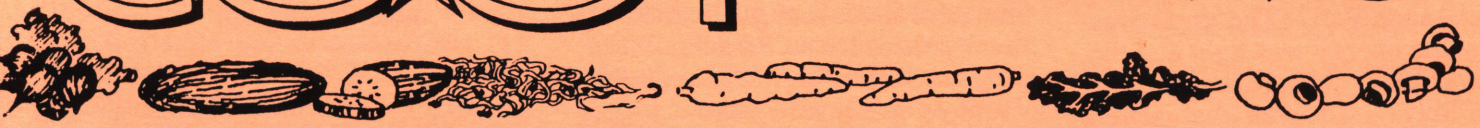




FOOD SCOOP

COMMUNITY NEWS

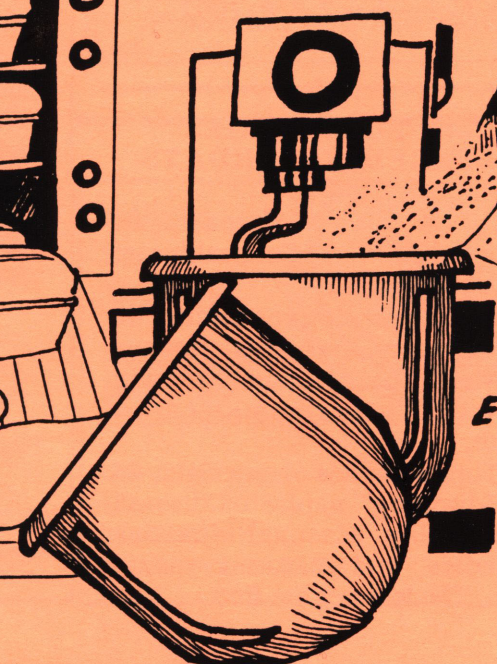
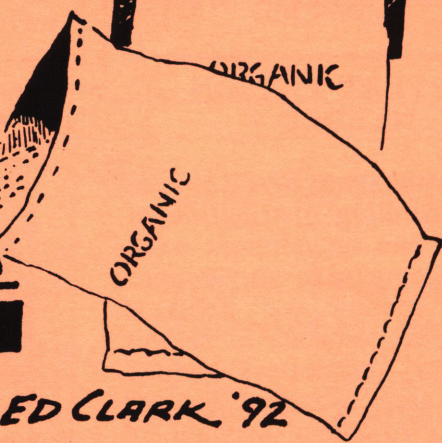
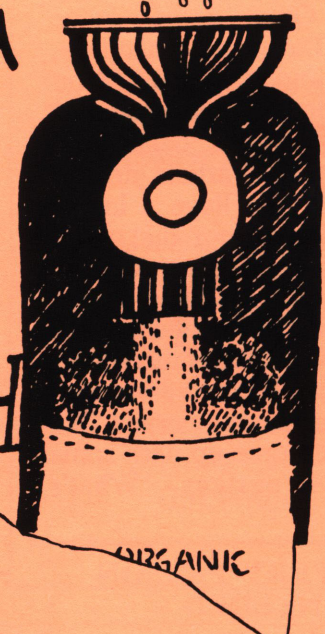
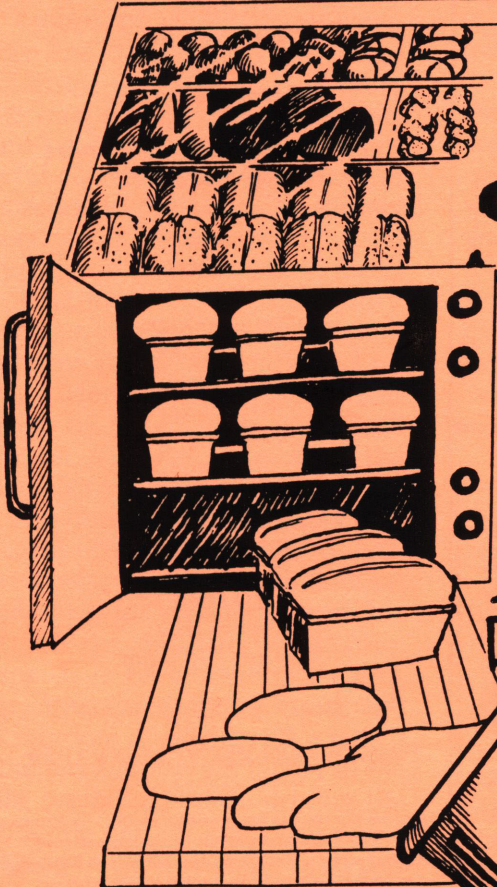


NOVEMBER
1992



see page 14

From
SOIL To
SANDWICH



ED CLARK '92

The Bazaar is Back!

by Erika Cunningham

I know, it doesn't seem right. Just the other day we were walking through the park, picking and choosing from the wonderful wares of the artists at the Moscow Renaissance Fair. The grass was green, the energy was light and the sky was blue. Wasn't that just the other day? Or was that seven months ago, and now it's November. The air is heavier, the leaves are falling, the woodsmoke is in our clothes, and it's time to start thinking about the holidays. And what better way to get in the Holiday spirit than to visit the Moscow Food Co-op Holiday Bazaar!

The Bazaar is back, and looking forward to helping you take the blah's out of your holiday shopping. Once again we've dedicated the Bazaar to local artists, crafts-people and food items. You can find a selection of sweaters and jewelry from Nepal, beads and pendants from local artists, drums, and clothing. We have a lot of repeats from last year that were incredibly popular: Scott Randall will be back with his hand-forged candle-sticks and letter openers, the folks who gave us those marvelous Woodlocks last year (the wooden elves, elk and moose carved like puzzles) have come up with some beautiful new designs. What's new?

DELIVERY PERSON NEEDED

Paul McPoland, who has been capably handling distribution of many of our newsletters each month, is going on to other things.

That means we need a replacement, someone to deliver about 250 newsletters around Moscow each month. The job includes a volunteer discount, of course.

If interested, please contact Bill London or Renee McNally at the Co-op.

And to Paul, thanks for your service!

We're trying a specialty coffee and tea section this year, both bulk and packaged. Lot's of flavors to serve after holiday dinners, or to give as stocking stuffers. Back are the local foods and gift baskets by such producers as Paradise Farm, Legumes Plus, and Mountain Star Honey. We'll also have a bigger selection of body care items, bath salts and the like to spoil the ones you love.

The Upper Crust Bakery and Take Out will be doing their thing again this year, providing coffee, tea and soups and sandwiches for tired shoppers to buy and eat at our table here in the Bazaar while they browse. They are also coming up with new and interesting (and as wholesome as they can get) treats and desserts to take home and serve.

Tired of the regular old, mail-drone shopping? Give us a try. Come in, browse, kick your feet up, have some coffee and choose from the most original gifts on the Palouse.

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Provender Season Again!

by Kenna Eaton

After crossing over the mountain pass we lost the bright, hot, sunny Palouse day, and entered into the misty weather the coastal region is so well known for. Erika and Renee were prepared for the low drizzle, while I kept putting on layer after layer of clothing in a vain attempt to stay warm. Eventually I did warm up, and so did the weather, but it took a while! It's Provender season again!

Continuing with my theme from last month of "Co-operatives" (I'll go back to Provender in a minute, I promise), let's step back and look at Moscow Food Co-op as part of a larger cooperative movement out of which so many businesses have sprung.

Co-operative enterprise is often summed up as "member owned and member controlled." This key concept is the basis of so many businesses in America. Besides consumer co-ops like MFC, there are co-ops of producers (Ocean Spray and Sunkist are two large well-known ones), and workers (who own and operate businesses as co-op members). What successful co-ops of any type have in common is a special participation in ownership. Our co-op was formed 19 years ago to bring natural foods to Moscow, a democratic work place was important to the original members and is still honored by MFC. Membership means involvement by the owners, and this is seen on a daily basis thru the volunteers and paid staff.

