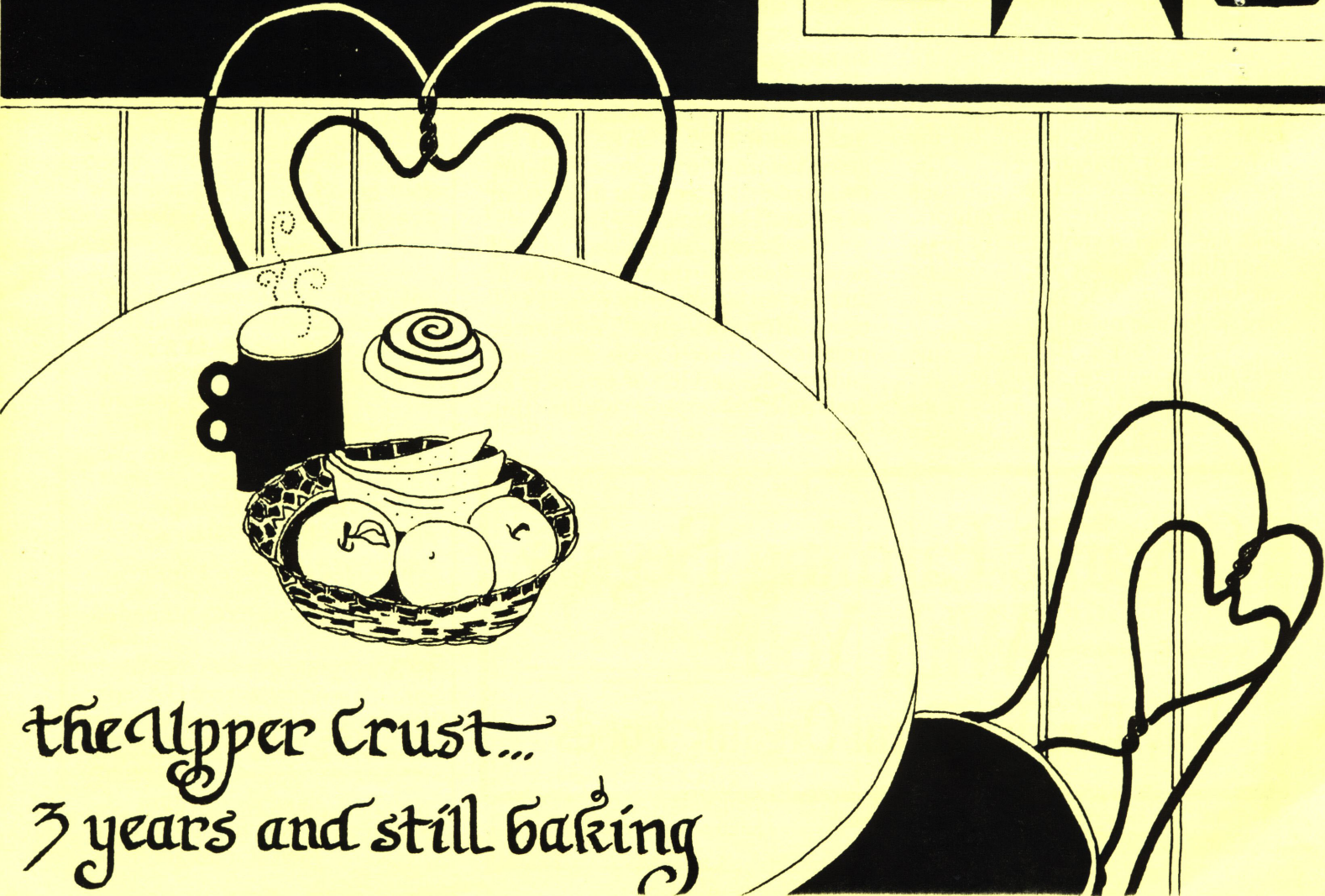
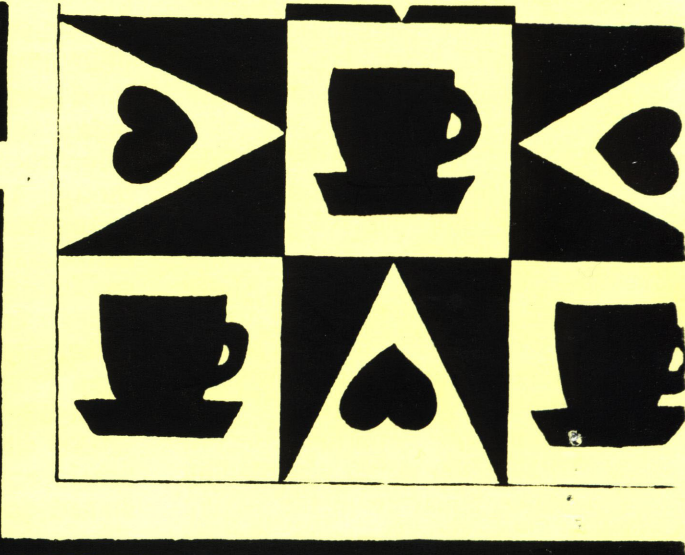


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COMMUNITY NEWS

MARCH 1993



*The Upper Crust...
3 years and still baking*

AN OPEN FORUM—BUT BLAME ME, IF YOU WANT by Jim McPherson

An unnamed letter writer has taken us to task. And though it is our general policy not to print anonymous letters (with occasional exceptions of course--what good are rules if no one knows when to break them?), some points were raised that should be answered.

The letter came from a new Co-op member who apparently had no major complaints about the store until he or she picked up the very rag that you now hold in your hands. These pages, the writer determined, were so "biased" against nuclear energy and in favor of homosexuality that our new member has decided to forego ever shopping in the Co-op again.

This is troubling for at least a couple of reasons. First, it seems like a case of cutting off one's nose to spite one's face. Why make your body suffer over personal prejudice, regardless of how right you consider yourself to be?

But a more important concern is that the letter writer was placing the blame squarely in the wrong place. No one at the store--not the manager, staff, or even the board of directors--is responsible for the articles that appear here. The opinions here reflect the opinions of individual writers and editors, and the final responsibility rests with Bill London or me, depending on whose turn it is to edit the newsletter that month.

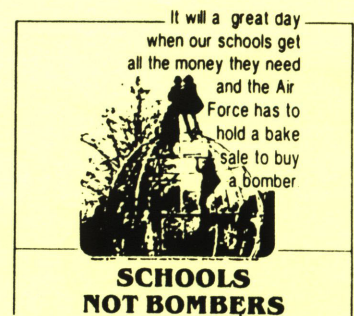
And the fact is, Bill and I agree that this publication should provide an open forum for a variety of views, whether we happen to agree

with them or not. I happen to support equal rights for gays, women, vegetarians, Republicans, even though I am none of those things. And I'll gladly run almost any article about health and/or lifestyle that I think will either appeal to or offend the majority of our readers--even those that irritate me personally. The fact that I consider myself right about almost every thing (who doesn't?) will not prevent me from giving everyone else an opportunity to try to prove me wrong.

The board of directors has pretty much given Bill and I free reign to do as we see fit, even though I'm sure some things I write make individual board members cringe. At least I hope so; in my view, everything that appears here should be informative and thought-provoking enough to keep people both interested and involved.

So keep those articles and letters coming. They should be signed, so we can give you proper credit or blame, and we'd prefer that they be typed (though we can make do if they aren't). And I'll also remind everyone of the message that appears at the bottom of the staff box in every issue:

"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."



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**Organic Farming Begins
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1992 Year in Review

By Kenna Eaton

We've come a long way in the 20 years we've been in business, from a small room hidden in an alley to a large store located on a busy street. And in the 11 years I've been involved in the Co-op I've seen us mature and become a stable business actively involved in this community.

During the 80's a lot of co-ops, large and small, went out of business, for a lot of different reasons, but I believe our commitment to our staff, members, and community have helped us pull thru the rough times. Our ability as a business to keep on a chosen path has made it possible to become a successful, stable co-operative.

Years ago we chose to let our members needs tell us how to run this store (what to stock, hours of operation, open a bakery/deli, etc.); because we listened to them ALL, this store reflects the needs and wants of our 2,000 members and has become truly a community grocery. The members' dedication is what has made this Co-op such an amazing place to work and shop.

Highlights of '92:

- * Well, we didn't buy the building for several reasons:
 1. lack of excess dollars
 2. are we in the business of owning property?
 3. is this our final destiny?
- * We moved out offices upstairs
- * Staff lounge moved upstairs
- * We built a new herb/spice/coffee room letting us reclaim the kids room to everyone's relief (especially the kids)
- * Changing table installed in bathroom
- * NADDANet (an outgrowth of the ADA) walk-through tour told us that we needed to:
 1. remodel bathroom to be handicap accessible
 2. improve signage, shelving, doors & floor mats (we're still working on this one)

- * We implented the "Basic Basket" program to provide low prices on minimally processed nutritious foods, with an emphasis on bulk and organic
- * Mark-ups were raised 5% to help cover the increased costs of running a business
- * Membership information put on the computer program; in 1993 we should see the impact with easier fee-paying process, mailed reminder notices and easier bookkeeping
- * We purchased a scale/printer in response to a visit from weights and measures. This scale prints out a label reflecting the cost per pound, weight and total cost. This scale also has the ability to print out a list of ingredients on the same label, which will be necessary in the next couple of years to be in compliance with FDA regulatons.

