autumn and Elise. She is currently studying to receive a Home Economics/

Education degree. While preparing herself to be a high school Home Economics teacher, she finds herself in the process of asking questions and examining Education. Her hope is to relieve problems instead of being part of them. When the time comes, Mary Jo says she would like to teach in a small school district somewhere near Moscow. But right now, it's all she can do to keep spring fever at bay.

Neither Joe nor Mary Jo seem to think the work they do at the Co-op is very special. But contributing a smile, a laugh, or a gesture of personal interaction is worth its weight in gold. In fact, that's what makes the Co-op, the Co-op, and not just any old store. (By the way, how much does a smile weigh?) It's a safe haven for those who need acceptance, a friendly face and wholesome food. Volunteers help provide this atmosphere. They play a vital role, not only in its operation, but also in the customer's experience. So thanks, Joe and Mary Jo, for contributing that "personal touch" the Co-op is so well-known for.

Garden Valley Seeds Pop Up at the Co-op



About halfway across the Rockies from here lies the lovely Bitterroot Valley of Montana, and in the heart of the valley you'll find Garden City Seeds.

Garden City Seeds is a 10-year-old organization which now has seven members. Their goal is to establish a regional source of open-pollinated garden seed, the kind you can save yourself. They find the best strains of seed adapted to the growing conditions in the valleys of the northern Rocky Mountains and the northern Great Plains.

The main difference between Garden City seeds and others on the market is that these are open pollinated, meaning they breed true to type. Other seeds sold commercially are hybrids, and the use of fewer and fewer strains of hybrids means that the old genetic material, carefully selected by farmers over hundreds of years of taking seeds from the best plants, is in danger of being lost. Open pollinated seeds are the raw material of all breeding, and are the only way an individual gardner can save back seeds for next year. (Garden City does sell some hybrid sweet corn, melons and broccoli.)

They sell seeds by mail order and have been distributing seeds to stores throughout Montana for years now. They get seed from seed producers and individual growers and they grow a lot themselves in the Bitterroot, near Victor and near Corvallis. Their seed is certified organic. Their motto is "Lettuce Give Peas a Chance."

They have farmland and a shop near Hamilton leased from the Teller Wildlife Refuge, which is a lovely refuge along the Bitterroot River. They're involved in habitat restoration work in the refuge and a variety of projects in the valley and in Missoula, including community gardens and the Missoula Urban Demonstration, easily my personal favorite acronym (MUD).

This year they've expanded west. Their northern acclimated, open pollinated seeds are available at the Moscow Food Co-op and three other Quad Cities locations. I've taken on the job of restocking their seed racks, and so far the Co-op alone has outsold the three other locations together. Doesn't surprise you? Co-op shoppers must just know good value when they see it.

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Alternative Transportation on a Roll

by David Peckham



past month has seen momentum for transportation on the Palouse.

Transit. An experimental between the U of I and

WSU was declared "an unqualified success" by Campus Link President Jerry Schutz, at the end of the week-long project operated by his company in late April. Ridership nearly doubled during the week, reaching almost 100 boardings by Friday.

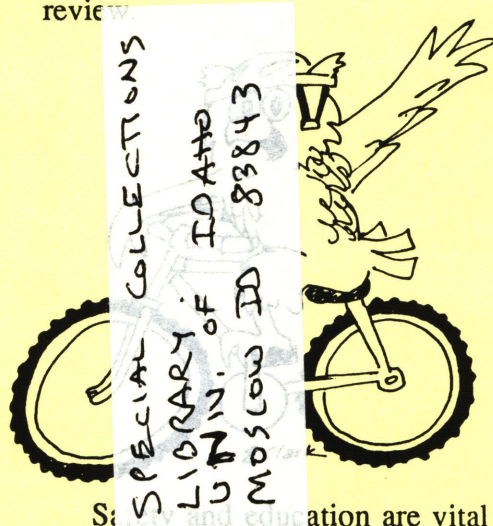
The warm reception to intercity buses sparked Schutz' interest in working with the universities for a permanent campus shuttle. A joint university committee has been working all year in efforts to contract a service similar to the week-long experiment.

Recently some people have been questioning the universities' commitment to providing bus service. Critics accuse the universities of acting with a degree of inflexibility that suggests they don't really want to do it.

If you would use bus service between Moscow and Pullman, phone or write the offices of UI President Zinser or WSU President Sam Smith. They need to hear from you.

Bicycling. Also in April, bicyclists organized around several bicycling issues. Of primary concern is the Idaho Department of Transportation (IDOT) plan to widen the Pullman highway (Hwy 8) from Line St. to the state line, with narrower slow lane sections

than currently exists. The group, known as Safe Bicycling Committee (SBC) of the Palouse-Clearwater Environmental Institute, offered a proposal for five foot bike lanes which would tie in well to the wide shoulder used by bicycles on the Washington side. Some Moscow City Council members favor the plan and it has been forwarded to IDOT for review.



Safe Bicycling and education are vital elements to making Moscow more bicycle friendly. Recently Little Bear Bike Works donated a \$600 bicycle and servicing for a year to the Moscow Police Department, who are now working it into the regular police beat. On at least one occasion, the bike patrol was issuing moving violations to bicyclists.

Disregard for traffic laws and pedestrian safety by a small number of bicyclists harms the credibility of bicycling in general.

Kamikazee bicyclists fuel the myth that bicycles are mere toys, and those who ride them are not engaged in meaningful transportation.

Bicyclists in Moscow have enjoyed the freedom of lawless mobility for a long time. This writer, with a touch of wistfulness, believes the era of bicycling anarchy must come to an end. First of all, an innocent pedestrian is bound to get mangled if it doesn't. Secondly, for bicycling to reach its potential as serious transportation, there must be recognized rules of the road to encourage the timid to leave their cars at home and ride bikes. Thirdly, those designers, engineers, and elected officials who decide how to build the roadways, can't handle chaos. If bikeways don't accomodate orderly bicycling, they won't build them.

The bicycle is serious transportation, by virtue of its unrivaled efficiency. In order for the bicycle to take its rightful place in the transportation system, bicycles will have to conform to orderly rules of the road.

We invite your participation. Comment, support, argue, help out, contact Palouse-Clearwater Environmental Institute, 882-1444. And thanks to the Bullitt Foundation, the ASUI Environmental Science Club and Campus Link, without whose support this would not be happening.

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