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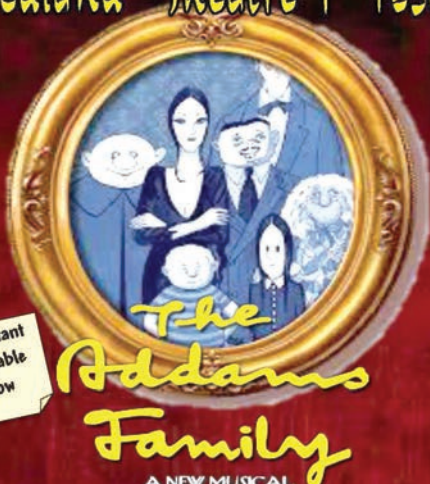


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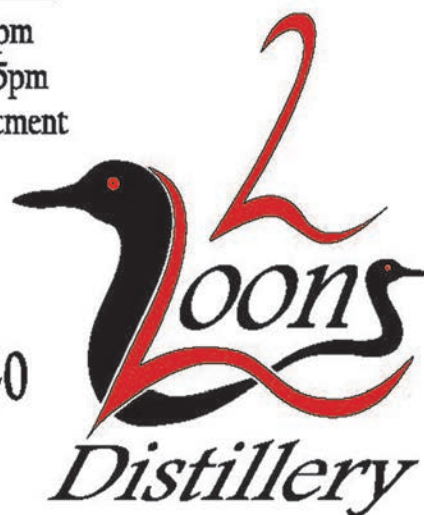
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MARCH 2016

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From the Publisher's Desk...

By Gabriel Cruden

Although it has been some months now since I assumed ownership of the *North Columbia Monthly*, I am still settling into my new role. Along with curating content, editing, layout, graphic design, website design and management, ad sales, accounting, business management, promotions, distribution, and all the rest, I get to have a voice.

For my entire adult career I have worked as either a reporter or for service-oriented agencies. I have also served on a number of nonprofit and civic boards. Throughout, I always sought to clearly understand the purpose and goals of the business or organization and to be as non-biased, objective and fair as possible. In effect, I embodied the voice of the business or organization I represented. Certainly, I brought my work ethic and personality to every job, but I consciously distinguished my personal self from my representative self.

Now, in my new professional life, I get to just be me. True, I am still representing something. But that something – a business and a vision – is also getting closer to representing me. I admit a certain feeling of liberation. And excitement.

I hasten to add that I am proud of my years of service in all of my jobs and am grateful for the learning and good work accomplished along the way. Those experiences inform what I do and who I am today. So thank you to all who played a role. You know who you are.

While on the subject of gratitude, I am thankful for the thought and craft applied by this month's slate of writers and photographers. The February edition includes the usual suspects, although Eileen Delehanty Pearkes has embarked on a multi-month road trip and is taking us with her. We also have some returning and new voices.

Daisy Pongrakthai, who has supplied some agricultural business profiles in the past, offered up a more personal piece on introspection – an especially appropriate wintertime activity (see *From the Inside Out*, page 28). Alex Panagotacos Mueller has a new column that features a young dog and a dedication to helping victims of domestic violence, crime and sexual abuse (see *Waffle Watch*, page 29).

Brenda Curkendall provided a perspective on area fiber artists in her piece, *From Sheep to Shawl* (page 23), and Joseph Barreca shared his

enthusiasm for geology and old mines, and a bit of our area history, with *The Germania* (page 24).

I continue to welcome new talent. This edition has four extra pages (and eight more than a few months ago), thanks to the recent infusion of interest, from writers and from advertisers. I am looking for people who write well and have something to say. I am looking for content that is thoughtful, constructive and interesting. Other publications in the area provide news. The *Monthly* is moving toward digging deep into not just the *what* of "Where and How We Live" but the *why*.

Simon Sinek has a TED Talk called "Start with Why" that is well worth 18 minutes and 4 seconds of your life. A friend suggested I view it a little over a year ago and it has had a profound impact on my life, both professionally and personally. I now realize that my children were on to something when, at about the age of three, they would ask over and over, "Why?"

On a completely separate note, I have more event tickets to give away. See contest details on page 4. Thanks for reading and supporting the *Monthly*, in print and online at ncmonthly.com.



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Treating Narcotics Addiction in Stevens County Jail

By Dr. Barry Bacon, MD

I was heading east on Birch at Oak Street in downtown Colville. From the corner of my eye, I caught sight of a woman pushing a baby carriage with an infant on board and a youngster walking alongside. In the background was the Stevens County Courthouse. I recognized the woman and her children. The scene brought a smile to my face.

In October 2014, I met this woman for the first time on the inside of this building, downstairs inside the Stevens County Jail. She was coming down off narcotics. I offered her treatment in partnership with the chemical dependency counselors from Northeast Washington Alliance. She agreed, and began her recovery from years of addiction. She was pregnant at the time. I brought a portable ultrasound down to the jail and we looked at her baby together. All of her children were in foster care. The woman went on to have a successful pregnancy and delivery, and, for the first time, she was able to be a mommy.

Which was why I had a smile on my face that afternoon. There is nothing quite like seeing a young mom walking down the sidewalk with her little ones and knowing that the course of her life is dramatically changed, and that you had a hand in that. Some might call it good medicine, effective treatment. I call it redemption.

Too often as doctors, we sit in our "ivory towers" treating patients, writing prescriptions, doing good things, but never fully realizing what is happening outside our clinic and hospital doors. We see only those who crash in our emergency rooms or come in when they are desperate or courageous enough to ask for our help. We expect them to call our office staff, make an appointment, answer embarrassing questions about insurance and medical problems and then humble themselves enough

to spill their guts to us about who they are and what they have done. There are many who cannot bring themselves to run the gauntlet we set up. We don't see the chaos that is happening out in the community and we don't sense the significance to our society. We just see what we see, the tip of the iceberg.

Too often our judicial and legal systems are designed to punish people whose lives have spun out of control. Restoration and redemption are not part of the process. They are not even on our radar. The frustrations expressed by the officers who see the same people coming into our jails over and over again and the new people, our children, who are drawn into the web of chaotic living seem stuck in an endless cycle of addiction, criminal behavior, and punishment. We taxpayers pick up the bill.

My friend Don Jackson, who worked as a medical provider in our local jail for more than fifteen years, asked me if there was something I could do to stop the endless revolving door that we call our criminal justice system. I told him I would try. Together with some colleagues from the jail, NEW Alliance, and a couple of local pastors, we devised a plan to begin treatment for narcotics-addicted inmates to see if such an intervention would make a difference. The woman walking along the sidewalk that day is one of our success stories. Her life is measurably better than the life she would have had, given the trajectory of her life.

We don't know how many people in our region are suffering with narcotics addiction. From the evidence we have, we believe the problem is huge. We watch the obituaries and listen to our friends in recovery. We agonize over the challenges the addicts face as they transition from jail back to the environment that supported their addiction. We consider our options and we don't know with certainty

whether this intervention that we have started will make a lasting difference. On the other hand, I don't care. The alternative of doing nothing and sentencing ourselves to business as usual – our children being sucked into lives of addiction, crime, poverty, hopelessness, and abuse while we stand by wringing our hands and hoping it all goes away – is unthinkable. I say it is better to invest in our community and save a few than stand by wailing that there is nothing we can do.

We meet monthly, a team of personally invested people who think we can make a difference. We discuss the cases and ask ourselves how we can do things better. We track our clients' progress, we cheer their successes and we mourn their shortcomings. They are human beings like the rest of us, somebody's mom or dad or child. They have dreams and plans and futures that have been put on hold for the sake of their addiction. Meanwhile the addiction melts their minds into mush, and with the meltdown of brainpower their futures are evaporating.

We have a chance to restore people's dignity, their self-worth, their sense of community. We will not save all of them, but we will save some. They will become productive members of society who hold down jobs and pay taxes and love their children and write beautiful stories with their lives. There is one approach that boots them down the road. I think we can do better. There is another approach that restores them to the community and gives them back their dreams. We are seeing it happening before our eyes.

It works like this: The jailers identify an inmate about to go into withdrawal from narcotics addiction. They call me to do a medical evaluation. I interview the inmates and determine if they are in withdrawal and ask them if

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they are ready to step into recovery. If they are, we start them on effective medical treatment and I call the partners at NEW Alliance to do an evaluation and begin chemical dependency treatment. They continue treatment while in jail and then begin seeing the counselors and medical providers once they are released.

It sounds simple, but it is not. There are challenges at every step. Some fall off the program because they hide their medicine and plan to snort it later, and they lose their chance at treatment. Some give it to a friend in jail who needs help but is unwilling to ask for it. Some are sentenced to longer terms in prison, so they never have the chance to experience recovery on the outside. In every case, insurance is lost when one steps into the jail and the cost of all medical care then falls on the county, and the medicine isn't cheap. Restoring insurance coverage, getting an appointment with NEW Alliance and with me, and getting approval for the medicine once the inmate is released from jail is another mess. Nothing is smooth.

In spite of all of the barriers, many succeed. At last count, 50% of those being treated were measurably better compared to where they would be with business as usual. Over the past three years, we have treated several dozen people in jail. I have a total of 75 people on treatment currently in my practice, many of whom I first met in jail.

I reflect on the woman I met in jail in October 2014 – pregnant, shaking, pale, hair in a rat's nest, sweaty, miserable, and anxious, her

life on a sketchy path toward oblivion. You can understand why I had a smile on my face as I drove past her as she walked along the sidewalk in front of the place that just a year before housed her and where she started a new direction in her life. Who knows where that path will lead? I just know that she has accepted that most noble calling, that of being a mommy. That's a great place to start.

I asked her recently what she would want to say in this article. She responded, "Don't be afraid or embarrassed to ask for help!" I'd like to pass that advice along. If you know someone who is struggling with addiction, tell him

or her not to wait until crashing in our jail. A good starting place is NEW Alliance or Adept in Colville, and there are other services elsewhere in northeast Washington. Talk to your doctor or find one who is treating addiction. If you find yourself in jail coming down off narcotics and you are ready to start in recovery, you can ask for me. I will help you.

Barry Bacon is a family doctor in Colville who specializes in full spectrum family medicine and works on health disparities in local communities and in Africa, and teaches family medicine in those locations.



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Random Acts of Community

By Christine Wilson

Peter Himmelman: *How do you heal the ills of the world? Be less scornful. Be more generous, particularly with the people closest to you. It isn't about some abstract concept, not that it's bad to save the whales or anything. But, if you're saving the whales and you are a total a***** to your kids, you better harpoon a whale. You're doing more damage (when you harm your children).*

Sherman Alexie: *Peter always makes me feel better about the world; like my ambitions, my spiritual ambitions, are valid. He makes me feel better about being an artist, and about myself.*

~ From the podcast "A tiny bit of accomplishment"

Peter's comments got a song from "Hair" stuck in my brain, about being kind to strangers but being hard on those with whom you share your life. I was such an idealist when that song came out, thinking it would be easy for us to become a civil culture. Now that I live in the "tragic gap" between idealism and cynicism, I appreciate the courage, conscience, and self-restraint involved in being "less scornful," more generous of spirit, and curious about other people.

I was at a dinner years ago with a group of 12 therapists. The trainer, who was being paid much better than us facilitators, was insisting we do the tedious math involved to split the bill because he had not had dessert. "Oh, for crying out loud," I thought to myself; or perhaps it was something less flattering than that. I looked at the man sitting next to me, undoubtedly with a judgmental look on my face. I asked what he thought and he said, kindly, "It must be tough to be in that brain of his." Once I got over shaming myself, I used it to nudge myself along the path of compassion and patience, which was not the default in my family of origin and still not always an easy task.

We are wired to make judgments. We step back

up on the sidewalk if a car is coming because we instinctively judge the situation as dangerous. We see an accident on the roadway and slow down. We speak with someone at a party who we know can't keep a secret and we are careful what we say. Our brain is clever that way.

The problem comes when we let that judgmental part of our brain run amuck. The political and social climate in our culture has, in my not very humble opinion, swung from one extreme to the other in that regard. It is possible to be so politically correct we are crippled by it. The other end of the spectrum is to be rude, crude, and disrespectful while telling ourselves we can say whatever we want because it's good to get our feelings out. I'd say that's where we find ourselves at this point in public discourse.

