

FOCUS

COMMUNITY NEWS

National Cooperative Month



October 1992

PEOPLE TO PEOPLE SHARING CAMPAIGN

by Kenna S. Eaton

Way back in May we were asked to participate in a program designed to help promote and support developing co-operatives both here in the U.S. and in Third World nations.

Now October (National Co-operative Month) is here and it's finally time to start putting all the posters, ad copy, photo & collection cans to use in our Co-op to see how much we can help others.

This Co-op was started with an enthusiastic, but poor, group of people back in the early seventies. The funding initially came from two grants of about \$10,000, and a lot of volunteer work and time from people in the town. The Moscow Food Co-op (originally called the Good Food Store) was started to bring bulk natural foods to an area where they weren't available. After a lot of years of struggling financially—and working to be accepted in the community—we finally succeeded. Now it's our turn to help others as we were helped in the past.

Co-operative development organizations help people and

communities provide themselves with the basic goods and services they need through the creation of locally-owned and controlled co-operatives. These organizations give people a chance to break the cycle of poverty and take control of their own lives. Today there are millions of people still struggling to improve their economic and social conditions. Co-ops can be started for any reason—food, shelter, jobs, childcare, marketing of products, electricity (like Clearwater Power around here), transportation, equipment, or anything.

The "People To People" sharing campaign takes the motto "Give people a fish, they eat for a day. Teach them to fish and they eat for a lifetime" to heart. One-quarter of all funds collected in the month of October will be exclusively for consumer co-op development projects in the U.S., the rest for overseas.

You'll find donation cans at our cash registers throughout the month. Please support co-op development by contributing your spare change, or any amount you think is appropriate.

ANYONE CAN SHOP HERE by Bill London

The Co-op is not a "members only" store. In case that message has not been getting across, Ed Clark painted a four-foot square sign above the parking lot entrance door. The sign reads: "everyone can shop, anyone can join."

Also, two signs proclaiming "Upper Crust Whole Grain Bakery" are planned for the east and south sides of the building.

Furthermore, while you're noting signs, check out the specials painted on the window in day-glow color mid-week.

TEACH PEACE

A LOVE LIE by J. Thaw

Editor's Note: This poem is repeated due to a typographical error in the version that appeared several months ago.

All the celebrations and laughs
all the conversations and kind words
are nothing
all the fresh air and exercise
all the savory edibles and potables
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Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

The Latest From The Suggestion Box

by Skott Larsen and Erika Cunningham

Over in the bulk corner hanging on the east side of the bean bin is a beautiful brown "suggestion board." You can recommend anything to the Co-op by simply writing your request on a slice of paper and hanging it there. The really clever or uplifting ones remain there for a couple of weeks, the rest are compiled to read. We welcome your ideas and input! Here's a sampling ...

1. Please order #4 coffee filters, cone style. *Response:* We've always had the #4's in stock, but they could have been easily missed with our remodeling projects. You'll now find the filters in the new herb and spice room (the old office). After many requests and a long search we found a supplier for Pure Paper Filters.

2. What happened to the Bittersweet Rapunzel Chocolate? Where did it go? *Response:* It's been so popular with chocolate lovers throughout the states that not even Willy Wonka would be able to produce enough to meet the demand.

3. Please order large bottles of tea tree oil and the tea tree oil ointment. It's great! *Response:* Look for them in the body care section.

4. Thanks for getting the unsalted butter. *Response:* You're welcome. In case anyone else is interested the pound-sized unsalted butter is in the freezer.

5. What happened to the toasted "organic" buckwheat groats? *Response:* The toasted groats were a mistake. They came in instead of the raw groats, got stocked and had to stay. We regularly carry

untoasted buckwheat groats which are stocked in the bulk grain bins. There is still some toasted in a bucket below the regular.

6. Please re-stock the Earth's Best Baby food in jars and baby food grinders. *Response:* We've tried to sell them before, but they were so expensive we couldn't get rid of them. However you're welcome to make a special order with a 10% discount off the shelf price. Or check out the Rosauer's selection.

7. Dear Paul, we can't find the Ting Ting Jahe Ginger Candy from Indonesia that you requested. If anyone knows where we can find it, let us know. Also, you may want to try the Mitoko ginger candy that we carry.

8. Could we carry jams, jelly or marmalade in bulk or at least large affordable sizes. *Response:* We've been working on adding larger sizes as the smaller ones sell out.

9. Please reorder Hains no-oil dressings in packages. *Response:* Hains discontinued them.

10. Kashi in bulk would make a fine addition to our cereal selection at the Co-op. *Response:* Look for it in a bucket by the bulk granolas.

11. I'd like to see a bulletin board for customers to request sharing special orders since I just can't use or store 30 pounds of butter, but could if others would split the order with me. Thanks, Ken. *Response:* Ken, great idea! We think it's wonderful that you'll put that board together for the Co-op. As soon as we've finished the remodeling we should have a space for it. Anyone will be welcome to ask for help in sharing a special order.

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A Brief Co-op History

by Kenna S. Eaton

While rummaging thru files of "stuff" we had accumulated over the years, prior to moving the offices upstairs, I found this gem compiled by Terry Lawhead and printed in the Palouse Journal in 1984. Now seemed like a good time to add to it and reprint it. We've come a long way in the last (count them!) 19 years, but I feel we still represent the original spirit that this Co-op was founded with back in 1973.

Co-op Chronology

1973: Rod David, Jim Eagan, and David and Katie Mosel open the Good Food Store on Second Street (currently the site of a barber shop). First month's sales: \$126.88, second month's sales: over \$1,000.00.

1974: The Co-op incorporates; 25 members. A community action grant helps the Co-op move toward self-sufficiency.

1975: Growing continually, the Co-op moves to a new location on South Main (now a part of Kinko's). The name is officially changed to Moscow Food Co-op.

1976: Co-op organizes the Farmers' Market to provide a meeting ground for buyers and sellers of fresh local produce. Eventually the city takes over, and moves it to Friendship Square. Also this year, the Co-op goes together with other regional co-ops and forms the Equinox Food Exchange to serve the region's whole food needs.

1978: In the fall of this year a bigger store becomes imperative and the Co-op moves to 314 S. Washington (now an Art Gallery).

1980: The Co-op fights to survive intense competition from supermarkets by trying to become more inviting to a broader cross section of the community.

1981: Declining sales and membership trends continue; supermarkets seem to be on the way to another monopoly.

1982: Sales still decline; the Co-op gets aggressive about broadening their appeal. Cookware, coffee, imported clothing, and other non-traditional items are brought in.

1983: Sales start upward; memberships increase. Co-op keeps working to strengthen their assets, both social and financial.

1984: Remodeling: new paint, new flooring, new floor plan.

1985-1988: Sales continue to increase, wages are increased and the Co-op keeps getting stronger both financially and socially.

1989: The Co-op moves to its present location on 3rd Street! It takes a lot of hard work, and plenty of people, but we finally accomplish it all. AND NOW WE HAVE A PARKING LOT ...

