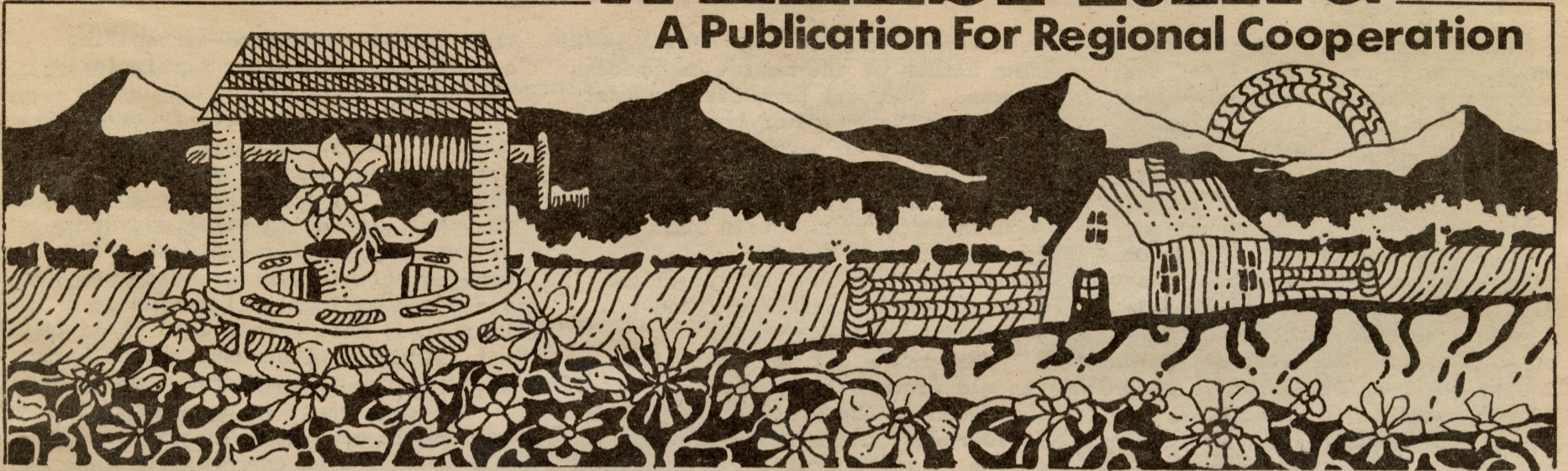


WELLSPRING

A Publication For Regional Cooperation



VOL. 1 ISSUE 2

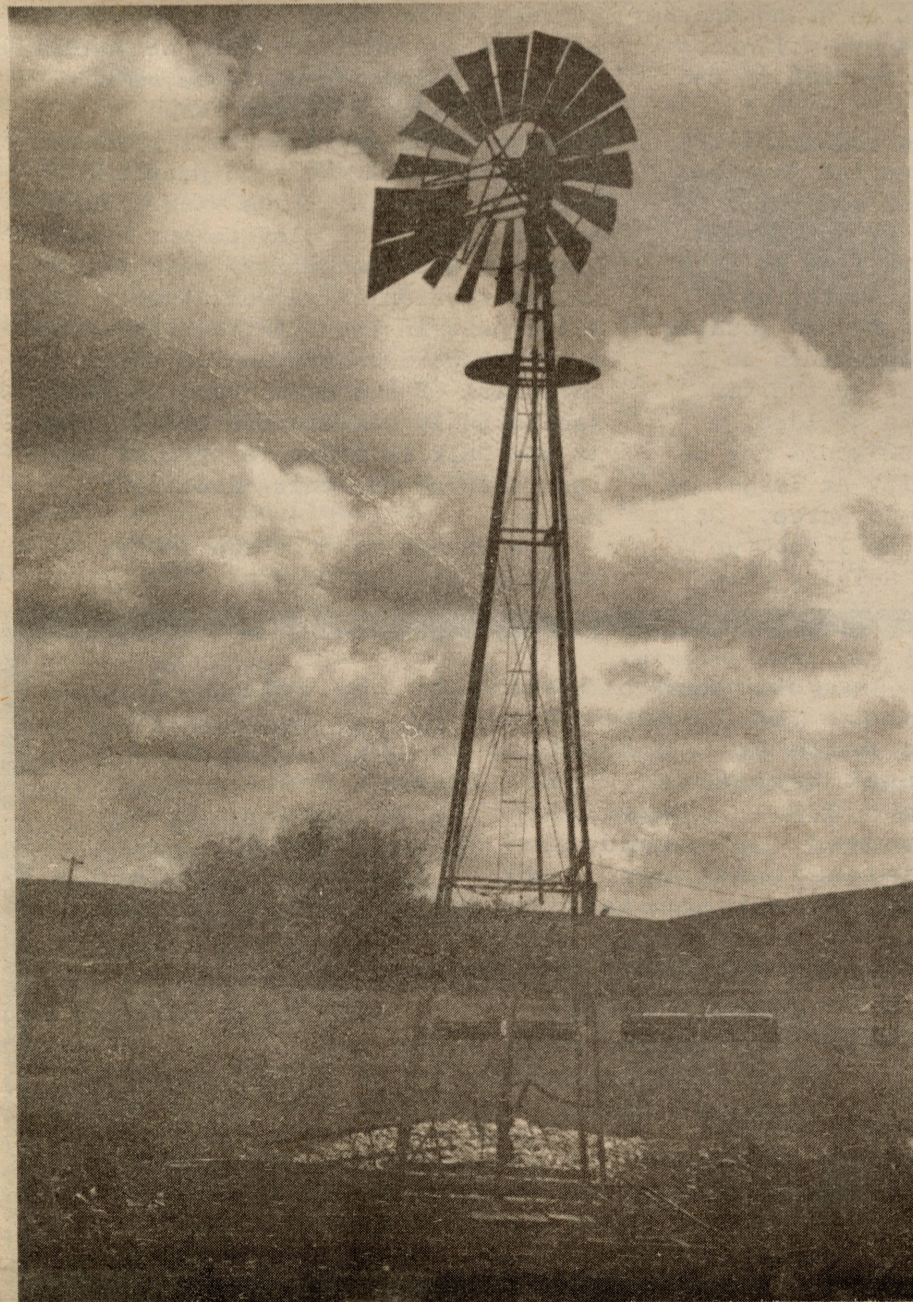
JUNE-JULY

•FREE•

IPUC Endorses Alternative Energy

The Idaho Public Utilities Commission attacked the electric energy supply problem in announcing a series of hearings to encourage conservation, cogeneration (using waste heat as energy) and small power production. Commission President Conley Ward, Jr., outlined the upcoming hearings at a press conference saying that action on alternative energy sources is a must during these times of ever increasing energy costs. "We need to look at alternatives that may prove to be cheaper and more labor intensive than thermal generation before we commit our resources to expensive coal-fired plants," he said.

The commission did not rule out the possibility of thermal generating plants. As Commissioner Ralph Wickberg said, alternative generation is a risk, possibly worth taking, but a risk nonetheless. It's possible that a coal-fired plant may well be necessary in the 1980s.



The IPUC hearings will deal with 3 major areas:

(1) buildings, both existing and new constructions, (2) customer rates, specifically new rate designs that encourage conservation, and (3) prices for alternative energy, making it feasible for small power producers and cogenerators to operate.

(1) Buildings: Two hearings are scheduled on plans to make existing homes more energy efficient. The first hearing will deal with Idaho Power Company's request to provide socket insulators, shower flow restrictors and water heater insulation wraps to its customers.

The second hearing is on residential weatherization finance programs. Such programs provide home audits by the utilities and then interest-free loans for improvements. The loans generally have a 10 year payback schedule. Ward said, "It is cheaper for utilities to eat the interest on such loans than to provide new generating facilities."

For new construction, the IPUC also scheduled two hearings. The first, is for the purpose of designing rates and credits to promote energy efficient home building. The commission intends to address the issue of new residential hook-ups measured against 3 criteria: conservation, efficient use of resources and fair rates for customers.

The second hearing is designed to look at the feasibility of utility help in encouraging solar energy for heating. The IPUC will consider whether or not utilities should play a role in financing solar projects.

(2) Customer rates: The IPUC will hold 3 hearings on rate designs for the state's 3 largest electric utilities. The purpose is to come up with rates that encourage efficient use of energy. The commission will take testimony on seasonal rates, time-of-day rates, rates based on the cost of providing the service, and the elimination of declining block rates (rates that encourage waste because they allow a lower price per kilowatt hour as more energy is consumed).

The Washington Water Power Company hearing is set for September 15, in northern Idaho, the site to be announced later.

(3) Prices for alternative energy: In February, the IPUC held a hearing on cogeneration, small power production and other alternative energy sources. The hearing produced evidence from various witnesses that cogeneration, solid waste conversion, low head hydro projects and wind generation, among other energy sources, are plausible alternatives for power generation in Idaho.

To encourage such activities and to get their power into the energy supply system, the IPUC will decide on the prices utilities must pay for the energy. On June 9, in Boise, the commission will hear testimony on how those rates should be designed for the maximum benefit of the alternative energy producers, the utilities and utility customers. ☺

Toward A Selkirk Ethic

By
Reuben
Ellis

The sun waltzed over the slab of white granite and I asked for the next dance, The Blue Danube. The wind was painfully free; it was my first time on the Selkirk Crest, in a talus cirque, on Parker ridge. . . . but that is another story; what we have here is a question of survival. This is politics, economics, aesthetics and yes, morality. All the big ones. Let me explain.