Provender, an alliance of Natural food stores and co-operatives, organizes an annual conference for members, held this year on the outskirts of Seattle. Three days of workshops, meetings, announcements, food and talking--lots of talking. We talked in the workshops, we talked in the halls, we talked while driving the car, while eating, and even while sleeping (well O.K., only I did that one).

Talking is something all good co-op workers have in common, we like to share ideas and ideas until we can reach a consensus, whether in a Board meeting, in the daily work place or at conferences. All three of us returned from this conference with our heads buzzing and our tongues wagging as we talked non stop for six hours in the car on the way home. Each of us received lots of different information (hey, we gave a lot too!), and we needed to sift thru all of it to reach a consensus. Well, that stage was never quite reached, as we had to come back and help the closing crew deal with the detrius of Sunday delivery, and so I can't tell you what we all learned in a nice, neat, little package.

What I can tell you is that we all found a renewed enthusiasm for our jobs, an outlet for our questions, and sources for information. You may see some of this in re-arrangements of the store, in lower prices for our grocery items (we did some wheeling and dealing), and in the enthusiasm of the staff as our co-op becomes a better place to work.

Please continue to tell us what you think of our store, for without you we wouldn't be what we are proud to be - A CO-OP!

Thanks to Frontier Herb Co-op for inspiration and information while writing this article.

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ACCESSIBLE FOOD - Part 1

by Mary Lang

I am a Moscow Food Co-op member with a professional background that includes training in architectural design and working with individuals that have a variety of disabilities. Over the past 20 years, I have been observing America's changing attitudes regarding person's with disabilities. This change in consciousness resulted in the passage of the American with Disabilities Act (ADA) on July 26, 1990.

This act, which went into effect on Jan. 26, 1991 establishes a clear and comprehensive federal prohibition of discrimination against persons with disabilities in private sector employment and ensures equal access for persons with disabilities to public accommodations, public services, transportation and telecommunications. ADA introduces enforceable standards that will, over time, help persons with disabilities live mainstreamed lives as productive, contributing members of American communities.

Upon reading in the Co-op newsletter about the proposed remodeling changes and long range business planning that is currently taking place, I felt obligated to provide information about ADA to the Co-op board members. I contacted Sara Swett, explaining that I was a member of Northwest ADA Implementation Network (NADANet) and that our organization was available to give walk-through evaluations, guidelines, and suggestions to businesses who

are interested in complying with ADA regulations.

After obtaining a positive response from the board, NADANet conducted a walk-through evaluation of the Co-op building with two areas in mind. First, we were interested in assessing the building for customers with disabilities who may want to shop there. Second, we were analyzing the building as a possible employment site for individuals with disabilities. We are in the process of preparing a report that will provide the Co-op board members with suggestions for incorporating readily achievable accessibility for persons with a variety of disabilities into their long range remodeling plans.

The term readily achievable means that the Co-op is only obligated to carry out those suggestions that don't require much difficulty or expense. Failure to comply with those changes that are "readily achievable" could leave a business open to litigation from a disabled individual who is charging discrimination.

Thank you Moscow Co-op for being among the first Moscow businesses to begin the steps toward evaluation of your facility to become more accessible to your customers and future employees.

For more information about NADANet, contact Scott Windley, Co-op member, at the Idaho Center on Developmental Disabilities, 885-6753.

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Sales Service Accessories

APOLOGY

We like to give credit where it is due, but Cynthia Rozyla's name was accidentally left off of last month's profile of Co-op Manager Kenna Eaton. Our apologies.

BREAKFAST SUGGESTION

by Gifford Pierce

3/4 T. oat bran
2 T. nine grain
3 T. sunflower seeds
4 T. oats
1 T. sugar
250 ml. water
250 ml. milk or juice
pinch salt
raisins and/or cut up fruit

Put all this in a bowl and cook it in a microwave at high for ten minutes. Take it out and let it cool. (Often I add the fruit after this first cooking stage.) Stir the mixture and store it in the refrigerator overnight. When you get out of bed in the morning, place the bowl in the microwave again for ten minutes at high. When you've finished dressing, the breakfast will be ready.

Variation is what makes this everyday breakfast enjoyable. Changes in juice and fruit provide character to the recipe listed above. This formula does not include nuts, but some might find them a tasty addition. Sometimes I add super-market cereals such as grape nuts to the mix.

The author eats this breakfast and little or no lunch even though he has an active schedule. People starting this breakfast regimen may wish to go light on the bran until they've found a level that suits their system.

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ACCESSIBLE FOOD - Part II

by Sarah Swett

On September 25th I met the team from NADANet (Northwest ADA Implementation Network) by the front door of the Co-op. What followed was an intimate and eye-opening tour of our store. Careful measurements were taken and recorded; how many pounds of pressure does it take to open the doors? Can a wheelchair comfortably maneuver between bulk beans and the pasta drawers? What is the slope of the parking lot? We explored obstacles that those of us who see, hear and walk might never notice.

As their official report is not yet in, we don't know what suggestions the team will formally propose, but a number of things leaped out at me as I followed Scott Windley, his clipboard and his motorized chair around the Co-op. Some problems were obvious and instantly solvable: moving the triangular planter by the door 18" to the left would enable Scott to get close enough to the door to let himself in. Other obstacles were more major: our current bathroom is set up so that a person in a chair couldn't possibly get in, much less use the toilet, and a blind person could easily bang his or her head on the sloping ceiling. This is a positive thinking group, however, finding solutions along with the problems. Off the cuff they suggested that we remodel the bathroom on the right, a relatively minor job, and use the current one

as a janitor's closet.

There is one major and obvious difficulty that the Co-op does have as far as making itself accessible to its handicapped members. It is the upstairs. Here the needs of the handicapped and the needs of the Co-op appear to be in direct opposition. Any kind of a lift, from a simple stair lift to full-fledged elevator is prohibitively expensive. Financially, however, it is important that we use that space whenever we can; the office is now permanently upstairs, we would love to expand the bakery and deli, and of course there is the Bazaar. It is to the long term advantage of all that we become as financially stable as we can, for only then can we begin to contemplate such additions as a lift. Clearly this is a conflict, but not, it seems, an insurmountable one.

Scott stressed that the ADA does not seek to impose financial hardship on small businesses like ours, but rather creates guidelines within which we will work as we can to make changes. For the time being we need to make sure that a good sample of what is upstairs in the bazaar is down, and that our willingness to bring items downstairs for those who are unable to go up, is clearly expressed. Let's work toward a tomorrow when our doors open easily and there is space for everyone to be a part of what we have to offer, be they employee, volunteer or shopper.

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BULK ORDERERS, WRITE!

by Ken Nagy

Are you frustrated by those hard-to-find items that the Co-op never carries? You have no other source for, say, certified organic, cold-pressed, p.H. tested and pope-blessed extra-virgin olive oil and the Co-op tells you you'll have to special order a whole case!?! Then, here's a deal for you ...

Coming in November, we will be mounting a bulletin board reserved only for bulk orderers who want to share an order with others (a kind of buying club within the Co-op). This will take some of the pressure off of the staff to carry on the shelves special requests that they know won't sell fast enough. The Co-op and it's staff will actually have nothing to do with this service, except to supply the cards (sample below) that will be used, and they will place the orders for you when you notify them you are ready. It's all up to you!

So, here's how to do it (it's easy, cost-effective and fun!). First, you fill out a card that looks something like this:

I would like to share an order of (be specific): _____
It comes in cases/sacks of: _____
It costs: _____ per _____
The amount I can use is: _____
My name and phone number: _____
(Note: The Co-op regards the above person solely responsible for the purchase.)
* * * * *
Your name and phone number: _____
How much can you use? _____
Your name and phone number: _____
How much can you use? _____
Your name and phone number: _____
How much can you use? _____



any of your order, should have some left over or a person doesn't own up to their commitment.

