



February 2024 Edition

Community News



VOTING BEGINS

Saturday, February 24 at 8 a.m.
through Wednesday, March 6 at 8 p.m.



Election results will be announced Thursday, March 7

Deadline to become an owner and be eligible to vote in this election
is Saturday, February 17 at 8 p.m.

perfectly paired



Thursday, February 8
4:30 - 6:30 p.m.
at the Moscow Food Co-op

love in every bite

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Order by Feb. 4



READ THE EDITION ONLINE AT [MOSCOWFOOD.COOP/COMMUNITY-NEWS](https://moscowfood.coop/community-news)
ISSUE EDITOR: JUDY SOBELOFF; LAYOUT: PEG KINGERY

What's the Buzz?

"How do you get your heart rate up in the winter on the Palouse?"

By Ashley Fiedler, Co-op Volunteer Writer

"Rowing machine at my indoor gym." Normann Fischer, Colfax, Schweitzer Engineering



"I walk everywhere with energy!" Gail Eckwright, Moscow, Retired



"I walk as much as I can." Stephen Austin, Moscow, Graduate Student, University of Idaho



"I walk around town." Haley Czapla, Moscow, Graphic Design Student, University of Idaho



"I cross country ski." Kylee Jenneskens, Moscow, Farmers Insurance Agent



"I take the stairs." Torrey Beeson, Palouse, Homemaker



Art at the Co-op

**By Kristin Strong, Co-op
Marketing Manager**

Ryan Law and Cheryll Root's artwork will be shown at the Moscow Food Co-op from February 4-March 4. The show's theme, 'For the Animals,' will benefit the Humane Society of the Palouse with 100% of proceeds donated to HSoP. Nationwide, shelters are overwhelmed and overflowing with abandoned or unwanted animals waiting for adoption. The artists hope to celebrate these shelter animals fostering empathy and action on their behalf.

Both artists share a love of animals. Ryan is the founder of Palouse Wildlife Rescue and Rehabilitation, a non-profit volunteer organization established in 2006, that provides a haven for sick and injured wildlife on the Palouse. The artists would say that animals are their favorite subject matter for their artwork and are pleased they can share their art with others to benefit and bring awareness of HSoP and the many ways the organization benefits animals, animal owners, and the local community.

Cheryll and Ryan are both members of the Palouse Watercolor Socius. Their show will be a mix of watercolor and oil paintings.

The Humane Society of the Palouse will have a table at the February 15 Artwalk reception and will be available to answer any questions.

Wines Around the World – Languedoc-Roussillon, France

**By Peg Kingery, Co-op Marketing
Assistant**

The Languedoc-Roussillon region of France, known as the Occitanie, spans the Mediterranean coastline for 150 miles from the country's border with Spain and the Pyrenees Mountains in the west to the region of Provence in the east. Planted with 700,000 acres of vineyards, the Languedoc-Roussillon region is the largest wine-producing region in the world and is responsible for more than a third of the wine made in France. It is also the largest producer of organic wines. Viticulture is one of the main drivers of the local economy; many of the wineries are small family holdings or cooperatives that date back for generations.

The first vineyards were planted by Greeks in the 5th century BCE, making these the oldest in the country. Languedoc has belonged to France since the 13th century, while Roussillon was part of Spain until the mid-17th century. The two were joined as an administrative region in the late 1980s.

The Languedoc is quite distinct from Roussillon as far as culture, civil administration, and wine styles are concerned. While Languedoc is tied deeply to France, Roussillon retains its connection to Catalonia in Spain. Its customs, culture, and food, including grapes and styles of wine produced, reflect this.

From the 4th through the early 19th centuries, this region had a reputation for producing high-quality wines. The construction of the Canal du Midi in the 17th century, which connected the Mediterranean to the Atlantic, as well as the construction of a railway system in the 19th century made transporting wines to other parts of France easier and led to great prosperity.