Finances were very interesting this year. In January 1992 we decided to spread the responsibilities and information around a little bit by involving more people at a higher level of involvement. While this did initially help spread the work load, we also had to refine our expectations to suit reality.

Reality was the cold shock of losing \$16,000 in January last year. It took a few months for this information to come out, be

absorbed and for us to realize that we could not afford to carry such a large payroll (an increase of 30 percent over 1991).

We made many changes that spring, and the outcome was that by July we were breaking even (a month where we traditionally lose money). We instituted monthly inventory, consulted with other Co-ops and professionals, and we rethought the job descriptions when someone quit.

In August we started thinking about the Bazaar, our Annual Holiday Store, and decided to go ahead with our plans. We opened the Bazaar for November and December shopping. Not only was the store a financial success but we had tons of fun doing it! By December our financial statements showed that we did the highest sales ever and ended up the year only losing \$15,000, a loss of less then 2 percent of our total sales.


For 1993, we prepared a budget paying careful attention to expenses, and predicting a conservative growth of 20 percent (our growth in the past 3 years has been a staggering amount). We streamlined our payroll costs, and have taken a hard look at our purchasing methods, inventory control, and accounts payable.

I am looking forward to a year of controlled growth, with an emphasis on how can we do what we do better. We have a wonderful source of strength in our members and volunteers, and with their continued support I think 1993 will be a year we will want to remember for a long time.



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How the Board Works

by Peg Harvey-Marose

After experiencing the annual membership meeting, I felt it necessary to write about how I see the Board of Directors in relation to the rest of the Co-op. I sensed an us-them feeling coming from the membership and that made me feel very uncomfortable especially because I have a very different feeling myself.

The board members are volunteers like any other volunteer at the Co-op. The purpose of the Board is to be ultimately and legally responsible for what happens at the Co-op. We are the people who have to make the hard decisions, and we take that responsibility very seriously. One of the reasons why the nomination process has developed the way it has, is because of our commitment to the Co-op and its future.

When I was elected to the Board three years ago, one of the members elected at the same time never showed up for a single meeting. We then had the job of finding someone to fill that position. It took us months of looking, asking and begging until we finally filled that position.

We have also had the experience of a member who shows up for the meetings and does nothing else. With the Co-op's rate of growth of the last few years, we did not have the luxury of having dead weight on the board. That is when we developed the system of advertising positions and interviewing interested people.

We still have not had people beating down the door to become Board members, but the people we have recruited have been high quality board members with the time, energy, and desire to do what needs to be done.

We have not taken these steps to have greater control over the Co-op. We have done this in an attempt to be responsible to the Co-op and its entire membership. To quote one board member, "I'm on the board, because I love the Co-op."

The Co-op is not a democracy, as some have suggested. It is a cooperative. That means that every member--not just the board members--is responsible for the direction of the Co-op. In a democracy, a citizen casts a vote on election day and complains the rest of the time. The Co-op does not run that way. Every day the Co-op is dependent upon the volunteering of the membership for its very existence. How should the store be run? What direction should the Co-op take in the future? Every member can be involved at what ever level s/he has the time and energy to commit.

On the board we do not make decisions by casting a vote. We work on a consensus, and until we have a consensus, we do not make a decision. This consensus does not only come from board members themselves, but from what we have heard from the membership. Everyone's input is greatly appreciated and encouraged.

I guess what I'm trying to say is that the Co-op is not an us/them entity. We are all in this together--trying to make the Co-op not only a great place to buy food, but also a responsible community.



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WHERE'D WE SHOP BEFORE 1973?

by Jim McPherson

Twenty years. A length of time so noteworthy it has its own word--a perfect "score" that Abe Lincoln made famous. And while it may not have been four score and seven years ago (sorry, I'm writing this right after President's Day) that any of us first bought beans in bulk, this summer the Co-op will celebrate its 20th anniversary.

It must have been a great year in Moscow in 1973; both the Renaissance Fair and the Co-op started that year. The impact was so great that Richard Nixon resigned the next year (OK so that was coincidence, but it is true that Moscow and the Palouse have never been the same since).

So what should be done to celebrate leaving behind our teenage years? We've got a few months to decide, so let's work on it. Submit suggestions to either Kenna at the Co-op or to the newsletter, and we'll see what we come up with.

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VAGUE MUTTERINGS AND PERCEPTIONS OF DISENFRANCHISEMENT

by Bill London



For the first time in eight or so years we've been Moscow residents and Co-op members, at the 1993 meeting held on February 7, I didn't know virtually everyone at a Co-op annual meeting.

Forgive this odd reminiscence, but it's important. It means that the Co-op has matured, grown, and expanded beyond its earlier years when the only ones who cared enough to come to the meeting were a small circle of friends—the folks who kept it going. Anyway, I was sure pleased that I didn't know everyone. That's a sign of real strength for our Co-op.

However, the growing pains that accompany such a change were quick to show themselves.

The election of the Board of Directors is the main official function of the annual meeting. That was such a pain earlier years. Recruiting future board members was difficult; few people were interested in the hard work and tough choices required. What gradually evolved was the tradition of creating a "slate" of candidates (a measure I supported then as totally appropriate and one that many non-profit community groups currently use). That way individuals could be recruited and assured that they would not suffer the embarrassment of being defeated in an election.

But what was a good idea then may not be such a good idea now.

There was an undercurrent of dissatisfaction at the last meeting that needs to be addressed directly. Some members didn't like the "slate" system.

Following the meeting, in discussion with a number of members, it seems to me that there are two scenarios. The first is the paranoid one, worrying that the existing Board is disenfranchising the membership by hand-picking new board members, and forcing the dissatisfied membership to vote out the entire group which would be messy and not likely.

Accompanying that election paranoia is concern over the process of the long-term planning meetings.

Those present at the two recent long-term planning sessions were selected by the Board. The membership and volunteers were not invited, and indeed, did not know the meetings were happening. These meetings were setting the direction and agenda for the Co-op's future. If there were a conspiracy by the present Board to direct the Co-op's future without member input, controlling the long-term planning process would be important.

Anyway, simply stated, that is the perspective of those who are concerned that there is a group of staff and board people who, in the name of efficiency or good management or whatever, are ignoring the wishes of the membership. Not offering choices for individual board positions, and not opening the long-term planning sessions to everyone, is cited as evidence of that.

On the other hand, there is another explanation for all this, one that merely assumes that the Board is trying its best to fulfill its responsibilities. Using the "slate of candidates" method means that the candidates for nomination are screened to make sure every prospective Board member is committed to the amount of time needed to serve, has important talents to offer, and is compatible with the present Board members.

As part of this responsible Board perspective, the decision to set up the long-range planning sessions without advance notice to the members was sensible as well (and part of a model used by other co-ops to do their planning sessions.) The Board wanted to keep the group relatively small (about 25 people), did include about one-third staff, one-third Board members, and one-third members at-large chosen because of expressed interest in planning or for specific expertise. The Board

decided to invite only specific people to make sure that some members did come. A huge problem with many earlier Board committees was a lack of member participation. To keep the group small and the sessions manageable, this membership representation process seemed acceptable—and in fact, it did work, because the sessions were productive ones.

Some other members who heard of the planning sessions and who "invited" themselves were of course involved in the sessions and not excluded.

So, given those two contradictory perspectives on what happened, which do I believe? The second.

I agree with the responsible Board assessment since I have experienced first-hand the problems of involving membership and recruiting Board members. I also reject the paranoid version because of what the Board is hoping to do now.

In another article elsewhere in this newsletter, by Board Chair Peg Harvey-Marose, the invitation is out for members to get involved both in the long-term planning committee and in changing the Board election process. The road is open for anyone to join the committees.

The Board has for years been asking for member participation. They mean it. The process for nominating and electing Board members is open to change (the "slate of candidates" method is traditional, not part of the corporate by-laws). The planning committee welcomes your ideas and help.

Our Co-op is growing up. We can shape and direct that growth. The Board only wants to facilitate that change, not stand in its way.

And here's a reminder. If you agree or disagree or have some entirely different conclusion, remember that we want to print your ideas and opinions in this newsletter. Use this forum. It's yours.

Committees!! Committees!!

by Peg Harvey-Marose

As the Co-op has grown, we have seen a need for a viable committee system. The Board of Directors began three years ago by establishing three committees: Personnel, Finance/Legal and Facilities and Operations. We have found this an excellent way to get work done and have many times asked non-board members to participate. We have now come to a point where we need more committees and volunteers. The list of committees developed at the annual meeting is found below.

Personnel (deals with personnel policies and evaluates staff)

Finance/Legal (deals with financial statements and legal requirements of the corporation)

Facilities and Operations (deals with physical plant and set up)

Education (organize outreach to members and community through educational projects)

Strategic Planning (developing plans for the future of the Co-op)

Volunteer (develop ways to recruit and maintain volunteers)

Product Selection (selecting

products that fit the mission of the Co-op)

Nomination (recruit and maintain lists of people interested in serving on the Board of Directors and the committees)

And we have established an ad hoc committee to deal with the election process for the Board of Director. I'll call it the Ad Hoc Election Committee.