For some time now, the destiny of the Selkirk Mountains in Boundary County has been in dispute. Roughly, 60,000 roadless acres of National Forest land have been under consideration as a possible wilderness area through the RARE II process. There exists an uneasy sort of Mexican standoff between supporters of wilderness designation and advocates of "multiple use," a rather euphemistic term for a bizarre concept of forest management that has often included clear-cutting at high elevations, and the use of toxic herbicides. At any rate, these two local factions have so far been irreconcilable, and Governor Evans, Senator Church and Representative Symms have all stated that the issue should be resolved on the local level. They will take no stand on the proposed Selkirk wilderness without a mandate from the people of Boundary County.

Recently, an excellent opportunity arose to clear up this now almost classic Western conflict. Two representatives of the Office of Environmental Mediation in Seattle, an organization that seeks to apply the methods of mediation used in labor disputes to environmental issues, tried to assemble a group of key Boundary County residents to work at decoding and solving the

wilderness problem. It didn't work. The nature of the mediation process demands that all participants must agree on the scope of the issue and who deserves to be heard on the subject under discussion. All decisions must be by consensus. Of course it is inherent in such a process that a handful of individuals, or even one individual can foul it up for everybody, and that is exactly what happened.

What broke off the mediation was an old argument over an area not even included in the proposed RARE II wilderness, the Boulder Planning unit. A few of the multiple use advocates felt that Boulder was out of the range of the mediation process but they were willing to try to negotiate. One individual, that's right, one individual, refused to cooperate and since he was an integral part of

"With any issue or problem, with any frontier, physical or intellectual, we as a people must learn to take the large view."

the whole controversy, the mediation process had to be scrapped. Immediately prior to his decision, the Forest Service had turned down the latest appeal by conservationists for a more wilderness sensitive review of the Boulder unit. Presumably, the one intransigent multiple user felt that since his side had "won" the appeal, he no longer had to compromise. By refusing to talk as long as Boulder is involved, he hopes to wring another concession out of the pro-wilderness people before the discussion on the Selkirks even begins.

So how should this inflexibility be regarded--as unwavering devotion to a principle, and as something perhaps to be respected if not agreed with? No. The bottom line in this situation is that the scuttling of the mediation process by one locally influential person represents an act of oligarchy--rule by the few. An embattled potentate decided, a priori, that the issue would not be resolved; the community at large was never given a chance to agree. On this new spring day, as I look up Parker Canyon to the Selkirk Crest,

this type of roughshod manhandling of public events seems particularly disgusting.

I, for one, adamantly favor wilderness classification for the Selkirk Crest as well as for the beautiful, unspoiled Parker and Long Canyons. If the multiple use areas of the National Forests were truly managed efficiently for sustained yield and maximum utilization of resources, more virgin land could be set aside for wilderness and no harm would accrue to the local economy.

But this range of mountains, is emblematic of a much larger issue. How we deal with the Selkirks reflects how we deal with existence generally. Our actions toward these vast granite domes and ancient climax forests will serve to define our culture for hundreds of years to come. The situation is fundamentally this: we have a large, intricate and untouched "thing," not unlike an amorphous glob of clay in a potter's hand. We can do anything we want with it. It is at our mercy to a large degree. What we do with it is an extension of our nature as a people. We can leave it alone, untouched, we can destroy it piecemeal with no other regard than exploiting it for economic gain, or we can participate in it nondestructively, use it intelligently, come to know it, expand human knowledge around it . . . let it fill our emotions.

For the Selkirks, I suggest the last alternative, and part of that truly balanced approach demands the concept of wilderness. The Selkirks form one of the countless perfect schemes to be found in nature. Perhaps the evolutionary role of Man is to finally understand those remarkable schemes. With any issue or problem, with any frontier, physical or intellectual, we as a people must learn to take the large view. There are many globs of clay in our hands, brimming with potential, susceptible to destruction or augmentation. Wilderness in the Selkirks represents a step toward understanding the potential of the human race on this fascinatingly complicated planet. It is the Selkirk ethic, a type of manifest destiny for this, hopefully, new age.

Now excuse me, the sun on the stone is playing Rossini. ☉

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Organic Farming

Techniques For The Small Farmer

by Jim Day

Few things discourage the small farmer more than a poor crop. But a good farmer with a little luck can avoid most disasters.

A common myth among agri-business people is that organic farming invites disaster. This is simply not true. Organic farming has produced food for millions of people over the years and can continue to do so.

Since most people are familiar with modern agri-business farming, I'm going to focus on those methods used by organic farmers. Some of these methods will be similar to large scale farming, but that's expected. Commercial agriculture has only recently diverged from traditional small-scale farming practices.

"Maintaining diversity on a small farm is as much philosophy as it is method for the small farmer."

Small Scale Diversity

Maintaining diversity on a small farm is as much philosophy as it is method for the organic farmer. Diversity is fundamental to nature, and the small farmer uses this to an advantage--working with nature rather than trying to dominate it.

Diversity on a farm varies, but basically it works like this. Rather than one cash crop being grown, the farm might have many. Orchard trees, pastures and crop land to grow half a dozen field crops plus a large garden are typical for a diverse farm. Chickens, cows, goats, sheep, pigs, horses and bees maintain and are maintained by the various crops. In addition, they provide many valuable products for the farmer.

The farm is supplied with nearly all its basic food needs, thereby reducing the need for a large cash crop. Each year emphasis is given to a few of the crops to produce enough surplus for trading or selling. Economically speaking, diversity is not a money-making technique, but can certainly reduce economic disaster. Let's say the cash crop that was supposed to provide some cash fails. If it's the only crop, you go broke. If the farm is diverse, however, basic food needs are already met and the peas might still be used as animal feed.

Besides economic stability, diversity provides for renewal. It minimizes depletion of the soil which supports both plants and animals. In fact, the process supplies needed nutrients, thus building up the soil naturally.

Diversified farming is usually more intense and space efficient. The ideal scale for a diverse farm is smaller than an agri-business farm. Homestead farms worked quite well for a long time with 160 acres, but the methods are equally workable on smaller farms.

Diversity as a method overlaps other methods. It is part of the fertilizing method as well as a technique to deter weeds and bugs.

Soil Building

Just as plants support animals, it's the soil that supports plants. Unlike some who view the soil as a media, the organic farmer sees it as a complex living environment. Interaction among plants, animals and soil is cyclical; the sun is the driving energy of the process. Organic farming uses various methods to feed the soil which encourage natural processes to continue.

The first of these methods is to raise animals. Animals on pasture efficiently produce and distribute a concentrated fertilizer--manure. These living fertilizer factories require no petroleum and produce no carcinogens. When not in pasture, animals continue their manure production which can be utilized by spreading it over fields and gardens. By far the most labor-free method is to plan ahead and let the animals do the spreading.

Another fertilizing method is called "green manuring." Since some plants, such as legumes, produce nitrogen, they can be grown and plowed back into the ground. By doing this, the nitrogen content of the soil is increased so that it can support a nitrogen-robbing plant, such as grain, the following year. Besides plowing under legumes, they can be used as an alternative crop. By rotating between crops that deplete the soil of a certain nutrient and plants that provide that nutrient, a fine balance can be reached.

Erosion Control

Besides soil depletion by plants, a poorly managed piece of land is very vulnerable to erosion. The worst types are wind and water. The soil building of years can be washed out in a spring if the land is neglected. The first prevention of water erosion is to not farm steep slopes. Use them for something else--woods, orchard, berries or hay.

When hilly land is farmed, plowing with the contour prevents erosion. Another aid on slopes is contour strip farming. On a diverse farm, hay is needed for animals and can be grown in wide strips along the contour of the hill. Besides preventing erosion from excessive run-off, these strips provide a crop rotation scheme and break up fields, thus inhibiting pest infestation.

Wind erosion is another soil depleting factor. Two ways to limit its damages are to plant wind-breaks and to keep the land planted; if not in a crop then rested in hay.

Weeds

Weeds are not necessarily bad plants. Weeds are non-selected plants growing in a field. Just as wheat plants in a pea field are weeds, corn plants in a wheat



field are considered as weeds. Mostly, however, they are indigenous plants that rob water and shade the plants being cultivated. Crop rotation is one method which inhibits abundant populations of a particular weed. Clover is the best crop for this.

The main anti-weed technique used by the organic farmer, however, is cultivation. By having straight rows, mechanical cultivation can keep weeds down satisfactorily. To control weeds in a grain crop which can't be cultivated, careful planning must precede the crop. Crops that have been well cultivated the year before will cut down the number of weeds. Fall planting also lets the wheat get a head start on weeds in the spring.

Pests

Of major concern to every farmer is the pest population--those insects that make their living on your crop.

Foremost, however, are the insects which help protect the crop. All insects are not pests. The lady bug, for instance, thrives on aphids, and without the honey bee many plants would not be pollinated. Besides introducing predators of insect pests, there are several prevention methods. Crop rotation and diversity inhibit rampant insect growth. Since many pests perpetuate themselves by laying eggs or spores in plant seeds, the residue of such plants should be removed or plowed under at the end of the season.