Often what people call feelings are not really feelings but rather insulting comments that keep us stuck in uncivil discourse and don't promote solutions. "You're an idiot" is not even a thinly disguised non-feeling, as most therapists will tell you. There is a way out and it is to take a deep breath, refocus the mind, and shift into problem solving.

If a child is mean at school, we expect the child to look at the misbehavior and find a way to correct it. When that child calls other kids names or acts out aggressively, we expect the parents and school personnel to guide the child into rectifying the mistakes and learning what we consider more mature ways to handle things. That's what I would love to see in the grown-up world. Freud, for all his foibles, said the following: Human beings, possibly as the only animal capable of this, can think of doing something, think about the consequences, and choose not to do that thing.

Actually, our dog can, at least some of the time, do that when she sees a deer. She may really, really want to go after it but seems to have some sort of dog consciousness about not chasing, even it is only part of the time and because only good dogs get treats.

Surely, then, adult humans can follow that lead. *The Game of Thrones* might be entertaining but revenge and grudges don't play out all that well in real life, and actually not even in *The Game* itself. If we could think of our adult selves as working on a fine-tuning version of what we were (hopefully) taught as children, I think our community and our country would be better off. The scornless life can start with the people we are the closest to.

Christine Wilson is a psychotherapist in private practice in Colville and can be reached at christineallenwilson@gmail.com or 509-690-0715.

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Travels With Dellie

By Eileen Delehanty Pearkes

Publisher's Note: NCM columnist Eileen Delehanty Pearkes received a Columbia Basin Trust grant to look at the connections among three rainforests: the northern California sequoias, the upper Columbia rainforest, and the coastal forest of Haida Gwaii, B.C. "Landscape speaks to me," Eileen says. "I have always had a dream to ramble across the great American open spaces, which are such an important asset to the country. I have lived outside of the U.S. (in Canada) for 30 years. This is a homecoming for me, at a time when I believe America is also emerging in a new form." What follows is Eileen's first installment (and photo) of her travelogue.

I loved *Travels with Charley* by John Steinbeck when I read it in high school in the 1970s, so much so that I wanted to pack up a small car when I graduated and head out across the American West, wandering and learning about the country the way Steinbeck did.

More than thirty-five years later, the time has come.

As a national best-selling author, Steinbeck wrote to a major automobile manufacturer the moment he got the wanderlust. Soon after that, he and his dog Charley had a brand new pickup with a camper delivered to his door. My modest reputation means I must make do with a 1996 Rialta camper van that I purchased second-hand. The dog, a coyote-cross named Dellie, I already had.

I've been driving the van for less than a week, but already I've developed great affection for this 21-foot vehicle that climbs hills slowly and probably makes people stuck behind me a little bit mad. I have nicknamed her La Tortue (the turtle). Inside her lumbering shell is all that I need, including a small library and a place for my dog to curl up at my feet.

With the speedometer maxing out at 60, time unspools in a different way. I gear down, watch the world pass slowly and think about the rise and fall of landscape in all its remarkable variation.

Driving south to Eugene, I see the broad Willamette River valley receive the rain like a grateful sponge. Heading west to the Pacific coast through the last, low-rising vestiges of the once-mighty coast mountains, I follow the muddy surge of the Siuslaw River as far as Florence. The high winter tides meet the freshwater current and wash up over the road. No one seems to mind the way of water on this wild west coast. Locals shrug and carry on when the tide drops back.

Here in Oregon, the landscape has melted into a wash of broad-leaved evergreen: myrtle trees, wild rhododendrons, boxwood, and fern. Silvery lichen and chartreuse moss drape their silk and velvet from the few bare tree limbs. My bones, with their deep memories of the California oak savanna where I spent my childhood, start to settle happily onto a camper bunk every

night. The rain may be falling in sheets, but the air feels soft.

In my head as I drive, I build up chunks of the western continent like puzzle pieces: The dense,



snowy Columbia River headwater mountains where I live. The descent into a broad interior plateau, skiffed with silt and sparsely forested by leaning ponderosa grandfathers. The spires and inlets of the coast mountains mingling with the pulse of the sea around Portland. And then, I arrive in the year-round broad-leaved ecosystem type that southern coastal Oregon serves up.

The ecological definition of "temperate" is broad but at its center sits the concept of moderation – summers are not exceptionally hot, nor are winters extremely cold. Plants do not usually have to go into full dormancy to survive. Temperate climates often have higher than average rainfalls, or other moisture sources that keep the landscape from falling into extreme variation.

Of course, there are exceptions.

The upper Columbia mountains, north of the international boundary, form part of a unique inland temperate rainforest. Most rainforests sit close to oceans, which provide consistent moisture in the form of rain or fog and keep tempera-

tures well above freezing. The upper Columbia mountains receive the bulk of their moisture in the form of snow, leading some resource scientists to call the region a "snow forest."

Always, in all forms of temperate forest, the grace of water prevails.

This morning, I woke to rain pounding on the roof of La Tortue. El Niño, a wet, winter weather cycle, has sent a wild storm this way. Powerful waves on the beach yesterday predicted the storm's arrival. I walked out and the high tide pressed me against the sand dunes. One big wave sent me scrambling 20 feet up and over the dunes to higher ground. I narrowly avoided the sea's impetuous wash to the end of the narrow beach.

This weather does not feel temperate.

The Latin root of the word relates to the concept of emotional restraint. Somehow, science has plucked up the term and related it to the temperature of air, rather than to the swing of passion that the natural world can often evoke. Passion is often associated with heat, but I see it differently here.

Yesterday, as they announced the storm on its way, the waves churned and rolled toward the dunes with an intensity that felt manageable only from a distance. Safe on the other side of the dunes, I encountered a calm, dripping, forested world that was quietly drinking in the rain. Sedges sprouted in pooled water. Lichens delighted me with their many shapes and colors. As I walked back to my van, near dusk, the frogs sang with a surge of delight. It felt like joy.

Today, I will pull back onto the road, heading to the southern reaches of temperate forest in the Pacific Northwest: the California redwoods. Like a salty tear rolling down the face of North America, this small remaining pocket of coastal redwoods represents only a fraction of what once was – before industrial logging in the late 19th and early 20th centuries.

I have been told that even longer ago, the redwoods, coastal cedar and fir, and inland rainforests were all connected, in a vast temperate forest across the Pacific Northwest. I intend to peel back some layers on the maps of time and see what there is to discover.

The Art of Blocking a River

By Jack Nisbet

The construction of Grand Coulee Dam in the late 1930s and early 1940s was a signature event in the history of our northwest landscape and culture. The process was well documented in photos and writing, but it took an artist to provide a sense of how the monolith reshaped the Columbia River on such a vast scale. The works of Vanessa Helder, probably the most important painter on the scene at that time, have received a thorough treatment in the Tacoma Art Museum's 2013 publication titled *Austere Beauty: The Art of Z. Vanessa Helder*. The book consists of a biographical essay by writer David Martin, a study of the painter's methods and influences by museum curator Margaret Bullock, and a host of beautiful color plates that survey all phases of Helder's career, but highlight her work on the mid-Columbia.

Helder's Dutch immigrant father worked for the American Mining Corporation before opening a shoe repair shop in Bellingham around the

turn of the 20th century. Her mother taught art, and made sure that music, painting, and ideas about the larger world formed a part of Vanessa's life from the time she was born in 1904. As if to emphasize that worldliness, the Z initial in Vanessa's given name stood for Zama, a north African village that was the site of a battle during Roman times but also known for the advanced spiritual development of its people.

Beginning with her mother, Vanessa took training in all aspects of art, but worked mostly in watercolor and printmaking. At a time when women struggled to be recognized as artists, Helder remained consistently active in local artists' consortiums, such as the Women Painters of Washington, throughout her career. Her work appeared in numerous exhibits around the Puget Sound, and a 1938 New York exhibit received very favorable notices. Through New Deal programs such as the Works Progress Administration (WPA) and the Federal Art Project (FPA), she

received commissions for ambitious murals and maps at government facilities in Seattle. During this period, Helder began making forays to the dry side of the Cascades to explore the landscape possibilities there.

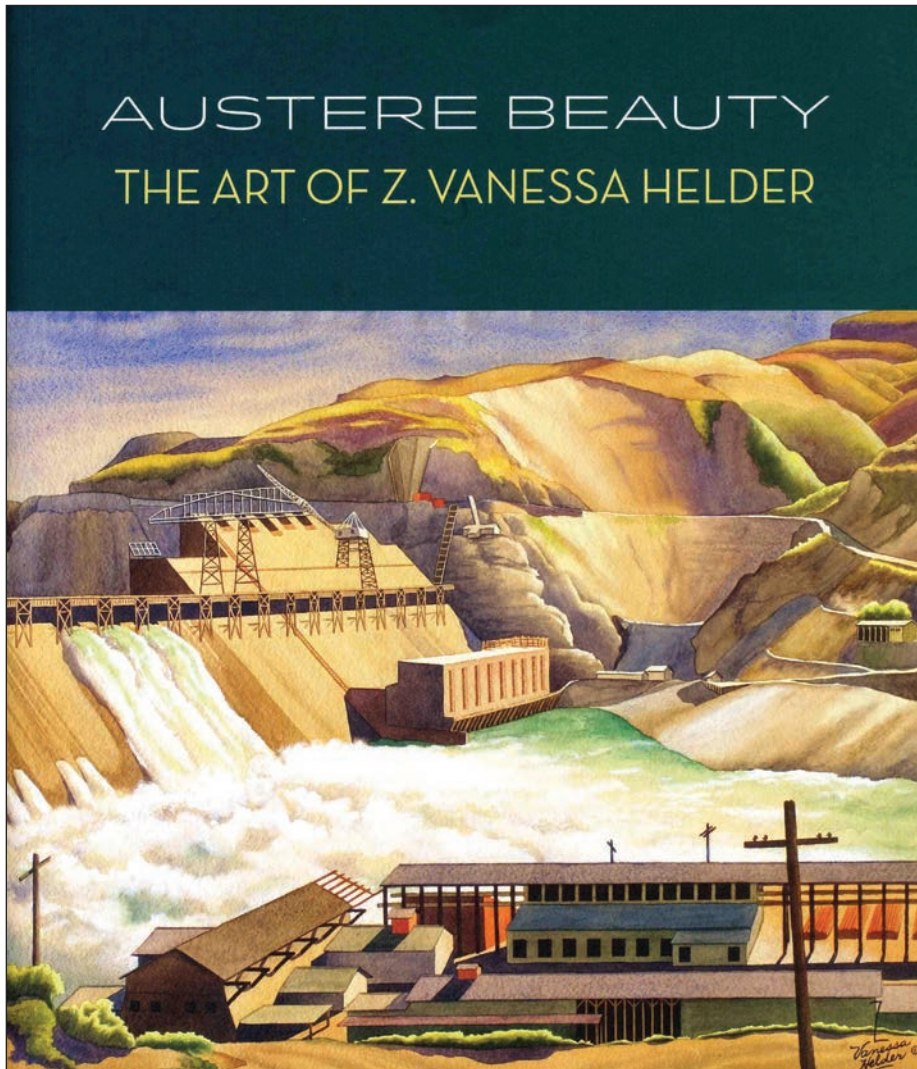
In the spring of 1939, Helder relocated to Spokane to teach at the newly established Spokane Art Center, a WPA-funded school that attracted a host of talented artists from around the U.S. From there she traveled all around the Columbia Basin, producing evocative lithographs and watercolors of CCC Camp Ginkgo at Vantage, farms around Fairfield, windbreak poplars in Ellensburg, and furrowed wheat fields in the Palouse. In all of them, she magically captured the Basin's layered, flood-torn basalt rock formations and wind-blown soils.

It was natural that Helder and her WPA cohorts would make it to the Grand Coulee project and, through their government connections, gain access to the construction site. Before long Helder became a familiar figure around the place, and for a time, apparently, was the only woman allowed on the premises without a special escort. There's a great photograph of the lady painting at the dam site backed by a mammoth arrangement of pumping trash racks. Helder rests a plywood easel on her lap, and stirs her watercolors around on a ceramic dinner plate palette.