1992: We've come a long way since we started 19 years ago, but many of the same people are still involved, and the Co-op spirit remains strong. We continue to grow with the support of people like you. Be a part of this community by being involved with the Co-op.

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BUS UPDATE by David Peckham

Wheatland Express has lowered prices for bus pass booklets to one dollar per ride. The price change was designed to encourage more people to regularly ride the bus for commuting between Moscow and Pullman. The regular weekday fare is \$1.50 per ride, so the new commuter tickets (available at the Co-op) save you 50¢ per ride.

Another change during September is the addition of Saturday service, at one dollar per ride. Pullman residents may now take the bus to Moscow's Farmers' Market on Saturday mornings. Buses run from 9 am to 4 pm.

To further encourage ridership, WSU Parking Services offered full refunds for parking permits through the end of September. Partial pro-rated refunds will be available until early February for you late converts to the bus.

It is crucial that all of us who have bemoaned the lack of transit on the Palouse use this fledgling service. There's a cynical saying that goes, "everyone wants buses so that everyone will ride them." Try riding the bus—give it a chance, so you can make an informed decision as to whether or not it meets your needs.

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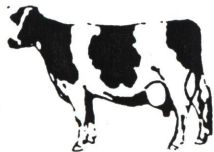
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UPDATE ON THE NUMBERS FROM A "BEAN" COUNTER

by Mare Rosenthal,
Co-op Board Member

The Co-op had a record sales day in September, as well as strong steady sales since I last reported the June 30th, mid-year results.

The results of operations for the eight-month period ending August 31, 1992, are as follows:

Net Sales	558,168
Cost of Goods Sold	- 379,831
Gross Profit	178,337
Operating Expenses	- 205,900
Other Income & Expense	394
Net Loss	- \$27,169

The net loss has decreased by \$2,000 over the last two months. The cost control measures that were put into effect earlier this year are working and we are making up some of the loss that occurred in the first part of 1992. Projected numbers for the four remaining months of 1992 show that sales must increase and costs must be maintained at current levels (or lower) in order to make up the \$27,000 loss to date. The fourth quarter of the year has historically been the strongest, especially last year with the Bazaar.

What else can we do? As members, we can support the Co-op by shopping at the Co-op as much as possible. I was very happy to discover that Moscow had a Co-op when I moved to the area. I would not be content shopping at conventional grocery stores.

In addition, with the holidays approaching keep in mind that the Co-op carries a variety of gift items, as well as every day food items. Start buying those gifts now in order to relieve the stress of last minute shopping. The Co-op has limited storage space and will run out of some items when demand is high. Gift Certificates are also available!

FAMOUS CO-OP MEMBERS, VOLUME 3

by Bill London

Nancy Taylor has been regularly jetting around the US as a member of the National Organic Standards Board. Taylor, a Co-op member who works for the Palouse-Clearwater Environmental Institute as the program coordinator for sustainable agriculture and eco-art, was appointed to that national board by the US Secretary of Agriculture, Edward Madigan, in January of 1992.

It sounds like a big deal, and it is. This board's responsibility is to create national standards for organic certification for food and fiber production and processing. The board was established by the Organic Food Production Act of 1990 to advise the Secretary of Agriculture on those certification standards. Taylor is a founding member of that board, appointed to a renewable three-year term.

Since January, she has attended two meetings in Washington, DC, one in Minneapolis, one in San Francisco, one in Fort Collins, and one in Sacramento. At press time she was in Maine.

Taylor is the chair of the Materials Committee, which is responsible for developing the list of material inputs—like fertilizers and pest controls—that will be allowed on organic foods nationwide. Though the amount of work required is equivalent to having another job, she does this for no payment other than a reimbursement for expenses and travel costs.

"It's a lot of hard work, but it's exciting to be involved in the first national organic standards," she said. "This is something to go down in the history books."

"When we're done, the label 'certified organic' will have consistent meaning nationwide."



Kids Page

By Felice A. Rogers

Halloween is Saturday the 31st!

Who or what do you want to be?

Recipes You Can Make!

* Make sure you ask your parents before you make anything! ** 😊

WITCHES CAULDREN

4 cups cranberry cocktail
4 cups apple cider
2 cinnamon sticks
1/2 teaspoon ground nutmeg




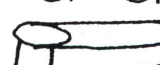




Put everything in a saucepan.
Cover, heat, and simmer for 10 minutes.

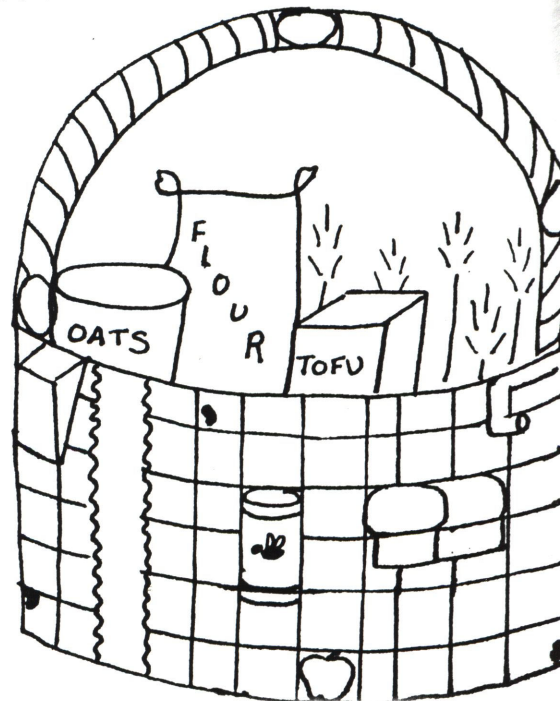
TOASTED PUMPKIN SEEDS



Remove the seeds from a pumpkin.
Wash the seeds and pat them dry with a towel.
Grease a cookie sheet with 1-2 Tablespoons melted butter.
Spread seeds on the cookie sheet.
Sprinkle salt over them.
Bake in a 300° oven for one hour until seeds are golden brown & crispy.

Find these in the picture!

a lasagna noodle 
three beans , a loaf of bread
a water faucet , 
a jar of honey , an apple 
three eggs , a cheese 



NOTES FROM THE UPPER CRUST

by Ed Clark

Seems like its been a while since I've written this column (something to do with deadlines) so I have many bits and pieces of info to catch you up on.

In case you're new to this area or to the Co-op you'll want to know that the Upper Crust is our in-store wholegrain bakery located upstairs (of course) from the sales floor. Our mission is to provide fresh, wholegrain, made-from-scratch baked goods to our community every day of the week. We strive to use natural and organic ingredients for the well being of our customers and our environment. The Upper Crust also includes a take-out kitchen which provides fresh soups, sandwiches, salads, spreads and desserts Monday through Saturday.