By taking advantage of this new service, you will help the Co-op out in many ways. First, you will be buying items that you normally would have been forced to purchase elsewhere. Also, you will be helping to alleviate some of the "space crisis" that is always an on-going problem. Also, you will enable the Co-op to make more ten-case purchases, which will bring prices down for everyone. By ordering in bulk more frequently, you save the Co-op (and yourself) many dollars by avoiding in-store handling costs, too.

So, give it a try! You'll help the Co-op and save yourself some money. And, you'll finally be able to afford some of those special things that have been missing from your life for too long.



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CUSTOMER REQUEST CORNER

by Erika Cunningham and Skott Larson

And now the latest installment in the Customer Request corner ... "Great tee-shirts, but they're all large and larger! Where are the mediums and smalls?"

Some companies only offer L's and XL's, but a lot do offer the smaller sizes. Check out the Bazaar for a wider selection of clothes and sizes.

"Kashi has been requested 3-4 times, can we get it in the store?"

We now have the one bulk Kashi I can find, but it's not the puffed kind. This one, like other grains takes cooking. If you know of a source for Puffed Kashi let me know.

"Please get the Apple-Cinn Oatios cereal you used to have. I can't remember the brand name, but it had a picture of a father with his children on the back."

As far as I know the Apple Cinn Oatios are the same brand we've carried for almost 2 years (as long as I've been ordering groceries), and that brand is New Morning. Lately they've changed their packaging, but it's the same cereal!

"Can you get dried cranberries?"

I can't find those babies anywhere! I know they're out there and lots of Co-ops sell them, but danged if I can find where they get them. If anyone has any idea please help!

"Can you get Nature's Path cornflakes? Not sweet like all the other brands."

I can get them, and have been entertaining the thought of revamping our cereal department. Until then you can special order. Anyone else who is interested in new cereals, put your request in now.

Soya Kaas Smokey Cheddar—it's the best!"

You can special order this one as well. Maybe I'll try to trade off flavors so we can get everyone their favorite kind.

"Hey! What happened to Maitre Jacques jelly?"

Hey! The supplier discontinued it. Sorry. I'm thinking of bringing in a brand called Nature's Conserve, that supports the Nature Conservancy. Let me know what you think.

"Dear Paul, Erika and Skott, you can get Ting Ting Ginger Candy at the international store in Pullman. It's Gingerlicious! Love, Matt."

Thanks Matt, from the three of us!

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SANDPOINT GETS IT TOGETHER!

by Bill London

For several years I have bemoaned the fact that, of the six food Co-ops in North Idaho ten years ago, only Moscow's still exists. I'm very pleased to say that is no longer correct.

Sandpoint now has a food co-op!

The Evergreen Market is a new co-op, a resurrection of what was there before. For a year, a core of dedicated co-ops have met and raised money to open a storefront.

It opened—with about \$7,000 in gifts, memberships and loans—in late September. Their shelves could use more stock, but they are in business. It's a fine store and worth a visit if you're in Sandpoint and ready for conversation or eats.

Their address is 1201 Michigan Avenue. Head west of downtown Sandpoint on Highway 2 (toward Priest River), and watch for it across the railroad tracks on the right. Gem State Plumbing is on the left. Their phone number is 263-1658.

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Notes From The Upper Crust

by Ed Clark

Lots of people assume that after this many years I've gotten used to waking up at 4:00 am. Let me clarify this. I HAVEN'T!

There seems to be something eternally unnatural about springing into action before sunup, dressing in the depths of darkness and bicycling down abandoned streets to enter an empty Co-op and jump starting bread production. Fortunately this odd feeling only lasts a bit and once I've gotten my jug of drinking water and a radio station picked out routine kicks in and I begin feeling OK, even good, about what we're doing in the Upper Crust.

Keeping up with your demand seems to be getting trickier for us bakers. The more we bring down each day the faster it seems to go. We're trying to keep up with your appetites but, Phew!

There are a few bakery devices that I'm lobbying for that will cut down on some of the hand work. Our space is too small to put more people on the job but we might just be able to increase production. If you happen to have a lead on used

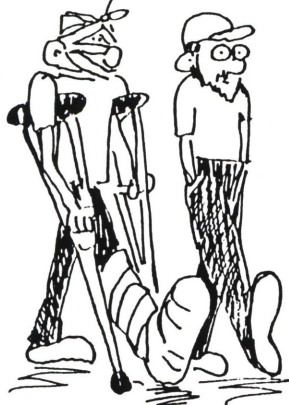
bakery equipment, please talk to me.

After a long hiatus we've gotten the peace bun dividend going once more. Peace buns are our way, with your help, of supporting local peace and environmental organizations and the good work they do for us. One nickel from each one we sell gets pooled monthly and donated to a selected group. Since this summer we've been able to help the East Moscow Mountain Community Task Force (working to save the old growth cedars), the Alliance for the Wild Rockies and Citizens for Environmental Quality. Your group can be a recipient of a monthly dividend if you fit our guidelines. Please come in and nominate yourself and talk to me. I'll fill you in on the requirements.

All of us in the Upper Crust are, once again, preparing the serve-yourself café for our Holiday Bazaar which was so successful last year. Annie and Lucy are working to provide some new goodies and some old favorites. We'll look forward to seeing you upstairs in our corner of the Co-op.

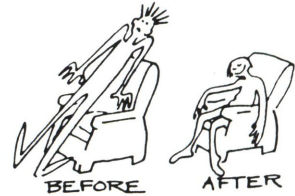
The Co-op Board of Directors is compiling a permanent list of people interested in filling vacancies on the Board. Call Sarah Swett 882-1657 if you are interested!

... SO I QUIT SMOKING AND DRINKING, STARTED JOGGING, AND DOING YOGA, BECAME A VEGETARIAN... NOW I JUST GOTTA LEARN TO LOOK BOTH WAYS BEFORE CROSSING THE STREET!



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PREPARING FOR A HEALTHY FEAST

by Cynthia Rozyla

Well, every year about this time, I start to get nervous. Life used to be so simple, we always went to my Mother's house for the holidays ... and our longstanding arrangement has been, she cooks, I clean up. But this year, being 3,000 miles away from my Mother's house, it all of a sudden dawned on me that the responsibility for the holiday meals falls to me.

Never having been a fan of the traditional turkey dinner, and being a vegetarian for most of my adult years, much of my Thanksgiving feast consisted of the potatoes, vegetables and all the desserts. So, this year, I decided that I would start a tradition of my own. A non-traditional (for my family). So, I started to research. Vegetarian Thanksgiving feast. Of course, some of the standards would be included. The fruit salad is my favorite. This dish is exactly what it indicates ... fruit. Just cut up any kind of fruit you want. I usually use grapes, pears, apples, bananas and muskmelon (more commonly known in this area as cantalope). Mix all these up in a big dish and add walnuts. Simple and delicious.

OK with the fruit salad taken care of, the next item that came to mind was the mashed potatoes and every one knows that mashed potatoes need gravy. This could be a dilemma, not having a turkey to make gravy with, so I started to research and found an excellent publication that helped to solve the problem. The November/December 1992 issue of the Vegetarian Journal (on sale at the Co-op) just happened to have an article on a Vegetarian Thanksgiving Feast. Although I haven't made it yet, I'll share the recipe found in this publication for Mock Poultry Gravy. I'm going to give it a try this year and would be interested in comparing results after the holidays with anyone else who may make it as I have been known to fail at many of the new recipes I try. However, this sounds as if maybe I could successfully prepare it.

This recipe serves 10-12 people with 1/2 to 2/3 cup gravy per person.