The crop itself can also be used to discourage pests. Resistant varieties are less susceptible to pests and trap crops will attract the insects away from the plants you hope to harvest. Studies have also shown that healthy plants grown in a fertile soil such as the organic farmer produces, are more resistant to pests.

Once pests actually do infiltrate, mechanical means can be used to remove them, as well as natural sprays. One spray being experimented with on a small-scale is made as follows: Juiced onions, garlic and hot peppers are diluted to 50 percent with water and a little soap added. This spray is

PEOPLE'S FORUM

Opinion...

ORGANIC CONTAINERS

A number of people have asked me why I've never joined the Moscow Food Co-Op. My answer has always been "too much plastic."

What's wrong with plastics?

They are petroleum based, un-bio-degradable, ugly, and toxic. Monomers, plasticizers, and stabilizers continually leach out of plastics. These substances have sublethal toxicity that affect your health.

Yes, the EPA and FDA have OK'd the use of plastics for food containers. However, the EPA and FDA are only concerned with allowable levels of contaminants. They don't care if there are 600 types of molecules in your drinking water, if the concentrations of these contaminants are below the allowable limits they have set.

The question is, which is more toxic, organic food stored in plastic, or non-organic food stored in glass or paper. That is, do you shop at the Co-Op or the supermarket?

If allowable levels of contaminants in food are unacceptable to the Co-Op, then why is it using plastics?

John Bollinger

Quote...

A man who has committed a mistake and doesn't correct it is committing another mistake.
—Confucius



Donations for this issue came from:

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- John Pool



Letters...

DEAR WELLSRING:

Thanks for the Writers' Guideline and information. I hope to contribute articles and art work sometime in the unpredictable future. But, I question the editing process you use. Several lines were eliminated from the original articles I wrote and a few words were changed. The piece was far from a masterpiece but it did have a message that was conveyed through its wholeness. The changes were all very important to the original point. It is disappointing and somewhat disillusioning. What do you say to all this?
Towards Balance & Harmony.

Sharon Janelle

Reply...

Editing material for any publication is necessary for the following reasons: 1) To improve writing quality; 2) To give continuing style throughout the publication; 3) To make room for the most newsworthy pieces. In general, it is the editor's job to write appropriate titles and cut superfluous wordage. It is the intention of WELLSRING editors to convey the message and intent of all pieces as submitted. When necessary, however, words, sentences and paragraphs will be deleted or rewritten if a manuscript is not well written. This is called editing. Each article submitted to WELLSRING is reviewed by several editors.

We sincerely hope that you will continue to contribute material--NORTH IDAHO WORKERS UNITE was a fine article.

Managing Editor

Services...

STEPPING STONES, INCORPORATED

A Nonprofit Organization Serving Latah County's Developmentally Disabled

Stepping Stones, Inc., is a nonprofit agency dedicated to providing residential and vocational services for developmentally disabled adults in Latah County. For many years, citizens have been concerned about the lack of services for the Developmentally Disabled in Latah County. In the fall of 1979, a group of parents, educators and service providers developed plans to begin to meet these needs. As a result, a grant proposal was submitted by the University of Idaho to the State of Idaho Council on Developmental Disabilities, and was funded February 1, 1980. This grant provides planning funds for the purposes described above. In March, 1980, Stepping Stones, Inc., was formed, a Board of Directors was elected, and the development of residential and vocational programs in Latah County was started.

Stepping Stones, Inc., is based on two basic principles: Normalization and the Developmental Model. Normalization means that every individual should have the opportunity to live, work, and play in an environment that is as "culturally normative" as possible. Secondly, Stepping Stones believes that each person, regardless of his/her handicap, possesses the potential for growth and development.

Stepping Stones, Inc., plans to eventually provide a continuum of alternative residential facilities in Latah County. These facilities may include group homes, intermediate care facilities and supervised apartments. In all cases, the services will go far beyond custodian care and will include such activities as training in community living skills, social skills, and recreational/leisure skills.

Vocational services will be provided in conjunction with other service providers, such as the Adult and Child Development Center, Epton Society, and Opportunities Unlimited. The goal is to provide adequate vocational training and placement for all developmentally disabled adults in Latah County.

If your organization would like to become involved or receive more information, contact: Stepping Stones, Inc., Box 8946, Moscow, ID 83843. Phone (208) 885-6150.

Are New Agers Politically Impotent?

by Jerry Pavia

While working in the garden the other day, a few friends stopped by for a few beers and some conversation. As happens sometimes after a couple of cold ones, our talk turned to politics. And, of course, we had solutions for the national and local issues confronting us. When I thought about this political banter later that night, I realized that's all it was. A lot of talk supported by no action.

In the late sixties and early seventies while attending college, I was very active politically trying to influence our government and its representatives. There was a lot of letter writing, plenty of committees to work on, and of course the many peaceful demonstrations held throughout the country. We were exercising our law given political rights. All this only got me tear gassed twice in Washington, D.C., then, to make matters even worse, the American people still had the nerve to elect Nixon to a second term in November of '72. At this point, I decided to abandon political involvement forever. I committed myself to finding a place in the country. To get away from it all. To try to live in harmony with nature. Screw politics.

Well, it's 1980 now. I've found a place in the country and our organic garden is ever expanding. Most of my friends are doing the same thing with their lives. We are the counter-culture. The new agers. My eyes haven't felt the sting of tear gas for 10 years. So what happens? Politics has stuck its head over the garden wall warning me that if I don't acknowledge its existence, then my little bit of paradise could be lost forever.

I am not talking about presidential elections. Jimmy or none of the others will ever come spend a day with my wife and me to discuss

politics. Nor will he with you, more than likely. In fact, even if he wanted to see me I don't think I'd let him on my piece of land. So, let's forget the Presidential boys. But locally there are issues of extreme importance, which if unanswered, will affect the lifestyle of all the new agers.

I see two basic issues here. First, why are the new agers so invisible? Second, if you are now invisible, how do you become visible? As to why the new agers are so invisible, I don't think I have stumbled over one completely right answer. Apathy? Well, it could be partly that. A friend of mine suggested that the new agers are unpolitical because they work so hard on their little bits of paradise so much of the time that they just don't have the energy for political work. Sounds good. Or, are a lot of us still disillusioned by the political process? Take your pick. Could be it's a combination of all three or maybe our senses have been dulled by too much homemade wine and beer. The important thing is that there are local issues that need our voice. In Boundary County the wilderness issue is still unsettled. And there is a pulp mill just over the horizon considering locating in the Kootenai Valley. Even if you forget the air and water polluting aspect of the mill, you are still faced with major social and economic problems that would arise with this mill. What are the major issues in the area you live in that would upset the lifestyle you've built? And then ask yourself what you can do about it.

The first thing I'd do is register to vote. If you're already registered ask all your friends if they are. If someone isn't, drag that someone down to the court house and sign him or her up. Then what we have to do is get as many people to support our local political groups as possible. And there are political groups who can speak for us. Get the invisibles to the meetings. Promise them anything to get them there. Free pemmican bars to the first 50 people there. Then find out what can be done. There are always committees to serve on, letters to write, and ideas to be listened to and hopefully voiced. Sounds like the early seventies all over again. But this time I really feel this will work. Especially on the local level.

If you can do none of this then you have no right at all to complain after the votes are counted. At what point will you get involved to maintain the style of life you're building? Hopefully, we will not wait too long to build this strong voice that is needed not only in Boundary County, but also in other parts of Idaho and this country where people are trying to build as harmonious a life as possible.

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Logging With Muscle And Spirit

By Ted Clutter

Before the log jammer and the tractor skidder, there was the horse. Noble, dependable and strong, the logging horse is also S-L-O-W when compared to modern logging equipment. With increased lumber demand and mechanization during World War II, the horse was out of yet another job. But oddly enough, in our age of space flight and automation, the jangle of harness and the pounding of hooves can be heard faintly and is getting stronger in Idaho forests.

"Horse logging is definitely making a comeback," says Don Nagle, a Potlatch, Idaho champion teamster who makes a "darn good living" logging with horses. "What's bringing back the horses are the environmentalists; people who've got small patches of timber and want a second growth."

Though tractor logging is still the most efficient means for large scale logging in big timber, private land owners, timber companies and the U.S. Forest Service are re-discovering the advantages of horse logging in certain situations for both ecological and commercial reasons.

"In cases where you've got small second growth timber, dead or dying trees and broken ground that would require an expensive combination of tractor and cable logging, horses can often work more efficiently than heavy equipment," explains John Grasham, a timber administrator for the Palouse District of the Clearwater National Forest. The district has been experimenting with horse logging for five years, thinning timber stands to improve growth. "You can do a real good job tractor logging, but in most cases a tractor driver is going to push over a young tree rather than drive around it," John continues. "If you knock out an eight-foot tree, then grow another in its place, why, you've lost 50 years. In selective logging you just can't afford to waste trees like that."

Besides saving young trees, horse logging saves fragile forest soil from erosion. Indeed, within two years there's little evidence that a stand has ever been logged.

Horse logging can benefit the teamster as well. This method may be slower than conventional logging, but since upkeep and overhead are lower, the teamster can profit more from it. Compared to a tractor, Nagle says, "with horses you can get pretty near twice the profit per thousand board feet. Now don't get me wrong, you can't make the total amount you can with a tractor because you can't get the volume, but it's the money you put in your pocket that counts." Last year Nagle harvested almost 600,000

board feet of timber for Bennett Lumber Company, mostly from private stands.