The artist knew she was onto something, writing letters to friends in New York about how photographs couldn't possibly capture the "clear light" of the Columbia Plateau and "tremendous scale" of the dam project. She also knew that she had the ability to depict these aspects. "It's the first time I've ever painted a series revolving around one central idea, but the place has fascinated me for two years and I felt it must be done," she wrote.

In her *Austere Beauty* essay, curator Margaret Bullock expresses the same kind of certainty about the artist and the dam:

The works from this series show Helder at



Cover of *Austere Beauty: The Art of Z. Vanessa Helder*. "Coulee Dam, Looking West," by Vanessa Helder, 1940. Northwest Museum of Arts and Culture/Eastern Washington Historical Society 2585.3.

the peak of her powers: they are breathtakingly vibrant and ruggedly powerful, radiating light and severe beauty. An unusual marriage of industrial subjects and rural landscape, the setting offered Helder a unique opportunity to demonstrate her tightly honed technical abilities and aesthetic range through a variety of motifs.

Well aware of the central importance of her Grand Coulee paintings to both the region and to her own legacy as an artist, Helder kept 20 watercolors together as a set until 1954, when they were purchased by the archive now known as Campbell House, Northwest Museum of Arts and Culture. She donated another pair of images to make sure that the Spokane museum held the full representation of her Grand Coulee vision.

The group includes a trio of garden sunflowers towering over a worker's cabin in the Coulee Dam Hooverville, and a disappearing line of red Great Northern boxcars, each one tagged with the railroad's familiar mountain goat logo, unloading at the dam site's cement silos. A jackhammer crew poses like Greek athletes across a terrace of rock they are slowly taking to pieces. In one painting, a skipway and shed are perched high on terraced bedrock where the dam is being anchored to the river's eastern shore; in another, the artist peers down at sand and gravel works far below. A shot of B Street residences, right in the middle of the bustling construction town, is backed by wind, water, and ice-carved uplifts of basalt. A stiff-legged crane works its way up man-carved metamorphic rock that will soon be hidden with massive blocks of concrete. And in perhaps the most famous of her paintings, titled "Coulee Dam, Looking West, 1940," the impounded river pours across

Vanessa Helder's Grand Coulee watercolors reflect what a truly focused artist chose to see as a historic event unfolded before her eyes.

the central spillway of the almost completed dam. This is the painting that Martin and Bullock chose for the cover of their book.

Two scenes from Helder's impressive collection are set 90 miles upstream from the dam. The first one, titled simply "Kettle Falls," shows off Helder's ability to evoke the power of water flowing over rocks. The artist has placed herself just above and at a slight angle to the main line of falls, and the Columbia backs up behind them in deep, throbbing pulses that burst into foam as they cross the line. The second, "Pool Below Kettle Falls," captures a much quieter scene of color and reflection in a back eddy downstream.

Vanessa Helder's Grand Coulee watercolors reflect what a truly focused artist chose to see as a historic event unfolded before her eyes. Her heroic jackhammer tableaux offer only whispers of the danger that caused multiple deaths during the course of the project. Her depiction of workers' shacks clustered around B Street are bare of the people who stir up so much fuss in Colville tribal member Lawney Reyes' compelling memoir *B Street: the Notorious Playground of Coulee Dam*. And her twin watercolors of Kettle Falls don't show the first ripple of a turning salmon, or hint at the people lining the rocks there to get in on the great fishery that was destroyed by the dam itself. All that Helder shows her viewers are endless shades of water colored by ancient stone, and the slow, powerful pull of a great river on its way to the sea.

The paperback edition of Jack Nisbet's latest book, *Ancient Places*, is to appear soon. He is seeking oral information from anyone who might have stories about John and Carrie Leiber. You can contact Jack at www.jacknisbet.com.

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By Loren Cruden

Virgo Bears and Leo Dog

Yes, I know there are no Virgo bears, in North America anyway. But wouldn't it be nice for those of us living in bear country if there *were* Virgo bears? Tidy, reticent, intellectual, *understated* bears? Ones with whom you could sit down and discuss Right Choices, the benefits of Time Outs, Jeffersonian concepts of Property, the rewards of Relaxed Parenting, and the general uplift gained from Playing Nice. Instead, we have Capricorn bears with their control issues and difficulty being team players; and stropky, eccentric Aquarian bears trying to invent giant can openers for my compost barrel; and emotional Pisces bears with their ursine depths of *feeling* about ice cream and maternal bonds.

I encountered a bear one day when stepping out my front door – there he was, about five feet away. The bear didn't even flinch at my sudden presence, which was not a good sign. I slowly backed through the doorway and slid the (glass) door shut. The bear gave me the hairy eyeball, another not-good sign. I figured: Capricorn.

Later that day I encountered him again, down at my neighbor's where he had tipped over the chest freezer on her deck, and done unspeakable things to the freezer's contents. As I scooped up what remained, arms full of frozen fruit and other tasty treats, the bear appeared by the deck (Capricorns have persistence) and advanced a few paces, again doing the hairy eyeball thing. I shouted inhospitable suggestions and stamped my feet on the deck (with a Taurus moon I can be stubborn too).

The bear jounced up and down on his front paws and *huffed* at me, an extremely not-good sign. "Heavens!" I thought, "he's going to *charge*!" (Probably Aries rising.) I winged a gallon jug of ice at him. He shied, then retreated as I threatened with a second jug. (Maybe Pisces after all; they do enjoy a nice pout.)

One of the several times that a bear actually came into my house, I was asleep upstairs. Our dog, who'd been asleep downstairs, yelped. Her yelp coincided with a surprised bear noise, a guttural honk – they must've seen each other at the same moment. The dog surged up, barking thunderously. The bear trundled out the door, and I came clattering (naked) downstairs, futilely shouting at the dog to desist pursuit. Away they went through the woods, me straggling behind. (With Virgo rising I'm too courteous to charge to the fore in such situations.)

Unlike bears, dogs are born at all times of the year. Our dog, probably a mix of shepherd and hound, was named Leo by my son. The name was confusing because the dog was a she, and not born during Leo's July 22 to August 23, and we mostly called her Flubs (not an astrological sign) instead of Leo. She was probably a Scorpio. My son named her Leo to encourage her to be lionish brave. As a puppy

she hid under the porch and barked in a comically trollish bass voice when people visited.

Why we called her Flubs is too silly to explain. She grew up to be a dignified, courageous dog despite being called Flubs. She did have a couple minor quirks. She surreptitiously carried off items of my son's intimate apparel – socks and undies – and buried them. She also snuck down to our neighbor's outhouse to carry off and bury fresh rolls of toilet paper. You'd think she'd be jaunty, doing these doggy things. But we hid once and watched her carry away a wool sock, and she was not jaunty. She was hangdog and doleful, as if turned into a zombie by sorcerers misusing her pure canine soul.

There was a phone-in radio show we used to listen to, advising people on pet problems, very psychologically insightful. The guy on the show always asked his caller what the pet's name was. We wanted to phone in for perspective about our dog's doleful fixation, but never did. We were too embarrassed. Not about what the dog did, but about what the terrifically pet-sympathetic guy on the show would say after we would have to admit that our dog's name was "Flubs."

We did call her Leo sometimes, but mostly the way parents call kids by their full names when the kid is in trouble. No other Scorpio I've met admits to sharing Flubs' particular fetish. But then they wouldn't, would they.

Hypno-Purrs and Other Hot Riffs

Early (very early) each morning I'm treated to hypno-purrs, the special intense sound-wave of feline desire, willing me to arise, arise and provide breakfast. When two cats are present there is the particularly effective strategy of stereo hypno-purrs intently vibrating on either side of my head.

I don't know what a feline expert would say, but what I find interesting about this purring is that it happens in *anticipation* of pleasure, not as a result of satisfied desire. This leads to wondering if the desire for and very thought of breakfast gives cats as much pleasure as will breakfast itself. After all, when cats finish eating (which takes nanoseconds) they don't purr. Naturally, this also makes me think about human desire and anticipation, all the hypno-energy of wanting something and finding a way to get it. Then the seeping away of that intense energy when acquisition succeeds. Other than brief recoveries of it when showing acquisitions to friends, sharing a moment of group hypno-purr.

As a utilitarian consumer I never understood the attraction of window shopping. But applying the hypno-purr theory, I now realize the pleasure potential.

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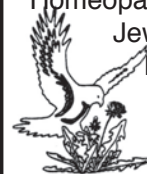
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Like cats, coyotes are not herd animals, but share vocal bonds. When one coyote howls it stimulates undulating echoes from other coyotes within hearing distance. This distance can encompass whole valleys and successive ridges in an audio domino effect. I lie in bed at night listening to this yodeling contagion, the solo rise followed by intricately braided countermelodies, and wonder what-all is being expressed. The coyotes sound jubilant when singing at the crust formed on deep snow, upon which they can swiftly run but the deer cannot. They sound ardently worshipful, simultaneously bursting into arias, when the full moon tops the mountain. They sound hilarious when coyote pups are learning adult tunes.

I've been howled and barked at by coyotes, though coyotes don't threaten humans. But there are times, when I hear them racing through the night in full hunting cry or am woken by a cacophony of fierce partying beneath my window, that the wildness of it makes me shiver. The night dance of predator and prey is a reminder of naked primal vulnerability. As they say in their deflationary way in Scotland, "I kent his faither" ("I knew his father") – where and who a person comes from. The coyote howl makes me viscerally remember where humans started, what we are under the sophisticated clothing of technology.

Chicken riffs are another matter. My mother had a series of roosters, sometimes with a few hens to keep the rooster company. The hen daughter of one of these roosters tried to crow. She hopped up on a stump each morning, stretched her neck up, and crowed. Not well. A worrisome, fitful, raspy gargle, actually. But admirably brash. (She also attempted to mount other hens.) Chickens are prey, vulnerable to predators, so what

is all this show-offy crowing about, that roosters (and apparently some hens) are into?

My mother used to try to suppress her first rooster's 5 a.m. outbursts because they woke my father too early. She'd creep out of the house pre-dawn and spray her beloved bird with a

hose as he pumped himself up for his crow, chivvying him down the driveway, usually to no avail.

This rooster, Pedro, was with her at a motel once (well, actually, more than once) and started crowing from his perch on the shower curtain rod. My mother rushed into the bathroom and threw a towel over him but could hear, through the thin motel wall, a strident female voice saying, "Did you hear that, Marvin? I swear there's a chicken in the next room!" Followed by a peevishly dismissive male voice telling his wife she was imagining things. Followed by a horrendous divorce-threatening fight. All the while my mother grimly grappled with her towel-bundled rooster whose compulsion to crow just could not, *could not* be denied.



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The Flying Tree Planter

Article & Photos by J. Foster Fanning

Throughout the Okanogan and Columbia Highlands, our mountain slopes are a mix of conifer forest with the ponderosa pine as one of the dominant species. If we look closely within these sloping pine woodlands, a flashing white of wing and tail may guide us to observe the Clark's Nutcracker.

This avian (*Nucifraga columbiana*) is of the crow and jay family (*Corvidae*) but was mistaken by Captain William Clark, of the Lewis and Clark Corps of Discovery, as a woodpecker. A specimen, collected in Idaho, was brought back with the corps and later described by naturalist Alexander Wilson, who named it after the captain.

The Clark's Nutcracker can often be seen in winter when these active foragers fly from cache to cache uncovering the large pine seeds they placed there months ago. While the year-round staple food of a Clark's Nutcracker is pine seeds, either fresh or stored, like many passerines (of the order *Passeriformes* - perching birds with three toes directed forward and one backward), these birds have a variable diet and eat insects, spiders, other birds, ground squirrels, chipmunks, voles, toads, and carrion.

I'm certain that many of us have observed the nutcracker working our suet feeders. In the summer and autumn, these birds employ their knife-like bills to rip open pine cones and dig out the seeds. Nutcrackers have a unique pouch under their tongues to convey the seeds, which they carry off and bury for the winter. It is not unusual for these birds to stash tens of thousands of seeds. What's remarkable is that scientific study of the Clark's Nutcracker shows the bird remembers the locations of most of its hoards.

When the bird forgets, a bonus from this creature's hard work is that the seeds not retrieved are a fundamental component in the growing of new pine forests. It's a classic example of an interdependent relationship - the birds feed off the fruits of the pines and transport the seeds to expansive locations, and new pines grow to produce more cones with seeds.