1 T. safflower or canola oil
1 - 1/2 C. barley flour
9 C. soup stock or half water and half soup stock
2 T. salt
2-3 T. tamari
1-3 T. arrowroot powder
1/4 C. cold water
2-3 t. sage, thyme or marjoram or a combination "poultry" seasoning (optional)

Heat oil in a cast iron or stainless steel skillet; roast flour in oil, stirring constantly until golden brown and aromatic. Start with medium heat and reduce if needed to prevent burning. Flour should smell nutty after 6-8 minutes. Transfer flour to a bowl and allow to cool for 20-30 minutes.

Whisk flour with half of the water or soup stock to dissolve any lumps. Bring to boil over medium heat, whisking and stirring constantly. Add salt and tamari and continue to stir.

Dissolve arrowroot powder in cold water and add to pot. Add herbs if desired. Stir to thicken for 8-10 minutes. Then reduce heat, cover and simmer for 25-30 minutes over low heat, with a heat deflector under pot. Stir often to prevent burning.

If too thin, simmer several minutes with the lid off or dissolve additional arrowroot in a few tablespoons of water, stir into pot and simmer to thicken. If too thick, add a bit more water.

Transfer to serving bowls and ladle over food.

This issue of the Vegetarian Journal has five pages of Vegan Thanksgiving recipes including Herbed Tempeh "Turkey" and I recommend it to everyone looking for some good holiday recipes.

The second part of my research plan for these upcoming feasts consisted of asking the friends, who I consider excellent cooks, which of their favorite holiday recipes they would like to share for publication in this newsletter. Three follow:

Cranberry Delight, from Ruth Hoffman.

1 orange
3/4 C. sugar
A bag of cranberries
1/2 C. walnuts

In a blender place the peeled orange, cranberries and sugar. Blend to the desired consistency. After blending, mix in the walnuts.

It's recommended to make this 2-3 days in advance as it will set more.

Indian Summer Crisp, from Feather.

4 C. apple slices
1 1/2 C. mince meat
1 1/2 C. oats (quick or uncooked)
1/2 C. butter (melted)
1/3 C. firmly packed brown sugar
1/2 C. all purpose flour
1 t. cinnamon

Combine apples and mince meat and mix well. Spoon into an 8" square baking dish. Combine oats, butter, brown sugar, flour and cinnamon and mix well. Sprinkle over fruit mixture. Bake at 350 degrees for 30 minutes. Serve warm or cold with whipped cream or ice cream as desired.

Pumpkin Cheesecake, from Elynn Kerr.

3 C. pumpkin
3/4 C. honey
2 T. molasses
1/4 t. cloves
3 t. cinnamon
1 1/2 t. ginger
1 t. salt
4 eggs, beaten
can of evaporated milk

Make a thin graham cracker crust in a spring form pan. In the order listed above mix in all the ingredients. When mixed, pour into the pan over the graham cracker crust. Bake for 10 minutes at 450 degrees then turn the oven down to 350 degrees and bake for 40 minutes or until set.

Cool in the oven by turning the oven off and opening the door. The top will kind of crack, but that's OK! When cool, decorate with whipped cream and pecans or a sour cream topping of sour cream, honey, ginger and pecan slices.

The Secret Life of Terry Quinn

by Nancy Collins

Perhaps I enjoy doing these Co-op employee interviews as I get to glimpse the stories behind, and within, those familiar and friendly faces we see there regularly. You may recognize Terry Quinn ... cashier for the past six months, twenty hours a week. He has a pleasant, courteous manner at the check-out counter and gets the job done efficiently. But what of the other 80% of his life (subtracting out sleep hours)?

Terry is a senior at the U of I, taking a double major in mechanical engineering and anthropology. This accounts for the fact that he will be 25 years old when he graduates next spring—a double major in two such diverse fields is like going to college twice, but at the same time.

While Terry does not consider himself a diligent student ("I don't study as much as I should," he quipped) his name has been on the Dean's list several times. After his first two years at University, he went back home to Boise to "hang out" for a year. Since his return to school he has consistently worked as well as taken a full academic load.

When asked about his prospects after graduation, he named three that seemed equally possible to him at this time: maybe going into the Peace Corps; continuing to work at the Co-op for



a while; or go to Ireland (his 3/4 Irish heritage is evident in his red hair and beard) and "be a bum"—which means getting a non-demanding job and seeing the country.

Quinn was raised Catholic, but now describes himself as atheist-agnostic—fairly certain there isn't a God but allowing for the possibility. His philosophy is based in something he's known since a lad of 12: "That everything simply is and we are." Only as an adult has he encountered the Zen and Existential writings that reflect his perspective.

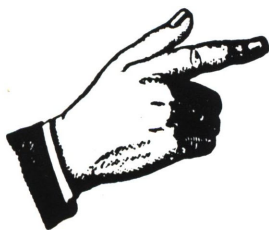
A thread runs through Terry's comments and outlook that is decidedly more upbeat than most Existentialism I've read—that of enjoying himself. "I am here, and while I am here I will enjoy myself," is his credo. While he doesn't yet have a passion, he is enjoying looking for it. And he does have a good time, often with friends: debating, arguing, discussing philosophy, bouts of video-cy; reading, and a once a semester blow-out party rank among his pleasures.

He likes to read fantasy, science fiction and cyberpunk. He remembers Lloyd Alexander, Marion Zimmer Bradley, Piers Anthony and Edgar Rice Burroughs as favorites when he was younger. Tolkien and Heinlein are some of the greats. Asked what he thought reading in these genres nourished in him—he answered simply, "The sense of possibility."



This interview was an interesting process of clarifying meaning between the way I posed a question and the thoughts they prompted in him. When I inquired as to what he finds beautiful, he replied, "I don't find beauty, things find a chord in me." He went on to describe a vibrant example: a late afternoon view down the alleyway behind BookPeople. "It was the contrast," he emphasized, "between the sunset and the lines" framing it ... for him, a moment of seeing and awareness that resonated.

Terry is currently unattached, although he teasingly said he would welcome a tall, red-haired, fun-loving young woman walking into his life—kind of a narcissistic reflection of himself he joked. One of the things he likes about his job is all the people. Only once in his half-year at the cash register has he encountered a genuinely rude customer. So he offered, "Here I am. Come on down and see me." Now there's a great attitude to walk into at the Co-op.



PCEI Seeks Dinner Volunteers

by Carol Hartman

Lively conversation on environmental issues plus a healthy, satisfying meal all in good company is what the new series of Palouse Clearwater Environmental Institute monthly dinners promises. Seeing the opportunity for a regular forum as well as a need to reorganize the dinner format, PCEI spokesman Tim Eaton said the new series of meetings will combine the two.

"We want to create the idea of a dinner plus a forum for speakers in the area and out of the area. There's nothing really like that in Moscow," Eaton said. "There's a tremendous opening in this community for something like this."

Involving other groups, such as the Sierra Club, International Student Organization, or Idaho Conservation League will help advance the forum format. Since most dinner menus have an ethic flavor and either highlight a local industry or suggest a new one, Eaton said this combination will enhance the event. Co-op members will still find most of the ingredients available in the store.

"The dinners will be on equal level with the forum. We're going to have advance ticket sales so we have a better idea of how much

food to make," he said. "It really was starting to be a drudgery--not a whole lot of participation."

This new format also promotes the idea of a community dinner. Recently, Eaton and PCEI Director Tom Lamar have run the event from prep to clean-up. With the addition of speakers, advance ticket sales and the additional publicity needed, Eaton said about 15 people will participate.

"At this level, that's going to involve up to 15 volunteers. It's a lot, but it'll be at various of levels of time commitment," he said ticking off a head chef, production manager, speaker, volunteer, and publicity coordinators.

Meetings will most likely continue in their last-Sunday-of-the-month slot and ideally in a more permanent location. Previously, the dinners were planned as a fundraiser to help pay the PCEI office rent. Some form of entertainment has generally been provided.