A pleasant man in his forties, with a love for animals that shows, Nagle grew up with logging and horses. Although he has tried other work, after suffering a stroke a few years ago, Nagle returned to horse logging for the exercise. One of the best teamsters in north Idaho, as scores of trophies in his home attest, he says, "There's nothing I'd rather do than drive a good team." The 1600-pound horses that make up Nagle's skidding team are just that good at their work. They follow Nagle's soft-spoken commands to the letter, pull two or three 16-foot logs with ease and work an eight-hour day without complaint. Teams like this cost up to \$5,000 and are obviously worth every penny.

Horse loggers have traditionally favored Belgians and Percherons, two distinctive breeds in the draft horse line. Belgians are known for their power, Percherons for their long legs. Because their legs enable Percherons to cope with high brush, they were the leading team in Idaho during the 1920s and 1930s, when there were literally thousands of them in the woods. Nagle's horses are Belgians, but he's quick to point out that they are fairly "leggy," saying, "They get around real well in the brush it doesn't bother them a bit."

An unruly horse, no matter what its pedigree, can be dangerous in the woods. A teamster can be stepped on or lose his fingers while wrapping a chain around a log if his horses don't obey. But if a team is well trained, there's little chance of this happening.

"You can take a horse and get him so he's pretty decent to work in a week, but he's not a trained horse," Nagle adds "To really finish a horse, you team him up with an experienced one, and work him every day for six months. That's my way."

It's difficult not to feel pangs of nostalgia while watching Nagle work his horses. A skillful man behind them, deftly riding the logs, urging the powerful animals to lean into their load; it conjures up images of the past. But there lies a danger is this romantic point of view.

"A lot of people ask me about my horses and tell me they'd like to try their hand at horse logging," Nagle explains. "They think it's easy--you just hook a horse to a log and go. But a lot of them don't even know how to use an axe. They don't know horses either--nothing. They just don't know what they're getting into." Horse logging is a lot

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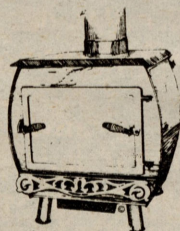
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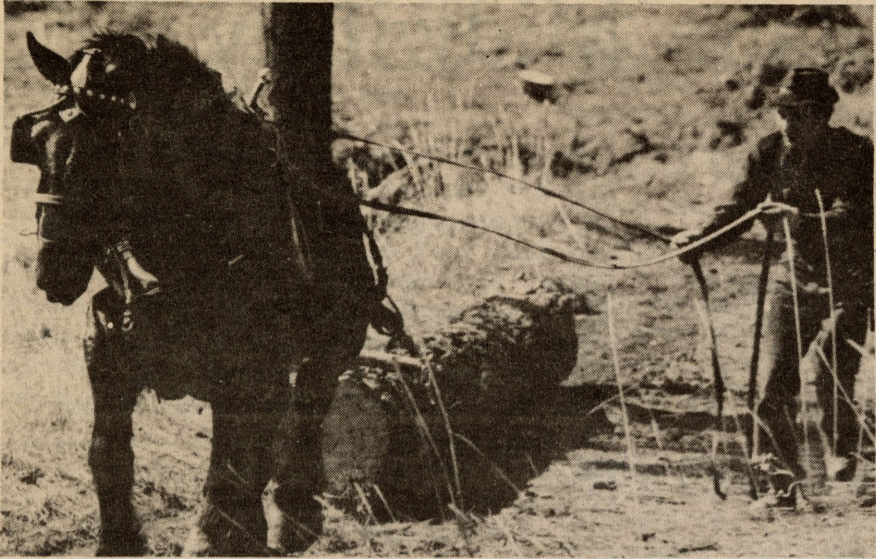
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Deary horse logger Gene Jerabek and his Percheron horse skidding logs. Photo Greg Nelson

of hard work, requiring years to learn. It's rare when a newcomer can make a living at it.

Larry Duff, a newcomer to both Idaho and horse logging, is one of those rare exceptions. Slight of build, but hard as rock, Duff has been skidding with his own team for five years, working Forest Service timber sales on the Palouse district. Recently, Duff contracted to remove 400,000 board feet of dead and dying white pine spread over 180 acres of rolling hills near Elk River, Idaho. Cap Buholtz, one of the district's timber management team says, "If we didn't have a horse logger where Larry's working, we'd be better off just to let those trees die and fall down. We couldn't put a tractor in there because of the damage it'd do. Larry's not doing any damage, yet he's salvaging timber and creating himself a job." But horse logging means more to Duff than just a job.

Duff's experience with hard rock mining all over the West fostered his present philosophy: "A lot of minerals around this world are getting scarce, even faster than our energy supplies. Our way of life in this country has got to change. I figured that change has got to start with the individual-myself. That's when I started logging, working with horses.

Before going it on his own, Duff worked as an apprentice to Vernon Tall, a veteran horse logger living near Harvard, Idaho. Larry has learned a great deal from men like Vernon and other "old timers," but he regrets that, "handling draft horses is almost a lost art, with very few artists left." Years lie ahead before Larry will be an artist, but his early experience with horses (he grew up on a ranch), his apprenticeship, and his commitment to hard work assure his success.

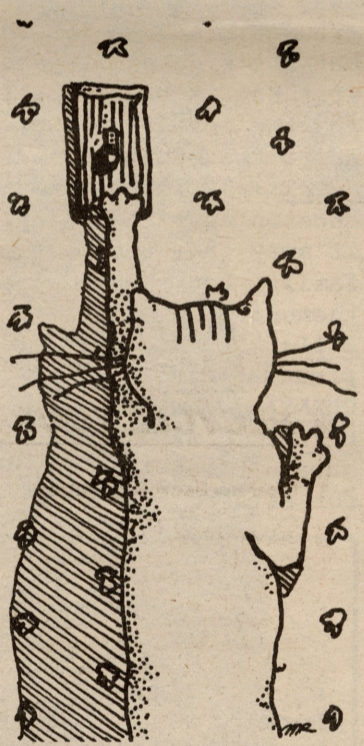
There seems to be nothing but good to say about horse logging. It may be slow, but it doesn't damage young trees; it saves the soil and it provides jobs for the few who are willing to learn and work hard at it. Herb Zimmerman, one of the last retired teamsters who remembers the days when all timber was skidded with horses, says with a gleam in his eye, "It was a great life." Growing ecological awareness and nostalgic interest are slowly, but surely, bringing the logging horse back to the Idaho forests. ☸

AWAITING AN AMPERAGE PROBE

Washington Water Power hasn't designed a meter yet to measure how much amperage we get watching storms from our front porch. They haven't discovered the wireless transformers with which we regenerate and recharge ourselves. They've simply shrugged off any attempt to find how often the juices flow when we complete our circuitry with love or how we've managed to plug into currents. Coulee Dam has never flushed through its floodgates. We're still awaiting an amperage probe strong enough to test the sockets for the lamps we use when strobing the colors of our wishes on a ceiling of night, lights throwing brilliance faster from globes than the black-draped hags can hide it behind closed lids, spraying bouquets with roots that are filaments fused in our thighs glowing with rays that reach forgotten heavens.

Can they find the source through which we switch to a new mind?
Are they aware of the static we endure in spite of the aerial above the attic, not to mention the tension lines that are shorted often by crossed purposes?
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Michael Kiefel



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INTERVIEW: Idaho Midwifery

By Bill London

Two area midwives were recently interviewed by WELLSRING editor Bill London. Deanna Robbins lives in Moscow, Idaho, and Buffy Sinclair lives outside of Emida, Idaho (twenty-five miles south of St. Maries).

BILL: What process did you go through to be able to call yourself a midwife?

BUFFY: From dealing with medical people ten years ago in Berkeley, California. The doctor I was seeing (supposed to be one of the best in the U.S.) took it for granted that I wasn't going to be able to make it through my labor without drugs and an episiotomy--so I had Jasen at home. I started taking classes in preparation for pre-med, but realized that that wasn't going to work. I met a midwife (Carol) and we started working together. We started out doing about one birth a month. Then word got around. I have attended over one hundred births. I don't "deliver" any babies, the women do it themselves.

DEANNA: I wanted to have my second child at home, and six and one half years ago could find no one who was supportive. I didn't have him at home and was extremely disappointed, but I had my third one at home. I then started going to friends' births and a chiropractor in town started referring people to me. Also, on-hand experience and reading and learning from professional people like doctors. Once I had seen a home birth, it seemed exactly right.

BILL: What do you think of the point of becoming licensed by the state to become a midwife?

DEANNA: Medical people have no training in doing it naturally. I am not interested in getting a license--too much control.

BUFFY: Too crisis-oriented and pathological. People who are controlling and certifying it are not allowing for the kinds of processes I use. They would want me to know how to drug people up. They don't separate obstetrics and midwifery. The women have to assume the responsibility.

BILL: What is your ideal of the midwife/doctor relationship?

DEANNA: I don't want to deal with medical people because I don't have the strength to push my ideas. You can't have a doctor and a midwife. It's too much. I attended one birth with a doctor at home and at the actual birth, there wasn't room for both of us. I didn't feel comfortable with him because of his training and vice versa.