"Not only do the lives of Clark's Nutcrackers revolve around their pine seed diet," states the Cornell Lab of Ornithology, "but the pines themselves have been shaped by their relationship with the nutcrackers. Whitebark pines, limber pines, Colorado pinyon pines, single-leaf pinyon pines, and southwestern white pines depend on nutcrackers to disperse



their seeds. Over time this interaction has changed their seeds, their cones, and even the trees' overall shape in comparison with other pine species whose seeds are dispersed by the wind. The Clark's Nutcracker tests a seed for soundness by moving it up and down in its bill while quickly opening and closing its bill, in a motion known as 'bill clicking.' It also chooses good seeds by color: when foraging on Colorado pinyon pines, it refuses all but dark brown seeds."

Captain Clark's mistake regarding his namesake nutcracker is easily understandable, as this bird soars through the subalpine forest canopy with woodpecker-like swoops, perching on branches and jabbing its bill into cones.

To observe the Clark's Nutcracker, especially in the warmer seasons, look to the conifers in our nearby mountains, near the tree line. Clark's Nutcrackers are sociable birds commonly traveling in small flocks, calling back and forth with far-carrying, rolling calls. These birds generally breed in the higher elevations, foraging in the upper slopes in the summer, dropping to lower woodlands in the fall and winter. In what might be said to be a contradiction of behavior, these birds generally live in habitats far from human contact, but when we find them around campgrounds, parking lots and our backyard feeders they exhibit little wariness toward humans.

When locating and building the nest, both males and females play an active role. These birds choose forks in outer branches of conifer trees, and to add protection they build on the side of the tree that is prevalently downwind. During the weaving of the nest, the male will perch as lookout while the female forms the nest from mutually gathered raw materials. Dried grass, fine strips of bark, moss, and sometimes animal hair form the nest center with a layer of mineral soil on the floor. Both adults of this mated pair take turns with the eggs while the other gathers seeds. The nestlings are fed seeds from storage as well.

According to the North American Breeding Bird Survey, populations of Clark's Nutcrackers were generally stable from 1966 to 2010. There is some concern locally about declines, possibly due to the pine beetle epidemic and recent droughts and massive landscape wildfires in our region. The oldest Clark's Nutcracker on record was at least 17 years, 5 months old.

So grab the field glasses, head out into the forest and watch for that flashing white of wing and tail. It may very well be a Clark's Nutcracker. Or then again, it could be just another woodpecker....

J. Foster Fanning is a father, grandfather, retired fire chief and wannabe beach bum. He dabbles in photography as an excuse to wander the hills and vales in search of the perfect image. His wildlife and scenic photography show, Take a Walk on the Wild Side, is featured at various venues throughout the region. Learn more at <http://fosterfanning.blogspot.com>.



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WHAT'S



APPENZING

Sponsored Listings

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Meyers Falls Market in Kettle Falls has events and classes throughout February, including wine tasting event and classes in homesteading, various styles of yoga, gratitude and dream journals, and basket weaving. See ad on page 11, visit MeyersFallsMarket.com or call 509-738-2727.

Stazy's Vocal Studio offers private and group voice lessons for all ages and styles. Also, Stazy and The Naturals are ready to entertain at your event. See ad on page 26 or call 509-684-7761.

Gail Johannes is offering watercolor art classes in Chewelah. See ad on page 7 or visit gailjohannesarts.com or call 360-298-0586.

Special Events

AAUW Presents River Traveler Janet Breuer Monday, Feb. 8, at the lower level of the library at 6 p.m. Janet Breuer was a full-time RN at Mt. Carmel Hospital in Colville when she became addicted to the solitude and challenges of river travel. She started paddling the Columbia River on weekends, extending her journeys to two-week stints. She finished the entire 1,200 miles in 2004. Her love for river journey has brought her to her latest challenge of paddling the Missouri River. She has traveled the river four times, three-to-four weeks each, and is within 200 miles of finishing the 2,400-mile trip. Come and hear about her adventures along the rivers. Open to the public.

Valentines Dinner Dance at the NE WA Ag Trade Center, Feb. 12. Candle light dinner (7 pm) and music by Juke Box Review (8 pm). Proceeds to benefit 4th of July fireworks & Colville Rendezvous. Tickets (\$15/person) at the *Statesman-Examiner*, Fairgrounds office, or call 509-684-2585.

Community Meetings to Discuss Your Wildfire Preparedness. Join your local Fire District Chiefs and neighbors to learn what action you can take now and in the future to protect your land, your community, and prepare for any emergency. Scheduled meetings:

- Feb 11, 7 pm: Colville Ambulance Shack
- Feb 16, 7 pm: Suncrest Lakeside Middle school
- Feb 17, 7 pm: Kettle Falls Kettle Falls Fire Station
- Feb 23, 7 pm: Hunters Columbia High School
- Feb 24, 7 pm: Chewelah Civic Center
- Feb 25, 7 pm: Northport Connection Center

For more info, visit www.wildlandfireRSG.org or <http://ext100.wsu.edu/stevens/>.

Parkview Senior Living offers two special events:
On Feb. 17 at 1 pm, come (free of charge) to our monthly class at the HUB (231 W Elep Ave., Colville) and, in honor of the month of Love, make chocolate roses and handmade valentine cards! Please RSVP by Feb. 12 to 509-675-1479. **On Feb. 19 at 1 pm** Leslie Shuhda, a history and historical fashion buff, is coming to Parkview (240 S. Silke, Colville). She has an art history and theatre background and is knowledgeable of what women wore and how history itself affected the way that we dressed. Or, as she likes to call it, "HERstory." She will come dressed in period-correct, reproduction clothing, and she will explain some of the intricacies and mysteries of the various items of dress and accessories. Call 509-684-5677 for info.

Stevens & Ferry County Developmental Disabilities Program hosts a disABILITIES Conference and Resource Fair, March 31 at the Colville Community College. Join agencies, organizations and individuals with information that benefit families and individuals with disabilities. Workshops from 9-3:30 and Resource Fair 10-2. Light lunch provided. Contact Lorie at 509-685-0680 or lsandaine@co.stevens.wa.us for info.

Arts & Crafts

Valentine's Day Reception at Republic's Artists Co-op, Feb. 5 from 2 - 6 pm at Gold Mountains Gallery at 852 S. Clark in Republic. The opening of "Show Your Love with Local Art" celebrates Valentine's Day and includes refreshments and the music of Rusty Summy from 5 - 6 pm.

Featured artists at Meyers Falls Market in Kettle Falls for February are Tina Matney with watercolor art and Caroll Vrba with mixed media and Lorraine Marie with her handmade earrings and quilted potholders.

Colville Piecemakers Quilt Guild meets on the 3rd Tuesday of the month at the Assembly of God Church in Colville (corner of Glenn and Walnut across from the park) at 6:30 pm. New members and guests are welcome. Visit colvillepiecemakers.webs.com.

Colville Valley Fiber Friends (CVFF) meet every Monday at the Ag Trade Center, 317 W. Aster, Colville, noon - 3 pm. All interested in spinning, weaving and other fiber arts are welcome. For more information, contact Sue Gower at 509-685-1582.

In NE Washington & Interior British Columbia

Books, Books, Books

Northport Community Library Storytime, Tues. mornings, 10:30 - 11 am. Recommended ages 2-5. Library hours are: Tues. and Thurs. 11 - 6 pm, Sat. 10 - 4 pm. 509-732-8928.

The Adult Literacy Program of Rural Resources Community Action provides one-to-one and small group tutoring in Adult Basic Education, English as a Second Language and GED Preparation. To volunteer or for more information, call 509-685-6133, 509-685-6132 or 1-800-776-2178.

Music, Dance, Theater

Open Mic, Feb 5, 8-10 pm at Meyers Falls Market in Kettle Falls. The event is free and all singers, musicians, poets and audience members are invited. This fun and festive event is held the first Friday of each month through winter and spring.

Woodland Theatre Productions of Kettle Falls presents *The Addams Family*, a smash-hit musical comedy that brings the darkly delirious world of the Addams to spooky and spectacular life. Wednesday Addams, darkly morbid daughter of the clan, is now all grown up, in love, and secretly engaged to a decidedly "normal" young man. What could possibly go wrong? When the two families gather for dinner, a clash of cultures, personalities, and family expectations erupts, with both humorous and poignant results for all. Show dates are March 4, 5, 6, 11, 12, 13, 17, 18, 19 & 20. Advanced tickets are on sale now at Main Street Floral, 509-684-9096. For prices and times please see ad on page 2. Come meet the family. We'll leave the lights off for you.

The Missoula Children's Theatre and Colville Parents for the Performing Arts will present *Sleeping Beauty* on March 5 at 2 pm and 4:30 pm. Auditions for students in grades K-12 will be Feb. 29 from 3:15-5:15 pm. Auditions, rehearsals, and performances will be held in the Colville High School auditorium. Tickets will be available from cast members and at the door. Email Colvilleppa@gmail.com or call Pam at 509-680-2997 or Sarah at 509-675-1211.

Farm, Field & Forest

Northeast Washington Permaculture Guild (NEWPG): Feb. 18, 5 pm to network and share

information at the Community Connections Room, Meyers Falls Market, Kettle Falls. Please park in back; bring a snack or dish for afterward potluck. For info, call 509-680-8499 or email kud427@gmail.com.

Wellness

Dopeless Hope Fiends of Narcotics Anonymous is a group of recovering addicts who meet regularly to help each other stay clean. We are an anonymous fellows concerned with the disease of addiction and recovery from that disease. The drug (or drugs) of choice is unimportant. NA costs the addict nothing. We meet every Monday and Thursday night at 7 pm at the Garden Homes Medical Group, lower level.

Caregivers: Here is a chance for you to ask questions, give answers, exchange ideas, and get support from other family caregivers! We meet at Parkview Senior Living the last Thursday of each month, 3:30 - 4:30 at 240 S. Silke, Colville. Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Call Nancy at 509-684-5677.

The Colville MS Support meets the second Friday of each month at 1 pm at Providence Mount Carmel Health Education House at 1169 East Columbia (lower level), Colville. Anyone living with MS is invited, whether self or family member or friend. Don't live with MS in isolation. Call 509-684-3252 for info.

Flu Clinic, 1st and 3rd Thursday of each month from 8-3, Tri County Health District 240 E. Dominion Ave. Colville. Walk-in or by appointment. Adult \$20, child \$7.

Do you eat to cheer yourself up? Learn ways to control emotional eating. Ashamed of your eating habits? We offer lifetime support in your efforts to stop eating compulsively. Has the latest fad diet failed you again? We offer personal support with no fees or diets. Constantly thinking about food? Determine if you have a healthy relationship with food. Come to a meeting and take the quiz. Is one bite never enough? We welcome those who want to stop eating compulsively. Do you binge, purge or restrict? Is your weight affecting your life? Let us help! Overeaters Anonymous meets weekly for one hour, Mondays at 11:30 am at the Nazarene Church, 368 East Astor, Colville. Call 509-680-8674 for more info.

Rape, Domestic Violence & Crime Victims, help is available. Confidential, 24 hours a day at 509-684-

6139 or toll free 1-844-509-SAFE(7233). **Victim Services Re-established in Ferry County**, effective August 13, 2015. The four advocates working at the recently-closed Connections have been hired as Victim Advocates for Rural Resources Victim Services in the Republic and Inchelium offices. The office in Republic is open Mon. - Thur., 8 a.m. - 5 p.m., closed Fridays. The Inchelium office is by appointment on Tues. and Wed.

Friday Night Rebels has an AA meeting weekly on Fri. from 7 - 8 pm at the Providence Mount Carmel Hospital Health Education Center-lower level (1169 E. Columbia Ave, Colville) across the street from the front entrance to the Hospital.

Life of the Spirit

The Colville N.E.W. Lighthouse of Aglow International meets Feb. 12 at 6 p.m. at the Colville Ag Trade Center. This month's speaker will be evangelist, singer/songwriter, and anointed worship leader Cherrie Simpson. Many have found healing through God's prophetic word, love and power that flow from the throne through Cherrie. She and her husband Larry work mightily as a team ministering in the Kingdom work of Jesus Christ. Come, bring someone, and be ready to receive God's personal touch of healing, restoration, physical and spiritual renewal. Aglow, a Christian organization, is open to both men and women and the meetings are open to the public. For more information about lighthouse meetings, contact Kathleen at 680-1411 or Kim at 684-3467.