In the late 19th century, the phylloxera (a louse which feeds on vine roots) epidemic severely affected the vines in the region. The vineyards were replanted using American rootstock with a focus on high yields. Production shifted to producing large quantities of unremarkable, cheap red wine, resulting in vast over-production and plummeting prices. Around this time, French consumers began buying high-quality wines which also contributed to decades of surplus table wine. By the mid- 20th century, many winemakers began making wine using higher standards, paying attention to more modern viticultural and vinicultural techniques that would raise the region's level of quality. With this shift, one could call Languedoc-Roussillon a "new frontier" for French wine. Not only does the region offer a diverse range of wine styles but it also delivers exceptional quality at affordable prices.

Vineyards in the Languedoc are generally planted along the coastal plains of the Mediterranean, while those in Roussillon are planted in the foothills of the Pyrenees. The climate is hot and dry, with the majority of rain falling in the winter. The influence of the Mediterranean is conducive to growing a large number of different grape varieties, 50 in all. The landscape is dominated by a patchwork of low bushes, resinous plants, and wild herbs. The climate and strong winds help prevent pests and disease by giving natural protection to the vineyards, contributing to the region's ability to sustain a high level of organic production. The soils vary from alluvial near the coast to chalk-, limestone-, and gravel-based inland.

Languedoc is most noted for its array of red blends, though producers also craft rosés (30-35 percent of all French rosés), white wines, sparkling wine made using the traditional method, and dessert wines. The region has 23 Appellations d'Origine Contrôlée (AOC), i.e., defined geographical areas for agricultural production. The regional appellation Languedoc AOC forms the base of the classification system. Producers that use this designation may blend wine made with grapes from both Languedoc and Roussillon. Within this frame there are 10 sub-appellations, five village appellations, four sweet wine appellations, and three sparkling wine appellations. Each appellation has its own distinctive terroir-driven style. Appellations to look for include Corbières, Faugères, Minervois, St-Chinian, Fitou, Limoux, and Picpoul de Pinet.

Syrah is the principle grape used in red blends in the region, followed by Grenache, Mourvèdre, Carignan, and Cinsault. These wines have flavors of red fruit and spice which are often associated with an herb blend called garrigue (rosemary, thyme, sage, lavender, and juniper). Styles range from bold, rustic, earthy, and chewy to light and pretty depending on the winemaker and mix of grapes.

Grenache Blanc, Picpoul, Roussanne, Marsanne, and Vermentino are some of the grapes used in making white wine blends. Chardonnay, Chenin Blanc, and Mauzac are blended in the famous sparkling wines from Lemoux. Muscat de Frontignan is the most important grape used for sweet white wines; Grenache is used in making the rich, sweet red Banyuls.

Your Co-op has a varied selection of wines from Languedoc-Roussillon. To explore this region from the comfort of your home, try one of these wines:

Saint Hilaire Blanquette de Limoux
Gerard Bertrand Gris Blanc
Injuste Red Blend
Saint-Felix Corbières
Font Mars Picpoul de Pinet
Ormarine Picpoul de Pinet
Les Freres Bastards Grenache Syrah Mourvèdre
Les Freres Bastards Grenache Sauvignon Marsanne
Les Jamelles Pinot Noir
Les Jamelles Merlot
Les Jamelles Cabernet Sauvignon
Les Jamelles Syrah



Change for Good

January through March 2024

By **Kristin Strong, Co-op Marketing Manager**

Yes, you can bring in your own bags, jars, and bulk containers! Change for Good is the customer-powered community donation program of the Moscow Food Co-op focused on supporting and rewarding making sustainable choices in the store. You may choose from three community organizations to donate your wooden token(s) to for each reusable shopping bag, bulk container, coffee mug, or produce bag used during your shopping trip. Each token is worth five cents and you can earn up to 10 total items per transaction. This Co-op program benefits non-profit, non-sectarian, non-discriminatory organizations whose goals complement or support the Mission Statement of the Co-op.

Any organization can submit an application online to be featured from April-June. Learn more at <https://www.moscowfood.coop/change-for-good>.