BUFFY: I think that in the midwife/doctor relationship the doctor should be at the hospital ready to deal with emergencies and for consultation. They are trained for the abnormal.

BILL: How much does a home birth cost with a midwife?

DEANNA: That's a big question. Legally, we can't ask for money because that's practicing medi-

many expenses involved that people could help with.

BUFFY: I have experienced the same frustration. I feel that I arrange my life around a woman's due date--I'm unable to go away from a phone for several weeks, am prepared to drop everything to go be with the woman for what could be several days. It seems too often that people just don't recognize this.

BILL: Why is it better to have babies at home?

"It is the heaviest experience on earth and they are taking it away from people — not only the family, but the woman and child themselves."

BUFFY: The obvious reasons: home is where you live and where your body is acclimated as far as germs. There are a lot more and different germs in the hospital.

DEANNA: No interference; you have more control. No alienation. Having a baby is a family thing. In the hospital, the family isn't involved. Kids are sent away. The worst offense is taking the baby away from the mother. This is traumatic enough for the mother, but she's an adult; she can handle it. But it's especially traumatic for the infant. Also, I think it helps the siblings to adjust.

BUFFY: It is the heaviest experience on earth and they are taking it away from people--not only the family, but the woman and child themselves.

BILL: Can midwives offer complete prenatal care?

DEANNA: I don't.

BUFFY: I usually have the woman have a blood test to check out for antibodies, iron count, RH

factor. I do the simple dipstick urine test to tell if there is protein or sugar. I want to see her, look at her, see how she feels, pick up on her vibes. I do counseling around diet. I don't like to see women drinking alcohol or smoking tobacco. I have them rub oil into the perinium the last month.

DEANNA: Add a little olive oil to a bath.

BILL: Vitamins?

BUFFY: 400-600 Units of Vitamin E daily, a good B complex, iron supplement, and a good multiple vitamin and mineral; organic, natural vitamins if you can get them. I feel that if you ingest synthetic vitamins, your body loses the ability to get vitamins from real food. I do blood pressure readings, positioning, etc.

DEANNA: I recommend seeing a doctor.

BUFFY: I did too, until I got the experience and felt competent. Birthing is close to death and very scary and sobering. You don't take chances. I have a real clear understanding of what my abilities are.

BILL: What are cesarean births and episiotomies--are they being done more now than in the past?

BUFFY: Cesarean birth is a surgical procedure where they open the woman's abdomen and take out the child. Episiotomy is where an incision is made in the perinium between the vagina and the anus. It is a cut made to enlarge the opening to let the baby out.

DEANNA: MS MAGAZINE (October 1978) did an article on the rise of cesarean births. It was attributed to using fetal monitors. There was also a small study done on having a midwife use a fetal scope--there were fewer cesarean births. An article was just published in the IDAHONIAN saying that one of the reasons there are more caesereanbirths is for insu- midwives to page 9

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Coeur d'Alene, ID 38314
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Midwife

Debbie Coyle
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Deanna Robbins
c/o Moscow Hotel
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Moscow, ID 83843

Linda Jones
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Chris Coffman
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Bonners Ferry, ID 83805
Midwife & supporter
(208) 267-5667

Barbara Rawlings
Route 2, Box 332
Sandpoint, ID 83864
(208) 263-3593
Midwife, mother
Supporter

midwives from page 8
rance coverage (doctors can't get
sued as easily). I would like to
get information on about how many
are done in this area and why.
I believe the number could be
lessened if the women were more
prepared to be in labor longer.

BILL: Are these procedures safer?

BUFFY: Respiratory tracts really
suffer in cesarean babies. There
are more infections. Without an
episiotomy, the baby's chest gets
a real big squeeze; and it loses

**"I don't 'deliver' any
babies, the women do it
themselves."**

this when you cut the perinium.
The squeeze seems to help in expel-
ling mucus. Of the hundred births
that I have witnessed, I have only
seen three or four women who have
torn enough to require stitching.
Most women who have had an episio-
tomy say the stitching is the
worst part of healing up. Experi-
encing labor really binds the mother
to the child.

DEANNA: The doctor's trip of want-
ing to do episiotomies is because
there is less banging around for the
baby. It definitely quickens the
birth, but they are pretty gross.
I just believe in the way the body

does it. Nature's way of doing it
gently is what they call "banging
up."

BUFFY: It seems a common practice
to break the water when the woman's
dilation reaches five centimeters,
and I have had some experience that
a bag of water that was intact had
saved the baby's life. Part of the
function of the bag of water, the
way I see it, is to push the baby
down against the cervix which helps
it open; and the bag of water also
protects the baby's head from being
the hammer. The baby's skull is
soft and it could cause some damage
to the skull bones and to the brain
if the bag of water isn't there to
protect it. I think that a lot of
cesareans that save babies' lives
are obstetrically caused.

BILL: Do you tell women to use
certain herbs?

BUFFY: Mostly I don't. I don't
think that when a woman becomes
pregnant is a good time to start
exposing herself to a lot of changes
whatever it is, like taking a lot
of herbs.

DEANNA: I don't either. I used
mistletoe one--it works to bring on
contractions. It is supposed to
be toxic. I gave a hemorrhaging
woman two ten-milligram capsules.
It stopped the bleeding. Cayenne
is a blood coagulator (10 milli-
grams).

BILL: How can anyone get in touch
with a midwife?

DEANNA: In any area, to ask at
the food co-op is a good idea. ☉

Conference To Form Midwifery Council

On Saturday and Sunday, June 28
and 29 there will be a conference for
birth attendants near Kooskia, ID, to
organize an Idaho Midwifery Council.
Workshops include: Acupressure,
kinesiology, herbs for pregnancy and
birth, rebirthing, jaundice, breech
delivery, neonatal assessment, handling
hemorrhage, movies and experiences
from the Kentucky Nursing Service
delivering babies in the '40s.

Fee: \$15/two days; 3 vegetarian
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BLANKET OVER THE SKYLIGHT; A BIRTH

by Terry Lawhead

I

Rivers within, carrying in lit veins
portents of futures. Blossoms
floating through open windows.
The drill bit, after a long and heated passage
through stone, imbeds itself in wet sand.
The anger of pain,
the grace of children going in and out of the room.
A reason for earnestness: Children standing
out in the snow and amazed by the birds
returning to seed-laden trees.

II

The face appears, huge; solemn.
Female or male? Builder of temples and soil,
what star hidden in the bright blue sky
now burns more fierce?
That will be one search.
Nothing is safe. I think of war.
For me, standing at the foot of the bed,
the respectable distance for a foolish, staring man,
this is terror: The face returns no promise.
And I am judged--the maskless mirror of my own
mortality
the unforgiving, impassive stare of nature gazes upon
my ambitions in poetry,
my failures in living.
The eyes are closed.
What can be done.

III

The women can handle this. One,
pushing down and crying like a prayer,
and the other crouched at her knees
and peering into the ancient silent face,
her hands moving like a loom.
The child is innocent and slides into the world
with the grace of the long dives we take in dreams.
Women find the breath straining beneath the mountain
then look to find a boy
blue sea shining,



CO-OP REPORTS



St. Maries: Active in VISTA Projects And Anti-Herbicide Movement

The St. Maries food cooperative, River Valley Natural Foods, opened in 1978 after one year of buying club experience. The non-profit cooperative association that operates the store is Your Local Alternative, Inc.

Though St. Maries is a relatively small town in a very rural county, the store has survived. The storefront at 1332 Main Street rents for \$147 a month, and the rent payments have been late a few times. All labor to operate the store is

voluntary. The six day managers pay just a few cents above wholesale cost, while working members buy at 15 percent off retail cost which is the store's cost plus 40 percent. The markup was recently raised from 35 percent to cover Equinox's 2 percent surcharge and to provide needed additional capital.

The co-op sponsors a VISTA project involving the construction of compost toilets and has been active in the struggle to stop herbicide spraying. At the last

membership meeting, three Forest Service employees presented information about the U.S.F.S. Land Use Plan and received our comments, questions and input.

The store was originally capitalized by loans totalling \$1,500 from members. Two-thirds of that money has now been repaid and the store inventory has grown to an almost respectable size. Business volume this year is about 60 percent more than last year.

Bonniers Ferry: Goodbyes And Gardening

We've just lost something of extreme value at the Co-Op. Much to all of our chagrin, our coordinators Mike and Acacia (and kiddo too) are leaving us next week. Because of their work efforts, the Co-Op has been able to operate smoothly and without financial burden. Together they took care of the sundry details and multitudinous errands that keep a business on its toes. They were the lifeblood of our little Co-Op, and we all commend them for their conscientious efforts. Thanks for always being there when we needed you. Au revoir. . .

Summer is now waxing and folks are busy with their gardens and orchards with gleaming, reddened faces

full of fresh spinach and asparagus. As a result, fewer families are able to volunteer time to work for the Co-Op. At the May 1st "General Meeting and Feeding," we decided to change our operating hours to Wednesday through Friday from 10:00 A.M.-5:00 P.M. If perhaps our members have more time in the future to work, we will return to our regular 5-day week. Until then, we will be open 3 days each week, and welcome one and all to our house of food.