Now, some people signed up at the annual meeting, but there are plenty of slots open for more volunteers. If you have always wanted to volunteer but couldn't manage to volunteer in the store or if you've stocked shelves for twelve years and would like to try other challenges, you may contact Kenna at the store or contact any board member (we are listed at the front of this newsletter and our names and numbers are on the volunteer board at the front of the Co-op), and we will be happy to sign you up. Bear in mind that setting up the committees is an ongoing process and the process may change, but keep your eyes open for more news on how you can get involved.

PCEI OFFERS ORGANIC WORKSHOP

by Carol Hartman

Organic food production and agricultural sustainability will be the topics for the March 29 Palouse Clearwater Environmental Institute dinner gathering. Sustainable Agriculture Coordinator and Co-op member Nancy Taylor, with Co-op produce manager Renee McNally, will lead the session as part of a continuing education class.

"We'll talk about organic food and certifying organic food and production systems," Nancy said. "A lot of people think of organic food as safer and it's really a systems approach that does not use harmful chemicals."

Nancy will explain the process of farm certification, detailing such requirements as buffer strips to prevent chemical drift from

neighboring farms. As she describes how people can be sustainable consumers, she will then turn the tables, asking attendees what they expect of organic food.

The two will also describe how seasonality is perhaps more important with organic food. Lack of post-harvest chemicals which normally extend produce shelf life is crucial in meal planning and shopping.

As always, the PCEI dinner menu features locally produced or alternative ingredients that could be grown here. This month, the entree is spaghetti squash filled with a marinara sauce. the recipe is a creation by up-and-coming chef Mark Lesco.

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Spaghetti Squash

Set oven to 350°. Wash outside of squash and place in a baking dish. Bake 30-45 minutes turning it several times to avoid developing soft spots. Cut in half removing seeds but be careful not to scrape any of the meat. Fill the halves with sauce, and bake at 350° for 15 minutes. Sprinkle a little romano or parmesan cheese on top and serve!

Lesco's Marinara Sauce

4 - 6 garlic cloves (minced)
1/4 C. olive oil
1 C. onions (chopped)
2 16-oz. cans stewed tomatoes
1 can tomato paste
2 T. basil
1 T. oregano
1 C. chopped black olives

Saute minced garlic in olive oil, then add chopped onions. Blend the tomatoes but leave the texture slightly chunky. Add to the sauteed mixture. Stir in tomato paste until well blended. Add spices and simmer for 15 minutes, then add olives. Simmer another 1/4 hour until the sauce tastes well blended.

Notes from the Upper Crust

by Ed Clark

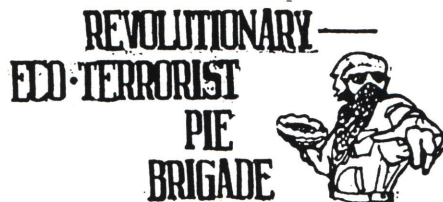
Time sure flies when you're having fun! As difficult as it is for me to believe, the Upper Crust has been cooking for three whole years now. I tried to figure out what that represented in pounds of dough but it was too mind boggling. I do know, however, that if you took every piece of bread that we've made and laid them end to end—you'd be crazy! Failing to come up with significant statistics, how 'bout if I just entertain you with a Brief History of the Upper Crust.

Once upon a time toward the end of 1989 Mary Jo Knowles, George Mancini, Kris Seiss and I, while leaving an Earth Day meeting began discussing the possibility of an in-store bakery at the Co-op. With the group's encouragement, I presented a proposal to the Board of Directors, and in their great wisdom, they decided to take a chance. A kitchen area already existed upstairs and George, the architect and engineer of the project went to work making all of the necessary modifications and installations.

We started traveling to auctions, used equipment shops and far away bakeries to acquire what we needed. We even bought a few things new, we dealt with health inspectors, fire inspectors,

plumbing inspectors and electrical inspectors and by March 1990 we'd put together a legally certified food preparation establishment. I then began trying recipes, recalling old ones and formulating new ones. In keeping with the Co-op mission statement I gried to stay, as much as possible, with organically grown whole grain products. It took a little time for one person baking 6 mornings to get tedious so we stole Kris away from the Main Street Deli and expanded operations to 7 days a week and continued to add new goodies to our line. With the help of numerous dedicated volunteers and a great bakery staff as well as the support of the members we have continuously increased the quantity of baked goods. During 1991 we added our deli/take-out operation to make sandwiches, soups, salads and some sweets.

The rest of the history is, as they say, history. Many many co-operators have worked long and hard to keep this concept a reality and I thank each and every one of you. Your dedication assures that the Upper Crust will be serving for many years to come. Happy Birthday to us!



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THERE'S STILL TIME
 by Jim McPherson

There may still be time to get onto paper that perfect word that's been rolling around in your brain for the contest to determine the best name for "those large, drippy, icy build-ups that hang behind car wheels in the winter."

The deadline is March 15; the lucky winner will receive a Co-op newsletter T-shirt. The names to beat, so far, include: "Street Jam" by Bruce Arbtin; "Snow Cheese" by Andy Boyd; "Tire Buggers" by Kelly Mitchell; "Tire Lint" by Pam Palmer; "Autofreeze" by Steve Lamar; "Slush Flaps" by Heidi Lamar; "Carcicles" by Tom Lamar; and "Fendersnot" by David H. (the "cardboard man").



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So ... What is Cornell?

by Ed Clark

Ever since the Upper Crust began cranking out loaves, we bakers have been fielding questions about Cornell formula bread. A simple answer explaining the ingredients usually suffices but I think its finally time to spill the (soy) beans and tell the whole story to those who care to know.

Once upon a time in the 1930s at Cornell University, Clive McCay, professor of Animal Nutrition, found that laboratory animals lived longer, healthier lives on low calorie, high protein, mineral and vitamin diets. Believing this would be beneficial to human animals he enlisted the help of dietitians and bakers in the New York State Mental hospitals to develop a bread that would bring the greatest benefit at the lowest cost. The Cornell formula was the result. The base is unbleached white flour. Clive chose white flour because (although he knew the value of whole grains) he felt starting improved nutrition could be easier than changing people's eating habits. The mystery additives are:

Soy Flour (whole-full fat) complements the wheat by adding the amino acids which are weak or lacking thus forming complete protein.

Non fat dry milk also complements the incomplete protein blocks of wheat and is a good source of

calcium and riboflavin.

Wheat Germ the life force of the grain providing protein, iron, vitamins B and especially E.

The Upper Crust has 1 tablespoon of soy flour, 1 tablespoon of dry milk and 1 tablespoon of wheat germ in each cup of flour used. We mix ours in advance with the formula 13 parts flour to one part each of the soy, milk and wheat germ.

You can use the Cornell formula in any recipe that calls for white flour. Try it for rolls, crusts, pastries and various breads.

You can try baking Upper Crust style Cornell white with the following recipe (approximately 3 lb. dough):

to 2 C. warm water
add 1 T. dry yeast
1 T. lecithin granules
4 t. honey

vigorously stir

in 3 C. Cornell formula
add 2 t. salt (optional)
4 t. canola (or other) oil

then mix in 3 cups more or less of Cornell formula and knead until you have a nice elastic dough that comes away from the bowl.

Oil it, cover it, let it rise 'til double, punch it down and form loaves, baguettes, etc. Let it rise again and brush with egg or milk and bake at 325° until browned and thumps hollow, approx. 30-40 min. Buen Provecho!



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ESSENE: THE VOLKSWAGON OF BREADS

by Ken Nagy

When you settle down for a slice of plain, old whole wheat bread, you may not realize it but you're sinking your teeth into high-tech food--relatively speaking, of course. Yeasted breads are the result of thousands of years of bread baking and experimentation.

Essene bread (also called sprouted wheat bread), on the other hand, is really plain, old bread. It requires no yeast, no flour, no sweetener and (a miracle!) no kneading. All it is is wheat berries that have been sprouted, ground into a mash and baked. No frills bread!

As plain as this sounds, Essene bread is truly a taste delight and a nutritive gold mine. And, it is now one of our featured breads from your very own Upper Crust Bakery.

To start off, we are offering plain loaves (with a pinch of salt for flavor) and a cinnamon-raisin variety. As always, we welcome any feedback you may have and will consider all special requests. Don't be bashful!

And try some of this whole whole wheat bread for a "low tech" feast today!



IRISH bean STEW

- 1 cup dried GREAT NORTHERN beans
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 3 potatoes, cut into large cubes
- 3 carrots, sliced
- ½ teaspoon caraway seeds
- 4 cups cabbage, cut into chunks
- 1 cup peas
- salt to taste
- dash of white pepper

☘ soak beans OVERNIGHT. DRAIN, RINSE and cook in 4 cups water for 2 hours. DRAIN, but RESERVE the broth.

