

# Idaho farmers market takes food stamps

BOISE, Idaho (AP) — A certain cliché hounds farmers markets: that they serve an affluent clientele willing to pay high prices for arugula and artisanal cheeses.

But last year, growers at one Capital City booth — Global Gardens, a community garden project run by the Idaho Office for Refugees — started quietly undermining that idea by accepting food stamps at their produce booth. The idea caught on, and this year most booths at the market will be food stamp accessible, said Katie Painter, refugee agriculture coordinator with the agency.

Though the market opens Saturday, the EBT, or “elec-

tronic benefits transfer” machines, will be up and running June 5, just as harvest season is picking up.

The Idaho Department of Health and Welfare staff has recruited Idaho farmers markets to accept food stamps. Seven markets across Idaho have tentatively signed on, said Health and Welfare spokeswoman Emily Simmitt.

A record number of Idahoans are using food stamps — 180,000 in the most recent count, an increase of 106 percent in the last two years.

“This lets people use their food stamps to ‘buy local,’ which also supports the community,” Simmitt said.

It’s been a challenge to dispel perceptions that farmers markets are too expensive for financially pressed families, said Painter.

“Sometimes that’s the reality. Sometimes it’s not,” she said.

The Global Gardens booth sells produce grown by former refugees in a network of plots throughout the Valley. Prices are on par with supermarket prices, Painter said. Unexpectedly bounteous harvests of particular crops can mean big bargains.

Painter is working on the “Fresh Fund,” a side project that should make the market even more welcoming to food stamp users by doubling their

buying power. If the Fresh Fund can raise \$5,000 in local donations, the Wholesome Wave Foundation, a national group that works to increase peoples’ access to fresh, local food, will match it with \$5,000.

A person who spends up to \$10 in food stamps at the market will receive a matching amount in Fresh Fund coupons. So far, the Fresh Fund has raised \$2,000.

Painter said similar programs in other cities have increased the number of customers using food stamps at farmers markets by up to 300 percent.

The Global Gardens members didn’t have a choice about being trendsetters when it came

to market vendors accepting food stamps.

Painter said that in 2008, she and the other gardeners concentrated on building a more diverse customer base. They started taking their leftover produce from the farmers market directly to local apartment complexes where many refugees live.

A persistent question from potential customers was whether or not the group accepted food stamps, Painter said.

“At that time, we didn’t. A lot of refugees won’t spend cash on food until their food stamps are used up. We ended up giving away a lot of food,” Painter said.

## Clark

Continued from A8

points or other unique components to the system. Second, a maintenance and improvement plan, including anticipated dates for implementation, along with potential sources of funding. Third, companies must provide proof of insurance against liability resulting from potential failure. The fourth requirement deals with an evaluation of any potential slope instability that may cause a potential risk. Storm water assessment is the fifth requirement, and an emergency response plan is the sixth.

Cities or other entities that introduce storm water are also required to provide an estimate of the maximum volume and flow. Representative Hunsaker’s bill appears to be a reasonable approach to reducing risk to the general public, while protecting canal company shareholders.

H.B. 298 requires a municipal or county land use authority to notify a canal company or canal operator of any land use

application to develop within 100 feet of a canal. Many believe the distance should be greater, but compromise is often necessary in order to pass legislation. Canal companies, however, must provide information to any municipality in which the canal company owns or operates a canal by July 1, 2010. Required information includes a description of the location of each canal, and contact name, mailing address and phone number of authorized canal company representative. The local Conservation Districts can provide an up-to-date map of the location of canals. Canal representatives may call 753-6029 ext. 29 or 38 to request such maps.

Conference participants appreciated the USDA-NRCS Snow Survey report by Randy Julander. He reported that as of April 6, 30 percent of our stored moisture had come within the last five days. That is a big boost to the limited supply that has fallen thus far.

Clark Israelsen is a Cache County Extension agent specializing in agriculture.

## Game

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at the AWHC. Tom Caswell, a teaching assistant for the graduate class, said this is the second time they have done a run-through with a large group to continue working out any bugs that may be in the system. Once the games were completed, Jensen wrote and received a grant from the Utah Humanities Council to buy three Garmin GPS devices and donated them to the AWHC to be used by visitors.