The Full Gospel Business Men's Fellowship in America will meet Feb. 18 at 6:30 pm at the Stevens County Ambulance & Training Center, 425 N Hwy in Colville (at the north traffic circle next to Ronnie D's). The program will include keynote speaker, David Benson from Hillsboro, Oregon. David worked in the woods for fifteen years and suffered a traumatic logging accident in 1999 that almost took his life and left him severely crippled and disabled. It is a dramatic story of what happened and how he survived and healed. Praise and worship music as well as fellowship and networking will be included. Full Gospel, a Christian organization, provides spiritual fellowship in a non-church setting. You do not need to be a business person to attend; both men and women are invited and the meetings are free and open to the public. For more info, contact Stewart Kent at 509-684-6144.

Spiritual Study Group, Feb. 28, 4 - 5 pm. All are welcome! The HÜMÜH Buddhist Center is hosting a

Continued on page 26

CALL HOSTING PARTIES TO CONFIRM LISTING INFO. THE NORTH COLUMBIA MONTHLY WILL NOT BE HELD RESPONSIBLE FOR ERRORS OR SCHEDULE CHANGES. VISIT NCMONTHLY.COM FOR DAILY LISTING UPDATES OR TO SUBMIT A "WHAT'S HAPPENING" LISTING.

A Good Read

Lila, by Marilynne Robinson

Reviewed by Loren Cruden

Marilynne Robinson teaches at the University of Iowa Writers' Workshop and won a Pulitzer Prize for her writing. *Lila*, her newest novel, is an homage to literary grace. Her style doesn't go for scattered descriptive jewels – quotable bits don't jump out. Instead there is consistency of quality, a finely-made language-fabric of plot, character, mood.

Lila is a homeless drifter in the pre- and post-Depression Midwest who marries a minister, attempting a settled life for which she has no preparation or internal context. For her, existence is unrelenting loneliness. In this she exemplifies that aspect of being human that both fears and longs for connection and purposefulness.

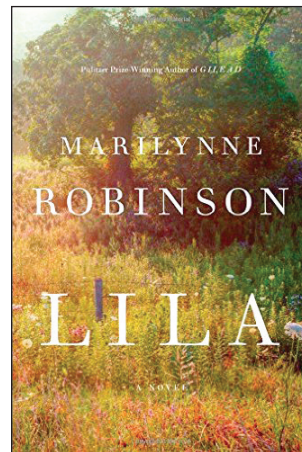
Having Lila get involved with a kindly preacher allows articulation of the Big Questions so dear to Robinson's Christian heart, within the yearnings, sufferings, and confusions of two people feeling their way into a trustful relationship. "It felt very good to have him walking beside her. Good like rest and quiet, like something you could live without but you needed

anyway. That you had to learn how to miss, and then you'd never stop missing it."

Robinson's sentences speak plainly but with an innate delicacy; they don't barge across the page at the reader; they are more like cats persistently easing onto your

lap, elegant paws, sheathed attitude. "A wound can't scar a knife. A knife can't weary with the use that's been made of it. Still."

The themes in this book are parental, though actual parents are scarce; themes of unconditional acceptance, responsibility toward others, and mature love.



Life Among Giants, by Bill Roorbach

Reviewed by Loren Cruden

Lizard Hochmeyer, the narrative voice of veteran writer Bill Roorbach's novel *Life Among Giants*, is a likable character. He's young (a teenager for a good bit of the story), tall (very), athletic, sexy, funny, kind, tolerant, brave – all that. A warmblooded Lizard. And yet, despite his fine qualities, stellar grades, football stardom, love of family, and generosity of spirit, he messes up.

Several characters die as or even before the story begins, though remain key, as if conducting from the wings. Cultural giants abound – famous dancers, musicians, sports figures – and their supporting cast is just as fascinating, the butler as striking as the ballerina. There is a Shakespearean flavor to this soap opera: missed moments, lies and secrets, mayhem, kisses, circular plots. Plus Gatsby-ish touches.

These should-be or seemingly successful people persistently trip themselves up; even Lizard doesn't allow himself an easy ride. His sister is even worse about self-sabotage, a bipolar genius disgraced tennis player who just as easily

could be a bipolar genius disgraced scientist.

The parents, however tarnished, retain Lizard's affections: "I tried to picture Dad in a jail cell. He'd be miserable, cocky too; he'd try to sell the guards investments. He'd be fine, the more I thought about it. He'd be in his element." And Mom: "Her idea of hell would be paying for a cheap dinner from a bag of quarters. She wouldn't sleep, she'd find a bar, she'd drink martinis, she'd start smoking again, there'd be a man telephoning some Sunday night soon." Feet of clay all around, yet still a golden glow. The story is full of 1970s and '80s celebrity name-dropping, a swirl of actual and invented people; all the book's characters, famous or not, are larger than life. There is something perilously soothing in the unlikeliness; it is and isn't our world.

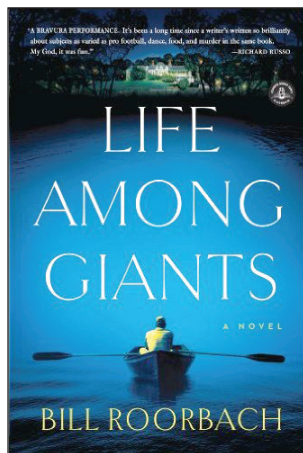
My favorite line in *Life Among Giants* is too racy for family publication. My second-favorite? "...cloud cover breaking into a chill pink dawn, the world still as an egg in a nest."

Other recommendations from the R shelves:

Kim Stanley Robinson – *The Years of Rice and Salt*

David Roberts – *On the Ridge Between Life and Death* (memoir)

Loren lives on First Thought Mountain where she reads and writes books. Her books may be found at Super One in Colville, Meyer's Falls Market in Kettle Falls, and online at lorenbooks.com.



Sicario: Shoulda Put a Nomination On It

Reviewed by Sophia Aldous

Oh Oscars, you never fail to baffle. You're like that hot girl at the party who comes with the best, nicest guy at the shindig, then inexplicably leaves with someone else.

Perhaps not the best metaphor, but looking at the list of this year's nominees for the 88th annual Academy Awards, a couple are deserving of recognition and others are strangely absent. *Sicario*, last year's dry heat drama set against the U.S. war on drugs, is nominated for three golden statues: Best Original Score, Best Cinematography, and Best Sound Editing, all of which I would say it earned.

However, it got jilted in all other categories, which is a shame, because this is a well-made movie, plain and simple. Director Dennis Villeneuve and his team have crafted an intricate,

taut tale of high-powered decisions affecting everyday people in on ongoing battle that is both personal and political.

Emily Blunt stars as Kate Mercer, an FBI agent in Arizona who is recruited to a multi-agency task force by an easy-going but shady special ops sort played with thinly veiled frat boy glee by Josh Brolin. Their mission is to shake things up in the drug war that flows across the Mexican-U.S. border. Attempting to draw out an elusive drug cartel, Brolin's character enlists the assistance of a secretive, resourceful, former prosecuting attorney, played with simmering intelligence by Benicio Del Toro, whose soft voice and subtle approach serve him well in this role.

This movie manages to combine action and intrigue, with more on its mind than looking

good (which it does). The bleak palette makes you feel like you're standing under the beating Arizona sun; the night shots actually look like they were filmed at night.

Sicario is rated R, and for good reason. The violence isn't gratuitous, but the film doesn't shy away from the more graphic casualties of a struggle that has killed thousands on both sides of the border. Blunt's character seems a bit implausible at times, but that's not Blunt's fault. She brings both a toughness and a vulnerability to the role that allow us to view these horrors and extreme measures through her eyes. The characters in this movie make choices that they might not be able to atone for.

Sicario is recently available for rent on DVD and Blu-ray.



The Classics Corner: *Labyrinth*

Reviewed by Sophia Aldous

Starman has returned to the stratosphere. If you've had one ear to the news lately, you know that David Bowie, rock 'n' roll icon and creative innovator, passed away of cancer. This installment of *The Classics Corner* will pay homage to his beloved, family-friendly, yet appropriately quirky and slightly unsettling appearance in 1986's *Labyrinth*.

Directed by Jim Henson, *Labyrinth* is both funny and freaky, melodious and venturesome, wholesome and surreal. With an undeniably eighties soundtrack, given voice by Bowie's waveringly hypnotic croon, the plot revolves around teenager Sarah (played by a 14-year-old Jennifer Connelly) who is fed up with what she perceives to be her baby brother's intrusions in her life. In a momentary fit of frustration and irritation at having been left at home to babysit, she makes a fantastical wish that the Goblin King come and take her little brother away.

Surprise! It works. Jareth, played by Bowie (who somehow manages to make the combination of tights and a mullet look good), spirits the kid away to his castle and claims Sarah will get him back only if she can traverse

the lengthy labyrinth that lies between them. The journey begins, with our hapless heroine running into all sorts of characters that are both unusual (a talking fox riding a dog, for instance) and endearing.

A lot of nostalgia is attached to this movie for me, since I was introduced to it at an early age, but anyone who is young at heart with an imagination will enjoy the fantastical world of *Labyrinth* and Bowie's charmingly conniving performance. Some might say that the practical effects are outdated in today's world of seemingly painted on CGI, but their tangibility lends a realism to what you're watching.

Don't be afraid to get lost in this *Labyrinth*. As Bowie alludes to in one of his musical numbers that punctuate the show, the magic will make

you dance.

Labyrinth is rated PG and available to rent online or via DVD or Blu-ray.

As the saying goes, "everyone's a critic" and Sophia is no different. She is a reporter and cinema aficionado in Newport, WA, and enjoys every genre, from action movies to silent films and everything in between (even that weird French stuff). Reach her at sophiamatticealdous@gmail.com.



LISTEN UP

David Bowie: Wish Upon a Blackstar

Reviewed by Michael Pickett

The passing of “Ziggy” (David Bowie) had a global impact these past few weeks. His incredibly groundbreaking career and art helped shape (and shake up) the music industry in multiple ways. Never content to create anything beneath his cutting-edge and often unsettling vision, Bowie broke down barrier after barrier in pop, rock, and art in general.

During the past 18 months, as he settled into a long battle with cancer, he remained unfaltering in his approach to art, working his journey into the recent release *Blackstar*.

Opening with the title track, Bowie effortlessly marries pop melodies with off-kilter harmonies and textures, creating – as usual – a sound that is unique but instantly



identifiable as David Bowie. The driving and haunting “I Can’t Give Everything Away” seems to be another honest Bowie stab at marrying art with life in uncompromising ways, while “Lazarus” and the porous groove of “Girl Loves Me” roll under Bowie’s signature vocal style like a strange, beautiful film soundtrack.

While artists and the world mourn his loss, David Bowie continues to shape music from beyond with an album that unflinchingly tackles his own mortality and demise by turning it into art. Easily one of the most pioneering recording artists to ever walk the planet, Bowie leaves *Blackstar* as a fitting capstone to a monumental recording, performing, and groundbreaking career.

Secrets in Stereo: Channel by Channel

Reviewed by Michael Pickett

A great song is like the perfect weekend of living room couch therapy ... you just don’t want it to end. The Nashville-based group Secrets in Stereo have made it their business to craft perfect pop and rock that you don’t want to end, and keep you coming back again and again.



Helmed by Josh Ryan, Secrets in Stereo’s music found its way into television hits like “Grey’s Anatomy,” “One Tree Hill,” and “The Young and the Restless” before garnering fans wanting to know where songs like “The Beautiful Ending” (featured on MTV’s “The Real World”) could be found.

Now, with multiple outings available on CDBaby and iTunes, Secrets in Stereo continues to build fans, as with the group’s most recent album offering, *I Won’t Look Down*. With perfect pop constructions like “Hit and Run” and the title track, Josh Ryan masterminds a sound that is crystalline-but-soulful, pairing phenomenal melodies and lyrics that feel universal but fresh and contemplative.

The album also features seven instrumental versions of memorable pieces like “Let Me Love You,” “Vanish,” and the especially fine high-velocity “For the Love of the Game,” propelled by percussive guitars.