PCEI isn't planning dinners for November or December due to the inevitable holiday conflict.

Co-op members interested in volunteering in PCEI's efforts are asked to call the office at 882-1444.



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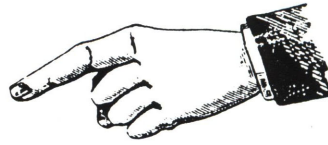
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Cold Comfort
 by Nancy Draznin



Cold and flu season has hit my home. In fact, it seems as though the whole town has had a cold involving the ears, nose, throat and chest. Fortunately, herbal remedies are perfect for treating colds and flu. Since these illnesses are viral, they don't respond to standard treatments such as antibiotics; treatment must focus on symptom relief.

The two most important herbs in treating a cold or the flu are Echinacea angustifolia and Golden-seal (Hydrastis canadensis). The Echinaceas are purple coneflowers that grow on the prairies. E. angustifolia is more effective than E. purpurea. Unfortunately it is scarce due to habitat destruction, and it's difficult to cultivate, but if you can get seeds, it should be relatively easy to grow around here. Echinacea has anti-microbial properties and stimulates lymphocytes—white blood cells that destroy invading microbes. It works best taken in tincture form made from the fresh root, and at the earliest signs of illness. Many a cold has been averted in my house with Echinacea. **CAUTION:** If it is taken too often, a tolerance develops reducing the plant's effectiveness.

Goldenseal is also scarce and expensive. It grows mostly in moist woodlands and has been over-gathered. Efforts to cultivate it have proven difficult. Golden-seal has a strong anti-microbial effect. It is especially valuable in healing mucous membranes. I usually take the powdered root in gelatin capsules about 3x/day. Unlike Echinacea, goldenseal works after a cold is already established. **CAUTION:** Golden-seal is an oxytocic meaning it can cause uterine contractions. Do not take if you are pregnant. As with other herbs, take it only when you need it, not prophylactically or for extended periods of time.

Boneset (Eupatorium perfoliatum) grows wild and weedy in the south and east. It's the remedy of choice to relieve the aches and pains of the flu. It is also supposed to relieve mucous congestion. Rodale's Encyclopedia of Herbs calls it a worthless weed, but David Hoffman stands by its long reputation. I have used it to treat aches myself, and it seems to have worked. It tastes awful.

Yarrow (Achillea millefolium) is useful for fever and grows almost everywhere. It's a diaphoretic which means it makes you sweat. It can be recognized by its cluster of flat white flowers, its feathery leaves and its pungent smell.

Ginger (Zingiber officinale) is warming if you are chilled and soothing if your throat is sore. Grate two teaspoons of the root into a cup, pour hot water over it and enjoy. It's delicious.

Pam Palmer suggested eating a whole bulb of garlic (not just one clove). Saute it in butter or olive oil and eat it on toast or crackers. I found it very helpful in relieving congestion.

Peppermint tea soothes a sore throat and loosens congestion by way of warmth, steam and menthol. It tastes good too. Hot lemon water seems to break up mucous and has lots of Vitamin C to help fight off a cold.

One of my favorite remedies when I'm stuffy is a hot bath. The heat and steam loosen everything up, and make my throat feel better. Herbs such as peppermint and eucalyptus can be added for additional relief.

So, If you try everything and you still feel lousy should you reach for the Nyquil? I don't know, it's up to you, just like taking herbal remedies is up to you. Remember, I'm not making any recommendations. In any case, may your colds and flu be few this winter.

Everyone gets a day off!

Kids

Page

November



By Felice A. Rogers

Did You Know?

During this century the highest number of people voting was only 62%!
 This means that someone who gets 75% of the vote is elected by only 47% of America.
 During the last century the government has been elected by a minority not a majority!!

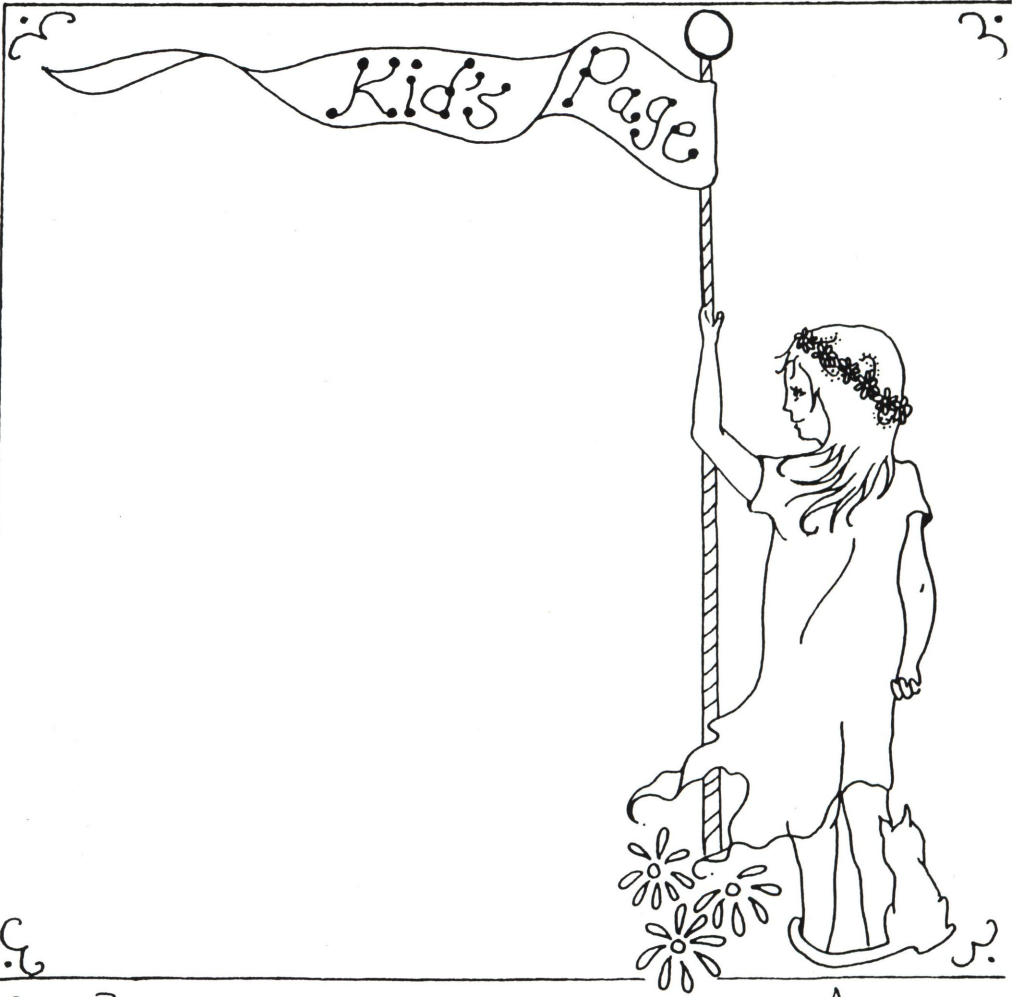
How You Can Make Play Dough!

You'll Need: 1 cup flour, 1 tablespoon oil
 1 cup water, 1/2 cup salt, 2 teaspoons cream of tartar, food coloring or tempera paint

Combine all the ingredients in a sauce pan and cook over medium heat. Stir constantly until mixture forms a ball. Knead and store in a covered container.

Thank the Earth!

As a change from the usual Thanksgiving draw a picture of what you would thank the Earth for! [If you want to, bring your picture to the co-op to decorate the wall.]



Drawn By:

Age:

From Soil to Sandwich

by Ed Clark and Renee McNally



You've just taken your first bite from a freshly baked loaf of Upper Crust whole wheat bread. A smile of satisfaction spreads across your face as you take the next bite. As you go ahead eating let's journey backwards into a local history of this commonly referred to "staff of life."