January - March Recipients

Latah Recovery Center

Fundraising to support community outreach programs.

Moscow Area Mountain Bike Association

Fundraising for trail-building workshops to develop new trails and rebuild sustainable trails.

Palouse Prairie Charter School

Fundraising to build and implement compost system.



Co-op Kids

By Kristin Strong, Co-op Marketing Manager

Co-op Kids is in full swing! Come join in the fun from 9-10 a.m. every Wednesday in the Co-op Deli seating area or at our field trip locations on certain dates.

Would you like up-to-date information about the program? Email us at marketing@moscowfood.coop to join the mailing list.

For more information, send an email to marketing@moscowfood.coop or call (208) 882-8537 ext. 238.



Wednesday, February 7: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
In-Store Activity: Chinese Lanterns

Wednesday, February 14: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
In-Store Activity: Pop up cards

Wednesday, February 21: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
Store Activity: Train Craft

Wednesday, February 28: 9 - 10 a.m.

Join us at the Co-op in the Deli for a craft!
Store Activity: Red Food Coloring



Learn more about Co-op Kids at moscowfood.coop/coop-kids

Company Profile: True Grace

By Amy Newsome, Co-op Volunteer Writer

The holiday company has left, the decorations are put away, the gift wrap and packaging waste that can be recycled has been recycled, but much had to be thrown away. It is a perfect time to clean the house but in a way that is better for the environment. Here is where Full Circle's home products can help you out. These beautiful but functional and sustainable products are made with renewable resources like natural cellulose, non-toxic coated bamboo, certified recycled plastic, and recycled stainless steel. Most also come in plastic-free packaging and many have replaceable parts, such as brushes and sponges, so the handles can be used nearly indefinitely.

Full Circle operates at Plastic Net Zero, which means for every ounce of plastic they use, they make sure an ounce of plastic is removed from the environment. They accomplish this through a partnership with Plastic Bank which pays people to collect plastic to be recycled, often in areas of the world in which paid work is desperately needed.

The Moscow Food Co-op carries Full Circle's: "Clean Reach" Replaceable Bottle Brush; "Be Good" Dish Brush; "FOMO" Foam-Dispensing Dish Brush; "Suds Up" Soap-Dispensing Dish Sponge; "Bubble Up" Bamboo Dish Brush; "Bubble Up" Soap Dispenser & Dish Brush Set; "Tidy" Dish Cloths; "Squeeze" Cellulose Sponge Cloths; "Micro Manager" Detail Brush & Crevice Tool; "Tough Stuff" All-Purpose Scrub Brush; "Grunge Buster" Grout & Tile Brush; "The Ring" Veggie Brush; "Cleana Colada" Heavy-Duty Coconut Scrubber Sponges; "Beach Clean" Heavy-Duty Coconut Scour Pads; "Sinksational" Sink Strainer with Pop-out Stopper; "Splash Patrol"

Natural Latex Cleaning Gloves; “Touch Sheet” Reusable Plant Towel; “Ziptuck” Reusable Snack Bags and Reusable Travel Bags; “Clean Again” Super Absorbent Cleaning Cloths; and last but not least, “Tenacious C” Cast Iron Brush and Scraper, which Henry, Wellness Stocker at the Co-op, enthusiastically endorsed.

Full Circle’s mission is: “By creating sustainable home care products that are beautifully designed, functionally innovative, and responsibly produced, Full Circle guides families through each step of their sustainability journey—inspiring and educating the next generation to live a more eco-friendly life and preserve the world we all share.”

Full Circle’s Snapshot:

Founded in 2009

Located in New York, NY

Certified B Corporation

Plastic Bank Participant

100 percent plastic neutral

BPA and Triclosan Free

This information and more can be found at fullcirclehome.com.

Amy Newsome really appreciates the creative names Full Circle came up with for their products, and she’s eager to try the “Tenacious C” Cast Iron Brush and Scraper.