Indie artists have to stay fairly light on their feet to roll with changes in the music industry, though finding fans has never really been more possible. Thankfully, Josh Ryan’s Secrets in Stereo has the perfect touch in creating music you don’t want to end. Check out *I Won’t Look Down* at <http://www.cdbaby.com/cd/secretsinstereo5>.

Download three Pickett music singles for free at <http://m-overdrive.com/pickett>, including the “World on Fire” reggae-rock single.

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Yoga for the Heart

By Brenda St. John

"There is no question that the things we think have a tremendous effect upon our bodies."

~ C. Everett Koop, M.D.

The American Heart Association has designated February as American Heart Month. Of course there are ways to improve your heart's health through diet, exercise, and other lifestyle changes, but you can also improve the health of your heart through proper breathing. I'm referring to the kind of breathing that creates movement in your belly.

When we draw breath deep into the lower part of the lungs, the belly moves. With each inhalation, the diaphragm moves down and the belly moves out. With each exhalation, the diaphragm moves up and the belly comes in. Because tissue connects the heart to the diaphragm, these up and down motions of the diaphragm give the heart a little massage. That's a pleasant and beneficial component of the whole blood-pumping system!

Yoga asana (poses) to benefit the heart should start with Tadasana, the Mountain. For this pose, stand up straight and let your shoulder blades glide down your back. Pull your shoulders back slightly and broaden across your collar bones. When we slouch, the slump in the mid-back crowds the heart and other organs. Practice good posture every day to give your heart some breathing room.

Back-bending asana are great for opening the heart. Salabhasana (Locust) with the hands clasped behind the back is one very good option. Start by lying on your belly with your hands at your sides. On an inhalation, simultaneously lift your legs and your upper body. Clasp your hands together behind your

back and straighten your elbows. Pull your shoulders back and feel your chest move forward. Take a few breaths here before separating your hands, relaxing back to the floor on an exhalation.

Another choice is Ustrasana, Camel Pose. Start from a kneeling position with hands on the low back and fingers pointing down. On an inhalation, lift your rib cage, draw your shoulders back, and lift your chin. Firmly press your hands into your low back and draw your elbows in. This action encourages your pelvis to remain forward, aligned over your knees, as opposed to drifting back toward your heels. As you breathe, keep lifting your chest and drawing the bottom tip of your tailbone forward. You can stay in this version for a few breaths or you can take it farther by placing one hand on each heel. When you are ready to come out, bring hands to hips, then slowly come up on an exhalation. Make sure your head comes up last. Then go directly to Child's Pose for a little rest.

When we practice back-bending, the heart moves forward, into our consciousness, where it is free to feel joy and shine forth with love.

This is the energy of Anahata, the Heart Chakra. With a slouched posture we tend to have a collapsed chest, and within this physical restraint our heart remains closed or guarded.

The most powerful way to open, energize, and balance our Heart Chakra is to love and forgive ourselves and others. Love and forgiveness are two forms of energy and both are strong healers. Forgiving others, including those who have betrayed us, moves us beyond victim consciousness into the more expanded love consciousness.

For the well-being of your physical heart, positive actions you can take are to stand up straight, breathe deeply, and love your neighbor as yourself. This age-old advice is still relevant. A good belly laugh every day helps too! Namaste.

Brenda St. John is filling in for Sarah Kilpatrick until Sarah is well enough to take her column up again. Brenda says that Sarah's column has been very inspirational for her and she considers Sarah her teacher, mentor and friend.



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From the Soil

By Louanne Atherley

I remember feeling like I was being a good mother in the '80s when I served my children carob instead of chocolate. In those days the co-op in Colville was the only place to find it and I dutifully replaced chocolate with carob whenever it was called for, even in chocolate chip cookies. My family was never really enthusiastic about this.

Fortunately I have come to my senses and I now know that chocolate is chocolate and there really is no substitute. Not only that, since dark chocolate is actually good for you I ritually take my one dark therapeutic square daily. I came to wonder, though, whether I might have dismissed carob unjustly and thought I would take another look at it.

Carob, also called St. John's bread or locust bean (because that was the locust John the Baptist ate), has been cultivated for 4,000 years. It is native to the Mediterranean region, including southern Europe and northern Africa; to the Levant and Middle East, on into Iran; and to the Canary Islands and Macaronesia, west of the Mediterranean. Spanish missionaries introduced the seeds into Mexico and southern California. Carob has also been planted in Texas, Arizona, and Florida.

The word carat, a unit of mass for gemstones and unit of purity for gold alloys, derived from an ancient Greek word meaning a small horn, refers to the carob seed as a unit of weight. In the Mediterranean countries where they were first cultivated, the seeds of the carob, the pod of which was referred to as goat's horn, were used as a control for weighing. Carob was eaten in ancient Egypt and can be seen in the hieroglyph for sweet. Egyptians also took advantage of the gummy properties of the carob seed to make adhesive for binding mummies.

Traditionally it could be either roasted or not and made into a drink. It was also used as a sweetener, made into a liqueur, and taken for coughs and sore throat. Nutritionally it contains three times the amount of calcium as milk (which alone makes it worth a second look) and is also rich in iron, phosphorus, and natural fiber. Carob is naturally sweet although it tastes less sweet than sugar, honey,

or maple syrup.

Modern industry has found several uses for carob. There is a substance in the seed called galactomannans, which swells when wet and is used to make locust bean gum, which is then used as a thickening agent in the food industry. It is also used in some industrial processes such as making paper. Like black-eyed peas and other legumes, it was also commonly used as animal feed.

I found a recipe for a spiced hot carob drink and thought this might be a good way to give it another try. It turns out carob is still not that commonly stocked around here but I did locate it at Meyers Falls Market in Kettle Falls.

Hot spiced carob drink:

- 1 piece (1") ginger, peeled and halved
- 3 tablespoons carob powder
- 2 cups milk
- 4 teaspoons honey
- 1 pinch ground cinnamon
- 1 pinch ground cardamom
- Whipped cream (optional)

Bring 2 cups water and ginger to a low simmer in a small pot. Cover and simmer for 5 minutes over low heat. Remove and discard ginger. Add carob powder and stir until blended completely. Add milk and honey and heat until hot but not boiling. Pour hot spiced carob into mugs and sprinkle with cinnamon and cardamom. Add dollops of whipped cream on top, if you like.

Well, the flavor was good, although very mild, but I did have a little trouble getting by the chalky texture. In fact, once it settled there was definitely a thick layer of sludge on the bottom of my cup. I guess that's the nutritional fiber they were talking about. That being said, it is really a nice comforting drink with less jolt (no caffeine) and less acid than coffee, even if it is a bit bland. I'm a big fan of



Illustration of the parts of a carob plant. Image courtesy Wikipedia.

cardamom, which I think added a nice complexity to the flavor. I enjoyed it but I'm not sure it couldn't be improved.

In round two of trying the recipe, I used maple syrup for sweetener and actually cooked the carob powder a bit in the water, thinking that might help it dissolve more completely. It did seem to make it less chalky but there was still a lot of sediment.

Finally I tried adding it to my coffee (about 50/50). That didn't do anything for the sediment but I definitely thought it was an improvement. For the next round, I may increase the ginger flavor, which I find myself craving in these cold months.

So maybe it's still not chocolate, but I think it was worth a second look.

Louanne Atherley says, "I was born into a farming family and raised on a meat and potatoes diet, but exploring the diversity of foods from other cultures has been a lifelong passion."

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From Sheep to Shawl

By Brenda Curkendall

The girls were gathered around in a circle with spinning wheels, drop spindles, and knittery, all chatting away, laughing, and helping each other with tips and tricks. This is the same scene whether in Ione's Mountain Chicks Thrift Store on Fridays, or the Colville Ag Center on Mondays, or Bear Paw's Spin-in and elsewhere.

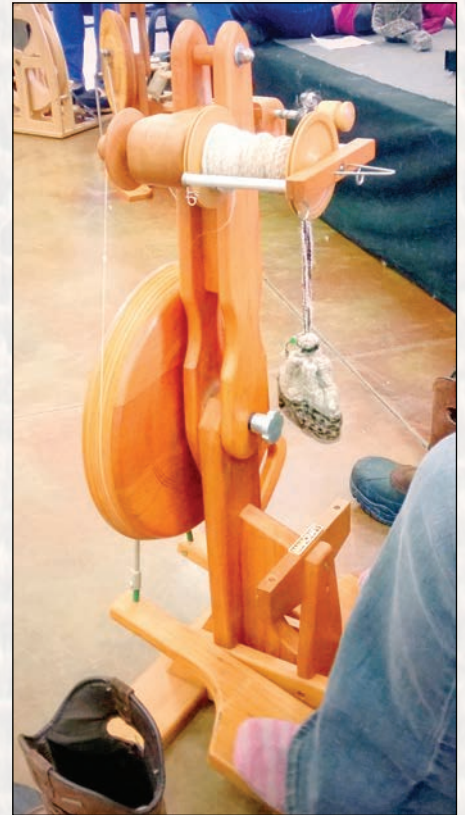
Fiber arts is an addictive love affair that seems to start with awe and trepidation, and grows from the loving attention of friends and comradery. All ages can do wonderfully at the craft. In fact, it is quite normal to see

and braids of roving. Yummy stuff. Looks so good, it resembles cotton candy! Yes, men participate. Some are spinners, knitters, or weavers. And then there are the side-tables of male woodcarvers who use the spinning time of their wives to get together with their carving buddies. Nice!

Not content to just meet weekly, the ladies event-hop, which keeps their lives very busy. Some play hosts to fabulous get-togethers such as dye workshops and spinning retreats in their homes. Some raise fiber livestock: sheep, angora rabbits, angora goats, alpacas, llamas, camels, and even yaks.

These are all local folks. There's no end to fiber supply. Activities include shearing, skirting, washing, dyeing, combing or carding, blending, spinning, knitting and/or crochet, weaving, and repurposing old garments back into productive yarn.

Have an old sweater with a hole in it? Guess what? It can be unraveled and wound onto a ball-winder for a new life in a new project – a cap, scarf, gloves, socks, a different sweater, a capelet, a vest, a top, etc. Then there is felting, and



Fiber Friends, meet in the Ag Center at the fairgrounds every Monday from noon to 3 p.m. Their activities extend to the community. Member Pam holds 4-H meetings with the kids after the spinning meeting. The kids are learning to knit, and Christine is working with them on weaving. The group has donated two spinning wheels to schools. Now, this is American enthusiasm.

Activities also include two annual spinning retreats and the annual fiber swap, which includes trading fiber, spinning it, returning it, and then knitting it into *something*. That *something* is often raffled off at the next event.

In addition to the Colville gathering on Mondays, you'll find fiber arts action at the Calispel Valley Library in Cusick on Thursdays, 1-3 p.m., and in Ione at the Mountain Chicks Thrift Store on Fridays, 10 a.m. - 4 p.m.

2016 Activities Schedule

- Bear Paw Spin-In, Feb. 20, 9 a.m. - 4 p.m., Camas Center, Usk; <https://www.facebook.com/PendOreilleFiberArts>.
- Sewing and Stitchery Expo, Feb. 25 - March 28, Puyallup Fairgrounds.
- Spokane Spring Arts and Crafts Show, March 4-6, Spokane Fair & Expo Center.
- Log Cabin Spinners Fiber Arts Guild Spin-In, March 19, 9 a.m. - 5 p.m., Kootenai County Fairgrounds in Coeur d'Alene, Idaho; <https://www.facebook.com/LogCabinSpinnersFiberArtsGuild>.
- Spin in the Park, July 23, Colville.
- Down River Days, July 30-31, Ione.
- Pend Oreille Arts Council Arts and Crafts Fair, Aug. 8-9, Sandpoint City Beach, ID.
- Pend Oreille Fair, Aug. 18-21, 419152 Highway 20, Cusick.
- Northeast Washington Fair, Aug. 25-28, NE WA Fairgrounds, Colville.
- Ferry County Fair, Sept. 4-6, Fair Grounds, Republic, WA.

young adults mixed in with folks of multiple generations. All ply their craft (pun intended) and eagerly share tips. Almost like kindergartners, they exclaim over their latest find – a new spindle, a spare set of knitting needles, wonderful fluffy fiber. “Here! Try this!” Newcomers quickly become addicted to the friendship and crafts.