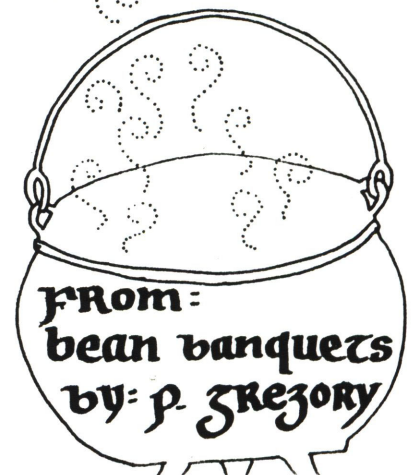
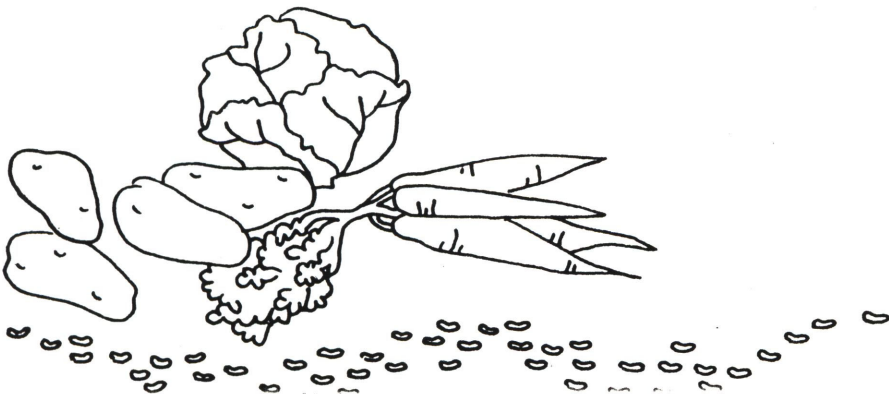
☘ heat oil and sauté onion, potatoes and carrots until lightly browned. add the caraway seeds and fry for one minute.

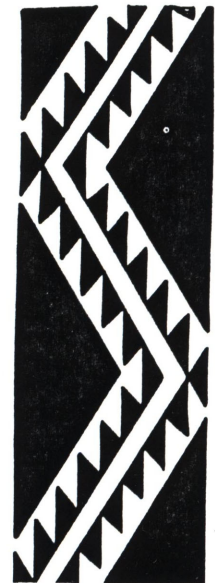
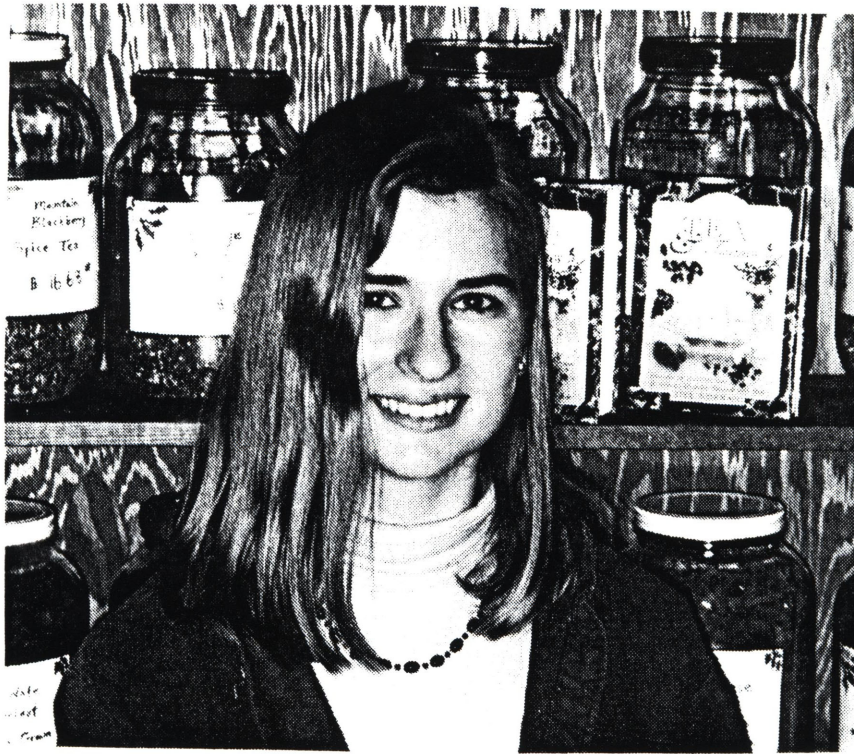
☘ add reserved bean broth and simmer until carrots are almost done.

☘ add cabbage and peas and cook 10 minutes.

☘ add beans, salt and pepper. cook 5 more minutes.

adjust seasonings if necessary. serves 4.





Felice Rogers: A "Down-to-Earth" Volunteer

by Alan Jay Solan

Felice Rogers says reading science fiction brings her back down to earth.

"People who would rather imagine a different world than live in this one, sometimes, for escapism tend to read science fiction. It's a great escape, although some of it's depressing."

Felice, who has been a Co-op member since April, writes the "Kids Page" for this newsletter.

"When I have time, I come in on Sundays and put in about three hours, but that depends on my school schedule. It's my senior year and I'm taking massive credits because I want to graduate." She also works "on-call" at Hardees.

Felice, whose family lives in Houghton, Michigan, transferred to the UI from the University of Wisconsin-Madison last August. She expects to graduate in December 1993 with an education degree. Her major is English and her minor is political science.

Felice said she transferred to the UI because she wants to get a high school teaching job in the West. "It's easier if you graduate from the general area where you'd like to get a job," she says. No stranger to the Northwest, Felice

has relatives in Seattle and Portland and her family used to live in Anchorage and Fairbanks, Alaska.

Felice says she's taken part in some interesting political discussions in her classes this election year.

"I'm taking one class called American Political Parties and Elections. It's a great class and it's the perfect semester to take it. It's really depressing how many people don't vote."

Felice says the thing she most likes to do in her spare time is ski.

"Cross-country and downhill, but mainly downhill. I used to race in high school but I can't anymore because I kind of destroyed quite a bit of cartilage. I also used to do some of the trick stuff on the moguls and flips and things. With all my landings, I kind of beat up my cartilage. It's okay, though, I just can't race anymore. No fun on the bumps. But I think I'd go crazy if I couldn't ski."

How does skiing in the West differ from the Midwest?

"Actually, we make a lot more snow in the Midwest," she says. "There's a lot more fake snow. We may get a lot of snow, but it

doesn't necessarily oblige us by dropping on the ski hills in the right patterns and right consistency. Another difference is the "mountains" of the Midwest, she says.

"We moved to Michigan from Anchorage and it was rather shocking looking at what they called mountains. It was like: "That's not a mountain, that's a hill. That's a speed bump."

As for other "hobbies," there's the pet snake.

"It's a red albino corn snake, a baby. When it gets bigger it'll eat mice, but right now it's very, very little so it has to eat little mice. That's somewhat depressing, but it is the food chain and snakes don't make good vegetarians."

Felice says she's a "little eclectic" in what she does and likes to try everything possible—with the exception of bungee jumping, that is.

"The concept of putting my life on a rubber band doesn't look like a lot of fun," she says. "I have done a lot of high ropes courses, which are great. It scares me to death because I'm afraid of heights, but I do it anyway."



Steve Hanchett: Volunteer Extraordinaire

by Michele Johnson

What I enjoy most about writing these articles is interviewing the volunteers—everyone has a story. Often I have never previously met the people I interview. Although this month's profiled volunteer is a personal friend of mine, the interview was nonetheless delightful.

If you come to the Co-op on Sunday, you will probably see a tall bearded fellow bustling about. Steve Hanchett volunteers Sunday afternoons, doing "whatever hasn't been done." This includes stocking, sweeping, cleaning and bagging bread.

Steve came to the University of Idaho in 1990, "an immigrant from the barren wasteland of Southern Idaho." He has studied chemistry for the past three years, and hopes to receive his B.S. in a couple more years. Currently, he is involved in research at a U of I environmental chemistry lab, where he tests the absorptivity of various pesticides in soil.

After graduation, Steve expects to join the Peace Corps. Although willing to serve wherever placed, he would prefer working in either South Africa or South America. After the Peace Corps Steve wants to enter graduate school and/or find "a job of sorts."

In addition to volunteering at the Co-op, Steve is often even busier at the Palouse-Clearwater Environmental Institute. In fact, he is on the Board of Directors of PCEI, as well as serving on the Special Events and Transportation Committees. Some upcoming events he's working on include Oil Wise Wednesdays, Earth Day, and the PCEI food booth at the Renaissance Fair.

Steve's other interests are varied. He enjoys gardening, although it's admittedly difficult to do when living in an apartment. Steve is an avid bicyclist and has participated in several long-distance rides. He also likes to draw and sketch.

Although he doesn't classify himself as vegetarian, Steve's meat intake is decidedly limited. An accomplished chef, Moosewood is his favorite cookbook.

Steve also admits to an affinity for power tools—he enjoys building things. His most recent project was a 6-foot drybar, complete with shelves, ceramic tiling, and a wine rack. Ultimately, he would like to build his own Fantasy Wilderness Cabin (although it would be much bigger than Thoreau's). He wants it to be anywhere with lots of trees, somewhere where he can find his own identity.

UPRISINGS

by Ariana Burns

This is the 3rd year that the Co-op has had a whole grain bakery under its roof. Back then there were only two bakers rolling out nutritious goods for the masses. Now we have three bakers, a couple of assistants, a corp of volunteers, and a deli section to delight the taste buds.