You'll find our bakery case in the Co-op behind the cashiers and we fill it every morning beginning at about 8:30 am. We offer whole-wheat and cornell white everyday and add 2 or 3 specialty breads each day. Look for our bread schedule by the bread case.

(Cornell formula adds wheat germ, powdered milk and soy flour to unbleached organic white to make a nutritional, high protein white bread.)

Now that you know what we are I should tell you who we are. As well as myself, the Upper Crust staff includes Anne Hubble (fast food Anne) our take-out chef, Ariana Burns and Lucy Gallardo, assistant bakers who work the wee hours and keep the goods coming. Our newest colleague is Ken Nagy, bakery assistant, who fills the case and keeps us shipshape. Along with the staff we are greatly helped by a dedicated group of Co-op volunteers who come in early and help us out with all kinds of tasks.

While I'm mentioning staff I'd like to note that Kris Siess, the Assistant Bakery Manager for the past 2 years, has moved on to other pursuits. Kris developed many of the breads we bake and without his dedication and energy the Upper Crust would not have achieved its current success. Thanks, Kris.

Now on to your questions and

comments. Thank you for all your compliments. We like to hear what you have to say and we'll work hard to be deserving. Your criticisms are also important to us. It keeps us on our toes and our quality high.

A recent customer suggestion was to make more bread because the cases are always empty. Well, we're trying. We walk a fine line between too much and too little and try to base our amounts on current sales. During those hot days toward the end of summer we had \$15-\$20 a day spoilage. Then, all of a sudden, when U of I started up we had record sales and we've been increasing ever since. Some days the response is overwhelming and we can hardly keep up, but we'll keep trying.

We've gotten good response for our wheat-free spelt bread and one customer even credited us with saving her son's life. We can make most any product from spelt including pizza dough, but it should be special ordered. Unfortunately, spelt flour comes from only one source and it is very expensive so the price will reflect this. Finally, a serious critique from a customer who noted fewer raisins in the English muffins. I promise this was unintentional. We're not getting stingy with the goodies. Sorry it happened and I'll start throwing in some extra for a while to make up.

We try for consistency in the products we make but since we bake from scratch without automation and with various bakers, you might notice some diversity. If you have any problem with anything from the Upper Crust, please bring it to our attention because we'd like to fix it. We'll cheerfully give you a replacement, credit, or a refund.

These days we're gearing up for the 2nd Annual Holiday Bazaar with plans to bring back our popular help yourself cafe with a bounty of new things to try. Any suggestions? Recipes?

Notes from the Upper Crust has once again come to a close. If I've forgotten anything I'll have to put it down for next month (if I can make the deadline).

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Bicycles and Sidewalks

by David Peckham

Downtown Moscow is full of people these days, especially now that nearly every downtown restaurant has outside tables. The crowded sidewalks make bicycling there more dangerous than ever.

Hey bicyclists! Haven't you ever had someone scream past you on a bicycle while you were walking down the street? Wasn't it frightening?

I recently had a shouting match with a friend who was zipping up and down the busy sidewalk near Friendship Square. "I'm not going to hit anyone," he assured me. "I know how to ride a bike."

That's not the point. Sidewalks simply are not designed for fast-moving vehicles. Sight distance clearances aren't built in or maintained. Motorists don't expect and therefore don't look for speeding objects. Speeding on sidewalks is dangerous in any part of town.

Pedestrians are unpredictable. They weave all over the sidewalk without signaling. They appear out of nowhere from doorways. It's just a matter of time before one of them steps out in front of a speeding bicycle on a sidewalk. It won't be pretty. The bicyclist will be at fault, even though the pedestrian didn't look both ways before leaving the store, or turned abruptly across the sidewalk without signaling.

Bicycles are allowed to ride on Moscow's sidewalks, but under Idaho law they must yield to pedestrians. When passing pedestrians from behind, bicyclists must make an audible sound to alert pedestrians of their presence.

Cities can enact ordinances prohibiting bikes from some or all sidewalks. I don't want that to hap-pen. Biking slowly on sidewalks is totally appropriate for kids, and riding with kids, for local access, and for those who are uncomfortable on the street. But they must ride slowly.

I'd like to see a speed limit on sidewalks that our bicycle patrol can enforce. Five miles per hour is a quick walk. A bicycle traveling twice the speed of walking does not belong on crowded sidewalks, and should be ticketed.

We wouldn't have these problems if the bicycle weren't such a marvelously versatile tool of transportation. If the bicycle's versatility is abused through recklessness, the authorities will hobble it.

Bicycling on sidewalks is a privilege, not a right. If we abuse it, we'll lose it. So if you're in a hurry to bicycle through downtown, please use the street.

Two Poems
by J. Thaw

ONE VOICE UNHEARD

No telephone less friends,
minds and bodies in an age of
immediacy and convenienced
indolence down wires away from
footpaths into prevailing illiter-
acies, to communicate feelings.

ONE VOICE UNHEARD

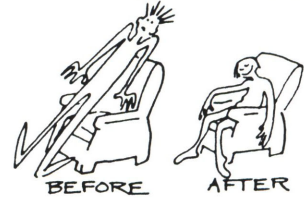
silence is golden they say
I say it is usually inestimable

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HERBS FOR PREGNANCY

by Nancy Draznin

For centuries midwives used herbs to aid women who were having difficulty during pregnancy and birth or to ensure a successful delivery. Today midwives use herbs because they are effective and balanced remedies and because in most states they are prohibited from using standard medications due to the medical/pharmaceutical industry's control over the birth process.

On their own, pregnant women use herbs to ease the common and minor discomforts of pregnancy such as nausea. Some very knowledgeable women have been known to take powerful herbal preparations to induce labor. I can't recommend anyone doing that except under the supervision of a caregiver, but I can share with you some remedies that I have found helpful. Remember that if you choose to use any of the remedies I'm describing you do so under your own responsibility.

Red Raspberry leaves (*Rubus idaeus*) taken as a tea or infusion have a long and respected reputation during pregnancy. Red Raspberry leaf tea is said to be an excellent uterine tonic and will speed labor. It can be drunk freely throughout pregnancy.

Ginger can be combined with red raspberry leaves in case of nausea or morning sickness. It also helps relieve motion sickness which feels a lot like the dizziness and nausea of early pregnancy.

Nettles (*Urtica dioica*) are an excellent tonic and very high in iron. They can be gathered and eaten fresh, just steam them and save the water to drink or use in soups, or you can make an infusion of dried nettles. Be sure to wear long sleeves and thick gloves when gathering nettles as they have a painful and persistent sting. They are recommended for anemic conditions.

Yellow Dock Root (*Rumex crispus*) is also useful for anemia. It works by increasing the

utilization of iron from foods. It also has a mild and controlled laxative effect which can be welcome in late pregnancy. As I have mentioned before, its action as a blood purifier has proven effective in treating yeast and impetigo, in my experience. It tastes awful.

Many midwives and herbals recommend the use of **Squawvine** (*Mitchella repens*) during the last six weeks or so of pregnancy. It is said to prepare the uterus and the whole body for birth, and to aid in a speedy delivery.