Fiber get-togethers tend to have food, and sometimes vendors of raw fibers, hand-spun colorful yarns in beautifully twisted skeins

that's a whole 'nother story!

County fairs present opportunities for show-n-tell, demonstrations of spinning activities, displays of knitted projects, and judged competitions. The activities and crafts provide entertainment for young and old. This year's Northeast Washington Fair in Colville will have a “Sheep-to-Shawl” competition, with the shawls most likely being raffled off when completed.

The Colville spinners, Colville Valley



The Germania

By Joseph Barreca

When Bill Brodersen bought a small piece of property in 2011 surrounded by federal land in the forest just north of the Spokane Indian Reservation, he was looking for a peaceful remote retreat for his family. What he got was ground zero for some of the oldest and newest battles being waged in the hills of Stevens County.

Returning in the spring of 2013 he found the road crisscrossed with trees downed by the wind. He solicited a logger friend to clear the way. While driving down to open the road, Bill briefly saw a wolf pup cross in front of him. As the logger fired up his chainsaw, howls of a pack of wolves echoed across the valley. These were most likely members of the "Huckleberry Pack," that stirred so much controversy that summer.

Controversy comes with the territory of the Germania Mine, of which Bill happened to buy a piece. Surrounded by Bureau of Land Management property, as are many of the thousand or so mines in Stevens County, the Germania was first claimed by John Horn in 1894 and named the Bismarck. Horn thought it might contain gold, which it does in minute amounts.

In 1906 it was purchased by W. Schenk after Germans bought 1,000 acres of surrounding land,

leaving Horn's successors little choice but to sell to Schenk's Germania Mining Company.

Wilhelm Schenk turned out to be a captain in the German Army engineering corps. The true intention of Schenk's mission was obscured; the Germania company was a holding of American Tungsten Consolidated Corporation. It also turned out that wolframite ore from this mine was some of the purest found in the world. German experts learned of the deposits from ore exhibits sent to the St. Louis Exposition in 1894, the Colville Examiner reported in 1936. And wolframite is the major component of tungsten, a metal prized for its toughness.

Schenk's mission was to ship concentrates of tungsten back to the Krupp Gun Works in Essen, Germany, during the build-up to World War I. There they were used to make some of the toughest metals in the world, which were incorporated into guns used against Allied troops in the war. According to a Spokesman Review article published in 1937:

"The last shipment from the mine was made to catch the return trip of the submarine freighter, Duetchland, which landed for the last time November 1, 1916, at Newport News, R.I. with a

cargo of \$1,000,000 in gems and securities. It was the last German ship to elude the allied blockade and reach American shores. When it returned to Germany, November 21, it carried a \$2,000,000 cargo of needed war supplies, part of which was a shipment of Germania concentrates headed for the Krupp Gun Works. Then followed the sinking of the Lusitania and the steps that led to the declaration of war by Woodrow Wilson and America's entry into the war in 1917."

Before he left the Germania mine, Schenk had all of its tunnels dynamited closed and the buildings burned to keep the tungsten out of the hands of the Americans. Schenk turned up later as a German commander attacking Allied forces in the battle of the Argonne Forest.

Evidently Captain Schenk was a prodigious drinker. After the captain had departed, a passer-by discovered a piece of paper in the underbrush which turned out to be a bill from Holzman, the Spokane liquor dealer, for \$2,000 – a vast sum at that time. The Spokesman Review article went on to say: "The whiskey bill is easily understood, when the captain's monument, built to himself with whiskey bottles, was found. In cleaning up the property, four truckloads of bottles were carted away without

A scenic photograph of a lake at dusk or dawn, with silhouettes of evergreen trees in the foreground and a calm water surface reflecting the sky.

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A photograph of a woman with blonde hair playing a grand piano in a dimly lit room with warm lighting.

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making so much as a dent on the pile. Judging from the number of liquor bottles stacked high, it was figured that the captain, during his regime, spent more for whiskey than for labor."

Surprisingly, tungsten is close to the density of gold and has been covered in gold to make imitation gold bars. The ore at the Germania is found in quartz veins in cracks in the granite. Wolframite is the principal ore in the Germania and it is often surrounded by Scheelite, which is a bright blue under UV light, making it attractive to rockhounds.

By the time Schenk left around 1917, about 5,000 tons of ore had been mined. The property was taken over by the U.S. government, but in 1929, to settle a tax dispute, the mine and about \$300,000 worth of development work were sold for \$250 to the American Tungsten Company. A principle stockholder was J.A. Scollard of Oakland, California. He eventually took full ownership of the mine in 1934. During the years he operated the mine, Scollard took out about \$750,000 worth of ore.

Two years' worth of production were contracted to the General Electric Company. One train car of ore with about 30 tons of concentrate was shipped with a reported value of \$40,000 in 1934. At the



time it was thought to be the most valuable carload of ore ever shipped out of Washington state. The mine employed 30 to 40 men at that time. In 1937, General Electric purchased the property outright from Scollard for \$300,000.

Later mining and recovery of ore from the waste pile eventually exhausted the known veins. Also, miners began running into pockets of high radioactivity. (Two of the largest uranium mines in Washington, the Midnight Mine and the Sherwood

Uranium Mine, are not far away.) Over its 50 years of production, the Germania reportedly produced 70% of all tungsten ever mined in Washington and is thought to be the richest tungsten deposit ever found in the United States.

But since nothing comes easily at the Germania, most of the property and remaining old buildings burned in the Carpenter Road fire of 2015. The glass melted back into the rocks and the mine lies in history's ashes.



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What's Happening... continued from page 17

Satsang spiritual study group to listen to the Wisdom Master's recorded words about "Sustaining Joy" and explore their meaning with the Satsang. Donations accepted. For more info call 509-476-0200.

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Do area churches meet your spiritual needs? Our small group believes love can make justice and peace real in our world. We are open to all and accepting of all. It does not matter your lifestyle, your belief or

non-belief, or your sexual orientation, you are welcome here. Wherever you are in your life's journey, you can be who you are and be welcome here. We are simply sharing the same road, listening and telling stories along the way so we all might move toward a world where everyone flourishes. Atheist, Muslim, Buddhist, Hindu, Jewish, Christian Believer - are welcome here. We also provide childcare. Try out our service at 10 Sunday morning, 205 N. Maple St (2nd & Maple), Colville, WA. Call us at 509-684-4213. We are the United Church of Christ.

Youth/Parenting

Looking for breastfeeding support? Reach out to a La Leche League Leader! Contact Courtney at 509-680-8944, crtslll@gmail.com, or find our page on Facebook titled "La Leche League of Colville."

Give a Preschooler a Head Start: Preschool classrooms are available at no cost for children ages 3 to 5 in Colville, Kettle Falls, Chewelah, Springdale, Valley, Newport and Cusick. Children in their last year before kindergarten are enrolled first, as well as children with disabilities and children from low-income families. There is no cost, and transportation assistance is available for many classes. Call 509-684-8421 or 877-219-5542. Head Start and ECEAP are programs of Rural Resources.

Today's Girl Scouts is more than just cookies and camp! The program also includes adventurous, fun activities like rock climbing, canoeing, backpacking and exploring careers in math, science and technology. Girl Scouts offers activities for girls ranging from ages 4-17 and adults from ages 18-100. For information, call Debbie at 1-800-827-9478 ext. 246.

Miscellany

The Greater Springdale/Loon Lake Chamber of Commerce meeting is the first Thursday of the month at 11 am at the Stevens County Fire Protection District 1, Station #7, 52 West Aspen in Springdale. **The Chewelah Chamber of Commerce Weekly Meeting** is at 7 am at the Chewelah Casino, 2555 Smith Road south of Chewelah off Hwy. 395. **The Colville Chamber of Commerce meeting** every Tuesday at noon at the

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Eagles Lodge 608 N Wynne Street. Check the website for schedule of events www.colville.com. **The Kettle Falls Chamber of Commerce** meets on the third Thursday of each month. For info, call 509-738-2300 or visit <http://www.kettle-falls.com>. **The Northport Chamber of Commerce** meets the fourth Tuesday of each month at 7 pm at the Northport City Hall, 315 Summit Ave in Northport.

Free Wi-Fi at the Northport Community Connections Center, 405 Center Ave., on your wireless device, or there are 15 computers available for use, Mon. – Sat., 10 am – 9 pm and Sun., 1 – 9 pm.

The Board of Directors for the Ferry County Rail Trail Partners (FCRTP) meets on the first Thursday of each month at 5 p.m. at Ferry County Professional Services Building, 319 E. Delaware in Republic. Please check our website www.ferrycountyrailtrail.com for more information. The public is always welcome.

Ferry County Democrats meet quarterly. Info at ferrycountymocrats.org or email info@ferrycountymocrats.org.

The Jane Cody Democratic Women's Club (it's not just for women any more) meets at 4:30 pm on the second Wednesday of the month at the Freckled Gourmet, 18 N Clark Ave. in Republic. Visitors are welcome.

Habitat for Humanity Board of Directors Meetings at the Habitat Store, 480 N. Main St. Colville, WA, are open to the public. Join us for coffee, goodies and learn more about Habitat for Humanity-Colville Valley Partners including projects we are working on. For more info, call Lisa Meddock 509-684-2385 or visit www.habitatcolville.org.

The Stevens County Veteran's Information and Referral Line is available Mondays, Wednesdays, and Fridays (except holidays) from 9 am to 3 pm. Call 509-685-AVET (2838) for availability of Veterans Service Officers and for more info.

The NE WA Amateur Radio Club (NEWARC) meets the first Saturday of each month at 11 am in the Abundant Life Fellowship, E. 2nd & Clay (basement). All visitors are welcome. Come and meet some great people and learn what HAM radio is all about.

Child Advocates Needed - A Unique Volunteer Opportunity. Join Stevens County Court Appointed Special Advocates (CASA) investigating child abuse and speaking up for a child's best interest in court. All training is provided. Impact the future of abused and neglected children in your community. Call 509-685-0673.

Kids First Children's Advocacy Center, a program of Rural Resources offers Child Sexual Abuse Prevention Training free of charge. Stewards

of Children is a 2.5 hour interactive workshop that teaches adults how to prevent child sexual abuse. This is ideal for parents, teachers and youth-serving organizations. Protect the only childhood our kids will ever have. Call 509-684-6139.

Foster Parent Care Givers Needed: Children in Stevens, Ferry, and Pend Oreille counties are in need of safe, nurturing families. Fostering Together and DCFS invite you to attend the Care Giver orientation for Stevens and Ferry counties held on the third Monday of every month from 9 am to 12 pm. The meetings are held at DSHS in Colville, Washington, located at 1100 S. Main Street. Pend Oreille County orientation is held on the second Monday of every month from 10 am to 1 pm at the DSHS office located at 1600 W. First Street, Newport, Washington. Please join us to explore becoming a Licensed Foster Care Provider for dependent children in need of foster care. Contact Kinberly McNaughton, with Fostering Together at 509-675-0341, or call 1-888-KIDS-414.

PFLAG: Parents, Families, Friends and Allies United with LGBTQ. People to move equality forward meets the last Tuesday of each month, 6:30 - 8 pm at the Garden Homes Specialty Clinic lower level entrance (143 Garden Homes Drive Colville). We are here for people looking for support, information, or help regarding the many issues surrounding the journey of acceptance of an LGBT loved one. We welcome anyone needing support. Contact: info@newapflag.org or 509-685-0448.

The Panorama Gem and Mineral Club meets the third Tuesday of each month at the Arden Community Center at 7 pm. Our website is www.PanoramaGem.com. Everyone is welcome. We have a little rock show, refreshments and an informative program at every meeting.

Local food banks need your help! There are a number of ways to contribute, from donations of nonperishable food items and cash, to organizing food drives in your church, organization or at work, volunteering your time at the food bank, or including the food bank in your will. Every donation to your local food bank makes a difference for area residents.

NOTE: It is the responsibility of the parties placing the *What's Happening* notice to keep the listing current. Notify us at ncmonthly@gmail.com or 509-684-3109 of any changes. This listing is provided as a courtesy to our readers and to event organizers on a space-available basis.