The North Idaho Workers Co-op is now working on a 5-acre garden at the Bill and Viola Thuntz farm. We hope they enjoy a fertile summer. Ah yes. . .I can taste those greens already. ☺ Brenna Ellis

Equinox Growth Continues

The Equinox Cooperative held its annual membership meeting March 29 in Springdale, WA. Some of the highlights of the meeting were:

*There are now six full-time members of the collective at Equinox.

*In 1979 Equinox bought a new diesel truck and more than doubled the size of its warehouse space. The truck ran has expanded into new areas, the inventory has grown considerably and the number of farmers served by Equinox is also on the rise. Sales for 1979 were \$364,000 (up from \$200,000 in '78 and \$135,500 in '77).

*A plan to raise money to increase warehouse inventory was agreed on and added to the by-laws after over three years of discussion.

*The membership agreed that Equinox would distribute WELLSRING, a newspaper aimed at providing a co-op and community information network for the Inland Northwest.

*People came from Montana who are part of a group called the Whole Food Connection that is forming a warehouse to serve co-ops in western Montana. They requested that Equinox support the establishment of their warehouse. The membership approved the idea of supporting a sister warehouse in Montana with two stipulations:

1. The warehouse must be cooperatively owned and democratically managed.
2. Equinox and the Whole Food Connection must work out a concrete proposal and present it to the Equinox Board of Trustees for approval.

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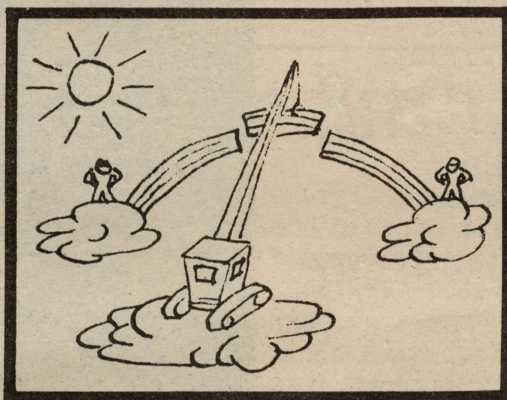
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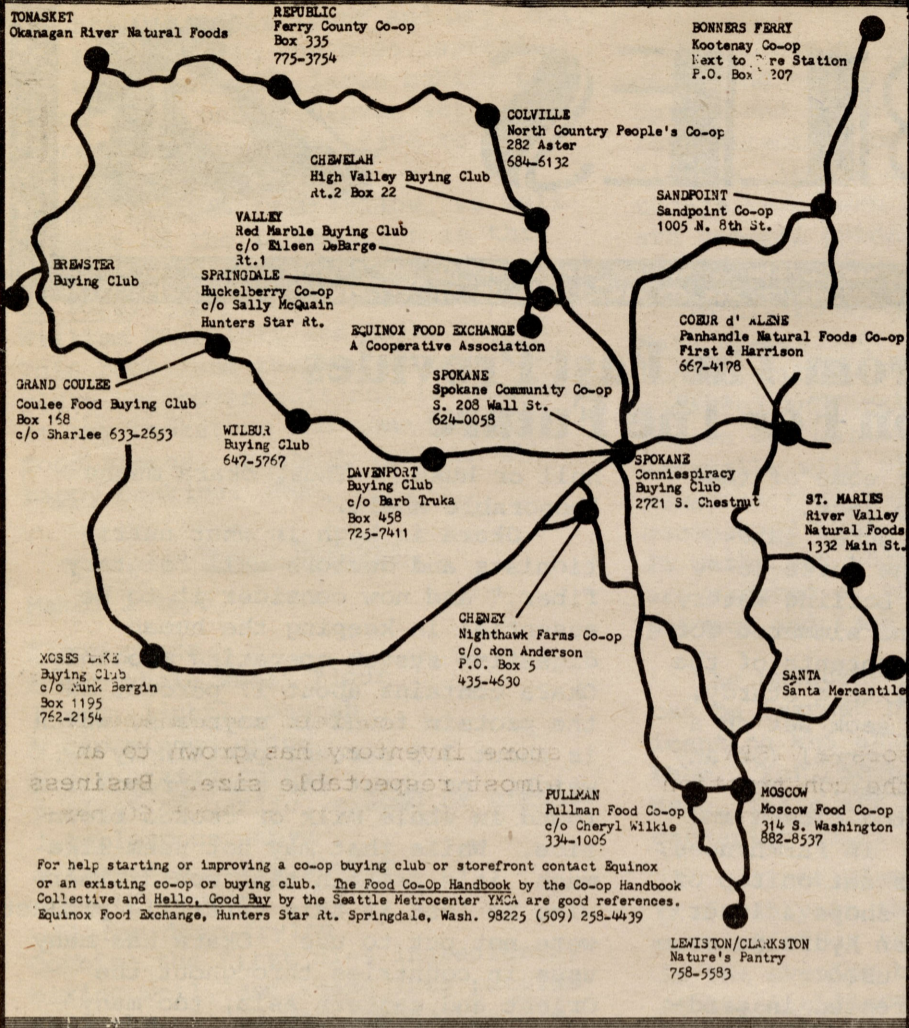
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EQUINOX NETWORK



Moscow: Support For Wellspring

The Moscow Co-Op Board met and discussed several issues of interest to WELLSPRING readers:

a) The MFC will continue to contribute its monthly newsletter budget (\$55/month) to WELLSPRING through the third issue of the paper at which point the dollar amount will be re-evaluated. This is a re-affirmation of the co-op's original commitment to support WELLSPRING until it "gets on its feet." Hopefully, the financial support will soon become spread more evenly among the region's co-ops. WELLSPRING will keep MFC posted on its financial condition. David Cook will serve as liaison between MFC and WELLSPRING.

b) WELLSPRING may give up-to-two months of co-op work credit to people for their contributions to an issue of the paper. It is hoped that other co-ops will choose to give work-credit to WELLSPRING contributors among their memberships in order to encourage wider regional participation in the paper.

c) MFC is looking for a cash register that will carry subtotals.

d) MFC's representation on the Equinox board will be carried out by David Cook together with one of the paid coordinators, JJ or Dorothy.

e) The food co-op sponsors a farmers market every year behind the Old Post Office Building. It is being considered that the farmer's market be expanded into a "Saturday Market" for any home-grown or home-made items. A weekly fee is also under consideration in order to raise money for a community center in the Old Post Office. For further information contact Linda Pall (on the city council) or the Moscow Food Co-Op. ☉

Equinox: Helps Develop Buying Clubs

Equinox is starting a campaign to extend the alternative food network to every city street, back country road and hideaway haven from the Cascades to the Idaho-Montana border. Food Buying Clubs may be no news to some of you, but knowing how to connect with our truck runs and a little about how we work, may be worth your time and help in starting up new co-op buying clubs.

There are two basic ways to organize a club. The "you share" method and the "you pay" method.

The "you share" method has every member take a turn being responsible for calling a meeting, writing up an order, calling the order in, picking it up or having it delivered to an assigned spot, paying for it, breaking it down into individual orders and collecting the money. This takes dependable people and many clubs operate in this way.

The "you pay" method hires one person to take on all the tasks listed above and his or her cost are recorded each month. The cost is then divided by the members and added to their individual food invoices. For many people this is the preferred way. There are many variations of these two ways to suit individual club's needs.

When the trucker delivers the total order have a check ready to pay that amount. (This check is banked the following Monday giving the members time to pick up their orders and bank the money.)

In the "you share" club, personal checks are used and members reimburse the ordering person for the month when they pick up food. In the "you pay" club, the club opens a bank account. The employee writes the check for the trucker and banks the money received from the members.

You can be authorized to accept Food Stamps as a Food Buying club. For more information contact the Food and Nutrition Service Field Office, W 902 Riverside Avenue, Room 284, Spokane, WA 99201.

Check out the map for truck routes close to you. A permanent or at least semi-permanent drop off place must be decided upon for the trucker.

If you need more information, please contact the Equinox Food Exchange, Hunters Star Route, Springdale, WA 99173, or phone (509) 233-2543 in Spokane or (509) 258-4439 in Springdale.

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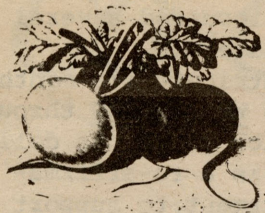
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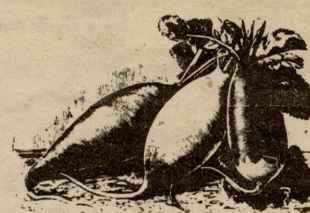
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EDIBLES



Okara: Food From The Past Provides Nutrition For The Future

by Candice Hadley
(chart and drawings by
Margaret Brundage.)

Most consumers of pure and natural foods have at least heard of soybean products such as soy-milk and tofu, if they haven't already incorporated them into their diets. One soybean by-product that may not be as familiar, but nonetheless adds protein and roughage to the diet, is okara. No, it's not the same thing as that unusual vegetable okra, it's the crumbly-textured meal leftover from the soymilk/tofu-making process.

As you can see from the chart, okara is formed very early in the soymilk-tofu process. The first stage of the process is the formation of soy puree. After the beans are well soaked, they are ground until the substance has the consistency of a thick pancake batter. An electric blender, a Corona hand mill, a juicer, a meat grinder with a fine attachment, an electric grain mill, a coffee mill, a mortar and pestle or a suribachi can be used to grind the beans.

Soy puree is the only stage in the process where the entire soybean is still intact. In the next step the puree will be separated into okara and soymilk.