Local Producers Profile: Snacktivist

By Terri Schmidt, Co-op Volunteer Writer

Joni Kindwall-Moore founded Snacktivist in 2015. She started the business with the goal of making an easy to prepare, allergy-friendly line of products from drought-resistant ancient grains. The first product she developed was an ancient grain gluten-free pizza crust. When Snacktivist was founded, Joni and her husband, Roy, had three young children and were both full time nurses, Joni in an emergency room ICU. With little time and money available, they rented a kitchen, mixed ingredients for Joni's most popular concepts, and bagged them.

Joni also had a big overarching goal -- to change the way the world does business when it comes to staple foods made from grains and legumes. A partner company in the Tri Cities in Washington now blends and bags Snacktivist's products in a gluten-free, kosher, non-GMO facility, and their milling takes place at a partner mill in southern Idaho. Joni focuses on research, development, and building digital transparency to convey the value of regenerative agriculture (agriculture which focuses on improving the soil) on climate, health, and social impact.

Joni said, "What makes us tick at Snacktivist is connecting with food in a meaningful way. It's what we are putting in our food, not what we are leaving out, that makes it special." The recipes for Snacktivist products came from foods Joni made at home. Her family had food sensitivities, so she focused on creating recipes with nutritional and bio-diverse crops. People loved what she made, which led to commercial production.

The original vision for Snacktivist was a finished product line including baking mixes, frozen pizza crust, cookie dough, brownie bites, loaves of focaccia bread, ancient grain chips, and crackers. Snacktivist launched a line of baking mixes in 2016 which is sold across the United States, with New York, Florida, and California as primary markets. Next year a grain bowl made with sorghum, millet, and oats will launch into university food services in California.

I recently tried a Snacktivist falafel mix, and it's delicious! Joni told me it also makes tasty breading for poultry and fish, adding good protein. She said, "As of 2024, the garbanzo flour in that mix will be totally traced back to a regenerative farm in Cottonwood, Idaho." Joni works with the Spokane Conservation District "Farmed Smart Biofarming" group. She said, "Working as a nurse brought me back to food as medicine, which brings me back to soil. Good health all ties back to the soil."

Joni works with farmers in using best practices for farming, creating healthy soil. She collaborates with John Kemp and others who are "really incredible thought leaders in the field of regenerative agriculture." She says farmers have been very receptive. Joni said, "We now have millions of pounds of regenerative materials ready for market. What's needed is transparency and a path to connected markets as well as educating the public. We have one of the most leading-edge programs for regenerative farming right here on the Palouse but still ship most of the crops to foreign markets. I'm trying to change that so that local grains stay in regional markets to build a resilient, regional food system."

Joni is focused on why they are in this business, not on what they make. She says the "why" is to radically transform human

relationships with food and the agricultural landscape. She said, “By the end of my productive life, I want to be able to say we have 80 percent of land under regenerative cultivation growing a diverse array of crops that are good for the planet.

”Snacktivist will provide regenerative products like flax, millet, quinoa, oats, garbanzos, and sorghum to be sold in bulk bins beginning in 2024. She said it’s hard work to change the business focus. Joni founded a tech company called Viiision to provide a cool new feature—customers will be able to scan QR codes right at the bins to see where the crop was grown and its relationship to improving the earth.

Joni grew up on the Oregon coast, and Roy is from Montana; they split the difference and live in Post Falls. The couple’s children all help in the business in one way or another. Alena is 17 and will be a Vandal next year—Joni says that having the Moscow Food Co-op in town “sweetened the deal” for Alena when choosing to attend the University of Idaho. Their son Finlay is 15, and their youngest daughter Eavan is 11. Joni is a very busy woman, but when she can, she loves spending time with her kids and husband, hiking, skiing, kayaking, swimming, and gardening.

To learn more about Snacktivist and the positive things they do for the world, check out their website: <https://snacktivistfoods.com>.



Joni Kindwall-Moore. Photo courtesy of Snacktivist

Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff person I spoke with this month was Kaci Deerkop, who has been working in the Co-op Wellness Department since October. For her recommendation, Kaci chose the Hyalogic gummies made with hyaluronic acid for joints, as she and many of her co-workers are big fans of the entire Hyalogic line. She says the gummies taste great and really seem to provide good internal everyday joint support.