Most recently, you've probably noticed the cheese rolls, improved cinnamon swirl loaves—which now have oats, sunflower seeds, and poppy seeds in them—as well as the deluge of cookies, pastries and croissants that threaten to overwhelm the bakery cabinet and our new deli display case.

But what's next on the horizon? Currently we're working on a pumpernickel bread and a sprouted wheat loaf which should be in the case soon. Starting the 1st of March, Sundays will be a vegan day in the bakery. We're working up recipes for dairy and egg free muffins and other items like a vegetable bread. If anyone has a favorite vegan muffin recipe please drop it off.

The deli has new things in the works also but Fastfood Annie is not telling any tales. She's already testing out pizza slices to see if there is any demand. Annie's also prepared a menu with the daily sandwiches and other regular items on it. This way everyone'll know on what day she's making welsh rarebit.

In other news tidbits, Ed has been putting up a hard fight with price increases but was unable to win out. Coming the 1st of March, the new bread price list will be out. He tried to hold prices back where he could and is pleased that some prices have not changed. Where he has had to raise them, the increase was as small as he could manage. Cinnamon rolls and bagels are among the items spared the increase.

So here we bakery-types stand, up to our knees in flour, hoping for another successful year of meeting public requests and kneading to keep the bread case full.

Carol's Peace

by Carol Hartman



Just the other day, as I scaled a 200-foot rock, I shared this thought with my daughter.

"Ya know, daughter, I almost stayed in bed today, but since I starting using this new brand of tampons, I felt confident enough to start climbing rocks," I confided.

"Gee," she pondered. "We should tell others."

She was right. This confession would prompt women everywhere to question what brand I used in order to attain the same level of confidence when doing demanding activities.

Hogwash!

This is what many of today's advertisements would have us believe. Use this type of deodorant and go run marathons on the beach or this type of feminine protection and perform Olympic-quality gymnastics.

The question to ask then is what role advertising plays in consumer's product selection. For many of us, television advertisements are simply the time to get a drink of water or stretch our legs. There are plenty of catchy slogans. Leader staff have been heard more than once to yodel, "You've got the right one, baby, uh-huh!" But does that snappy riff prompt Coke or Dr. Pepper lovers to immediately switch to Pepsi?

Ads for feminine protection, in particular, have always seemed a little hokey. The serene settings defy the message: our product will keep you clean and safe from the horrible thing your body is doing. Use our product and pretend it's not happening. You can even throw it away.

How fresh is fresh? Any thinking person would ask when a woman who bathes regularly feels unfresh enough to need a douche? And why on earth would she be thinking about this while sailing?

Corporations can not possibly believe that unfresh women everywhere would run out and buy their brand of douche after seeing such a commercial. Perhaps a

more realistic reaction might be to visit a doctor first to see if there are some unfriendly bacteria roaming around?

Cereal ads playing early Saturday morning are a different matter. Not everyone eats cereal—that in itself is a choice. These ads must and sometimes do convince us that we need and want their product.

As I do my ritual situps to the Saturday morning cartoons and commercial after commercial tempts me with Lucky Charms and Frosted Flakes and Quaker Oats Oatmeal, where would an average human being go when those situps are done? To the market, of course!

But women are going to buy feminine hygiene products whether or not advertisements are on television, radio or in magazines. It's not an option. Options only exist in selection and that choice is more often than not prompted by personal preference and cost. We buy one type and are generally faithful until we need something else. An ad showing a woman walking through a wheat field while she has "the curse" wouldn't convince most women to buy that product.

However, if that same company ran ads explaining how products are modified to be more environmentally responsible, i.e. using recycled materials, eliminating over-packaging and not using harsh chemicals like chlorine bleach or formaldehyde, I might listen and wait to go get a snack until the next round of commercials. Like most women, I would use my smart shopper skills and do my research to verify the ad's claims.

Such a commercial appeals to a woman's intelligence and social conscience. It recognizes that women have important decisions to make in taking care of themselves.

Suggesting that women would be swayed to buy a product because some woman on a boat says it makes her feel fresh insults our intelligence.

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Bicycle/Pedestrian Path Plan in the Works

by David Peckham

On February 18, the Idaho Transportation Department approved a plan to build a pedestrian and bicycle path this year, which will connect the Palouse Empire Mall to downtown Moscow. The route connects the existing path along the north side of Guy Wicks Field to Sixth Street via Ghormley Park. Also included in the plan are provisions to "replace existing" path along Sixth Street from Deakin to Main.

Spokespeople, the bicycle committee of Palouse-Clearwater Environmental Institute, will be asking the city to remove the existing eight foot sidewalk path and replace it with bike lanes on the street. The path, which runs four blocks along the north side of Sixth Street "is a major safety and liability hazard," according to a report issued by Spokespeople.

The path was built over ten years ago, before nationally accepted standards for bike paths were in place. What seemed to be an innovative answer to the question of where bicycles belong just doesn't work. The path puts fast moving bicycles on the wrong side of the street where motorists don't expect them and gives bicycles the message that they belong on sidewalks, aggravating conflicts with pedestrians. What we've learned in the interim is that bicycles fare best when they behave more like autos.

Moving the curb back eight feet and realigning the widened street for bike lanes will leave adequate room for other users. The six foot sidewalk, plus four foot 'greenstrip' corridor (where the trees have been planted) will remain, and auto traffic lanes will be one foot wider than minimum standards. There will be adequate space for continued parking on one side of the street. The entire project will meet nationally recognized standards for bicycle facilities.

Speeding bicyclists on sidewalks is a serious problem in Moscow. Its only a matter of time before an innocent pedestrian is paralyzed by a bicycle traveling too fast on a sidewalk. The present Sixth Street path invites bicyclists to travel sidewalks at unsafe speeds. Ending abruptly at Jackson, bicycles feed on to Main Street on the sidewalk.

Bike lanes are a new idea in Moscow. Like anything new, they are greeted with apprehension and suspicion by some, especially non-riders. Bike lanes have proven themselves safer than no road striping, as they delineate safety zones for each. The cars know where they belong without worry of infringing on the bicyclists' space, and the bicyclist knows where to be to allow a car to pass safely. Bike lanes are common in

other western college towns, like Palo Alto, Chico, Corvallis, Eugene, Davis, and Boulder.

Spokespeople's recommendations for Sixth Street are part of a recently completed Position Paper on Bicycling in Moscow. The two page document includes three specific top priority projects for construction and general policy recommendations to improve bicycling in Moscow.

Moscow City Council and the University of Idaho will have to work together and decide soon on how to piece together a path in order to begin construction this summer. You have a stake and a say in this project. For information call Dave Peckham at PCEI, 882-1444, or City Hall, 882-5553 and ask for Gary Presol.

PALOUSE PEDALERS

by David Peckham

Spokespeople is pleased to announce their schedule of spring and summer bike rides. All rides will start at 9 am at Friendship Square, and of course, depend on the weather. These are short tours of the Palouse environs, a good way to explore different routes and have fun riding with others.

Rides typically range from 25-45 miles in length. Plan to bring water, and a lunch. Bicycle helmets are strongly recommended. All rides include at least some gravel. For more info, call Matt, at 882-7845.

Saturday, April 3: Kamiak Butte ride, route will depend on how soft the gravel roads are. Ride to picnic area, with optional ride to the top.


Saturday, May 8: Troy via Randall Flat and Lenville Road, 28 miles, half gravel and half pavement. Minor hills.

Saturday, June 5: Backroads to Kendrick.

Saturday, July 3: Backroads to Genesee.

Saturday, August 7: Moscow Mountain loop.

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Circumcision and Childbirth

by Paul Lindholdt

Today on National Public Radio's "Morning Edition" I heard a report that confirmed it. In Sudan and other African countries the practice of female genital mutilation known as circumcision still goes on. Some attribute it to the religion of Islam; others point out it has been practiced in Africa for centuries.

In our Judeo-Christian culture, of course, infant boys have long been circumcised, the foreskins of their penises cropped like a dog's ears or a lamb's tail. Some physicians say the practice promotes good hygiene; our bodies are imperfect, and that cowl of skin breeds evil microbes modern medicine can't protect against.

Another common reason American parents give for circumcision is that the naked boy-child should anatomically resemble his dad. Otherwise, the reasoning goes, he'll feel embarrassed, estranged. In fact, there is scant evidence that circumcision serves any valid function at all. It has just become so status quo that few people seem able to break away from the practice. A cynic might say male circumcision functions only to enrich the physician. In the case of female circumcision, the reasons are deeply cultural.

In Africa, apparently, husbands and fathers perpetuate the groundless belief that women benefit from two types of circumcision. The first involves the removal of the clitoris, a two-minute process performed by midwives who defend the practice because their livelihoods depend on it. That is, they make their living from circumcising their sisters to satisfy male whims. The other form of female circumcision, more extensive and severe, removes virtually the whole external sex organ, labia and all.

The rationale that men furnish to perpetuate this practice invariably has to do with female sexuality. Young women will be tempted to masturbation or, worse, promiscuity unless the sexual

organs are pruned. More mysteriously, women are believed to be able to satisfy men more after having the operation. And wives, the theory goes, are apt to stray and cuckold husbands unless the female urgency toward infidelity can be curtailed in some way.