The following herbs are best used under the supervision of a knowledgeable caregiver. It's important to keep in mind that herbs can be quite powerful. **Black Cohosh** (*Cimicifuga racemosa*), for instance, should not be taken before the onset of labor. When it is used it has a specific action for a specific problem. It's usually used to treat a labor that is stalled due to uterine inertia. It can induce labor if it's taken before term. **Blue Cohosh** (*Caulophyllum thalictroides*) is also appropriate only during labor. It can aid when contractions are ineffective due to uncoordinated uterine activity. **Birth Root** (*Trillium erectum*) contains a female hormonal precursor which the body can use as needed to normalize itself. It has astringent properties which make it useful in the case of hemorrhage. **Shepherd's Purse** (*Capsella bursa-pastoris*) is rich in vitamin K which helps the blood to clot. It's good to have on hand in case of hemorrhage.

Of course there are other remedies that may be appropriate before you turn to herbs. The best insurance for an easy labor and a healthy baby is excellent nutrition with adequate calorie and protein intake. Discomforts such as indigestion can be relieved by eating a small amount of sprouts or plain lettuce. Nausea can be avoided by staying away from foods which exacerbate the

condition and by eating several small protein snacks throughout the day and during the night.

A stalled labor can be turned around by a change of scenery, a walk or dealing with fears. A serious hemorrhage needs immediate medical attention. Shepherd's purse could be part of the treatment but shouldn't replace competent and speedy care. Of course you should always work with your caregiver in this sort of situation and consider her advice.

After the baby is born **Echinacea angustifolia** is said to help when there is a fear of post-partum infection. If you are concerned about milk production, many herbs have historical reputations for increasing the milk supply including those in this recipe for a mother's milk tea:

1-2 oz. nettles (more for anemic mothers)

1 oz. each of red raspberry leaves
blessed thistle leaves
catnip leaves
spearmint leaves
crushed fennel leaves

Combine all and steep 1-2 tsp. in a cup of boiling water for 10-15 minutes. Fresh **borage** (*Borago officinalis*) leaves and blossoms are also famous for helping the milk supply. Adequate rest, an intake of about 3,000 calories (from excellent sources, of course), plenty of liquids, and relaxation are keys to plentiful milk. If the suppression of lactation is desired a tea made from **sage** (*Salvia officinalis*) may be taken.

If your perineum is sore from the birth, sitz baths are often soothing and healing. To speed healing and keep infection at bay keep up the good eating habits developed during pregnancy and get plenty of rest. If you'd like to add herbs to your sitz bath the following combination is reported to be very healing: comfrey root and leaf, uva ursi leaf, goldenseal root, one peeled clove of garlic, and sea salt. Steep this in boiling water and add the resulting tea to a hot sitz bath.

We've Had Kenna At The Co-op For A Decade



Ten years of commitment were what it took for Kenna Eaton to reach the position of Co-op General Manager. Kenna began in 1981 as a Volunteer Cashier after moving here with her husband Tim. It was a long trail from her native England. Kenna moved to the United States at the age of 11 and was raised in Delaware. A vacation to visit her best friend from high school who was living in Missoula became a permanent move when she saw an advertisement for Moscow and the Moscow Food Co-op in a copy of "Well Spring" Newsletter. After visiting the area, and checking out the Co-op, it was decided, Moscow is home.

In 1982 Kenna was hired at the Co-op as a co-coordinator, which was the title of each of the three employees. The Co-op at that time was not in the best of financial

positions, and it was the job of each of the staff to run the store jointly ... everybody doing a little bit of everything. The summer meant forced layoffs without pay and the rest of the year the co-coordinators depended on volunteer labor to make the Co-op run. The Co-op was open fewer hours a day, only 6 days a week and according to Kenna "things were definitely on a shoestring."

But, the Co-op continued to grow and prosper. Twice Kenna took maternity leave which really meant she quit and was hired back. In 1989, the second time Kenna was hired back, it was as produce stocker. The next year she became the produce manager and last year was promoted to General Manager. Kenna comments "it has definitely been a learning experience for me. Things have really changed!"

Now as General Manager, she oversees a staff of 20. Business has multiplied, and so have the responsibilities since those early days. But, the staff still does a lot of cooperating. Part of Kenna's job is to oversee the day-to-day operations, but she also needs to be flexible. On any given day you may see her filling in as cashier, stocking produce or marking baked goods.

As far as what she would like to see as the future of the Co-op, Kenna mentioned first that she would "like to see us continue to grow" and to achieve financial stability ... the type of stability that would mean the Co-op would get to the point where we "don't need to worry about where the money comes from." With any excess Kenna said the Co-op would be able to be more involved in the community, expand the building, etc. And, the best way to reach that point is to continue to have real commitment from shoppers. To make sure that the Co-op is meeting the shopper's needs, Kenna emphasized that input from customers is essential. As the Co-op expands, more selection of

items is available and more of the shoppers needs can be met at the Co-op. Along with commitment from customers, it's imperative, according to Kenna, to keep down costs, on the staffs' end, while still offering the selection, quality and service that we, as customers, have come to expect from the Moscow Food Co-op.

Weekends you'll probably not see much of Kenna. She's with Tim and Robin (7) and Caitlin(5) at their property in Deary, reading, gardening and just being a full-time mom. But during the week, you'll find Kenna, working as the General Manager (or covering any number of positions) to make sure that the Moscow Food Co-op continues to grow.

DO YOU LIKE TO EAT?

by Bill London

Anyone who shops at the Co-op and likes to eat great food should plan on being at the Moscow Food Co-op Potluck Extravaganza on October 17 (Saturday) at 6:30 pm. The Co-op will supply the beverages, and it will be up to all of us to supply the edibles.

The potluck will be held upstairs at the Co-op. That will be your last opportunity for the entire year of 1992 to see the upstairs room empty, before the Holiday Bazaar fills it with grooviness.

This potluck is organized to celebrate National Cooperatives Month (let's all cooperate now) and to be the kickoff of a series of Co-op potlucks for the winter (if you have a suitably open home and want to sponsor a wintertime potluck, please contact Kenna).

This message includes a special invitation to all new Co-op members / shoppers / volunteers: please come to this potluck, meet new friends, stuff yourself with yummys, and then go home invigorated and satisfied.

Profile of Co-op Volunteer Cyndy Fedorovich

by Alan Jay Solan

Talk about the road less traveled.

While advertisements were urging travelers to "go Greyhound," Cyndy Fedorovich decided to "go Grey Rabbit."

And she married the driver.

Grey Rabbit was the name of the alternative cross-country bus line that ferried travelers between Berkeley and New York City that Cyndy rode in 1979 to visit her sister in California. Michael Fedorovich, the man who later became Cyndy's husband, operated the bus line for seven years before the rising price of gasoline drove him from business.