Kaci also says this company makes a sore muscle cream that everyone should have on hand to incorporate into a post-workout recovery self-care routine, as it is amazing for reducing muscle soreness. Have you ever heard of hyaluronic acid? It's a “gooey, slippery substance that your body produces naturally”

([https://my.clevelandclinic.org/health/articles/22915-](https://my.clevelandclinic.org/health/articles/22915-hyaluronic-acid)

[hyaluronic-acid](https://my.clevelandclinic.org/health/articles/22915-hyaluronic-acid)). In the early 2000s, two respiratory

therapists named Darren and Mark found themselves facing a daily challenge: witnessing the limitations of traditional treatments for joint pain and stiffness in their home healthcare patients

(<https://hyalogic.com/>). Frustrated by the lack of natural solutions, they embarked on a journey that led them to a surprising hero – hyaluronic acid (HA). HA, a naturally occurring sugar molecule



Kaci Deerkop

found in our joints, eyes, and skin, fascinated Darren and Mark with its ability to retain water and act as a lubricant (<https://hyalagic.com/blog/hyaluronic-acid-and-joint-health/>).

The second person I interviewed was Emily Heinz, who also works in the Co-op Wellness Department. Inspired by the blast of arctic air that brought frigid temperatures to Moscow over a recent weekend, Emily recommended the carrot oil and neroli shower oil and body wash by The Cottage Greenhouse. She said she loves this product because it feels very nourishing on the skin since it contains moisturizing vitamin E oil. She says it doesn't make your skin feel stripped and dry the way certain soaps can, especially during the winter when the air is already harsh on the skin. Emily also recommends using this product after shaving, as it can be a soothing follow-up to whatever shaving products you might use. She had me so convinced after talking to her that I left with a bottle, and as I was checking out, my cashier commented on the beautiful packaging. I shared a little about what Emily said about the product, and I'm pretty sure my cashier as well as the customer in line behind me will be trying out this shower oil and body wash combo as well.



Emily Heinz

The Cottage Greenhouse is a collection of body care products made without harsh chemicals and synthetic fragrances. All of their products feature botanical ingredients such as carrots, cucumbers, honey, and grapefruit which the company says offer a wealth of benefits for your skin. For example, carrot seed oil in the Carrot & Neroli Body Wash is rich in antioxidants and promotes skin elasticity. The Sugar Beet & Blossom Body Butter's beet root extract

boasts anti-inflammatory properties, while honeysuckle flower extract soothes and hydrates
(<https://margotelena.com/collections/the-cottage-greenhouse>).

Cooking Around the World - India with Lakshmi Madala

By Judy Sobeloff, Co-op Volunteer Writer

Lakshmi Madala had lived her entire life in the city of Vijayawada in South India until August of 2020, when she came to the University of Idaho at the age of 17. She traveled here with three friends from home, and is currently roommates with one, a “close friend since seventh grade.”

Now a junior, Lakshmi explained that what attracted her to come to the United States for college is that “the schedule here is really different from in India, where you don’t get to decide which classes you take or change your major.” While she originally thought she would study computer science, she ended up not liking it and switched to Interior Architecture and Design (IAD), which she loves.

IAD turned out to be a much better fit for her, in part because she had “always liked art. When I was a kid, I used to not study but draw.”

She describes her hometown of Vijayawada as a city about the size of Spokane and says it is known for its temple, and the goddess within the temple, high up on a mountain. Lakshmi says, “We also have a river flowing through our city. The legend is that if the water of the river touches the goddess’s nose ring, the world will end.”

She says people can hike or drive up the mountain, and she has probably been to this temple about twenty times. Often, she says, she would go there with her parents to celebrate their anniversary.