Before we continue, it should be mentioned that by soaking and grinding the soybean, the amount of time and fuel required for its thorough cooking is greatly reduced. Unlike other grains and legumes, soybeans contain a substance called "soybean trypsin inhibitors" (SBTI), which obstruct the functioning of the pancreas-secreted trypsin enzyme essential to the digestion of protein and maintenance of proper growth. In simpler terms, your body is rendered useless in absorbing the protein content.

Cooking inactivates the SBIT, thus the necessity for thorough cooking. Unless 70 to 80 percent of this substance is destroyed, the body is unable to make use of the full array of nutrients in soybeans, according to laboratory tests. These tests have also shown that the soaking and grinding reduces the cooking time needed to attain this inactivation.

Well-soaked (overnight or for 2 hours in covered pot with water just brought to a boil) whole soybeans should be simmered for four to six hours or pressure cooked at 15 pounds for 20 to 30 minutes. Soy puree, however, need only be simmered for 15 minutes or pressure cooked 10 if it is to be used directly as a food (or be further processed into soymilk and okara). You must be careful

also not to overcook; some of the protein value will be lost.

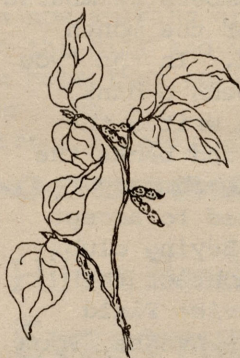
To separate the puree into okara and soymilk, the puree is ladled into a pot of boiling water, returned to a boil and simmered for 10-15 minutes. The contents of the pot are then ladled into a sturdy, coarsely woven cloth sack set on a rack over a curdling barrel (or any suitably large container.) The sack's mouth is twisted closed and the sack is pressed. In farmhouses, a heavy mill stone is set on top of the sack and in tofu shops a lever press or a more modern hydrolic or centrifugal press is used.

If you are interested in producing large quantities of soymilk, okara and tofu, a lever press can easily be made in your home. Attach a fairly thick block of wood to a wall in your basement or workroom at a level about three inches above your curdling barrel. A pressing rack, which fits over the barrel, is fashioned from eight to ten thin wood pieces held together by two cross bars. A smooth board, long

hull or husk." Thus, okara means "honorable shell."

Okara is high in what nutritionists and doctors call "dietary fiber," and now consider it to be essential in keeping the human digestive system operating smoothly. Okara contains about 17 percent of the protein found in soybeans, which is about 3.5 percent protein by weight, or about the same proportion found in whole milk or cooked brown rice. While that may not seem like much, it's protein that would otherwise be lost if this versatile product were not put to use. Okara has many uses in countries throughout the Orient and eastern Asia, too many to mention in an introductory article such as this. A few of its more interesting uses include consumption of okara by nursing mothers to enrich their milk and stimulate its flow, and wrapping the substance in a cloth and using it to rub down household woodwork and furniture.

Most importantly, however, is the ease at which okara can be incorporated into your diet, without



SOYBEANS

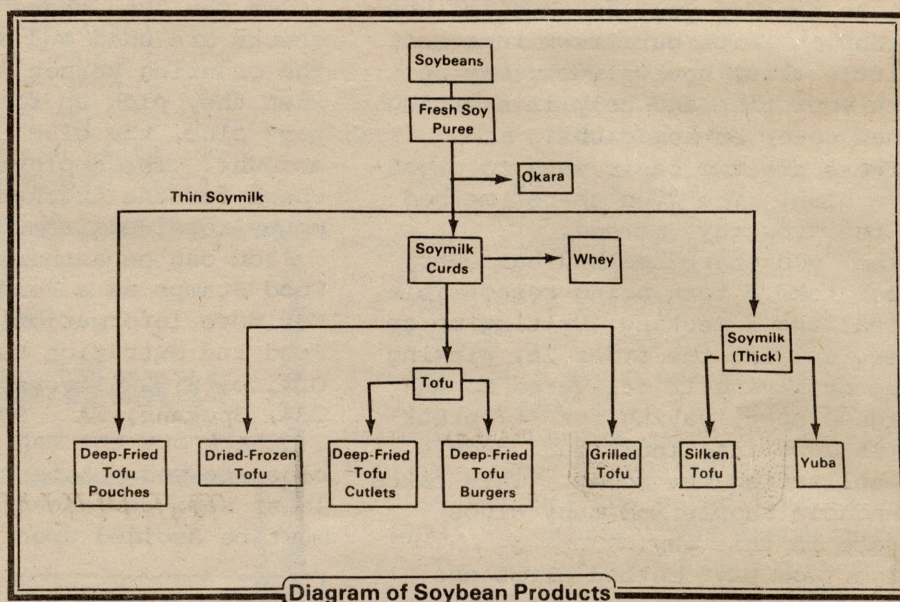


Diagram of Soybean Products

enough to give you leverage and about five to eight inches wide, is then wedged under the attached wood block and used to press the puree-filled sack, squeezing out all remaining moisture.

For those who don't need enough soybean products to require permanent equipment, smaller amounts of puree can be pressed simply by placing the puree-filled sack in a colander over a large bowl and pressing it with a good-sized jar.

The beige-colored, crumbly substance remaining in the bag is okara. It has a fine-grained texture resembling cornmeal or freshly grated coconut. It's interesting to note that the Japanese, keeping with their ancient tradition of honoring even the most simplest of foods, place the honorific prefix "o" before the word "kara," which means "shell,

drastically changing your eating habits. Okara can be mixed into breads, pancakes and biscuits, making them moister and fluffier. It can be added to scrambled eggs, vegetable dishes and any casserole or soup.

Convinced, but not sure you want to go to the trouble of making it yourself? Okara is generally available wherever tofu is produced. One member of the Moscow Food Co-Op, Margaret Brundage, makes soymilk for her son regularly, and as a result, has more okara than she can use. She is selling it for 25¢ a pound, and she can be reached at (509) 878-1627 evenings at her home in Palouse.

To help get you started, here are a few recipes that use okara. But remember, be creative. Okara can be used in most any recipe. Some recipes may require dry-roasting or parching to reduce okara's water content and give it a lighter texture.

HERB TALK

Okara continued)

Heat a skillet or wok, roasting the okara over low heat without oil. Stir constantly with a wooden spoon or spatula for about three minutes or until okara is light and dry, but not browned. In the oven, spread the okara out on a large baking tin, place in an unheated oven set at 350 degrees, and heat for five to ten minutes.

The recipes that follow, as well as most of the information in this article, were excerpted from "The Book of Tofu," (paperback edition) by William Shurtleff and Akiko Aoyagi. This book, and the larger more complete hardcover edition, is available at any bookstore and some health food stores. Without further adieu, happy cooking! ☸

Okara Burgers

Makes 3 to 5

- 1 cup okara
- 1/2 cup whole wheat flour
- 1 egg, lightly beaten
- 1/4 cup minced onion
- 1/4 cup grated carrot
- 1 clove of garlic, minced or crushed
- 1 tablespoon shoyu
- 1/4 teaspoon curry powder

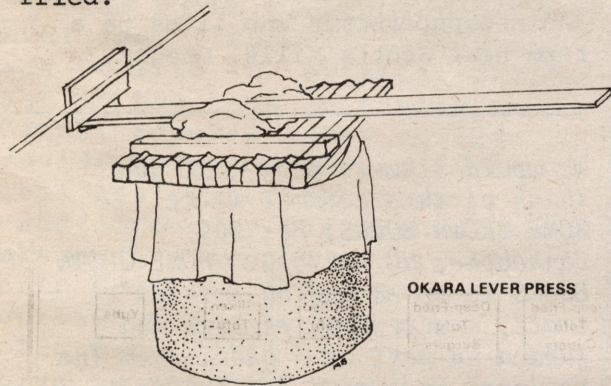
dash of pepper
oil for deep frying

Combine the first nine ingredients, mixing well, and shape into patties. Heat the oil to 350 degrees F in a wok, skillet or deep-fryer. Drop in the patties and deep-fry until crisp and golden brown.

If deep-frying is inconvenient, patties may be fried or broiled. Also, try adding cooked brown rice.

Variations

*Okara fritters: Add 6 tablespoons soy milk and 1 egg to the above ingredients. Drop by spoonfuls into the hot oil to deep-fry. Mix skimmings from oil back into batter after each batch has been deep-fried.



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by Barbara Isaksen

For those of you interested in gathering herbs, now is the time. Spring and summer are prime times for collecting buds, aromatics, flowers, leaves and stems. Although each herb is unique, there are general guidelines for gathering and drying.

In his book, The School of Natural Healing, Dr. J.R. Christopher emphasizes the knowledge acquired and health brought to a person who gathers his own herbs. Generally wild plants are more powerful than cultivated ones because of their compatible habitat. In gathering your own herbs you are assured of their freshness, potency and lack of contamination.

The uniqueness of each herb can be learned by reading, experimenting and attuning oneself to them. Yet, despite their uniqueness, there are several general gathering rules.