Cyndy, Michael and the couple's three daughters—Melissa, 15; Stacey, 8; and Emily, 5—moved to the Palouse from California about a year and a half ago. Cyndy's been a volunteer at the Co-op for nearly a year.

But it wasn't the California on the postcards the family left, Cyndy is quick to point out. There were not sandy beaches or skyscrapers in their neighborhood. They lived in the high desert in the northeast corner of the state where they raised goats on the open range.

Cyndy says neither she nor her husband had any kind of agricultural background—they just both happen to like animals. They bought one goat and then another and by the time they left the desert for the Palouse their herd had grown to 90.

Now living in Viola in "a nice home in the woods on the back of Moscow Mountain," Cyndy and Michael are out of the livestock business. They have some horses, some chickens, a dog, a few cats and "a handful" of goats.

"Just enough for our own milk and cheese," Cyndy says.

Cyndy and her husband are both originally from Maine, although they didn't meet there. Apparently, Cyndy's from somewhere not many would have heard of: When asked the name of her



hometown, she replied, "Uh, central Maine."

Asked how they came to settle on the Palouse, Cyndy said they had a friend who lived here who invited them up for a visit. They immediately fell in love with the area and moved here a month later. "It's a friendly, family-type community," Cyndy says.

Although their children are now in the public school system, the family practiced home schooling for seven of the 13 years the family lived in California. Melissa, who was home-schooled during her entire elementary school years, first attended public school in Idaho.

"Academically she did fine," says Cyndy. "But she had a few things to learn about the social aspects of school."

Cyndy said that when the children were being home-schooled they enjoyed it and thought learning was fun. "Now they come home from school and say it's boring."

Still, Cyndy says, she's glad her two younger daughters are attending West Park Elementary School in Moscow, because it's different than many schools in that it has students from around the world—children of international students attending the University of Idaho. "I think it leads to a more natural acceptance of people who are different," she said. "It's a good exposure for children."

Emily is enrolled in West Park's kindergarten program at the UI campus, and Stacey is a second-grader.

Cyndy, who stocks and occasionally cashiers on weekday mornings at the Co-op, says the thing she enjoys most about the store is working with and meeting the friendly people.

"The actual work is almost secondary," she says with a laugh.

SPAGHETTI FEAST

by Carol Hartman

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Co-op members looking for a good, old-fashioned spaghetti dinner can satiate their appetites and support a good cause at next month's Palouse Clearwater Environmental Institute (PCEI) dinner. Set for Sunday, October 25 at 6 pm, the fundraising dinner will be held in the basement dining area at the First United Methodist Church, 322 E. Third Street in Moscow. The dinner begins at 6 pm and will feature some musical entertainment, promised PCEI board member Tim Eaton.

As always, the group's menu selection for these monthly events is tied to local products.

"The idea behind the spaghetti is that brings it down to the local level that there's a great opportunity here for someone to set up a spaghetti factory," Eaton said. "We're right in the middle of wheat country, where farmers specialize in the soft wheat for pasta."

PCEI tries to highlight new ideas for business and agriculture as well as use local products at the dinners. Attendees will learn where the products came from and how producing or buying the necessary ingredients generates local benefit. Many of these items are regularly found at the Co-op. Eaton said he and PCEI Director Tom Lamar plan to buy whole wheat spaghetti noodles and many of the sauce ingredients from the Co-op. Co-op members and shoppers have a wealth of pasta choices available, ranging from frilled egg noodles, ziti, and manicotti shells to sesame, artichoke or soy spaghetti noodles as well as wheat-free or vegetable

powder (spinach, tomato and beet), rainbow fusilli bucati or soba 40 percent buckwheat noodles. All these items are available by bulk and range in price from \$1.13 to \$1.36 per pound. Some packaged pasta is also available: red bell pepper and basil rotelli spaghetti, spinach spaghetti and a supergrain pasta which promises 40 to 50 percent more protein than other noodles.

The PCEI dinner will feature a traditional red, tomato-based spaghetti sauce that members can easily replicate at home with items found at the Co-op. Tomatoes are available canned, pureed, in paste form and fresh in a variety of sizes or already prepared into a tasty spaghetti sauce. Olive oil is sold packaged and in bulk quantities as are Italian seasonings and garlic. For the finishing touch, romano, mozzarella and parmesan cheese are sold grated or in brick form. The Co-op's garlic jack cheese is often a tasty topping alternative.

Co-op shoppers may also enjoy some of the instant sauces stocked on Co-op shelves: tomato pesto, alfredo, creamy pesto and pesto. With just a few minutes preparation, a tasty sauce is guaranteed.

Eaton emphasized that while the PCEI dinner ideally raises funds to pay the office rent, the idea of a community meal is also important. He and Lamar hope to start a committee to plan and run the dinners and focus more on this concept. Volunteers wanting to assist with meal preparation and clean-up are welcome. The dinners cost \$4 for members and \$5 for non-members. For more information, call the office at 882-1444.

Elect

Diamond Jeffory Western

Democrat Representative Position 5B

Paid for by Committee to Elect Diamond Jeffory Western, Cope Gale, Jr., Treasurer, Box 8182, Moscow, ID 83843

FROM THE LIKES OF LUDIE MAE

by Renee McNally

I believe my Grandmother was a bit confused over my curiosity for red soil as I pulled our car over to the side of the road and leaped out to dig my hands into the freshly tilled field. Rows and rows of flowering cotton plants stretched ahead in perfect uniformity. Red clay, so rich in color that I refused to wash my hands for several hours so I could admire its hue whenever my hands came into view. We were traveling the Casen Corners Road in rural Oklahoma to see my Great Aunt Ludie Mae Dutton. Grandma had warned me as we drove into her driveway that Ludie Mae is "rather old fashioned." Half an acre was planted in black eyed peas, okra, corn, potatoes, tomatoes, and purple pod beans. Brilliant purple, and maroon flowers crawled up the old well. The visit was brief but Aunt Ludie Mae's parting words still linger in my mind, "People have forgotten the old ways. Now I don't just mean canning up your tomatoes and beans for the winter. People have forgotten how we are all in this life together. How we are all part of a community. And what happens to me, happens to you."

Less than a week later I was interviewing one of the local farmers, Jay Feldman of Texas Ridge Farms outside of Deary, Idaho. Again as I drove up his driveway what struck my attention was the blackness of the soil. It was the ending of the season and the beginning of the next. Jay had

two workers helping him pull up his plants that had been hit by frost. More and more of the black clay became exposed to my eyes as I rested against a post and admired the closing of a beautiful autumn afternoon. Both women looked weary but peaceful. With hands black from the soil they wheeled their last load of dead plants to the compost pile. Jay paid them an equitable wage based upon a relationship of respect and need to give of himself back to the community. Ah, community. I was beginning to see the connection.

"Texas Ridge Farms expands past these 80 acres in possibilities. I want the people who work here to know they are part of the whole picture, that they can positively affect their environment and community," Jay said. If they know this then they pass that on to the other people in their lives and this sense of responsibility for the earth and people we live with blossoms out from there in an endless chain.