Lakshmi attributes her interest in cooking to her mother “always cooking different stuff for me, and seeing her cook made me want to cook.” Lakshmi is an only child, however, and her mother didn’t allow her near the stove because “she was scared I would go near the stove when she’s not there.” Lakshmi said this made her more interested in cooking, and instead she would cook when she visited her grandmother during holidays.

Though she started out cooking very basic things such as fried potatoes, she now likes “trying all weird things, and mixing and matching different styles,” which also seems in keeping with her interest in IAD, a field which encourages innovation and aesthetic exploration.

For example, one thing she liked to cook at her grandmother’s house was a “weird egg curry. I like my grandma’s egg curry, and I added leafy vegetable paste. No one does that for egg curry,” she explains, but she did, and “It was good.”

As for the recipes she likes to make, she says, “I memorize everything.” She chose her Sambar (Yellow Lentil Soup) recipe for this article she says because “out of all of my cooking recipes, I do Sambar the best. Everyone who tastes it says it’s good. Also, it’s a famous South Indian food. We eat it with everything—breakfast, lunch, dinner, everything.”

Here, Lakshmi says, “I eat mostly American food, because I can’t cook every day. When I have the chance, I cook Indian food, mostly on the weekends.”

She says Sambar is best with rice, but really “you can eat it with anything.”

When she visits India in the summer, she fills her suitcase with ingredients from home, and her mother also sometimes mails her food. She brings two of the ingredients in the Sambar recipe, sambar powder and jaggery, back to Idaho with her, and kindly shared some with me. She recommends the Halal grocery store in Pullman as a source of sambar powder, as well as Indian snacks such as moong dal, and kurkuri. She says brown sugar can be substituted for jaggery; otherwise, sambar powder and jaggery can be ordered online.

My family really enjoyed the intricate flavors of the Sambar, which we found different than any other lentil soup we had had. I haven't had many dishes with okra or with tamarind paste and thought they both really add something distinctive. We also really liked the spiciness. Fred said, “That's super good, really tasty. Wow.”

Sambar: Yellow Lentil Soup to Eat with Rice

Ingredients:

Cooked Rice (to serve with the soup)

3/4 cup yellow lentils

vegetable oil

1 onion

2 tomatoes

1 carrot

2 okras

2 serrano peppers

1-1/4 tsp turmeric

salt to taste

2 tsp red chili powder

2 T sambar powder (If making your own sambar powder, combine 1 T coriander seeds, 1 T split chickpea lentils, 1 tsp split black lentils, 1/2 tsp fenugreek seeds, 1/2 tsp cumin seeds, 5 dried red chilis. Fry all of these together without oil and blend to a powder.)

2 T tamarind paste

1 T jaggery (if substituting brown sugar, use 1/2 Tablespoon)

1/4 cup cilantro

Recipe:

Note: Cook rice separately to serve with the soup.

The first step for making sambar is to pressure cook the yellow lentils until they are soft and mushy, like a paste. (To do this, rinse the lentils and then cover them with water, about 1-1/4 cups, and pressure cook for about 12 minutes.)

Chop all the vegetables. Add some oil to a big pot and cook the vegetables together for five minutes on medium heat.

Add the turmeric powder and salt and let it cook for another two minutes.

Now add all the other spice powders and tamarind paste and add some water and let it cook for five more minutes.

Add the cooked yellow lentils and add more water so that the mixture is soupy. Bring the soup to a boil and cook for 15 minutes.

Add cilantro and jaggery and let it boil for two minutes.

Serve with rice.



Palouse Prairie Charter School Tours

**By Trish Gardner, Administrative
Assistant,
Palouse Prairie Charter School**

Palouse Prairie Charter School is holding its annual enrollment lottery on Friday, March 29 at 10 a.m. Palouse Prairie is a public independent charter school that serves students in kindergarten through 8th grade with a total capacity of 222. The school is free and open to all Idaho students, regardless of race, color, national origin, ethnicity, religion, gender, socioeconomic status, or special needs.