Remember chastity belts, worn by women and invented by men during medieval times? The master thereby kept his precious jewels under lock and key. The contemporary African practice of female circumcision is merely a more primitive form of the same confused and brutal proprietorship. For their compliance, African women suffer a range of pains and obstetrical maladies, from serious infections to daily urinating difficulties.

What's all this have to do with our world? If we decide to be parents, as I did twelve years ago, we will face a range of medical prescriptions and proscriptions we should be prepared to meet. My son's delivery went like this.

In his second trimester in the womb, Mt. St. Helens blew. His mama and I were fishing when we heard the blast. We fled across the mountains imagining who our volcano baby might be.

To prepare for his delivery, we took a childbirth education course, likewise available here in Moscow. In that class we learned about exercise, stretching, breathing, nutrition, and more. We were lucky. When you think about it, parenting is one of the few things people typically have to encounter cold.

Perhaps I didn't pay attention in class; maybe the teacher and text neglected to inform me. In any case, when Braden was born I was unprepared for the conehead effect common among newborns in the first few minutes after birth. Pressures in the birth canal cause the baby's skull plates, not yet fused, to heap up on one another to ease delivery. Silently I suffered, believing we'd birthed up a freak, a pinhead who would never utter a

word. Finally the doctor muttered that the skull plates had started to recede on schedule.

In that stainless steel environment, I felt ill at ease. In Bellingham at the time, there were no birth centers, and we were not ready to hire a midwife to deliver Braden at home. And so Vicky and I ended up in the hospital, under the care of a man who had the reputation of being the most sensitive in the city, the most willing to accommodate people's wishes for a positive birth.

We didn't wonder when the doc felt compelled, without asking us, to perform an episiotomy, a surgical technique that enlarges the perineum and vagina and eases delivery. But afterward, when Braden was born and the doctor was stitching the incision, he made a joke that has rung loudly in my ears over the years. "And here's an extra stitch for the husband," he quipped, smiling and stitching and glancing across me to measure my delight.

Still in shock over the conehead, effect I was not able to share his joke. Nor can I appreciate it now, that remnant of the male domination that forces women still to be mutilated in Africa today. We chose not to circumcise Braden, who has suffered no embarrassment or ill effects from that vestigial fold of skin.

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Spaying and Neutering Your Pets: It's the Right Thing To Do

by Dawn Gill

The Humane Society of the United States estimated that 20 million pets are euthanized or die from abandonment every year. Because dogs and cats have a short gestational period and multiple offspring per pregnancy one intact female with similarly producing offspring can generate 4000 new lives within 7 years! Every 60 minutes 3,000 dogs and cats are born in this country and there are just not enough homes for them all. Responsible pet ownership is the key to lowering these sad statistics. The most important thing you can do, as a pet owner, is to spay/neuter your pet.

In addition to chipping away at the pet overpopulation problem, there are many health benefits of altering your pet. For females there is no heat cycle, therefore they do not attract males nor become anxious at being confined. All diseases of the female reproductive tract and female-hormone induced problems are eliminated. The most impressive statistic is that of mammary tumors in early vs. late spayed pets. These tumors appear in less than 1% of pets spayed before their first heat, increase to 8% if spayed after one heat, and beyond 2 cycles the rates increase to the level of unsplayed animals. These tumors can be painful and invasive and cause premature death in a pet.

For male pets neutering tends to make them less aggressive and less territorial (less "marking" behavior). Most owners report an improvement in their animals

disposition following the procedure. Of particular interest to cat owners is the decrease in odor of the urine and a decrease in the desire to "spray" (if neutering is done early). Testicular diseases are prevented as are most prostatic problems and perineal hernias. Males are less anxious in the presence of intact females and are less likely to roam.

Altering a pet will significantly lower the owner's expense for a lifetime of veterinary care. Many people have been told that these pets will become fat or will undergo drastic personality changes. The facts are that they will only become overweight if you overfeed them in proportion to their activity and that personality will remain the same or possibly less aggressive.

The veterinary school at WSU recommends spaying and neutering both be done at 6 months. Some work is being done on altering as early as 2 months, but these finds are still preliminary and this cannot be recommended. Beginning in mid-March, TV infomercials will give the benefits of spaying/neutering your cat and will provide an 800 number for you to call for a discount voucher towards the service and a list of area clinics that will honor the vouchers. The program is called FIX-IT and there should be a similar program for dogs in the fall. So, watch for these infomercials and if you have more questions on spaying or neutering your pet please call your veterinarian.

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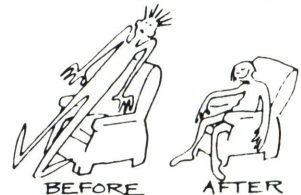
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SAVAGE MANNERS: EATING YOUR PLACE

by Ronnie Hatley

I want to share with you what some Lani friends of the highlands of West Papua (Indonesian occupied New Guinea) taught me about eating and health care when I visited them last December. From the vantage of the Indonesian colonial occupiers and American missionaries, miners and loggers there, the indigenous highland Papuans eat a poor diet of nothing but sweet potatoes (*ipere*) and occasional ceremonial pig feasts.

I thought the same when I was feted the evening meal of pit-roasted sweet potatoes, and sweet potato vines, upon arriving in Karubaga village-airstrip-mission station-government outpost. I was discounting the nourishment of the watery herb and spice sauce the Baptist pastor's wife from the neighboring village had poured over her cooking as she served it to us. But I did decline to have sweet potatoes with Top Raman poured over them instead, as demanded by her three young children.

The next day as two young Karubaga men helped me prepare to go trekking with only three *noken* string bags full of nothing but sweet potatoes for food, plus a few sticks of sugar cane for energy hits, I had the same thought again: How have these Papuans survived on such a diet for the last howmanyever thousands of years?

We walked for eight days up mountains through the clouds and down gorges surging with tropical

rainwater. We slept on the earth without blankets under the full moon at 11,000 feet, and saw only two families of hunters beyond the gardens of the villagers. We never got any game, and only ate one feast of an enormous and bitter "red fruit," but somehow the sweet potatoes got us through. But then it was only a little over a week.

We rode a bumpy truck full of goats and cows and soybeans and garlic on down the mountains back to the main highland market (and military camp) at Wamena (Pig River), and I caught the flight down to the coast and on to LA, still wondering how savages survive.

They obviously **sustain** themselves with magic. And they can teach us how to better know and live our own.

I had forgotten about the watery spice mixture poured over the sweet potatoes until the other day in class when I was trying to explain how millions of Asians, who eat mostly just a bowl of plain rice, with maybe a couple leaves and a spoonful of chili spice mixture "for flavor," survive nutritionally. Not by bread alone, goes the adage. Those spices are not just for flavor.

Think of how the chilis clear out the passages in your head, as well as burning new ones out the bottom of your stomach! What they must do to your internal microbe balance, and enzyme

interactions and hormones. And how many other goings on inside our bodies, and how many thousands of spices in the global **and each bioregion's** pharmacopia.

Could it be that traditional seasoning invented vitamin supplements already, and that each people in every place are families of bodies in a web of all we take and all we give. We really are what we eat. And it's not just food and medicines which sustain health and life. We eat air and sleep and friends and quietness. All magic.

I remembered a friend studying the nutrition of peasants in East Java. He weighed and calculated their intake: Each plate of food, carbohydrates, proteins, vitamins, etc. His subjects wore what he called a "heart and fart machine" to their fields, and hoed, measuring respiration, energy outputs, etc. He concluded that they put out more energy than they took in, which was magic. Or wrong measurements, or not enough, or mere analytics. Ordinary science.

And then I remembered the two Lani men, walking and sweet potatoes, and their primitive magic. We were only an hour out when Setepanus stopped, picked an ordinary, longer-than-wide leaf, and offered it to me saying, "Eat this." I asked, "What is it?" He said, "It's ripe now." I asked, "What is it for?" He replied, "We always eat it this time of the year."



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"But what good is it?" "We find it when we walk."

During the eight days we stopped and "ate" what I tried to think of as "folk medicine," all sorts of leaves, bark, roots, flowers, seeds, found in trees, grasses, swamps, ridges, underground. Every time we ate them we had the same nonsense conversation. I kept asking patricularistic, specific and general, diagnostic and analytic science: What is its use. Its effect. Its name. They kept answering in the habitual and wholistic magic knowledge of place and self: This only ripens now. Eat the sap, or the insides. Children need this. This is walking food - you eat it when you can.

My Lani friends have wholistic health maintenance manners; they cycle in harmony with native life; they **eat their place**. Primitive Papuans, after all, invented sweet potatoes in New Guinea and gave the world sugar cane. They use that energy basis to graze the forest plant cycles of the year, punctuate social passages with rites of pig-feast protein highs, and start each planting, each hunt giving their body a sugar cane hit. Eating sugar cane now prepares young Lani going off to school in the city or to church camp meetings.

Cycles have special foods. Puberty is "caused"/induced by extra protein, marriage partners exchange aphrodesiacs, at pregnancy and birth "red root" spiced pork is eaten, nursing requires extra sweet potatoes and salt, menopause and old age are "treated" by rubbing on pig fat and eating fruits, especially acidic ones, even the dead are cured by smoke. Everyone returning from a gathering expedition brings all those nonsense conversation herbs to the whole clan, in every season. And sweet potatoes are a magic of every eating.