"I draw a lot of positive psychological and emotional strength from knowing these people, sharing in their efforts to affect change in their lives and their community," he continued.

"It's easy to fit into the sense of community here in Moscow. At the Farmer's Market I get a chance to know my customers, get feedback each week about what they tried the previous week and

basically feel good about what I am doing. And we make enough money to live on and try this again next year."

How do you feel at the close of this season Jay? "Glad. Glad it is over. Tired."

What will you do different next year? "Well, the open market sales on fresh produce are as unpredictable as the weather. For mainly economic reasons, I will focus more on prepared foods than the fresh produce."

Jay grows a wide variety of fresh produce. He sells his produce to the Moscow Food Co-op, area restaurants and at the Moscow and Spokane Farmers Markets. Jay's talents continue with the creation of exotic taste treats made from what he grows in his garden: homemade jams, herb vinegars, spicy olives, complex curries and much more. Recipes they have collected and experimented with from their travels to other countries contribute to the overall allure of his prepared products.

For Jay and his partner Yvonne Taylor, their purpose is to live their belief that "food production should be locally controlled by many small farmers who can provide the local needs with perfectly fresh and nutritious foods, rather than centralized growing that requires picking underripe, shipping long distances, cold storage, and too often, poisonous chemical use." Texas Ridge Farms does not use synthetic sprays for fertilizing and pest control.

Last Saturday was probably one of the last times I'll see Jay and Yvonne at the Co-op as a produce supplier. They had some extra winter squash left over from the Farmer's Market. Unfortunately I already had more than my share of squash as well. Later I found out that often they give what is left over from the Market to the Food Bank here in Moscow.

Community. I do see the connection. The old ways are still alive.



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Alternatives to Feedlot Beef

by Paul Lindholdt

BAD FOR US, BAD FOR THEM,
BAD, BAD, BAD...

EDITOR'S NOTE: This is the first in a three-part series on the consumption of beef and the political, nutritional, and environmental impacts of that consumption.

Whether or not you eat red meat, you might like to know that some people are working to change the way American beef is grown.

Among those people is Jeremy Rifkin, a one-man slam campaign who would steer us away from big-business beef. His book, *Beyond Beef*, is causing some commotion for its thrashing of the cattle industry. One reason it's making such a noise is that Rifkin swears most global malnutrition and starvation would cease if we took the grain we grow to fatten beef and fed ourselves instead. "Ourselves" means the world community, including the Third World.

Since Upton Sinclair published *The Jungle* in 1906, a novel condemning US meat packing for its filth and abuses of human labor, no writer has slighted American beef producers as much as Rifkin. He miffs an industry renowned for its political clout, an industry we still imagine to be run by folks as honest and as independent as Gus in *Lonesome Dove*.

Rifkin's apt to alarm some people because he demonstrates persuasively just how corrupt the beef biz has become since it began to flourish in America in the late 1800s. Special privilege and political power ensured—and ensure—that a few huge beef conglomerates would dominate the marketplace. Now, in a political climate favoring big business, even the US Department of Agriculture (USDA) must buckle underneath the pressure.

Industry standards grow more lax when our government cuts funds that keep supposed watchdog organizations like the USDA operating efficiently. Same with the Bureau of Land Manage-

ment and the Environmental Protection Agency. It's no exaggeration to say the current administration hinders our will to grow good food. Cutbacks assure that fewer safeguards get enforced to prevent slipshod slaughterhouse sanitation. And the overuse of livestock chemicals like antibiotics, pesticides, and the bovine growth hormone (BGH) continue to proceed unchecked.

Jeremy Rifkin spearheaded the movement to keep BGH off dairy farms. He winningly convinced the family-farm coalitions to join him in his cause. Now he's appealing to organic farming groups to support his *Beyond Beef* campaign, which he says will take some 20 or 30 years to reach its desired goal—to cut American beef consumption by half. Rifkin previously published books designed to thwart genetic engineering of plants and animals, the patenting of animals, and ozone depletion.

Rod Repp also is trying to change the way meat is grown. He raises all-natural beef on his farm, Rare Soil Care, near Endicott, WA. "The legal framework's not in place yet," Repp says, for USDA to grant him the right to use the term "organic" when he sells his meat, even though he grows his own organic barley, wheat, rye and oats to feed his animals. He administers no medicines, hormones or dips; his cattle are fed in open pastures not feedlots. Beef from animals fattened in feedlots, he explains, is usually heavily medicated.

One of the maladies that affects feedlot beef is known as shipping fever, a consequence of overcrowding conditions. Farmers give their livestock what are known as 7-way shots to prevent the multitude of illnesses that can develop in beef being mass-produced. The bulk of chemicals enter the animals after they leave the farm, Repp says, after they

reach the feedlots to be bulked up for slaughter.

Those sound like convincing reasons, if more reasons were needed, to buy food locally. But isn't it peculiar how few local buying options we find to factory-feedlot beef? Repp points out that many local communities—Moscow, Pullman, Colfax—used to have processing plants, but they have dried up or been driven out by regional conglomerates. To and from those distant sites our home-grown beef must go. What happened to commercial-scale local processors? Go figure.

People like to mythologize the West as a place where the cattle still roam openly in order to feed a hungry nation. Yet few steaks found in the grocery store start as free-ranging and contented beef at home on the lone prairie. By most estimates, only 3% of American cattle are raised on public lands. The bulk of the other 97% are dehorned, tagged, branded, injected, castrated, fattened in feedlots, slaughtered in factories.

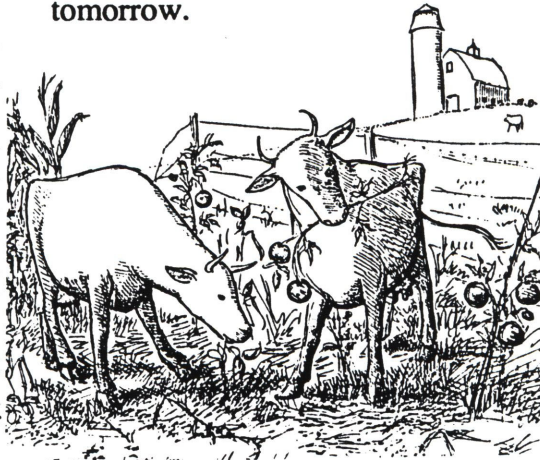
Repp doesn't castrate his bulls. He doesn't make steers. He says "fixing" animals only helps create the marbled effect that fattens the meat Americans prefer. And fat, of course, has been indicted in a recent study of women in Boston that linked cancer with heavy beef consumption. Add to that the already overwhelming evidence linking fats to heart disease, and the medical consequences of feedlot beef seem weighty indeed.

But personal reasons for cutting back or eliminating beef consumption aren't enough, Rifkin argues. The environmental consequences of beef production—in Europe, in tropical rain forests, and in the American west—are also staggering. We are just learning how far food production impacts ecosystems. That's what makes it nice to know that folks like Repp are advocating and practicing wiser livestock production values.