- 1) Collect plants in dry weather, preferably in the cool of the morning after the dew evaporates or in the evening before it forms. At least collect herbs before the sun is high. Why? Collecting wet herbs weakens them and they tend to spoil, and in high sun the herb's volatile oils evaporate.
2. The ideal location to find herbs is in high, dry soil exposed to clean air and sunshine. Avoid roadsides because of exhaust fumes and the possibility that the "weeds" may have been sprayed with herbicides.
3. The best season for herb gathering depends on the plant and the plant part. In general, spring and summer are ideal for aromatics and wholeherbs. These should be picked just before the flower opens; resinous young bark, buds and berries while ripe; flowers when first opened; herbaceous stems before the blossoms develop and wood in the early spring.

To prepare herbs for storage, you must dry them thoroughly to prevent mildew and valuable property loss. If you are going to dry them outside, do so on a drying screen. Old screen windows or doors covered with cheese cloth work great for this. Spread the herbs thinly across the screen and remember to never dry in the direct sunlight. Usually three to four days in the shade is sufficient. To dry indoors, find a fairly dust-free room with adequate ventilation. They can be placed on a screen or tied in bundles and hung upside down in indirect sunlight. Artificial drying is a delicate matter and more complicated than the above mentioned method. Dry in temperatures below 100 F and use a fan to prevent scorching. Some plants, such as mints, do not lend themselves very well to artificial drying due to their delicacy.

These are brief descriptions of herb gathering and harvesting. More specific techniques can be found in books such as Dr. Christopher's. Browse around at your local co-op, health food store or bookstore. The main ways to become an ace herb harvester is by reading and experimenting. The personal pleasure and sense of well being received from gathering herbs is indescribable. ☸

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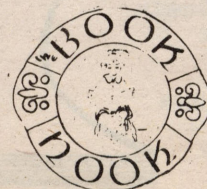
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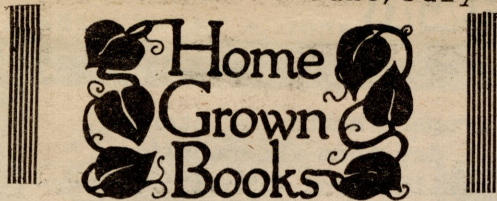
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Priscilla Rich

The reviewer is a photographer/writer who is learning how to take care of herself and her two daughters near Chapel Hill, North Carolina.

Medical Self-Care

First conceived as part of editor Tom Ferguson's thesis project at Yale Medical School, MEDICAL SELF-CARE's emphasis is on "power to the people" by providing roadmaps for self-care and information on tools and books to help you do it. It does not advocate foregoing the professional illness-care system, if that is what's needed, but focuses rather on individual responsibility for health maintenance and preventive medicine.

Theme-centered issues have included articles on running, yoga for children, teaching medicine to kids, men's reproductive health, stocking your black bag, menopause, natural birth control, and a state-by-state guide to self-care classes and contact people. The abundant and far-ranging book review section is a special treat. This beautifully-designed quarterly is available for \$10/year; \$2.50/sample copy

The Homesteader's Handbook

At first glance THE HOMESTEADER'S HANDBOOK looks like a reproduction of a compendium of old time American remedies and recipes published solely for their historical value. After reading through the introduction and first section, one is fairly convinced of this, especially when studying a recipe for "Indian Worm Killer" that calls for three-quarter lbs. of Kouso flowers, 4 oz. of scammony and pulverized jalap, among other things.

But a thorough reading of its six sections, along with the publisher's assurance that the book is useful beyond the historical factor, reveals an interesting mix of the positively outmoded with some valuable information.

The book is based on the premise that you can make much of what you need yourself and that pioneer Americans did just that.

The handbook begins with a list of staples for the do-it-yourselfer in search of self-sufficiency in Department I, which gives a detailed statement of the weights and measures used in the preparation, sale and administering of medicines, with plain and simple formulas for preparing all kinds of decoctions, infusions, lozenges, troches, cough drops, plasters, poultices, tinctures, tonics, and many popular miscellaneous tried and approved

remedies. In case of serious sickness call a physician.

The other "Departments" in the book cover beauty preparations with recipes for making your own cosmetics and skin care concoctions. "Household" combines handy hardware with the kitchen by including several recipes for cleaning products along with those for sherberts, wines, and ices.

All the trades are covered in another section, with everything from how to make your own parchment glue to the best way to polish horn.

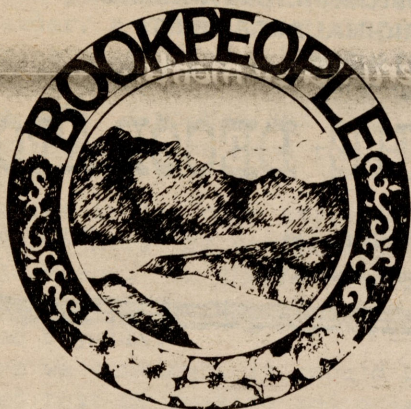
The book concludes with a section on farm and dairy and general miscellany. There are over 3,000 entries included in all, and an ample index guides you from a "Poultice for Childblains" to exercises to "Straighten Round Shoulders."

The publisher offers an unconditional guarantee that you'll like this book and that it will save you some money to boot. They also offer that it is being published primarily for its historical interest, and add a disclaimer for the effectiveness of the Book's remedies for specific diseases.

Many things change over the years and most people would not have on hand the ingredients to make actual use of most of this book. The book will be fun for the back-to-basics buffs, however, and it might prove useful once in a while. You will surely come away with at least one idea you'd like to try. I'm going to make "Kiss-Me* Quick" toilet water and try removing mildew from linen with a lemon and salt. Order for \$9.50 postpaid from Angel Press, 171 Webster St., Monterey, CA 93940

Jean Wilson

The reviewer is a free-lance writer and newspaperwoman who lives on a farm near Scotts Mills, Oregon.



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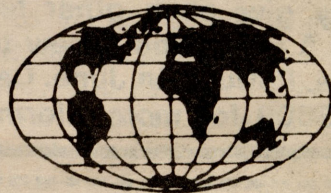
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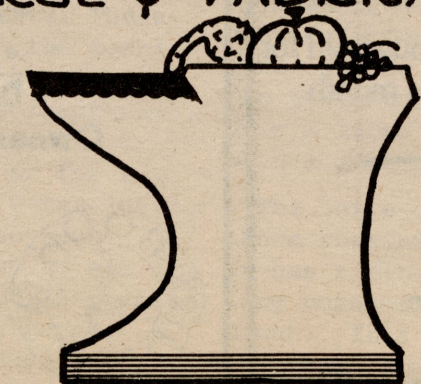
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Announcements

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The Snake River Community Development Council is coming back to life in Lewiston. In the past it has been an entity to channel federal money toward providing financial and technical assistance to worker owned/community businesses serving low-income people in North Central Idaho. Daved Gottlieb was elected to the S.R.C.D.C. Board as a representative of the MFC. Address in quires about the SRCDC TO him c/o Moscow Food Co-op.

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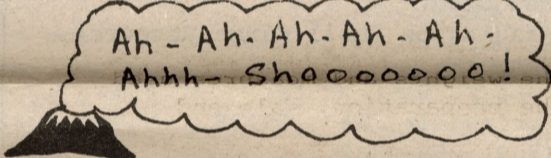
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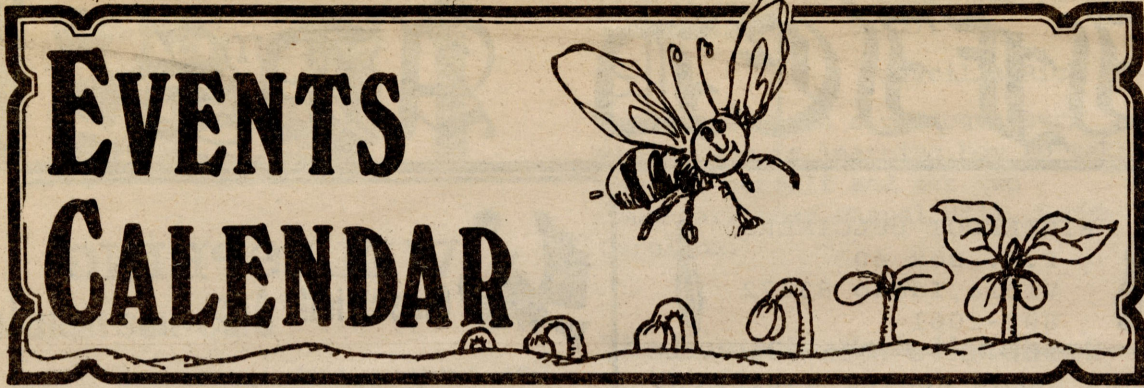
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Moscow: Farmer's Market at the old post office building and may be expanding into locally made crafts as well. For more information call 882-8537.

Colville: Farmer's Market. For information call: 684-2588.

Growers who are interested in selling to Equinox or participating in group buys of materials (carrot & onion sacks, strawberry baskets, organic fertilizers, etc.) contact:

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Farming from p. 3
not insect specific and is non-toxic. It repels rather than kills and must be applied often. These basic methods of organic farming represent only an introduction. There is much more written about these techniques and others. Most of it has been published by Rodale Press. The techniques do work--they have worked for decades maintaining soil fertility. The disadvantage is that they are slow, but that's the way of nature. The organic farmer must be patient! ☹

Winter Logging

Standing by the fire
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18 below.
Waiting for the sun to come up.

Daydreaming of a poem
that would require
no other poems.

A sentence
with no other sentences.
A word
with no other words.

DAVID L. QUINN



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