Nestled in the undulating hills of eastern Washington lies the farm of Rod Repp. Rod is supplying certified organic hard red wheat berries from his Endicott farm to Unifine Milling Company in Pullman. There it is carefully milled by Eric Wegner into baking flour and personally delivered to the Upper Crust Wholegrain Bakery. This small, hands-on bakery, located on the second floor of the Moscow Food Co-op, combines this flour with other carefully chosen ingredients to create a variety of fresh baked bread products and desserts.

These goodies are then rushed downstairs, steaming hot, filling the Co-op with delicious aromas. Wisked out of the store, to kitchen counters throughout the area this bread, which only a short time ago was bending to the wind in a nearby field, has now been made into a delicious sandwich.

Besides our assurance of freshness, this cycle offers as well the benefits of:

- Support the local economy. The purchase of this product keeps money you spend in our community.
- A healthy environment. The practice of organic farming can reduce the amount of synthetic fertilizers and pesticides in our environment. Minimizing transportation reduces fuel, vehicle and road use. Minimal packaging reduces the demand for valuable natural resources.
- Quality. We know the who, what, when, where and how our food is grown and processed. Think of how many foods you buy that you can actually say that about!

This picture offers an exciting and healthy example of a community working cooperatively. There are other examples working today in our area and there are many more possibilities waiting to be explored.



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WWII BOMBING LEADS TO PALOUSE FLOURGIRLS

by Eric Wegner, Manager of Unifine Milling Company

The Unifine milling process involves dropping dry wheat (untempered) onto a rapidly revolving "turbine" which explodes the kernel on impact, and reduces the flour to an unusually fine consistency by air turbulence. The resulting whole wheat flour has been shown to remain remarkably free of rancidity, probably because the process does not involve high moisture or temperature, which can cause oxidation of oils and denaturing of vitamins.

The first Unifine mill was destroyed in England by German bombing during the second World War. The mill's owner, Mr. John Wright, sought help from WSU (then WSC) to design and build a new mill based on a rather sketchy description of the original. In an unusual mood of academic interdepartmental cooperation, WSU agreed to design and build a mill (M.E. department), test various wheat varieties for their suitability (Agronomy), and

evaluate the bread made from the various flours (Food Science).

Wright died before he could take possession of the new mill. Robert Fulton, a farmer near Fairfield, WA, purchased the mill and in partnership with Joe Barrons, whose family had run a flour mill in Oakesdale, started the first commercial Unifine milling operation in the U.S. The partnership eventually dissolved, with Fulton taking the mill to Fairfield, where its current owner, Clarence Hamilton, produces flour under the Hamilton Road trademark. Barrons had a second mill built and continued milling flour in Oakesdale under his own label, Josephs' flour.

In 1965 WSU built another Unifine mill, in a slightly different design, to answer some technical questions about the process. In 1980, the mill was sold as surplus property to a group of university

and professional women organized by Mary Stevens, a professor of Food Science at WSU who had earned her masters' degree working on the original Unifine project.

These original "Flourgirls" included scientists, nutritionists, dieticians, educators and artists, all committed to the concepts of better nutrition and local production. Flourgirls flour is currently milled from high protein, hard red wheat grown locally in accordance to LISA (low-input, sustainable agriculture) principles. Flourgirls flour is also producing some mixes from local commodities and is starting to mill locally produced organic wheat for the Co-op and Upper Crust Bakery. On behalf of the shareholders of the Unifine Milling Co. of Pullman, I would like to thank the Co-op for inviting us to become members of the Co-op community.

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Muesli ~

2 cups raw oats

4 apples, unpeeled and grated

½ cup nuts or sunflower seeds

¼ cup raisins or dates

1 tablespoon lemon juice

Combine and eat.



Tofu Salad ~

3 tomatoes, cut into chunks

1 8-ounce cake tofu, chunked

½ red onion, sliced

6 mushrooms, sliced

¼ cup bottled Italian dressing

In a large bowl, combine all ingredients. Allow to sit up to 2 hours before serving.

'SECRET' CITY BIKE ROUTES

by David Peckham

In pursuit of efficient, humane transportation, bicycles play an important role, especially for short trips. Many people in Moscow already know that and take full advantage of Moscow's relatively friendly bicycling environment. Still, many others feel that it's too dangerous, echoing the results of a national survey which concluded that 20% of Americans would consider cycling to work if there were safe routes. What would it take to make bicycling 'safe enough' to coax this truly phenomenal number of people out of their cars and onto bicycles?

There are many components to being safe or feeling safe, one of which is having places to ride where there is little interaction with auto traffic. Bicyclists need continuous networks of routes connecting their origins and destinations. For serious transportation, this means connecting home to workplace and shopping. In large part, the best bike routes will continue, as they have always been, to be city streets shared with autos. Every street in Moscow is a bike route. Obviously some are better than others.

I would like to share with you a couple of good direct routes with very few cars, which until now, have been well kept secrets!!

Mountain View Road is a bad dream come true. It's narrow, unlighted, has no sidewalks, and serves many destinations for children. Mountain View already has lots of traffic, and as the city grows to the east, the congestion only promises to worsen. Yet two blocks to the west an ideal route for bicycling follows almost the entire length of Mountain View. Park Drive connects across Sixth Street to Cleveland and all the way to

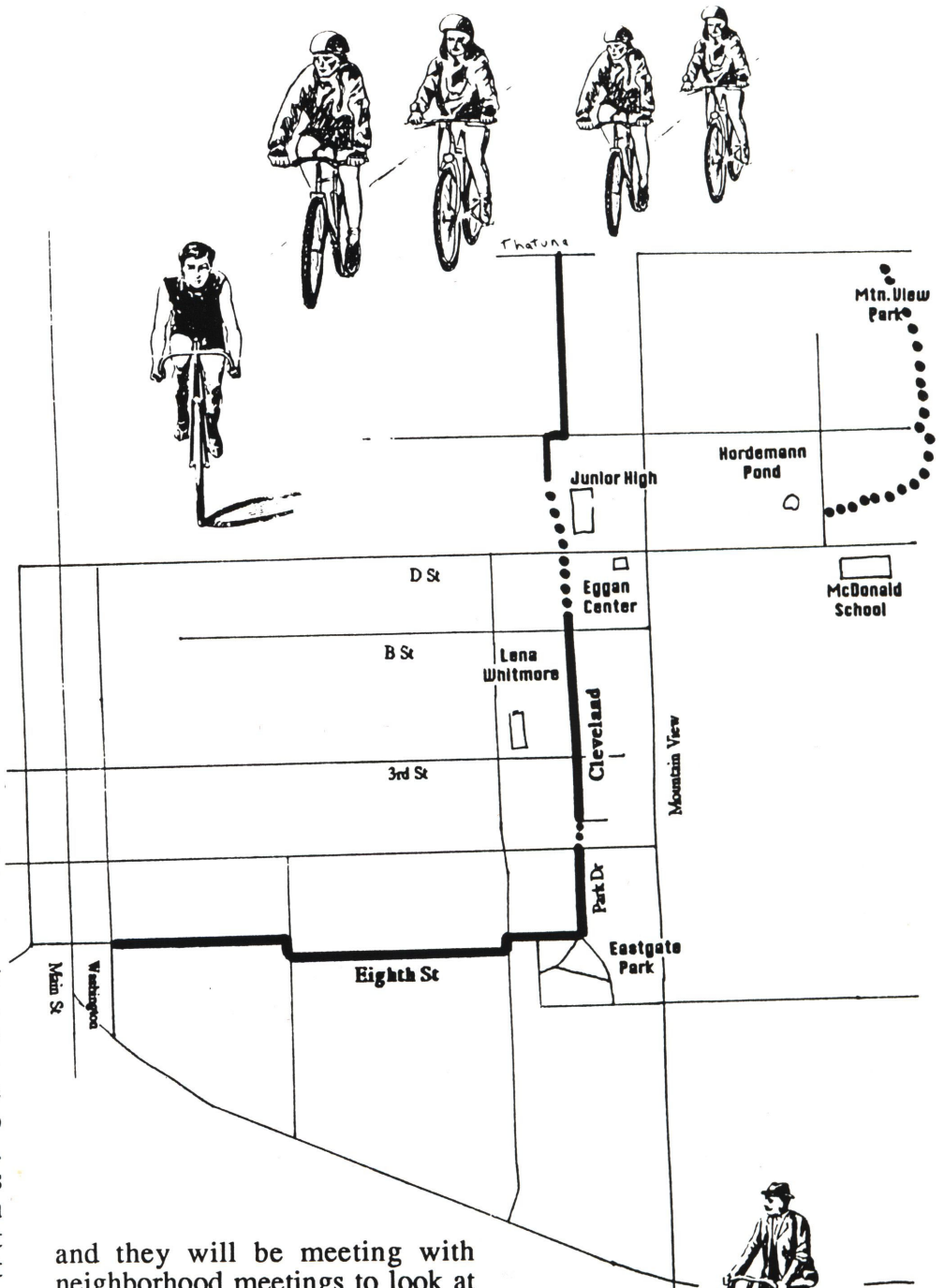
Thatuna via gravel path between B and D Streets and an opening in the fence at the Junior High. This route links important kid destinations like Lena Whitmore School, Eggan Youth Center, Junior High, and D Street to McDonald School and Mountain View Park. Explore this route with your kids, and once you're satisfied they can do it safely, they can start getting themselves to and from some of their events.