His organically-grown beef is available at only one retail outlet, the Garfield Meat and Locker Company in Garfield, WA. Repp does sell sides of beef at his ranch—if you're interested call him at 509-657-3400. He is also a grower of organic grains and legumes and is one of the primary suppliers to Moscow's Paradise Farms Company. Those same organic grains are fed to his cattle.

Repp offers an alternative to those shrink-wrapped and styrofoam-packed slices we buy, slices sprayed to retard the brown color that naturally occurs, slices cut from cows fed drugs. Those cuts bear little resemblance to the beast itself. Presentation, the cosmetics of food, matters greatly in America. So does texture. Repp is the first to admit his meat might be more chewy as a consequence of its lower density of fat.

That chewy texture is just one of the tradeoffs we must be willing to make if we choose to adopt alternatives to feedlot beef. Also we will have to pay a little more, and we must settle for meat packaged with less polish. We can either avoid beef utterly, support farmers who raise it wisely, or consume the product of factory farms as if there were no tomorrow.



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Cucumber (each)	.29	.24	.39	.59	.33
Broccoli (per lb.)	.79	.65	.89	1.09	.79
Tomatoes (per lb.)	.69	.57	.69	.99	.89
Organic Yellow Squash (per lb.)	.79	.65	NA	NA	NA
Non-fat Apple Cinnamon Granola (per lb.)	1.82	1.49	3.86	3.51	3.40
Chamomile Tea Bag (each)	.05	.04	.12	.09	.08
Peeled Garlic (per lb.)	8.16	6.69	17.36	20.62	NA
Hot Oriental Mustard (per lb.)	4.68	3.83	11.44	NA	NA
White Pepper (per lb.)	11.99	9.83	37.12	NA	NA
Organic Whole Wheat Pastry Flour (per lb.)	.30	.25	NA	NA	NA
Canola Oil (per lb.)	.94	.77	1.27	.90	1.00
Shoyu Soy Sauce (per lb.)	1.70	1.39	2.00	1.60	1.20
Unsulphored Molasses (per lb.)	.93	.77	2.24	2.38	2.24
Sliced Almonds (per lb.)	3.74	3.07	6.32	6.35	6.72
Pecan Halves (per lb.)	7.53	6.17	9.15	9.16	6.55

NA means not available at this store.

**A LETTER TO MOSCOW
FROM DAWSON SPRINGS,
KENTUCKY**
by Airin Wheeler

The Community News looks great and is packed with good articles and information. Although I've never met most of the people featured, I feel as if I know them now.

I look forward to visiting one day. Trouble is, I may not get back to Hickville if I do that. My vision is to populate this area with educated, motivated, old hippie/new age types. Real estate is plentiful and cheap. A fully equipped, albeit closed down, small grocery store down the street is up for grabs. I keep seeing a sign that reads "Tradewater Whole Foods Grocery." Co-op consciousness is another 50 years down the road.

I'm playing tennis again and jumping on the Clinton/Gore bandwagon.

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PERSONAL BACKGROUND

Wife and mother of two children • Latah County Property Owner • Resident of Genesee for 21 years • Ten year business owner (Orchids, Etc.) in Genesee and Moscow • B.S. in Agriculture (Agronomy) • M.S. in Agricultural Education • Vice Chair, Latah County Planning and Zoning Commission • Member, Latah County Solid Waste Advisory Committee • Founder, Better Living, Inc., which conducts programs for youth and demonstrations of sustainable agriculture • Member, Moscow League of Women Voters • Two year Volunteer Track Coach, Genesee School

Paid for by the Committee to Elect Loreca Stauber County Commissioner, Mike Keller, Treasurer

COOLER AIR, WARMER FARE

by Nancy Collins

The first nip of cool fall air, the pulling on of a long-sleeve shirt for my morning walk, an extra blanket at the foot of the bed at night, and I start thinking: hot suppers! Salad is relegated to a complementary course instead of the main entree, and out come my jars of rice, lentils, split peas and beans.

Lentils having been elevated to almost sacred status on the Palouse, given an entire festival in Pullman in mid-September, I decided to investigate that ordinary creature, the dry pea. We have both green and yellow, whole and split. And at the Co-op, you can buy very economically, or the more expensive but locally (Endicott) and organically grown variety.

Whole green-19¢ #

Whole yellow (local/org.)-\$1.33 #

Split green-25¢ #

Split green (local/org.)-\$1.16 #

Yellow split-26¢ #

Yellow split (local/org.)-\$1.17 #

Dry peas are similar to lentils and beans in being moderately low in calories and a good protein source. Note, however, that the whole dry pea is higher in calories and carbohydrates (as well as fiber and protein) than is the split pea. To split peas, they are steamed until the skin slips, and then exposed to centrifugal force that splits them apart. The skin is the primary reason for different

nutritional content between the whole and split legume.

Yellow or green peas can be used in many of the ways you prepare lentils: a good basic soup cooked with onions, carrots, celery, potato or parsnip, and maybe some garlic. They can also be used in making dal to have with chapati and curried rice. The recipe below is adapted from a "freebie" card available by the peas at the Co-op, distributed by the Idaho/Washington Pea and Lentil Commission. I've modified it for lacto-vegetarians, taking out the hamburger.

Pea Stuffed Peppers

(serves 4-6)

6 medium green peppers

1 1/2 C. cooked yellow split peas

1 1/2 C. cooked brown rice

1 large onion, chopped & sauteed

1 large tomato, chopped

1 C. grated (low-fat) cheddar cheese

Remove tops and membranes from peppers; cook in lightly salted water for 5 minutes. Remove, drain, place in a glass baking dish (open side up). Mix all the other ingredients and fill the peppers. Bake 30-40 minutes in 350° oven.

This goes well with a leafy green salad dressed with vinegar and oil, and Co-op Bakery Herb-Onion rolls. Eat hardy and stay warm!

BACK TO EDEN

by Pauline Lerma

I am a midwife who has actively practiced for 21 years. I'm from Juneau, Alaska.

I think Moscow, Idaho and the Co-op is "Mighty Great!" Thank you so much for your warm welcome, especially from Pam Palmer and all her wonderful women friends. You made my visit warm and comfortable, and your Co-op supplied me with friendship and the best products I could possibly purchase.

My journey has been a long one and I will be working hard in school so that one day I will be moving into Moscow to be your midwife and part of your delightful community. In the 60's I had your type of lifestyle and somehow it got away from me over the years and the many changes. But as I was there I knew your wonderful little town would be my next home.

I plan to go to Seattle Midwifery School for 2 1/2 years and then be there with you. I will need a lot of prayers and support along my journey, but with the welcome I received already from you I know I will make it. It was time for a change in my life and I sure am happy you will be the biggest part of it. "Back to Eden," it's where I started.