Lani have much less of an illness diagnostic and curative medical approach than they may need. There is no traditional word for medicine; all they eat is food. You get sick, or shot by an arrow

in a tribal war, you mostly die. Indonesians and missionaries have intervened. Exogenous disease epidemics, introduced roundworm infestation, trichinosis via "improved" pig stock from Bali and death by soldiers' gunshot have been introduced by civilization. This has necessarily made people more sickness conscious.

But the biggest threat to Lani health maintenance eating and thinking is Top Raman, the availability of salt- and sugar-laced "tasty" junkfood of the Indonesian international TV lifestyle, - "things that once possessed cannot be done without" - in the words of Wallace Stegner. Children, especially in schooled-parent households, now play nurse or sports, or ape Rambo, more often than they gather forest food. And forgetting the forests is bringing a silent spring to New Guinea.

Howevermuch civilization is compulsory, there is still plenty of Lani magic. There can be no sustainable universal science of food and health, as each place has its own recycling systems, in which each of us practices whatever magic we can afford one another. We all remember fragments of eating our places' plants; however primitive, even the four basic food groups isn't pure science. Reinhabiting will take work and friends and years. Reconnecting our food with our health, our bodies and our plants, our souls and our place, we are reborn native, well, sustainable.

Last week I asked a local Palouse medicine woman what I should do about my cold. I told her Beth doped me up on Coop herbals, and had recommended a continuing regime to stay healthy in future. What else should I do? Kenna's answer: "Stay home. When we listen to our bodies we know what to do. Just remember."

May the wholistic health maintenance eating habits of the Lani, and the wisdom of our local elders, remind us all to eat our place with more savage, more native manners.



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ALAN SOLAN AND THE CO-OP ARE A GOOD COMBINATION

by Carol Hartman



Working at the Co-op not only helps Alan Solan keep a roof over his head, it's making him a better person. Since beginning his position as a part-time produce stocker and cashier last September, Alan says he has been learning about nutrition and responsible consumership.

"I like the philosophy of recycling and using bulk items and I wanted to learn more about that type of lifestyle," he said. "Now, recycling is a way of life. I think it's good to teach kids about recycling. I've always taught them about not littering, now I'm teaching them other things like not wasting water, etc."

Alan and his wife, Sherry, joined the Co-op in July 1992 and he quickly became a store volunteer. The two came to Idaho in 1986 from Montana via Washington. Alan has since finished his bachelor's degree in journalism at the University of Idaho and holds a part-time job as a writer with the Agricultural Communications Department. He is chiefly responsible for composing press releases and short magazine articles about agricultural research, programs and awards. Sherry works as a medical technologist at Gritman Medical Center. The two have three children: Casey 6 1/2, Molly 4, and Ben 1.

As a Co-op employee, Alan devotes his energy to learning more about products, nutritional value and bulk foods so to better assist customers with their selections. Reading Jane Brody's "Good Food" book is teaching him about balance and complementary proteins. Diversity of personnel and clientele is another enjoyable facet of Co-op employment, Alan said.

"I like working with the people. There's so many different kinds of people there--different backgrounds--I've always enjoyed the diversity," he said.



In his spare time, Alan enjoys working on his short-story project possibly aiming for a book-length piece, playing electric guitar, reading and fishing. Favorite authors include Hemingway, Salinger, Wolfe and Anne Tyler and he's still searching for a good local fishing hole. Once the children are a little older, Alan said he hopes to go on backpacking and camping outings again, with an eye to extended travel.

Alan grew up in Anaconda, Montana where, among many other things, he worked as a firefighter for five years with the Department of State Lands. He attended the University of Montana from 1980 to 1983 and married Sherry in 1984. They moved to Spokane for one year where he did factory work then returned to Montana for several months. Landing in Moscow in February 1986, they stayed until 1989 when he graduated and once again returned to Montana, this time to Libby. Alan secured a journalism position with a weekly newspaper for six months. Early 1990, Alan and his family returned to Moscow; if all goes according to plan, they won't be leaving anytime soon.

"We plan to stay here a while--we like it here a lot. It's a central location, good school system, wilderness nearby. We like small towns," he said.

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Kids Page

by: Julie A Rogers

Did You Know?!

Every time you are in a place where the music is too loud for you to hear a person three feet away speaking in a normal voice you are permanently damaging your hearing! Also if you are wearing headphones and someone 3 feet from you can hear your music you're damaging your ears!

How To MAKE SPROUTS

2 tablespoons alfalfa seeds
or mung beans
a one quart jar
cheesecloth or a clean nylon
rubber band

Put seeds in jar and fill the jar 1/2 full of water. Let it soak overnight.

The next day put the nylon or the cheesecloth over the jar and hold it in place with the rubber band.

Pour off the water.

Rinse the beans or seeds with fresh water.

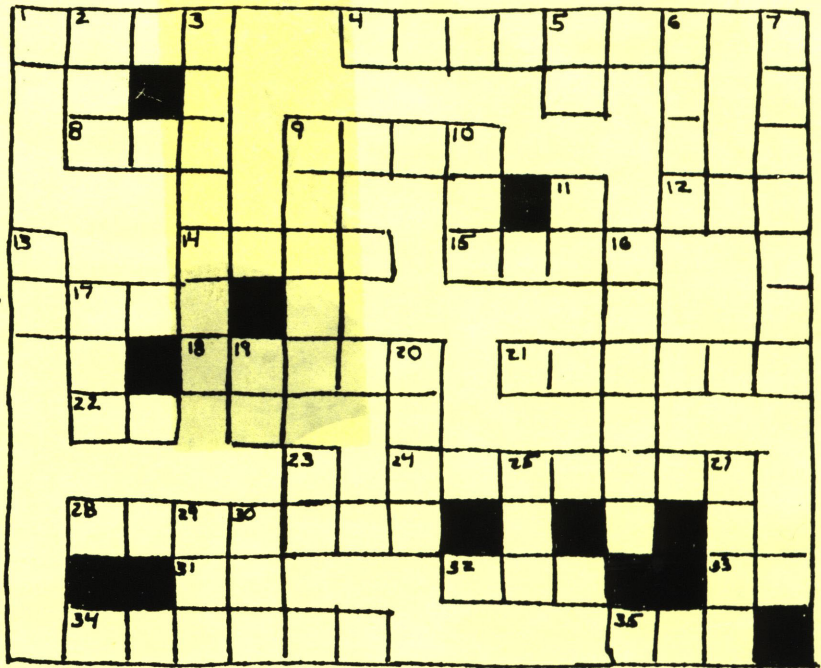
Rinse in the morning and at night and always drain well.

Leave jar on it's side with a paper towel over it to cut out the light.

On the third or fourth day expose the sprouts to light so they will turn green.

Now that the sprouts are about one inch long you can eat them.

The sprouts will stay fresh if you keep them in the refrigerator.



ACROSS:

1. not up but _____
4. President _____
6. not messy _____
7. part of a dollar _____
8. a little kid is a tiny _____
9. short test _____
12. Black sticky stuff found on roads _____
14. falls from the sky _____
15. opposite of bad _____
18. county Moscow is in _____
21. brother & _____
22. do-re-me-fa-so- _____
24. little fuzzy _____
28. remote _____
31. United Nations (abr.) _____
32. to regret, an herb _____
33. opposite of yes _____
34. not big but _____
35. after you do something you say you _____ it.
36. Society for the Prevention of cruelty to animals (abr.) _____

DOWN:

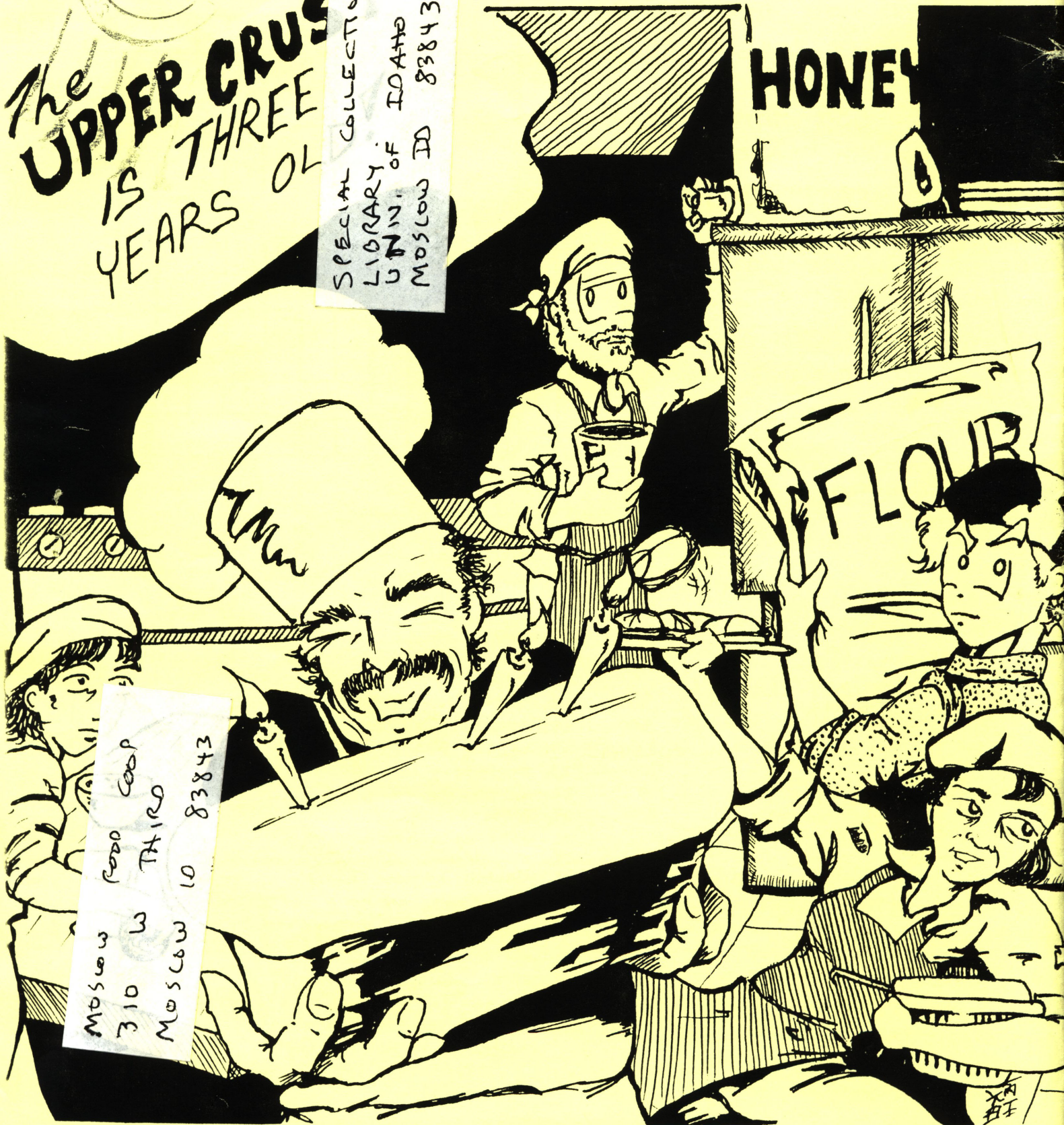
2. in and _____
3. cotton is a _____ fiber
5. _____ my friends
9. a patchwork _____
10. 216- _____
11. rapper's comment _____
13. _____ is (no changes)
16. yucky, sad, grey (sounds like this wall)
17. pen- _____
19. _____ apple
20. a cut will _____ (get better)
23. either _____
25. when you owe someone money you give them an _____
27. the beach is made of _____
29. Pea _____ (one word)
30. dynamite

GOOD LUCK!



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OUR DAILY BREAD SCHEDULE

Prices Effective March 1, 1993

When	Today	Yesterday	2 Days
Everyday			
Cinnamon Holls - Large	1.00	.85	.75
English Muffins			
Whole Wheat (6)	1.75	1.48	1.31
Cornell or Cinnamon Raisin (6)	2.30	1.95	1.72
Muffins	.55	.47	.41
Peace Buns	.40	.34	.28
Whole Wheat - 2#	1.75	1.49	1.30
	1#	1.20	.90
Cornell - 1.5#	2.25	1.91	1.68
	1#	1.55	1.31
	.65		
Monday			
Tomato Basil - 1.5#	3.00	2.53	2.25
	1#	2.00	1.50
	Rolls	.60	.45
Pita	.50	.42	.37
Anadama - 2#	2.75	2.13	1.88
	1#	1.60	1.20
Tuesday			
Caraway Rye - 1.5#	2.40	2.04	1.80
	1#	1.60	1.20
Bagles	.50	.42	.37
Wednesday			
Sour Wheat - 2#	2.50	2.12	1.87
Cheese Garlic - .5#	1.35	1.15	1.00
Herb Garlic - 1.5#	3.00	2.53	2.25
	1#	2.00	1.20
	Rolls	.60	.45
Pretzels	1.00	.85	.75
Thursday			
Pita	.50	.42	.37
Multi-Crunch - 2#	2.75	2.33	2.02
	1#	1.75	1.31
	Rolls	.50	.38
Spelt - 2#	3.25	2.76	2.44
	1#	1.75	1.31
	Rolls or English Muffins	.50	.38
Friday			
Country White - 2#	2.40	2.04	1.80
Bagels	.50	.42	.37
Cheese Rolls - .5#	1.35	1.15	1.00
Challah - 1.5#	2.75	2.33	2.06
	Rolls	.60	.45
Saturday			
Herb Onion - 1.5#	3.00	2.53	2.25
	1#	2.00	1.20
	Rolls	.60	.45
Country White - 2#	2.40	2.04	1.80
Herb Garlic - 1#	2.00	1.70	1.20
Cinnamon Raisin Loaf	2.30	1.96	1.87
Sour Rye - 2#	2.50	2.12	1.87
	1#	1.70	1.44
Pretzels	1.00	.85	.75
Cheese Onion Rolls - .5#	1.35	1.15	1.00
Sunday			
Multi-Crunch - 2#	2.75	2.33	2.06
	1#	1.75	1.31
	Rolls	.50	.38
Crunchy Cinnamon Raisin Swirl	2.75	2.33	2.06
Cornell Cheese Rolls	1.35	1.15	1.00
No-Salt Whole Wheat - 2#	1.75	1.49	1.30
Crunchy English Muffins	2.30	1.95	1.72

CUSTOMER CORNER

by Skott Larsen and
Erika Cunningham

* Dear Customer Corner, last May I bought a 2 ounce refillable container of Tom's natural deodorant. You can imagine my surprise when I recently returned to the Co-op to refill my pit-juice container and discovered none available in bulk. Now I am all washed up with no place to go. Please help. Pitifully yours.

We feel just as pitiful as you! The only available refills are ... other bottled ones! So you can buy your pit juice cheaper but not in bulk. Considering how dang expensive that stuff gets it does help but I'm with you. Too much packaging. Would you be willing to contact Tom's of Maine and ask them to send us gallons of pit juice as a dissatisfied customer?

* How about Westbrae coconut lite malted?

They're in! Check in the cooler for your favorite flavor.

* I'm new to this area and would like to know if you make a vegetable soup for vegetarians?

Yes! All soups made in the deli are made with vegetable stock or chicken flavored vegetable stock and never contain meat. However, sometimes the soup will contain milk or butter. The label will always tell you exactly what's in it. Have you tried the new root soup?

* Traditional Medicinals Male Toner would be greatly appreciated!

The company reformulated it slightly and changed the name to American Ginseng which we carry.



GOOD PLANETS
ARE HARD TO FIND

RECYCLING MAGIC

by David Sanden

The magic is back! Curbside recycling will soon be a reality for the citizens of Moscow and Pullman. Starting the last weekend in March the Revolutionary Community Recyclers will set forth to prove that with your involvement curbside recycling works and is a feasible community service that should be offered by our cities to its citizens.

RCR will start its efforts by providing curbside pickup of your CLEAR glass and aluminum the last weekend of every month (Sat. Moscow; Sun. Pullman) starting March 27th and 28th.

To participate:

1. Mail your name, address, telephone number, and one self addressed stamped envelope to RCR, W. 223 Main, Pullman, WA 99163.

2. Sort your CLEAR glass and preferably crushed aluminum into two re-usable containers and set them curbside the night before pickup.

3. Need more info? Call 332-5835, 334-7831, or 334-7786.

Besides your support RCR is looking for trucks, volunteers and donations to ensure through the ripples of all of our actions that full scale curbside recycling will be woven into the fabric of our communities.

POST & SAVE

PLACE RECYCLER TOP MAGNET OR STICK A TALK HERE OR USE TAPE OR OTHER STICKY STUFF ON BACK

OUR DAILY DELI SCHEDULE

Prices Effective March 1, 1993

When	Today	Yesterday	2 Days
Everyday			
Honey Nut Oat Cookies	.55		
Monster Cookies	.65		
Mini Monsters	.65		
Chocolate Chip Peanut Butter	2.95/#		
Granola Bars	2.99/#		
Soup - cup	.89		
bowl	1.75		
Tabouli	2.69/#		
Hummus	2.99/#		
Brownies	2.49/#		
Brownies w/ walnuts	2.99/#		
Daily Lunch Specials			
Monday			
Pizza slice	1.29	1.09	.96
Tuna Salad on Tomato Basil	2.45	2.08	1.83
Tuesday			
Quiche	1.59	1.35	1.19
Swiss on Rye	2.45	2.08	1.83
Croissant	.79	.67	.59
Petite Croissant	.50	.42	.37
Wednesday			
Vegan special	prices vary		
Vegan sandwich on whole wheat	2.25	1.92	1.73
Croissant	.79	.67	.59
Petite Croissant	.50	.42	.37
Thursday			
Savory filled pastry	prices vary		
Croissant sandwich	2.55	2.16	1.91
Croissant	.79	.67	.59
Petite croissant	.50	.42	.37
Friday			
Chef's Surprise	prices vary		
Egg salad on cornell	2.25	1.92	1.68
Croissant	.79	.67	.59
Petite croissant	.50	.42	.37
Saturday			
Welsh rarebit	1.49	1.26	1.11
Cream cheese spread on herb onion	2.45	2.08	1.83
Sunday			
Vegan special	prices vary		
Vegan sandwich on whole wheat	2.25	1.91	1.68