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From the Inside Out

By Daisy Pongrakthai

The philosophy of the wisest man that ever existed is mainly derived from the act of introspection. ~William Godwin

Introspection has been a subject of philosophical discussion for thousands of years. Plato asked, "Why should we not calmly and patiently review our own thoughts, and thoroughly examine and see what these appearances in us really are?" I like this guy.

The earliest historical records demonstrate humanity's continuous interest in self-analysis. Beneficially, self-reflection leads to inquiry into the human condition and the essence of humankind as a whole. Moreover, studies have shown that when people are engaged in introspection, they are *more likely to make decisions based on their values*. And the more self-aware people are, *the more likely they are to stay out of trouble and engage in pro-social behavior*.

To change the world, change me.

Delving into the inner world of thoughts and feelings and motives can be an ever-new journey. Introspection has been my friend through many life trials and errors. As a child, I was extremely

shy and introverted so contemplation came easy for me. When I started journaling as a young teen, I found it to be a fine tool for understanding myself and to improve interpersonal relations. In taking the time every day to look within in a contemplative, sincere manner I was able to make improvements in myself, my relations with others, and my outward effectiveness to promote positive change.

Later in my life, I wanted to change the world. Well, I still do – but I'd rather say *effect positive change* in the world – somehow. The "why not me?" philosophy of Seattle Seahawks quarterback Russell Wilson shows the belief in positive change in his life and making a difference. "Why not me?" has carried meaning in my life and no doubt many others. In a domino effect, personal messages and actions can *promote positive emotion and effect positive change on a collective scale*. Plus, research shows positive emotions create more possibilities in our lives.

I hear the "change the world" saying on the streets, in students' ambitions, in dot-org endeavors, in the positive thinkers' movement, even behind the words of people looking at a broken world. Ultimately, we are looking to make a difference and to be heard. By the domino effect, one by one, with greater self-improvement efforts through introspection, the *pennies of positive change add up* in the change-the-world bank. Introspection carries the potential to be a catalyst for positive change, from our personal worlds to the greater world at large.

In improving ourselves, all else improves.

I admit, practicing introspection takes a considerable amount of will power. With the senses trained to go outward, I find myself focusing on the external scenery, even if lackluster. But it's really rewarding when I can calm those horses down and really feel at peace, where I can listen to thoughts in my mind and feelings out of my heart.

Imagine standing on the porch of a new country home viewing fir trees, frosty mountains, an eagle soaring, a flock of quails, a meandering moose, a frozen stream ... you walk down the steps to the snowbound yard to explore the world beyond the house and start to dream about mowing the lawn in the spring, but you instinctively decide to turn around and go into the house, walk through each room, and discover what's inside your new home. This scenario is akin to introspection.

Introspection – focusing on our inner mental and emotional life – is a powerful tool to effect change within or without. When I get angry at someone or some issue, I know I need to work it out inside, otherwise such fire-feelings are not healthy for me nor anyone nearby. In physics, it has been proven that thoughts and emotions emit energy. HeartMath studies show the heart generating an electromagnetic field that can be detected several feet away from a person's body. I retreat inside to figure out why I feel angry, try to get answers and restore myself to a balanced position.

So I have come to believe that in improving ourselves, all else improves. And that introspective action is a powerful problem-solving strategy, from healing very close relations on to community progress and global relations. In the *Journal of Problem Solving*, "introspection improves problem solving performance, sometimes dramatically." Several studies show that introspection plays a key role in creating successful solution strategies.

In summary, a central, working-on-self perspective creates positive change from our families to our communities with a *domino effect*. In taking responsibility for improving ourselves inwardly, we can obtain greater self-happiness and self-worth, which in turn shape how we look at others or act in the world.

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By Alex Panagotacos Mueller

Rural Resources Victim Services and Kids First Children's Advocacy Center provide support to survivors of abuse, violence and other crime in Stevens and Ferry Counties. The group staffs a 24-hour helpline, helps survivors navigate the criminal justice system, provides safe shelter to domestic violence victims, educates the community on crime prevention and much more. Despite this wide array of services, something was missing.

A fluffy therapy dog.

Enter Waffle the Bernese Mountain Dog. Ms. Waffle is training to be a therapy animal for Rural Resources Victim Services and she has ambitious education goals: to become a certified facility, forensic interview and courtroom dog.

As a facility animal, Waffle can provide psychological and physiological support to survivors who visit the center. Waffle's therapy dog duties will range from greeting visitors to actually implementing therapeutic grounding techniques.

Forensic interview dogs accompany children into the interview room. The only humans allowed in the room are the child survivor and a detective. To speak with a stranger about sexual abuse is, to say the least, an uncomfortable experience. The presence of a specially trained animal can provide a sense of calm and security for the child.

We hope that, through ample training, Waffle will also be of support to child victims who must testify in court. The Courthouse Dog Foundation says "Assistance dogs accompanying a witness in the courtroom should have the following characteristics:

- "They must be quiet, unobtrusive, and emotionally available for the witness when the need arises.
- "The dogs should be able to sit or lie down beside the witness for an extended period of time.
- "The dogs should not engage in any behavior that would distract the witness or other people in the courtroom.

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- "The dogs should be able to assist the witness for as long as necessary."

In the aftermath of trauma, feeling calm and secure is not always easy. And while many are quick to agree from personal experience that dogs can be very comforting, there is also science behind the use of therapy animals. Research shows that therapy animals lower blood pressure and increase oxytocin in those with whom they interact. Sessions with therapy animals can reduce anxiety, ease nerves, and increase the feeling of security.

Also, Waffle is adorable. She looks like an animatronic teddy bear, for goodness sake. Her name alone can put a smile on the face of a heartbroken child or adult.

Waffle and I work with a trainer, Chaun Gause, who specializes in service and therapy animals. We follow the Therapy Animals Supporting Kids (TASK) Program Manual and will seek certification through Pet Partners and Assistance Dogs International.

At ten months old, Waffle is working on basic-to-advanced obedience. She still has a long way to go before she can take the certification tests. In fact, she cannot even attempt the tests un-

Waffle Watch

til she is 16 months old. What's more, the training is as much for Waffle's human as it is for her. As her handler, I will be graded on the therapy animal tests as well.

Yet Waffle is already providing affection and levity to the Victim Services office as a facility dog. She comes to work with me almost every day, bringing joy to those around her. The facility experience is an integral piece of her progression toward therapy dog certification. She's the employee of the month ... every month.

Rural Resources Victim Services

(formerly Family Support Center)

For survivors of abuse and crime in Ferry and Stevens Counties, there is hope. Call our 24-hour, confidential helpline: 1-844-509-SAFE(7233). Or visit our offices: 956 S. Main in Colville and 42 Klondike Road in Republic.

Watch Waffle learn and grow!

To follow Waffle's wanderings, check Rural Resources Victim Services' social media accounts @RuralVictimHelp (Facebook, Twitter, and Instagram) or the hashtag #WaffleWatch.

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Looking out over the vastness of Frater Lake on a recent hike, my children and I had to wonder just how it was that the lake even froze over. It turns out the science behind the "big freeze" is fascinating and it all has to do with density. Warm water becomes denser the colder it gets. This means the atoms that make up the water pack tighter and tighter together the colder the water becomes. The more tightly they are packed, the more they will sink. It would make sense then that the lake would freeze from the bottom up since cold water is sinking there. But it does not! A funny thing happens with water at 39° F. At this temperature, water begins expanding again and becomes less dense as it gets colder. This means the water above 39° F sinks, while the water below 39° F floats back to the top. Eventually, the coldest water rises to the top of the lake and freezes. This also explains why the ice in your drink always floats!

**Warming hut
welcoming committee.**



But what happens to all of the plants and animals that live in a lake when it freezes? Plants require sunlight to grow, and ice with snow on top does not allow much sunlight to pass through. This means a lot of the plants die off. This includes algae, which is a major food source for a lot of aquatic life. Without plants, there is also not as much oxygen in the water.

It is a good thing nature has adapted to these conditions by slowing down the metabolism of aquatic animals during the cold winter months. Metabolism affects all of the

body processes an animal relies on to live, including eating and breathing. The slower your metabolism is, the less you have to eat and breathe. Let's look at how some of the fish, frogs, and turtles found in the Colville National Forest cope with the cold.

Fish are actually able to live under the ice of a frozen lake quite easily. Just like bears, they spend the fall eating extra food to store energy in the form of fat. Their digestive system slows down as the water gets colder. This is a good thing, as there is not much food available for them over the winter. Fish also slow down their respiration (breathing) during the cold winter months. They are not very active and do not require a lot of oxygen. This is a good thing, since there is also not a lot of oxygen being produced for them by plants.

Frogs also survive long winter months and can even do so in a frozen lake. The Colville National Forest is home to the Columbia spotted frog (*Rana luteiventris*) and the Northern leopard frog (*Rana pipiens*). When winter sets in, these frogs bury themselves in the silty bottom of the lake and hibernate for the winter. Remember, this



part of the lake does not usually freeze because water that is cold enough to freeze would have risen to the top of the lake. Frogs are able to take in oxygen through their skin and remain in the same place throughout the winter. Their metabolism slows way down too. They do not need food or much oxygen to survive during this time. They are quite happy tucked away in their beds of sand and mud.

The painted turtle (*Chrysemys picta*) is found in many of the ponds and lakes of the Colville National forest. This turtle hibernates in much the same way as frogs. They spend their winter months buried in the mud beneath streams, lakes and ponds. In fact, their metabolism slows down so much their hearts might beat only once every few minutes! Just like the frogs, the painted turtle needs oxygen too. Above the water, turtles

breath oxygen into their lungs. During hibernation, things change for the painted turtle. They are able to absorb dissolved oxygen from the cold water through specialized skin cells located under their tails in the orifice called a cloaca. It is almost as if they are breathing through their tails!

Do you want to take a wonderful hike and enjoy the views of a sleepy, frozen lake? A hike to the warming hut at Frater Lake is an excellent adventure! This hike is the perfect distance for little ones to do all on their own in that it is less than a mile, round trip. It is also such a treat to get to the warming hut. There you will find a wood stove, firewood, and an axe to chop kindling. Bring your own matches, water and paper, and you will be set to make some mid-hike s'mores! Be sure to sign the guest book!

For more family outdoor adventures, visit UpperColumbiaChildrensForest.com.

SCIENCE FUN!

Want to explore how density works? Take a piece of foil and lay it in a sink full of water. It will float. Then take the foil out and smash it into the smallest ball you can. The foil still has the same number of atoms in it, but it is much denser and will now sink!

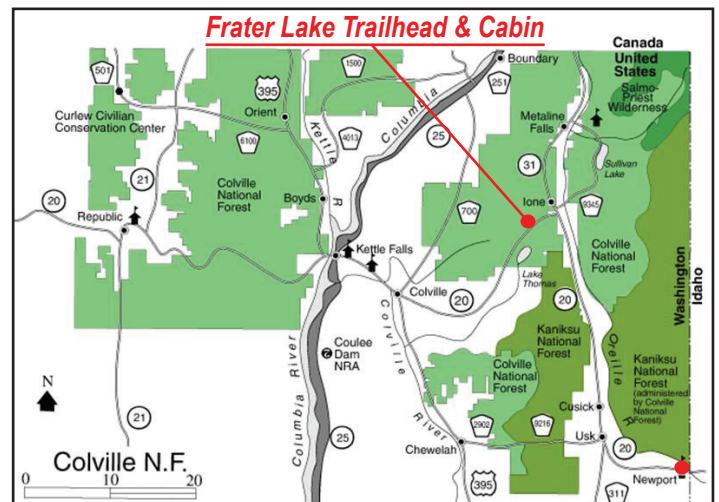
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HIKING TIP!

It is important to remember these trails are used a lot by people who are cross-country skiing. Please be respectful of the need to share the trails and walk alongside the tracks they make instead of in them.

A bathroom at the warming hut, beautiful blue skies when it is grey at lower altitudes, a gentle incline, and easy access off the highway make this a five-boot hike!



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2-11pm



Echo Ridge - Planetary Refugees - Johnny & the Moondogs - Jukebox Review
Gypsy Moon Tribal & Mystical Phoenix Dancers - Northern Aliens - Stazia

No cover, all cash and food donations benefit the Kettle Falls, WA Community Chest.
For information call Richard Taylor (509) 690-7162