The Cleveland Avenue-Park Drive alternative to Mountain View should be improved and designated as a bicycle route. It is a secret too-well kept, that people need to know about and be able to use.

Many bicyclists use Third Street to get from Main to East City Park and beyond. One reason is that it has the gentlest slope and is fairly wide. But it also has the most motor traffic, making it undesirable for novices and wannabe cyclists. To the north, other east-west streets are either too steep, treacherously narrow, or both, for ideal bicycling. South of Third the hills are again very steep, until you reach Eighth Street. This is an excellent crosstown route for bicyclists, east of Washington. Traffic is light, and slopes are as gentle as Third. The only drawback is one-way traffic of the highway 95 couplet on the two blocks surrounding Main Street. Riding against one-way traffic is suicidal, and illegal to boot. You could ride the sidewalk, but must do so slowly to be safe. Our best hope is that the state will recognize the potential of Eighth Street to connect bicyclists from residential areas to the campus when they prepare to realign the couplet in the 5-10 years.

These two mellow places for bicycling are small parts of the bicycling picture. Much more can be done to provide safe places for bicycling. One is to make all streets safer through education of motorists and bicyclists.

Both Moscow and Pullman are looking to make biking and walking more convenient. Pullman is forming an AdHoc Pedestrian and Bicycle Committee to look at,



and they will be meeting with neighborhood meetings to look at their perspectives for improving non-motorized circulation.

Faced with the very real possibility of rapid growth, our towns have the opportunity to build bicycle and pedestrian friendly transportation into new development. Entire neighborhoods can be designed with bike and food paths connecting residential areas to schools and shopping. Share your ideas for the transportation future. The Pullman contact is Pete Dickinson, assistant city planner, 334-4555. Moscow's planner, Dale Pernula, a bicyclist himself, can be reached at 882-5553.

The map shows the Eighth Street route and the Cleveland alternative to Mountain View. Solid lines indicate where the route is on-street, dots designate a sidewalk between 5th and 6th, a graveled path between B and D Streets, and the parking lot with fence opening at the Junior High.

The Politics of American Beef

by Paul Lindholdt

During the 1980s, open-range grazing of livestock on public lands in the western United States attracted the attention of scientists, politicians, and economists alike. Critics of this practice argued that public lands leased to ranchers had been overgrazed for more than a century, federally managed for livestock production instead of wildlife, and maintained by government subsidies of which taxpayers were largely unaware.

Grazing allotment fees on federal lands stand at \$1.92 per animal unit month, a figure that represents the amount of forage a cow and calf can gobble in four weeks' time. To graze these animals on private lands costs three to five times that much. Defenders of public grazing, however, claim that federal lands are exhausted. They also claim that environmental abuses are an aspect of the past, and that the advent of the range management profession insures responsible use of land by livestock ranchers.

In the 1990s this issue has erupted into range wars rivaling those of the 19th-century Northern Plains where stockmen fiercely fought for water and pasture privileges in the Old West. Earth First! is running a campaign named "Cattle-Free by '93," while the Forest Service is responding with its "Change on the Range."

Current grazing policies, and attitudes toward stockmen and women, took shape in the 1870s and '80s when ranchers like those in *Lonesome Dove* found grasslands free for the taking. Soon, coalitions such as the Wyoming Stockgrowers Association gained power. They began openly to flaunt laws and to command the territories. They illegally ran cattle on Indian lands, lynched rustlers, and exercised political clout far beyond their numbers.

When the dust had settled on the conquest of the Old West, less than 50% of the land area of the 11 western states remained held in public trust. Today, grazing takes place on about 80% of those federal lands, including national wildlife refuges and even national parks. That's just the way it is.

The politics of questionable land use are matched by the politics of beef as food. Much beef contains high fat content and dangerous chemical residues. It also endangers the well-being of third-world peoples insofar as growing it requires tons of grain that could be used for humans. Now, too, pediatrician Benjamin Spock has spoken out against feeding cow's milk to human infants; it's too fatty and impure, he says. Many scientists are recommending we diminish bovine production or halt it altogether.

Those industries that produce beef products may be hurting. Americans have grown wary of beef-heavy meals and are supplementing them with seafood, poultry, and dairy. Fast-food restaurants are selling more and

more chicken particularly. The Japanese, on the other hand, still pay premium prices for beefsteak, the fattier the better, an international economic fact that takes up some of the slack caused by an increasing American distrust of red meat.

The huge scale of beef production should cause us to pause. About 1.28 billion cows inhabit Earth. In the U.S. they consume over 70% of the grain produced, requiring 16 pounds of grain to generate a single pound of meat. In the US they excrete at a rate of 230,000 lbs./second. Globally, meantime, 40 to 60 million people are dying each year from hunger-related diseases.

Lynn Jacobs is an activist and founder of the Ranching Task Force, a group opposed to public lands ranching. Ranchers pay tiny grazing fees, Jacobs claims, and receive roughly two billion tax and private dollars in subsidies annually. Ironically termed "welfare ranchers," most such businessmen are well situated; many are millionaires. Jacobs says these public lands ranchers cause more environmental harm, thwart more public uses, and wreak more political injustice than any beneficiaries of public lands.

In his book, *Waste of the West*, Jacobs advocates banning livestock from public lands and buying out the West's 30,000 public-lands ranchers and their property. He also proposes the reformation of a Department of Public Lands (DPL) office to restore the ecological integrity of our much-abused federal estate.

Americans are noticing the effects of cows on public lands. Great Basin National Park in Nevada, the most recently founded of our national parks, plays host each year to hundreds of Herefords and Angus cattle. They thundered through my camp there in 1988, when a ranger confided to me that the park was founded only by means of a costly quid pro quo with local ranchers: that their herds be allowed to graze the park forever.

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More public lands managers are turning activist than before. Don Oman, a 26-year veteran of the U.S. Forest Service (USFS), received death threats from Idaho ranchers in 1989 when he tried to reduce the number of cattle in his Sawtooth district. Cowed by pressure from militant local ranchers, Oman's USFS bosses "suggested" he leave the Twin Falls area he calls home. Oman instead blew the whistle on his bosses, gaining attention of the media and President Bush, thereby managing to keep his job.