“All the kids were really into reading the clues, staying together and working as a team,” Moeller said of her students.

The youngsters enjoyed the game, with two boys planning to come back this weekend with their families to try it out some more. Leah Rice also agreed, saying she would bring her family back to play the game. Pedro Sevilla, a parent volunteer with the group, remembers when GPS devices first came out and how they were only for rich people to use for work. He was impressed by how far they had come.

“To actually make a game out of



Braden Wolfe/Herald Journal

Tom Caswell, left, leads Edith Bowen fourth-graders in using a GPS device to play a “Pioneer Quest” game on the grounds of the American West Heritage Center in Wellsville Thursday.

it is great,” Sevilla said.

Three regular computer games were also created, said Jon Scoresby, a TA for the Instructional Games class. They are similar to the GPS games, but on the computer, and the characters are seen walking instead of the player doing the actual walking. Having already created similar programs, the TA’s were able to advise students about what to do and what to avoid — including putting in too much information, Scoresby said. He also tested the game numerous times to help find the bugs and eliminate them.

The GPS devices are free for checkout at the front desk of the American West Heritage Center with admission. People with a GPS containing Wherigo can download the game from home and use it at the AWHC.

Those who have downloaded it to their personal GPS must still purchase admission at the AWHC in order to play the game there.

To download a copy of Pioneer Quest, go to <http://www.wherigo.com> and type 84321 in as the zip code.

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QUESTION:  
Can Teeth Cause Headaches?

**ANSWER:** Stress is a major plague in our daily lives, disturbing our sleep, straining relationships, and quickening that powerful aging process. This aging process to one degree or another is expressed vividly in the abnormal wearing of your teeth. How much of our days and nights do we spend Grinding and/or Clenching our teeth? How often should your teeth naturally touch? This habit is usually expressed unconsciously, completely unnoticed at night, like snoring, but the accumulative effects add up. Note the wrinkles forming around your eyes, your cheeks and the corners of your mouth. 80% of Clenchers/ Grinders are female. Of that group most of them (80%) develop subsequent issues like headaches, tender jaw joints, limited range of motion, increasing cold sensitivity, broken teeth, cracked fillings, root canals and crowns. Clenching/ Grinding can begin as soon as you develop teeth (2 years old) and stay with you until you die or lose your teeth. It can be chronic or acute, becoming very painful or just becoming a daily annoyance. It commonly runs in families, is not contagious, and is one of the major reasons that we consume so much over the counter pain medication. This process is referred to as TMJ/TMD (Temporomandibular Joint Disorder). TMJ / TMD is a chronic degenerative disease that often takes years to develop. TMJ affects millions of people. People who suffer from TMJ have an imbalance in the jaw-to-skull relationship. The guidance system for this relationship is your teeth. When your teeth don't fit right your Jaw Joint relationship must make up the difference. Now add a little stress and the genetic tendency to Clench/ Grind and you have potential troubles. Neuromuscular Dentistry has

the potential to stabilize the TMJ/TMD complex, and the use of neuromuscular principles is effectively relieving many from the pain associated with this disease. To put it simply, Neuromuscular Dentistry places the jaw into its optimal position, relieving the symptoms associated with TMJ. While traditional dentistry evaluates primarily the teeth, bones, and gums, neuromuscular dentistry works with all the above plus the muscles and nerves. When the jaw is misaligned, both the hard and soft tissues are affected and many physiological problems can result (note the chart below). TMJ is nothing to panic about. It has been diagnosed and treated in thousands of patients with excellent results.

Stress does not cause TMJ/TMD syndrome. The cause is multifactorial, but our response to the stress in our lives determines to what degree the acute/ chronic expression of symptoms will be expressed. My interest in TMJ was my own personal needs years ago to alleviate the pain and symptoms in my own Jaw Joints. I had access to a lot of smart people and their techniques to treat my own problems. Of all the treatments I attempted the neuromuscular approach was the most effective and rewarding. Typical TMJ issues are complex. If you know you clench / grind your teeth, you know someone who does, if the chart below describes something about you, and you wonder if our techniques may have an answer for your symptoms. Schedule an appointment or contact our office. There are no TMJ consultation fees.

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