Palouse Prairie Charter is hosting small group tours for prospective families on the following dates: Friday, February 16, Friday, March 1, and Wednesday, March 27. All tours take place from 9-10 a.m. School tours will include an exploration of our school and playground, discussion of our educational model, and Q & A session with the school director and students. The deadline to submit lottery applications is 10 a.m. on Thursday, March 28.

For more information and lottery applications, please visit www.palouseprairieschool.org. Email office@palouseprairieschool.org with questions or to RSVP for a tour. Palouse Prairie School is located at 406 Powers Avenue in Moscow.

Palouse Area Environmental Update

By David Hall, Co-op Volunteer Writer

Smart Metering Pullman's Water

Pullman is again looking into “smart metering” their water distribution system through a federal program partially funded by the U.S. Bureau of Reclamation via a Water and Energy Efficiency grant. Valerie Weaver, Pullman Grants and Special Projects manager, presented this plan in January to the Pullman City Council for consideration for applying for a WaterSMART grant. The proposed WaterSMART grant “funds projects that conserve and use water more efficiently, increase the production of renewable energy, mitigate risk of future water conflict and accomplish other benefits that contribute to resilience and sustainability.”

It is being proposed that Pullman apply for funding for advanced metering infrastructure. Water meter data would be collected by a smart meter and sent wirelessly to a data collector, then to the city. The project involves updating all water meters in the city. Rather than receiving monthly readings collected by city staff, the city and customers would be able to view readings updated every 30 minutes.

Benefits of the project include:

- availability of real time water usage data
- water conservation promotion
- energy savings
- greenhouse gas reduction
- monitoring and managing water usage on the customer level

Ms. Weaver is scheduled to present again before the City Council on February 13 for consideration of the grant application.

However, while this may all be well and good for our aquifers, has the increase of electromagnetic radiation been considered with the prospect of every water connection in the city transmitting data wirelessly every 30 minutes?

*Information gleaned from: Pullman City Council Breaks in Mayor, New Member. E. Pearce, LM Tribune/Northwest. January 10, 2024
www.lmtribune.com/northwest/pullman-city-council-breaks-in-mayor-new-member*

Meeting Dates

In the January issue, we provided links to the agendas of Moscow and Pullman meetings. The following is a list of the timing of the most environmentally relevant meetings.

Moscow Meetings:

Administrative Committee, 4th Monday, 4 p.m., City Council Chambers

City Council, 1st and 3rd Monday, 7 p.m., Council Chambers

Parks & Recreation, 4th Thursday, 5:15 p.m., Hamilton Indoor Recreation Center

Planning and Zoning Commission, 2nd & 4th Wednesday, 7 p.m., Council Chambers

Public Works/Finance Committee, 2nd Monday, 4 p.m., Council Chambers

Sustainable Environment Commission, 3rd Tuesday, 6 p.m., Mayor's Conference Room

Transportation Commission, 2nd Thursday, 4 p.m., Council Chambers

Tree Commission, 1st Tuesday, 5 p.m., Mayor's Conference Room

Pullman Meetings:

City Council, Tuesdays, 7 p.m.

Environmental Resilience Commission, 1st Friday, 3 p.m., Council Chambers, 190 SE Crestview

Other Meetings:

Palouse Basin Aquifer Committee, 3rd Thursday, 2 p.m., University of Idaho Facilities or Pullman City Hall

Latah County Commissioners, most days, Latah County Courthouse (Fifth Street), Room 2B

Whitman County Commissioners, most days, Colfax and on air

Medicine/Supplement Bottle Reuse/Recycling

In January I reported that medicine/supplement bottles should not be placed in single stream recycling locally. And only some plastic types can be recycled at the recycling center. Reportedly some Walgreens and CVS pharmacies (we have a CVS pharmacy at Target in Moscow) accept medicine container bottles for reuse or recycling, but neither our local Walgreens pharmacy or CVS pharmacy accept them here. One stated that it is illegal to do so. According to the reports, the containers have to be washed and labels removed—which involves the use of water, and washing pharmaceutical residues into the wastewater stream. (Information gleaned from Yahoo.com)