Along with the USFS, the Bureau of Land Management (BLM) is supposed to manage open range, but that office has been badly hamstrung both by budget cuts and by the reprisals of powerful grazing coalitions. Under Ronald Reagan, our cowboy president, the BLM range management budget suffered savage cuts. In 1981 it stood at \$55.5 million, but by 1988 it had been slashed to \$34

million. BLM and USFS grazing programs operate regularly in the red. That is, more public money goes out to maintain and restore rangelands trashed by cattle than comes in from grazing fees.

The power of the livestock lobby, the system of welfare ranching, the environmental and health hazards of raising and eating meat, the effects on global food production—these matters are prompting research and political activism around the world.

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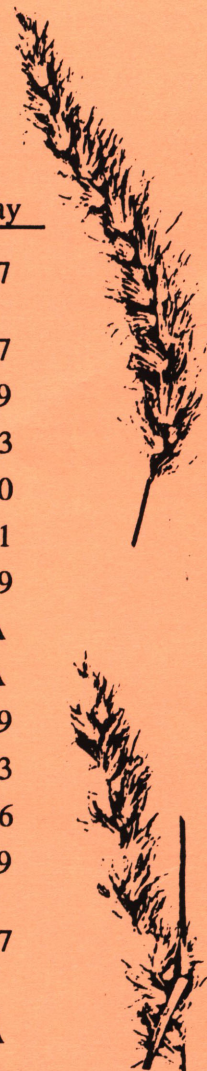
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MOSCOW FOOD CO-OP PRICE COMPARISON
by Michele Johnson

Item	MFC	MFC-18%	Jeffs	Tidymans	Safeway
Whole Wheat Pastry Flour (per #)	.33	.27	NA	.37	.37
	Organic	Organic			
Unbleached White Flour (per #)	.30	.25	.20	.27	.27
Brown Sugar (per #)	.62	.51	.59	.59	.59
Baking Powder (per #)	2.59	2.12	1.31	1.39	1.13
Cocoa, powdered (per #)	2.78	2.28	4.99	4.49	4.90
Raisins (Per #)	1.47	1.21	1.58	1.44	1.91
Eggs, grade AA large (per doz.)	1.23	1.01	.87	1.47	.89
Egg Replacement (per #)	4.56	3.74	NA	NA	NA
Eggless Chocolate Cake Mix (per #)	1.32	1.08	NA	NA	NA
Butter (per #)	1.73	1.42	1.43	1.29	1.39
Cinnamon, ground (per oz.)	.49	.40	.66	.66	1.13
Nutmeg, ground (per oz.)	.77	.63	1.65	1.44	1.06
Vanilla Extract (per oz.)	1.62	1.33	1.10	1.92	1.89
Artificial Vanilla Extract alcohol free (per oz.)	NA	NA	1.00	.13	.17
Other Flavorings:					
Almond, alcohol free (per oz.)	1.46	1.20	NA	NA	NA
Peppermint, alcohol free (per oz.)	1.85	1.52	NA	NA	NA
Maple, alcohol free (per oz.)	1.49	1.22	NA	NA	NA



SOME OTHER CONSIDERATIONS AGAINST GAMBLING

by Ken Nagy

The reservation gambling issue that is being voted on this election is a complicated one, much more so than is being talked about in the mainstream media. There are far too many factors involved to discuss here in a short article. But, voters must realize that they are now more directly involved in an affair which is but one example of a larger problem—namely, the battle for control of the reservations.

Most whites seem to have a genuinely benevolent attitude toward the native Americans and therefore may allow the legalization of gambling on Idaho's reservations (as it has become in several other places in the U.S.) on moral and economic grounds. Morally, we may feel that it is high time for whites to stop meddling in the affairs of Indians. We may also believe that casinos would be a move toward more autonomy and economic stability on the reservations.

It is a mistaken perception, however, that even the majority of Indian people are unified in such a struggle. The Mohawk people of New York State recently fought—often violently—within the tribe over this very same issue. It was a conflict between the Traditionals—

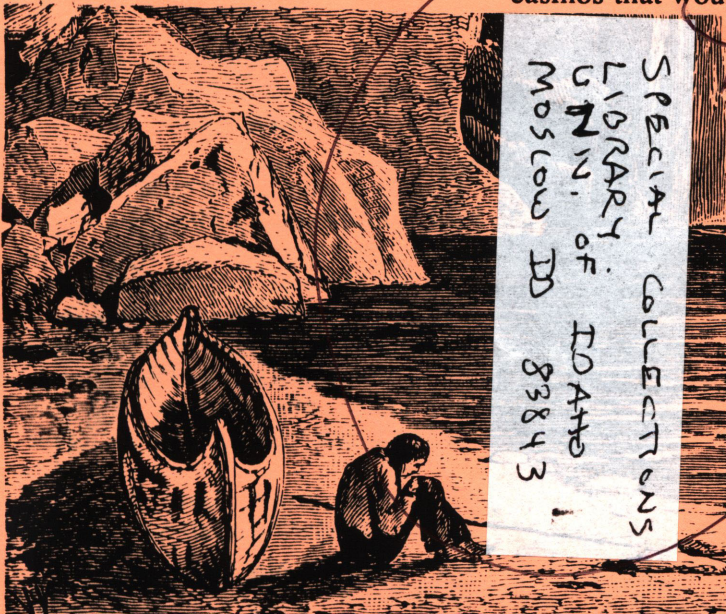
those individuals who adhere to the traditional culture and thus oppose such white influences as casino gambling—and the more "progressive" Indians, who have no qualms engaging in any activity that may appear potentially lucrative. This conflict of traditional vs. progressive has erupted on perhaps every reservation at one time or another, including the Pine Ridge in South Dakota where it was particularly bloody and led to perhaps more than 300 murders in the first half of the 1970s (this was the subject of the movie, *Incident at Oglala* which recently showed at the Micro, and was also examined in-depth in Peter Matthiessen's excellent book, *In the Spirit of Crazy Horse*). In this case, it was the attempt to legalize the sale of alcohol on the reservation, the drive to lease or sell-off tribal lands, and other attempts at economic "progress." On the Hopi reservation, the battle between Traditionals and the progressive Indians precipitated actual, physical splits in villages.

The Traditionals' views tends to be, quite justifiably, that the white's always have much more to gain by the adoption of white culture than do Indians. In the case of gambling, it would be the primarily white businessmen that would finance and build the casinos that would make a killing.

The Indians would be the crumbs (the menial jobs, the tacky tourist etc.) and these Indians become even more the eyes of white. Furthermore, it would be away from self-sufficiency now they would be in a never-ending chase for the tourist dollar—not an industry. And, become of the reservation should the state legalize everywhere? What of these wage-slaves and their bosses no longer corner on the market?

These pseudo-special privileges which we grant the Indians out of our own white-guilt always turn out to be a curse in the end. Someone—generally, though not exclusively, with a light complexion and lots of money—always figures a way to use such opportunities to perpetuate the cultural genocide that has been directed against the traditional Indian ever since Europeans landed here. Thus, it is not culturally condescending or unjust to maintain the ban on reservation gambling. And, it would be even more justified if we moral, concerned people also put a stop to the state-operated gambling scams, such as the lottery, that are currently plaguing us, too.

Handwritten notes in a circular stamp: "Mts Dept 310 W. Moscow ID 83843" and "83843".



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All Levels-	11:30-12:30 pm	Jane	\$50.00
Beginning-	5:15 - 6:45 pm	Martha	\$55.00 lg. room
Level I-	5:15 - 6:45 pm	Paul	\$55.00 sm. room
Beginning & Level I-	7:00 - 8:30 pm	Jane	\$55.00
Friday			
Gentle-	9:30 - 11:00 am	Jeri	\$30.00
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