In the meantime, here's one of the Tricks of the Trade:

A Colic Remedy:

1 saucepan with distilled water (boiled)

1/2 oz. of spearmint leaves

1/4 oz. of ground catnip

1 T. of fructose

1 eye dropper or sm. water bottle

Boil water, put herbs in and steep for 30 min. covered. Strain very well, cheese cloth works inside the strainer best. Let the herb tea cool to luke warm and mix fructose in (because it is very bitter). The spearmint is a traditional medicine for gas and acid, the catnip is a traditional sedative for babies' tummies. I used this mixture for my own baby for her first few months. Give 1 oz. before feeding.

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OPPORTUNITIES FOR LOCAL ACTIVISM

by Skott Larsen

I'll be honest ... I love Moscow. I originally came to this area to attend college. But what has kept me here is the community and as my time here increases so does my passion for life on the Palouse.....One of the best aspects of living here is an overflowing sense of community involvement. Residents of this little paradise really care. They care about their families, the land, people of other cultures, children, animals, good food, the planet...they (we) care about each other.

This is why I've chosen to share information on some local groups with various concerns and how students can get involved. Student participation is important because students bring a fresh perspective and lots of energy while gaining insight to be shared after leaving the university.

O.K. here goes...

The Palouse Clearwater Environmental Institute (PCEI) is a grassroots organization working locally to find long-term ways to preserve our quality of life on the Palouse. Most of PCEI's projects are accomplished with the help of volunteers since, as with many social change groups, budgets are low.

PCEI has abundant opportunities for student volunteers. Internships are available in the areas of sustainable agriculture, education and grant writing. Credit is available through the university. There is also a great chance to learn how to write grants while acquiring hands-on experience with computer systems and grassroots activism.

Current projects include:

- Friends of the Corridor, a spin-off group from PCEI which was started by a student, is working to protect and enhance the corridor between Moscow and Pullman by keeping development to a minimum.
- The long-awaited for Moscow-Pullman bus-line, which needs immediate publicity. You could help by encouraging other students to use the bus as a cheaper, cleaner, easier way to travel to our neighbor town/university across the border.
- The newsletter, produced quarterly by volunteers. Besides informative environmental articles, the PCEI newsletter contains a great calendar of community events. Pick up one at the Co-op.
- Sustainable agriculture is a continuous project at PCEI. Farmers are being helped in experimenting with various sustainable practices. With the mass of rolling Palousian hills being farmed, sustainable ag. has definite regional significance for the preservation of our rich land. PCEI is trying to increase a working relationship between farmers and the community. PCEI and the Co-op work together in educating consumers about food suppliers and responsible food choices-sustainability rather than cheapness.

PCEI also attempts to counter the bad-rap that the environmental movement has received. They encourage respect for all lifestyles and groups. They work from an internal structure of equality rather than under a power hierarchy.

There's ample opportunity for you to volunteer in their office located at 129 West 3rd at the Jackson intersection. You'll have your choice of working on any of the projects above or one of the many others dealing with water, transportation, and biodiversity issues or create your own.

And don't miss the monthly delicious PCEI dinners prepared with foods promoting sustainability that could be or are grown on the Palouse. The PCEI cooks consistently find creative ways to prepare various grains and legumes.

The Palouse Greens is a relatively new group having been involved in grassroots activities for about a year. The group is working towards the eventual formation of a local green party. They base their activities on the National Green Party 10 key values which are: ecological wisdom, community based economics, social justice, grassroots democracy, non-violence, decentralization, post-patriarchal values, respect for diversity, personal and global responsibility, future focus.

The Green roots are in the local community. Peg Harvey-Marose who has been active with the group since its beginning told me, "You can't change the world unless you have a community base to work from." Student involvement is crucial in strengthening that base. Here's your chance to focus on the important local and statewide issues that effect us directly and immediately. Students are needed this fall to help with voter registration, and rating candidates with the 10 key values. For a student, the greens provide a way to share in a wholistic community beyond the campus life.

For the next Green meeting, call Dave Sanden at 332-5835.

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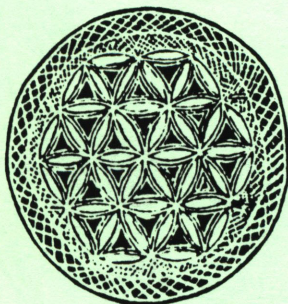
Since 1986 the **Moscow Sister City Association** has been building a friendship with our sister city in Nicaragua, Villa Carlos Fonseca. La Villa, as its inhabitants call it, is a municipality comprised of 38 small communities within an area of about 117 square miles, with a single municipal government-similar to the structure of Latah County. The combined population of the area is 22,500 people. It is one of the poorer municipalities in its region. The people's livelihood comes from cattle raising and growing rice, corn, beans and sorghum.

Because Nicaragua is a poor nation, the needs of our sister city are great. The Moscow Sister City Association believes that friendship includes sharing what we have to give, be it good will, cultural awareness, useful information, or material assistance.

Fundraising is a major activity; help is needed to prepare food to sell, staff booths, etc. Aid projects require many hands to sort and pack materials and load vehicles. Artistic, writing and computer skills are always needed. Call 882-1009 to offer your assistance or for information regarding monthly meetings.

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The Sister City group works closely with the **Coalition for Central America**, a locally based but nationally recognized group. Together they have sent material aid to Nicaragua including school supplies, clothing, sports equipment, and sewing materials. Most humanitarian aid comes from local contributors.

While providing humanitarian aid to the people, the Coalition also is working to change U.S. foreign policy in Central America. Since the group's beginning in 1986 during the height of the contra war, the Coalition has produced a monthly newsletter (weekly at one time). Since the mainstream media has nearly forgotten about Central America the Coalition collects and compiles current information about the critical situation in Central American nations in an easily readable concise format. Stop by the Co-op or the Coalition office at 307 S. Main to pick up a copy. Or call the office at 883-0898 for subscription information, as well as information about upcoming events and meetings. They can always use help writing for the newsletter as well as artwork, and computer entry.

The Coalition supports a woman's weaving cooperative in Solola, Guatemala by purchasing their beautiful hand-made clothing at fair prices and selling it in Moscow. You can find a great selection of these weavings each Saturday at the Farmer's Market.

There are plans for the formation of a student group dedicated to Central America. These organizations need people to keep Central American issues before the public. The people of Central America need our support now as much as ever.

PEOPLE TO PEOPLE
COOPERATIVE DEVELOPMENT FOUNDATION



Other groups that benefit with student involvement:

- Humane Society of the Palouse 883-1166
- Pregnancy Counseling Center 882-7534
- Alternatives to Violence 882-4542
- Stepping Stones..... 883-0523
- Epton House Association 332-7653
- Palouse Voice for Animals..... 883-4565
- Moscow Parks & Recreation 882-0240
- Latah County Human Rights Task Force 882-3648
- Renaissance Fair 882-8345
- Earth First!..... 882-9265
- MOSCOW FOOD CO-OP! 882-8537

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